

## Volunteering

Volunteering is a great way to become involved at WHISE. It gives you the opportunity to give back to the community as well as gain skills in different areas.

WHISE offers women and girls who would like to give some of their time, or share their skills and experience, the opportunity to work with other women to make a real, positive difference.

We have a number of projects which require and provide diversity - we *need* committed women; we will *provide* motivating experiences and opportunities.

For more information on volunteering at WHISE, visit [www.whise.org.au](http://www.whise.org.au)

## Catchment Area

WHISE is the women's health service for the Southern Metropolitan Region of Melbourne and covers the following Local Government Areas:

- Port Phillip
- Stonnington
- Glen Eira
- Bayside
- Kingston
- Greater Dandenong
- Frankston
- Casey
- Cardinia
- Mornington Peninsula

## Connect with us



[facebook.com/whisewomen](https://facebook.com/whisewomen)



[twitter.com/whisewomen](https://twitter.com/whisewomen)



### Location

Suite 2, Ground floor  
31 Princes Hwy, Dandenong 3175

### Hours of Operation

Mondy to Friday 9.30am- 4pm

### Contact

Phone: (03) 9794 8677  
Email: [whise@whise.org.au](mailto:whise@whise.org.au)  
Web: [www.whise.org.au](http://www.whise.org.au)



**Strength in Dignity, Choice, Diversity and Justice**

[www.whise.org.au](http://www.whise.org.au)

# About WHISE

Women's Health in the South East (WHISE) is the regional women's health service for the Southern Metropolitan Region.

WHISE is a not-for-profit, community-based service run by women for women, supported predominantly by the Department of Health and Human Services, Victoria.

WHISE advocates actively for the rights and health of women and girls. We provide expert health information, health promotion, settlement services and education for the female community within our region. With a feminist perspective underpinning all of our work, WHISE provides a voice for all women regardless of age, background, religion, culture or socioeconomic status.

Our core focus is holistic health and well-being for women; emotional, psychological and physical health. We are the sole womens-only advocacy service in our region. We provide a safe and inclusive community as we vocally and actively address issues including:

- Gender equality
- Sexual & reproductive health
- Mental health
- Violence against women and children
- Social inclusion
- Diversity

We are collaborative partners, working closely with state government, local government, health professionals, community organisations and groups, sporting groups, local business, schools and universities.

# About WHISE

## Our Goals

Advocacy: Achieving system and policy change.

Health Promotion: Achieving best practice in health promotion especially to marginalised women.

Well-being Promotion: Improving community participation and social connectedness.

## Our Mission

To provide a range of services that acknowledges the diversity of women and their total well-being.

To be accessible to all women in a safe and women-friendly environment.

To promote best practice in health service delivery for marginalised women, both in specialised and in mainstream service providers.

## Our Vision

To improve the health and well-being of women in the Southern Metropolitan Region within a Social Model of Health and within a feminist perspective.

# Membership Form

## Influence change

WHISE is committed to changing the social and structural factors contributing to the poor health of women. Your support will further our effort - join us to make a difference.

It's free to join WHISE. You can return this form via:

Mail: 2/31 Princes Hwy, Dandenong 3175  
Fax: 03 9793 1866  
Email: whise@whise.org.au

Name:

Organisation:

Address:

Suburb:

State:

Postcode:

Phone (M):

(H):

Email:

Signature:

Date:

## Type of Membership

Please tick the box which applies to you.

Individual Member

Organisational Member

Associate Member