



Sexual & Reproductive
HEALTH



Empowering girls and women
of all abilities

Hume Region



WOMEN'S HEALTH
GOULBURN NORTH EAST

Challenging inequity, embracing diversity.

Women's Health

Goulburn North East – WHGNE

- ❖ Work from an evidence base & lead change to improve health, safety and wellbeing of women & girls in Hume Region
- ❖ Social model of health: access to healthy environments and services, social inclusion, community participation & sense of empowerment contribute to good health & wellbeing
- ❖ Regional girls and women who live in isolated rural areas, who are disadvantaged, or are from ATSI & CALD backgrounds are priority groups
- ❖ Consider the ways that gender reflects women's health experiences to reduce inequalities

Improving women's access, safety and equity with choice and respect

The way WHGNE works. . .

- ❖ Engage with, listen to and respond to women of all ages & abilities especially vulnerable groups
- ❖ Foster and strengthen collaborative partnerships to drive change
- ❖ Lead change to improve service access, safety and equity
 - integrated health promotion
 - consultation & research
 - violence prevention
 - education, training and resource development
 - advocacy

Improving women's access, safety and equity with choice and respect

Access and equity for all girls and women

- ❖ Nearly 1 in 5 Victorian girls and women have a disability, with higher numbers in rural and regional areas
- ❖ Women with disabilities experience significant disadvantage
 - Twice as likely as those without disabilities to experience violence throughout their lives
 - Lack access to appropriate health care for themselves & their children
 - Face layers of discrimination that restricts inclusion and participation
 - Have a high level of unmet needs yet less likely to receive appropriate services
 - Experience high levels of unemployment, homelessness and economic hardship

Improving women's access, safety and equity with choice and respect

Women with Disabilities

Voices against Violence Report 2014

- ❖ Women with disabilities are assaulted, raped and abused at least twice the rate for women who do not have a disability
- ❖ 53,307 Victorian women were directly affected by family violence during 2014 to 2015, many are women with disabilities
- ❖ 45 of the 100 women reported experiencing violence from a total of 89 perpetrators
- ❖ Most commonly reported forms of violence were psychological, physical, sexual, controlling behaviour and economic abuse
- ❖ Impairment-related abuse included withholding medication and disability aids
- ❖ 90% women with an intellectual disability have been subjected to sexual abuse. More than two-thirds (68%) have been sexually abused by the age of 18

Improving women's access, safety and equity with choice and respect

Empowering girls and women

- ❖ Regional girls and women with disability are a priority group for WHGNE integrated health promotion work
- ❖ Work in 2014-2015 focused on building and strengthening partnerships with state and regional disability and mainstream organisations and rural communities

Engage with, listen to and learn from organisations & women with disabilities

Challenge stereotypes & celebrate the diversity & strengths of women with disabilities

Consider how barriers to disability access & inclusion reflect women's health experiences and advocate for change

Adopt health promotion strategies that include and empower women with disabilities

Build disability workforce knowledge to identify and respond appropriately to violence against women

Improving women's access, safety and equity with choice and respect

Enabling Women Program 2016



WHGNE & *Women With Disabilities Victoria* partnership to coordinate, deliver & evaluate program in Hume region

Develops self confidence, knowledge and skills of 12-14 regional women with disabilities

Builds local networks and community capacity to support change informed by women with disabilities

Empowers women - inclusive & participatory

Designed to equip women with disabilities with knowledge, skills and support to inform & lead change

Begins to address disadvantage, enables women's voices to be heard, challenges stereotypes & disadvantage

Develops regional model to inform future planning

Improving women's access, safety and equity with choice and respect

Violence Prevention & Support

- ❖ PD and training for professionals working in health, education, local government, police & emergency services, disability, youth & community sectors

Family Violence Awareness

Gender and Disability

Bystander Training for Personal Action

Respectful Relationships

Tools for Change

Children & Trauma

Gender & Disaster

- ❖ Evidence based tools & resources to support organisations & workers

Improving women's access, safety and equity with choice and respect

Research & Consultation

- ❖ Consultation with girls, women, organisations & agencies, professionals & community groups in different areas of Hume region
Priorities, barriers & enablers to improve girls and women's health, safety, access to health & other services
- ❖ Evidence based planning, action & resource development through collaborative partnerships

Leadership & Advocacy

- ❖ Alert to state & national issues influencing women's health, safety & equity
- ❖ Strong advocacy for girls and women living in regional communities and isolated areas of Hume region

Evidence & understanding of rurality as a significant factor impacting access to health care and services including

- distance, travel & lack of public transport
- lack of anonymity
- lack of specialist health services



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For more information:

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