

Women Gathering

Bringing women together because together we do better

Women Gathering is an initiative of Women's Health Goulburn North East that has encouraged women throughout the Hume region to get together regularly for friendship, support and fun.

Women Gathering centres upon people developing mutually supportive relationships and thereby reducing people's experiences of social isolation.

Women Gathering provides women with an opportunity for collective exchange of stories and ideas in a relationship with an equal power dynamic and the possibility of an ongoing friendship.

Where there are women – where there is community – Women Gathering applies.

Key factors to create a friendship culture:

- Listening and Storytelling
- Confidentiality
- Inclusiveness
- Wisdom Together
- Communication Skills

Women Gathering groups work when...

- The group is low cost and simple to run
- The group is small with an activity or focus
- There is a passionate leader for the group
- There is shared leadership
- There is group ownership
- Food is shared
- Gatherings are regular
- There are group rules that are explicit
- Groups are inclusive
- There is celebration and fun



Friendship, Fun & Support

Women Gathering:

Being inclusive and accepting diversity

Respecting women's confidences

'Just getting together' because it's important

Ask 'who else could be here?'

This information is collated from Women Gathering projects. For further information, resources and documents see www.whealth.com.au



WOMEN'S HEALTH
GOULBURN NORTH EAST

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Friendship, Fun & Support

Our Group works when...



Everyone has a chance to speak and be listened to.



Our stories and comments are safe and not repeated outside the group.



Everyone is invited and encouraged to join in.



We accept our differences – others might think differently, but it doesn't make them wrong.



We have a common interest or shared activity.



We have food to share and a suitable venue.



Our leadership is shared and everyone has an opportunity to contribute.



Laughter, fun, trust, acceptance, respect and a positive attitude are part of our group.



We have a shared understanding about how our group operates.