



Community Minded:
Women's Mental
Wellbeing project

A storytelling guide

Share your COVID-19 experience

Acknowledgement

We are intersectional in our approach and are proud to stand beside generations of great women whose work has brought us closer to equality for all.

We acknowledge the wisdom, living culture and connection of the Traditional Custodians of the unceded lands on which we work, and acknowledge the profound disruption of colonisation and the Stolen Generations on Aboriginal and Torres Strait Islander peoples.

We believe in shared and just cultural transformation that embraces diversity, and these acknowledgements are part of the ethical principles that guide our work and conduct.

We're listening to your feedback on our work – please let us know how we're doing.



**WOMEN'S
HEALTH**
Goulburn North East
Last updated April 2022

About the project

The Community Minded: Women's Mental Wellbeing Project aims to further understand the experiences of women living in smaller, rural communities – particularly those in the Towong and Alpine shires – through bushfire and COVID-19 recovery by gathering stories and providing the opportunity for women to engage in community capacity building initiatives.

With the Towong and Alpine shires having been in 'recovery-mode' for almost two years, in the aftermath of the Black Summer fires, and then with the impact of COVID-19, this project aims to work directly with those communities to build the evidence base of lived experience to enable WHGNE to undertake gendered, intersectional advocacy work to support these communities.

Women from all geographical locations are also invited and welcome to share your experiences.

Your story is important to us, and our community. This guide aims to help you reflect upon your experience, in order to give voice to your story.

Visit www.whealth.com.au/community-minded-womens-mental-wellbeing-project/ for more information.

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How to share your story

There are many ways to participate in this storytelling project. This guide aims to provide you with some "food for thought" so that you can share your story in whichever of the following ways feels most accessible to you:

- Visit www.whealth.com.au/community-minded-womens-mental-wellbeing-project and complete the survey or the online storytelling form
- If you live near Corryong, speak with Sara at the [Corryong Neighbourhood Centre](#) and tell your story as part of a group or individually - phone (02) 6076 2176 to arrange a time
- Record yourself telling your story using the Voice Memos app on your smart phone and send it to whealth@whealth.com.au
- Call Women's Health Goulburn North East (WHGNE) on (03) 57475443 and make a time to speak with Teresa Carney, Sarah Hill or Melissa Rowland
- Write your story and send it via email to whealth@whealth.com.au
- Write your story with pen and paper and post it to:

Teresa Carney
Women's Health Goulburn North East
PO Box 853
Wangaratta VIC 3676

COVID-19 in images

Start by having a look at some of the images featured in the next few pages and see if any resonate with you. Do they stir up particular feelings or memories? Do any feel familiar to you?







Think about your story

- Choose an image that represents something you have experienced over the past two years. If you have more than one experience to share you can choose a number of images to help you reflect.
- Looking at the images again, think about feelings that might come up for you. These could reflect how you felt initially, over time and how you feel now.
- As you look at these images words will come to mind that assist you in sharing your story. Look at the questions and write your answers on a scrap of paper, so that you can refer back to it as you write your story via our website, or on a page to post to us.
- Referring back to one of the images take a moment to reflect on your COVID-19 experience. Describe what comes to mind first as your overall experience?
- If you had to choose an image that reflected your COVID-19 experience, what would it look like? And why does that image come to mind and reflect your experience?





WOMEN'S HEALTH

Goulburn North East

Contact us

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