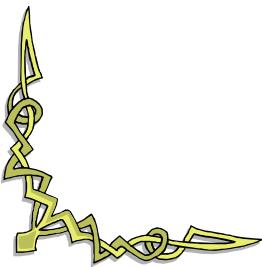
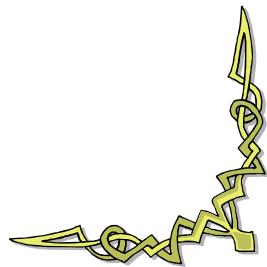


## Women's Health in the South East



### ANNUAL REPORT 2012



## About Us

WHISE is a not for profit, community based Women's Health Service run by women for women and supported by the Department of Health, Victoria.

We provide health information and education to the female community and health professionals. We assist women, particularly those who are significantly marginalised, to access services that they need – our own services, or those of our service partners. We advocate for improved health services, and we encourage women to take more effective control of their health and well-being.

## 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.

## 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.



## Chairperson's Report

### **Twenty years later – where is feminism today?**

As we have recently celebrated the 20<sup>th</sup> birthday of WHISE, I thought it would be interesting to consider what feminism means to younger women today. Below are some excerpts from an article in "The Age" by Jamila Rizvi, Managing Editor of Mamamia which also has comments from two young business women about their views on feminism.

Marissa Mayer is the CEO of Yahoo. She is one of the world's most successful businesswomen and stated. "I don't think that I would consider myself a feminist. I certainly believe in equal rights and I believe that women are just as capable, if not more, but I don't think I have the militant drive and the chip on the shoulder that sometimes comes with that."

This is a woman who has benefited enormously from the women who went before her. Yet she takes that feminist name tag, casually chuck it into the garbage and wipes her hands of it—and she is not alone in doing so. More and more, women are distancing themselves from the term 'feminist'. Calling yourself a feminist triggers eye rolling, grimaces and complaints of political correctness having gone too far.

Katie Baker, staff writer of Jezebel magazine, says that "...the goal of the movement is equal opportunity, not gratitude and actions speak louder than words." She argues that it doesn't matter if Marissa Mayer doesn't consider herself to be a feminist because she can still be a feminist role model.

I disagree. When did we decide that it was okay to enjoy all the benefits of equal rights while disassociating ourselves from those who fought for those rights in the first place? As a single, working woman in 2012, I am grateful to the women who fought for my right to vote, to open a bank account, to own property and to be able to pursue a career outside the home while bringing up a family.

Women still earn around 80 cents for every dollar that men earn. Women are almost 51 per cent of the population and yet hold less than 30 per cent of elected positions in the Federal Parliament, only 8 per cent of board directorships and 10 per cent of executive management positions. Nearly one in five of us will experience sexual assault and one in three will experience some kind of family or domestic violence in our lifetimes. **We earn less, we are heard less and we are hurt more.** And all of this pales in comparison, to the women around the world who still do not share the basic rights, safety, freedoms and equalities that here in Australia we all take for granted.

To every woman reading this I say: Yes, you are a feminist. All that little word means is that you believe in women's equality with men. It's not scary, it's simple.

So, feminism is not dead – it just keeps evolving. But we must continue to support and nurture it.

WHISE plays a large part in helping to empower women to recognise their goals through a variety of programs, advocacy, support and assistance. It plays an important role for women who may not receive help through mainstream associations.

WHISE had another successful year but it is always a struggle. It has been a difficult financial year for the country at large and at times like this, the number of grants available diminish and that is what we rely on to run our programs.

I would like to sincerely thank the CEO and staff for their loyalty, hard work and dedication to WHISE over the last year. Also to the Board, thank you so much for your support, advice and time you volunteer so generously to help myself and WHISE.

Gail Quilliam  
Chairperson



## CEO's Report

*Great necessities call out great virtues. - Abigail Adams – suffragette*

First of all I would like to thank all the women and members who have supported WHISE over the last year and the Board for the dedication and strength they have shown during this challenging year. Secondly, I would especially like to thank the staff, who have been courageous and dedicated in their roles to ensure the smooth sailing of the organisation.

WHISE has, this year, undergone some changes due to the political climate, the Federal Government's introduction of Medicare Locals and the change of government at a state level. Due to this, WHISE has seen a loss of funding and with regret has had to let go of three staff members.

WHISE has been placed on a 12 month bridging year but, as you would have recently seen in a local news release from WHISE, we will fight to keep WHISE in the spotlight of politicians and government departments to ensure that all women have a safe place to come to.

As WHISE staff and WHISE women, we have noticed the erosion of feminist principles as they slip away through policy developments in government and, as shown recently, the continued importance of ensuring women's safety on the streets as well as in the home.

Over the last 12 months WHISE has advocated a number of times in court for the rights, as women, of women from other cultures. Within this there has been a learning curve for WHISE staff pertaining to 'honor killings' and a greater awareness of how family violence is being played out in some communities.

We at WHISE feel that the time has come to learn from our history and from those brave women who first became the suffragettes and fought for women's rights. We, as the women of WHISE, will continue to raise our voice against the diminution of women's rights and safety and we hope that you will join us in the battle to keep women's services alive and strong.

This year has been a tough year but one that has only served to make us stronger and awaken us to the battle that sometimes is thought to have been won: equality with men; being safe to walk the streets without fear of being targeted or hurt; equal pay and promotion in the workplace.

On this note, once again, I would like to thank you for the support you have given WHISE and ask each and every one of you, when you have the opportunity, to discuss, write and stand up for your rights and, most importantly, keep alive the dream created by those amazing women who fought hard for the rights we enjoy today.

*If society will not admit of woman's free development, then society must be remodelled.*

*-Elizabeth Blackwell - suffragette*

*E. Orr*

Eva Orr  
CEO

## Treasurer's Report

WHISE has had a successful year and has continued to provide services to women in the south east with a rich and varied program. This is a testament to the dedication of the staff and volunteers, as it has been a year that has presented financial challenges.

WHISE has always aimed to supplement the core operational funding with grant funding from other sources. There was a reasonably steady stream of small grant funding throughout 2011-12, however this was not adequate to sustain staffing and operations at the previous levels. A decision was made to instigate an overall reduction in staffing hours to accommodate this. Whilst this was a difficult decision, it was necessary to maintain service levels within budget parameters, ensure the organisation could maintain a stable financial position and minimise risk.

The outcome of this collaborative and sound financial management from the Executive and the Board was that WHISE was able to maintain a surplus budget at the end of 2011-12, with a modest surplus of \$11,750.81.

The Board held two strategic planning sessions in 2011-12 to identify options and priorities to ensure the financial sustainability of the organisation could continue. Throughout 2012 it became increasingly clear that the core operational funding provided through the Department of Health's Integrated Health Promotion funds was not secure.

WHISE in collaboration with peak bodies such as WHAV (Women's Health Association of Victoria) were able to lobby to keep the initial funding cuts for 2012-13 lower than first forecast. The final outcome was a 5% reduction in funding to women's health services for 2012-13. Other areas of the community sector received higher funding cuts than the women's health sector.

The result of the 5% cut was that WHISE will receive Integrated Health Promotion core operational funding at \$530,329.42 for 2012-13.

Whilst this 5% cut presented challenges, they were not insurmountable, and WHISE remains in a financially viable position. The Board will carefully monitor the financial status of the organisation throughout 2012-13, and maintain involvement in state-wide advocacy to aim to minimise further funding cuts to the women's health sector.

The staff and volunteers of WHISE are to be commended for their strong dedication and service throughout 2011-12 as they continue to provide a safe and welcoming place for women in the region. It is important to remember that for many women WHISE is a safe haven during times of transition and life changes; and that women supporting each other in an environment guided by feminist principles is one of the best forms of assistance that can be provided. It is equally important to acknowledge that continued advocacy for women's health across several sectors is an essential component of the work of the sector and a vital outcome.

It has been a pleasure to join the WHISE Board in 2011 and I look forward to continuing to contribute to the organisation to secure better outcomes for women in the south east.

Kara Dunn – Treasurer

## WHISE goes to Pakenham!

WHISE's move to Pakenham was designed to assist in minimising the gap in settlement services available to women from refugee and migrant backgrounds within the Shire of Cardinia.

The move evolved through discussions between Women's Health in the South East (WHISE) and Living Learning Pakenham, relating to the lack of access to settlement services for refugee and migrant communities living in the Shire of Cardinia, one of the fastest growing regions of Melbourne.

Unlike many other areas of Southern Metropolitan Melbourne, Cardinia has plentiful housing access which is quite affordable, resulting in a large proportion of refugees and migrants moving to the Shire. However, the area is geographically large with limited amenities, poor access to public transport and minimal support systems - particularly those that are culturally accessible and sensitive.

The challenges faced by newly arrived migrants are well recognised. In particular, increased vulnerability to issues associated with pre-migration, migration and settlement experiences, all of which can have a lasting impact on their ability to settle effectively within Australia. Issues such as trauma, poor literacy (in English as well as their native language), low levels of education, low socio-economic status, unemployment or limited engagement in meaningful activities and mental health issues are all factors which affect migrants' ability to establish themselves successfully. Women in particular often face additional challenges such as raising children in a new country, navigating the school system, conflicting gender roles and expectations as well as isolation – challenges which are exacerbated for single women.

As a result of negotiations between WHISE and Living Learning Pakenham, an agreement was reached for co-location of WHISE settlement services for women from refugee and migrant backgrounds. WHISE now visits Living Learning Pakenham one day per week to provide one-on-one settlement support to clients. Since February 2012, WHISE has provided consultation, case work and referral services to women from refugee and migrant backgrounds. WHISE workers have built a successful rapport with female clients at Living Learning Pakenham. Along with this, WHISE has also been involved in various events such as International Women's Day and Harmony Day. WHISE has also successfully organised information sessions around mental health, nutrition and employment for women.

The WHISE move to Pakenham adds another success story to our achievements!



Living Learning Pakenham

WHISE CEO Eva Orr  
speaks at  
International Women's Day



*Women's Health in the South East is supported by funding from the Australian Government / Department of Immigration and Citizenship under the Settlement Grants Program funding program.*

## Settlement Grants Program

The 2012 Settlement Grants Program (SGP) has been as busy as ever. We have had a record number of referrals from other agencies, which is a wonderful endorsement of the work WHISE does in this field and our reputation as a source of support and encouragement for refugee women and their families.

Working with newly arrived and refugee women has both challenges and rewards. Often, it is all about the challenges of daily living so it was very exciting when an off the cuff e-mail to the Wiggles resulted in WHISE being given 50 free tickets to their Frankston Show!!!

After a few moments of panic over how we would distribute 50 tickets – Ahhhh!! - we had the brilliant idea of offering them to one of the local primary schools which many SGP clients' children attend.

They were thrilled! –Here is some of the feedback –

*"Just wanted to send you a HUGE thankyou for giving a special group of our children the opportunity to attend the Wiggles concert."*

*"The children had a wonderful time and could not stop dancing and smiling at the very entertaining show! There are no barriers where music is concerned particularly for those children who have little English."*

This was undoubtedly a lovely moment for all of WHISE and the SGP in particular.



## Refugee Week Celebration



On June 21st, WHISE held our Refugee Week 'Restoring Hope' celebration at The Castle, Dandenong.

The day was well attended, with communities from Burma, Sudan, Afghanistan, Somalia and many other cultures present.

Guest speakers included Jamila Timori from Afghanistan, Abida Khan from Pakistan, Gatwech Gatluak from South Sudan (a 'Lost Boy of Sudan') and John James, also from South Sudan. They spoke of their history, living in refugee camps and their experience travelling to Australia with the hope of a brighter future.

They were extremely open about their new lifestyle, poles apart from their birth country and each shared personal stories of settling in Australia, both good and bad, funny and some quite sad.

Performers were: the Afrobeat drumming group, Tai Chi, Sudanese women dancers and Boots n' Us line dancers. The day finished with wonderful food and most people joining in the line dancing and the Hokey Pokey.

*WHISE would like to take this opportunity to thank the Office of Multicultural Affairs and Citizenship (OMAC) for their funding support to make WHISE's Refugee Week celebration such a success.*

*Women's Health in the South East is supported by funding from  
the Australian Government / Department of Immigration and  
Citizenship under the Settlement Grants Program funding  
program.*

## **Community ICT Skills Grant Success for WHISE**

In 2012 WHISE successfully applied for funding from the Department of Planning and Community Development for an Information Technology (IT) and internet training program for seniors.

This is great news as it allows us to provide affordable IT and internet training to help seniors build their skills and competency in ICT (Information Communication Technology) and promote better mental and social health outcomes for an improved quality of life.

We are happy to announce that our IT training room is now equipped with brand new computers with fast internet connection. From March 2012 we have been successfully running specially developed basic computer and internet training for seniors to help overcome the issues faced in accessing ICT.



WHISE IT Training room with new computers

### **Student Feedback from our Seniors' IT Classes has been very positive**

“I loved coming to the classes and have made some new friends”.

“Facebook and Skype are good and I use them a lot as I have lots of friends and family overseas whom I miss very much and now I can talk to them more often and it is not expensive like talking on the phone”.

“I enrolled in the IT class as I am writing a biography on my husband’s life and wanted to learn how to do more things on the computer like copying photos into it”. “I knew the basics but that’s all. I have learned how to format my work, add photos and save my work onto a USB”.

“I have been coming to classes for about 12 months and really enjoy them and have learnt a lot.”

“Now I know how to email I can talk with my friends and family overseas instead of phoning which is very expensive. Now I can talk to them every day if I want to.”

“I...have started working on my family tree which I really enjoy.”

## Twenty Years of WHISE



On September 20th 2012, WHISE celebrated twenty years of service to women in the south east. There was an excellent turn out of old and new members, friends, Board members and staff, who were treated to an enjoyable journey through our history and development.

The day was opened with a 'welcome to country' from Emma Thomas and speakers were: WHISE Chairperson Gail Quilliam, who presented a history of WHISE from its inception in 1992 to today—with some wonderful photos of the journey; CEO Eva Orr; former staff member Nida Iqbal, who gave a wonderful and very moving talk on what her time with WHISE had meant to her and her own journey; and present staff member Kristine Hill. We would like to thank all of our speakers on the day—there wasn't a boring moment from any of you!

A photographic journey through WHISE, set up in our meeting room, was greatly appreciated by all (with a great deal of amusement shown at some of the hairstyles of the past) and demonstrated just how important WHISE has been over the years. From our humble beginnings in Frankston with no phone, no furniture and no money to our present premises in Dandenong, WHISE has continued to promote and advocate for women's health and rights.

Twenty years on, the WHISE passion to support, protect and advocate for women of all cultures, religions, sexual orientations and political leanings continues unabated. We look forward to continuing our work and to welcoming all women who come through our doors to a place of safety and support.

Thank you to the Board and staff of WHISE, who helped to make the day a success, and a huge thank you to all Board members, staff, volunteers and WHISE members over the past twenty years—it is due to your vision, dedication and determination that WHISE exists at all.



# Financial Report

## Women's Health in the South East Inc

### Income Statement For the Year Ended 30<sup>th</sup> June 2012

	2012	2011
	\$	\$
<b>Income</b>		
Grant and Services	764,142.09	804,135.50
Donation	706.79	4,789.25
Other Income	34,154.03	22,737.23
Interest	5,559.12	7,173.45
	<u>804,562.03</u>	<u>838,835.43</u>
<b>Expenditure</b>		
Accounting and Audit Fees	9,333.26	10,940.00
Administrative Cost	1,984.25	6,170.40
Advertising and Promotion	4,259.10	3,826.67
Amortisation Cost	503.26	
Bank Charges	3,260.23	2,351.41
Bookkeeping Expenses	17,925.00	20,404.45
Computer Expenses	11,805.55	9,313.05
Board Cost	2,181.28	4,516.63
Depreciation	28,140.00	24,960.00
Donations	68.18	179.41
Insurance	1,442.93	7,631.06
Laundry	7,877.68	6,665.38
Light & Power	5,335.90	5,421.76
Motor Vehicles Expenses	7,079.11	8,008.42
Postage	1,507.73	1,097.53
Printing & Stationery	10,406.82	5,165.84
Project Costs	13,982.96	14,010.24
Rates & Land Taxes	2,961.25	1,928.10
Rental Expenses	49,183.20	47,917.29
Repairs and Maintenance	820.23	1,907.45
Security	380.00	726.55
Staff Amenities	1,855.93	3,289.35
Subscription & Accreditation	9,088.68	4,903.46
Superannuation	49,468.28	47,648.68
Telephone	9,492.60	8,992.18
Travel & Accommodation	4,118.30	3,676.92
Wages	550,578.84	564,219.04
Workcover	13,236.10	13,375.97
Total Expenses	<u>818,276.65</u>	<u>829,247.24</u>
Surplus/(Deficit)	<u>(13,714.62)</u>	<u>9,588.19</u>
Retained Surplus/(Deficit) at the Beginning of The Financial Year	<u>25,465.43</u>	<u>15,877.24</u>
Retained Surplus/(Deficit) at the End of The Financial Year	<u>11,750.81</u>	<u>25,465.43</u>

### Balance Sheet For the Year Ended 30<sup>th</sup> June 2012

Note	2012	2011
	\$	\$
<b>CURRENT ASSETS</b>		
Cash and Cash Equivalents	121,339.87	148,728.65
Trade and Other Receivables	2 13,657.98	5,889.00
Other	3 6,849.47	5,658.18
<b>TOTAL CURRENT ASSETS</b>	<u>141,847.32</u>	<u>160,275.83</u>
<b>NON-CURRENT ASSETS</b>		
Property, Plant and Equipment	4 64,254.73	64,463.00
<b>TOTAL NON_CURRENT ASSETS</b>	<u>64,254.73</u>	<u>64,463.00</u>
<b>TOTAL ASSETS</b>	<u>206,102.05</u>	<u>224,738.83</u>
<b>CURRENT LIABILITIES</b>		
Trade and Other Payables	5 49,949.16	40,315.09
Unearned Income		11,818.19
Grants Received In Advance		886.97
Other Provision		12,183.15
Account Held In Trust	10,332.08	
<b>TOTAL CURRENT LIABILITIES</b>	<u>60,281.24</u>	<u>65,203.40</u>
<b>NET ASSETS</b>	<u>145,820.81</u>	<u>159,535.43</u>
<b>MEMBERS' FUND</b>		
Capital Profit Reserve	134,070.00	134,070.00
Retained Profit/(Deficit)	11,750.81	25,465.43
<b>TOTAL MEMBERS' FUND</b>	<u>145,820.81</u>	<u>159,535.43</u>

### **Board Members**

Gail Quilliam	<i>Chairperson</i>
Donna Fulford	<i>Vice-Chairperson</i>
Kara Dunn	<i>Treasurer</i>
Heather Gerraty	<i>Vice-Treasurer</i>
Deborah Buffinton	<i>General Member</i>
Noemi Fiala	<i>General Member</i>
Diana Mumme	<i>General Member</i>
Doris Wong	<i>General Member</i>
Robyn Mason	<i>General Member</i>

### **Staff Members**

Eva Orr	<i>Chief Executive Officer</i>
Helena Bishop	<i>Operations Manager</i>
Deb Pugsley	<i>Funding Coordinator</i>
Iresha Buthgamuwa	<i>Health Promotion Worker</i>
Kristine Hill	<i>Health Promotion Worker</i>
Renay Fewkes	<i>Administration Assistant</i>
Ruchita Ruchita	<i>Health Promotion Worker</i>
Marian Salvage	<i>Settlement Grants Coordinator</i>
Belinda Dennis	<i>Settlement Grants Worker</i>
Udani Waidyaratnha	<i>Community Devel. Worker</i>
Anna Harder	<i>Receptionist</i>

*WHISE would like to thank our accountant, Denis Paul*

### **Congratulations to Students on Placement**

Victoria Borg  
Emma Keen  
Katy Wagner  
Hye-Sang Shin  
Benedict Trio  
Lisa Vandermeer

### **Thanks to our Volunteers**

#### **SGP**

Kylie Dovaston  
Suteeporn Sullivan  
Dalal Masri  
Melinda Hamilton  
Liz Cavell  
Linda Miller  
Susan Courtis  
Giada Glavic  
Abida Khan

#### **Photography on the Move**

Morgan Grubb  
Merina Perera  
Sheila Thomas  
Michelle Morris

#### **Health Promotion**

Lauren Goldberg

### **Women's Health in the South East Inc.**

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