

PART FOUR

Appendices, endnotes and glossary

APPENDIX ONE

DESCRIPTIONS OF INDIVIDUAL SERVICES IN THE VICTORIAN WOMEN'S HEALTH SERVICES PROGRAM



THE STATEWIDE WOMEN'S HEALTH INFORMATION SERVICES

**Women in Industry and Community Health
(established 1977)
83 Johnston Street
Fitzroy 3065**

For immigrant women, the migration experience, economic hardship, and cultural and language differences often add to the disadvantage they experience as women. WICH, the oldest Service in the Women's Health Services Program, attempts to address this double disadvantage.

WICH was initially established in 1977 under the name Action for Family Planning with the aim of taking health information to immigrant women working in factories. The program ran primarily on a voluntary basis until 1980. In 1982 it changed its name to Women in Industry: Contraception and Health. Throughout the 1980s and early 1990s the organisation received small amounts of funding from multiple sources. It was not until 1991 that programatic funding was granted under the National Women's Health Program.

Over time WICH grew to play an expanded role in addressing the health needs of NESB women. Accordingly it changed its name in 1992 to Women in Industry and Community Health. WICH now provides:

- a factory visits program delivered by a team of bilingual workers who take information to women at work in industry (see *Taking the health message to women*, page 30);
- community education involving the provision of information to women from NESB through workshops in community settings; radio programs and newsletter;

- a women's health resource centre shopfront providing multilingual information to women over the phone or on a drop in basis. While available to all women, the shopfront has an emphasis on addressing the needs of Vietnamese, Turkish and Spanish speaking women; and
- the representation of the needs of migrant women where required through government consultative processes, and so on.

WICH is managed by a committee of management elected annually. The Service has strong relationships with a range of health agencies including the Family Planning Association and Anti Cancer Council of Victoria as well as with unions, industry and with groups representing NESB women.

**The Women's Health Resource Collective
(established 1982)
653 Nicholson Street
Carlton North 3054**

The Women's Health Resource Collective develops and distributes women's health resources which are informed by women's experiences, are accessible and which promote choice.

Along with WICH, the Collective is one of the oldest services in the program, having its origins in 1982 in the formation of a small group of women interested in women's health issues.

In 1983 the group submitted successfully for funding under the Employment Initiatives Program (a job creation scheme) to establish a health resource and education project. It opened its first shopfront in that year. Like its sister Service WICH, the Collective spent the remainder of the decade dependent upon short term funding, with programatic funding being approved only as recently as 1988/89.

Prior to 1987, the Collective was one of only two Women's Health Services in Victoria. Despite inadequate levels of funding, the Service of necessity played a range of roles, including many of those which have now been taken up by other Services in the program (for example, the provision of telephone advice and referral, supporting women's self help groups). The advent of the Victorian Women's Health Services Program has allowed the Collective to concentrate its efforts on resource development and production - its area of particular expertise.

The Collective produces information in a variety of formats including pamphlets, booklets, posters and audio tapes. Resources are produced in cooperation with government and community organisations, Women's Health Services, individual women and community groups. The Service also plays an important role in facilitating the production of women centred resources in the wider community by providing support and advice to organisations in the area of resource production.

It distributes a wide range of women's health resources produced 'in house', by Women's Health Services interstate and by other organisations to government and community organisations, public and private health practitioners and health institutions, and to individual women.

The agency also advocates on behalf of women on health related matters by participating in consultative and project committees and campaigns on women's health issues.

The overall management of WHRC is undertaken by the management collective which is open to all women. Day to day management is undertaken by the worker's collective.

The Collective has strong relationships with other Women's Health Services in Australia (to enable resource assessment and distribution), hospitals, community health centres, general practitioners, educational institutions, and women's and community groups.

Healthsharing Women
(established 1988)
5th floor, Information Victoria
318 Little Bourke Street
Melbourne 3000

In 1987 the Victorian government called for tenders to establish a statewide Women's Health Information Service. Healthsharing Women, a group of women

representing a range of interests from across Victoria was successful. Established in July 1988 following extensive consultation with women, the Service now:

- has a health information and drop in service, providing specialist women's health information which encompasses both scientific and social aspects of women's health;
- has a health information library containing more than 6000 articles, books, journals and other references, combining medical, scientific, sociological and community-produced material;
- provides education and training to health professionals and allied health care workers, as well as groups of non-professional women, which is targeted to achieve more effective delivery of health services to women;
- monitors, evaluates and conducts research into women's health with a view to providing input where research proposals or studies demonstrate an insensitivity to, or overlook, women's health needs and concerns;
- assists community groups and agencies as well as individuals in planning and carrying out their own research;
- supports and resources new Women's Health Services and initiates and manages statewide health promotion projects;
- produces a newsletter, mailed out to over 1000 subscribers which features original, fully researched articles on women's health concerns along with reports of current issues in women's health.

The Service recognises and works to address the particular needs of women from non English speaking backgrounds, and rural and isolated women.

Healthsharing Women maintains links with a range of organisations and groups (see Appendix 3, page 84).

The Service is managed by a committee of management elected annually. Its members come from across Victoria and attempt to represent a range of interests including those of rural, Koori, disabled and NESB women.

THE REGIONAL WOMEN'S HEALTH SERVICES

**The Women's Health Service for the West
(established 1988)
60 Droop Street
Footscray 3011**

The Women's Health Service for the West (WHSFTW) was the first Regional Women's Health Service in the program to be established. Its origins lie in the efforts of two women's groups located in the western suburbs - the Flemington, Kensington and North and West Melbourne Women's Coalition and the Western Women's Health Network. The two groups came together in 1987 in response to a call from Health Department Victoria for tenders to establish a Women's Health Service. The tender prepared by the groups was successful and funding was allocated to conduct a consultation in the region with a view to developing a profile for the Service, establishing links with other groups and services, determining a location for the Service and developing its first committee of management.

In 1988 the committee of management was formed and the Service became operational. The Service works within the localities of Sunshine, Footscray, Melton, Keilor, Essendon, Werribee, Altona, Bacchus Marsh, Williamstown, Flemington, Kensington and North and West Melbourne.

The WHSFTW's particular strengths lie in serving those groups of women who have traditionally had poor access to health services and which mainstream health services have perceived as 'hard to reach'. This includes women from NESB, low income women and women with disabilities. The emphasis on meeting the needs of these groups of women can be seen both in the programs provided by the Service as well as the way in which it involves women in all aspects of Service operation from membership of the committee of management, through to the planning and delivery of particular programs.

In its first year of operation, the Service provided centre based counselling and medical services. However, it became apparent that these programs were not being adequately used by women the Service aimed to target. Further while the WHSFTW was a regional Service, service users originated primarily from Footscray and its immediate surrounds. There were also concerns that women were tending to use the medical service in place of their local general practitioner service, rather than for defined women's health issues. This was not seen to be an efficient use of scarce women's health resources and could be

perceived to be duplicating what other local health Services were providing. The Service had long waiting lists for its services and its inability to meet demand was undermining goodwill among women in the region.

Following a Service review in 1990, the WHSFTW aimed to overcome these problems in service delivery by adopting project work as its primary mode of operation. This involves working with identified groups of women (for example, Spanish women) in their own community. Local women themselves form a reference group and determine what their particular health needs are and the way they believe they should be addressed. The Service's current target groups are Spanish women, Arabic-Muslim women, Italian women and women with disabilities. This style of working is illustrated in the case study *Participation and Equity: The Key to Good Health* (see page 40).

The Service has maintained its role in regional planning, cooperative ventures with other agencies and involvement in issues of statewide relevance.

**The Loddon Campaspe Women's Health Service
(established 1989)
31 MacKenzie Street
Bendigo 3550**

Women in the Loddon Campaspe region began working to establish a Women's Health Service in 1988, when they were successful in attracting funds to conduct a consultation across the region. The report of the consultation, titled *A Stitch in Time*, formed the basis for the development of the Service.

The staff of the Service are committed to valuing each woman who approaches the Service, whether by mail, telephone or in person. Women in the region are encouraged to become involved in the Service through its working groups, subcommittees and networks. The involvement of women in this capacity, together with use of the Service's programs by women means that paid workers at the Service can have contact with up to 150 women in any one day.

In the consultation particular concerns were raised by women in rural and remote communities about the lack of appropriate local services. Accordingly the inaugural committee of management made a commitment to allocating at least 60% of its resources to addressing the needs of these women. The Loddon Campaspe Women's Health Service's work in this area is illustrated in the case study *Reaching out to women in rural Victoria* (see page 44).

The Service also places particular emphasis on working with young women and women on low incomes and on addressing the issues of family violence and mental and emotional health.

**The Outer East Women's Health Service
(established 1990)
367 Maroondah Highway
Ringwood 3134**

The Outer East Women's Health Service was established as a joint initiative of the Maroondah Hospital's Women's Advisory Committee and the Outer Eastern Women's Health Network. The two groups formed a steering group which received funding to establish the Service. Consultation was conducted to discover the health needs of women in the area, gather information to determine the model for the Service and develop community networks. Following the location of premises in East Ringwood, the formation of a management committee and the appointment of workers, the Service became officially operational in January 1990.

The consultation conducted in the establishment phase of the Service indicated a particular demand for health information and for direct counselling and medical services in the region. The Service has responded to this demand with a number of innovative programs (see case study *More than just a health and support service for women*, page 47).

The Service works within Health Department Victoria Region Seven, primarily serving the localities of Ringwood, Croydon, Mooroolbark, Lilydale, Sherbrooke, Upper Yarra, Knox and Healesville.

It works closely with other services and networks in the region including local government, government departments, women's groups, community health services, hospitals, neighbourhood houses and tertiary education institutions.

The Service is managed by a committee comprising both women from the community and representatives from other health and community agencies in the region.

**Wellcoming Women's Health Service
(established 1991)
20 Darlot Street
Horsham 3400; and
106 Doveton Street
South Ballarat 3350**

The aim of establishing a Women's Health Service in the Central Highlands Wimmera Region was formalised in 1985 when a meeting of interested women was called. Five years later funding was granted through the National Women's Health Program to consult with women in the region and determine how their needs could best be addressed by the Service. The inaugural committee of management was elected later in that year. The report of the consultation outlined directions for the Service and was widely distributed to women and community groups, networks and services. The first Co-ordinator was appointed early in 1991 and the Service commenced operations.

One of the significant challenges facing the Service is how it meets the needs of women across the region, particularly those who live in isolated rural communities. The region is large stretching from Ballan to the South Australian border, from north of Hopetoun to south of Edenhope. The case study *Sharing the load of caring* (see page 50) demonstrates the Service's obvious commitment to meet the challenge of extending its influence beyond the region's provincial cities and larger towns.

The Service's committee of management includes representation from across the region including the sub regions of Wimmera, the Grampians and Central Highlands. Programs are provided from two venues, one at Horsham and the other in Ballarat. Outreach workers have been appointed to serve the Grampians subregion and the Warracknabeal/Birchip area.



**The North East Women's Health Service
(established 1992)
76 Edwardes Street
Reservoir 3073**

The North East Women's Health Service provides health information, community education and referral, and has a focus on the particular needs of women from non-English speaking backgrounds.

The establishment of the North East Women's Health Service was an initiative of the North East Women's Health Network - a group of women living or working in Melbourne's Northern suburbs. With the assistance of the Preston/Northcote District Health Council and the Preston/Reservoir Migrant Resource Centre, the Network submitted successfully for funding to conduct a consultation with women and service providers in the region.

The Service which was officially opened in 1992, works in the municipalities of Preston, Northcote, Heidelberg, Diamond Valley, Eltham and Whittlesea. Its role in meeting the particular needs of women from NESB is given practical expression in bilingual programs and a wide collection of material in the community languages. In the first year of operation the Service prioritised nine community languages including Arabic, Croatian, Greek, Italian, Macedonian, Serbian, Spanish, Turkish and Vietnamese. A number of the Service's priority issues are consistent with those identified in the *National Non-English Speaking Background Women's Health Strategy* as being of particular concern. These include occupational health and safety and mental health. Other priority issues for the Service include reproductive health and sexuality, the use of medication and the health concerns of young and older women.

Most of the Service's projects incorporate a resource production component in recognition of the shortage of appropriate resources and to ensure that the impact of the Service's work is enduring. For example, a recent project involving young Arabic and Turkish women resulted in the production of a booklet for use by teachers and workers who have contact with this group of young women.

The North East Women's Health Service is represented on the Austin Hospital and Preston and Northcote Community Hospital (PANCH) Advisory committees and the North East Metropolitan Psychiatric Services (NEMPS) Women's Advisory group. It is working to develop links with local general practitioners and psychiatrists.

**Women's Health Service in the South East
(established 1992)
34 Dandenong Road
Frankston 3199**

In 1990 a group of women met to establish a Women's Health Service for the south eastern region. Funds were received by the group through the National Women's Health Program in February 1991 to conduct a consultation in the region and establish links with other regional services and groups. The group's goals were realised in September 1992 with the opening of the Service.

WHISE is located in Frankston, but works within the South East Region from Port Melbourne to Portsea and to the east as far as Berwick and Wonthaggi. The Service is managed by a committee comprising women from the region. While a relatively new Service it has already begun work on a number of projects including a cooperative venture with hospitals in the region to raise awareness of women's health issues (see *Women's health awareness in hospitals*, page 54).

**Gippsland Women's Health Service
(established 1992)
48 Macalister Street
Sale 3850**

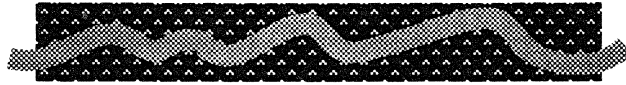
Late in 1990 representatives from the Strzelecki District Health Council, Monash University College, Gippsland and Moe/Narracan Community Health Centre, and women in the community formed a steering committee to establish a Women's Health Service in the Gippsland Region. With funding from the National Women's Health Program, the steering committee employed a project worker to undertake research and establish links with local people.

At the time of writing the Gippsland Women's Health Service was in its establishment phase. Nonetheless the Service has a number of sound achievements, including an extensive resource library; a 008 women's health information line and involvement in a project with the Anti Cancer Council of Victoria aimed at increasing the number of women having Pap tests.

The Service has a particular emphasis on working with geographically isolated women, women on farms, older women and Koori women. It has close links with a number of networks including the Farm Link Rural Women's Network and the Koori Women's Network. The Service is managed by an interim committee of management comprising two women from each of the sub regions: South, West, East and Central Gippsland, and Warratah.

APPENDIX TWO

AN INVENTORY OF PROJECTS UNDERTAKEN BY THE VICTORIAN WOMEN'S HEALTH SERVICES PROGRAM



REPRODUCTIVE HEALTH AND SEXUALITY

Women in Industry and Community Health

Dalkon Shield Campaign
Depo Provera Campaign
Contraceptive Chart produced in English

Women's Health Resource Collective

Endometriosis - leaflet
Depo Provera - leaflet
Making Choices about Birth - leaflet
Menstruation - leaflet
Caring for Stitches after Childbirth - leaflet
She will Always Remember You - leaflet
Translation of *Endometriosis* into Spanish
Translation of *Making Choices about Birth* into Serbo-
Croatian
Genital Wart Virus - leaflet
Pelvic Inflammatory Disease - booklet
Depo Provera: How Does it work? - booklet
When a Pap Smear Isn't All Clear - booklet
What if my Smear Result is Abnormal? - leaflet
Translations of *What if my Smear Result is Abnormal?*
into Cambodian Chinese Croatian Greek Italian
Macedonian Serbian Spanish Turkish Vietnamese
1990
Update and redesign of *Care of Stitches after Childbirth*
Heavy Bleeding - leaflet
Translation of *When a Pap Smear Isn't All Clear* into
Italian and Spanish
Everything's Fine: Women's Stories of Cervical
Dysplasia - leaflet
Colposcopy and Biopsy Fact Sheet
Fibroids - leaflet
Women's Health and the Politics of Pre-menstrual
Tension - leaflet
RU486: A Boon Drug? - leaflet
Women's Health and Miscarriage - leaflet
Koori Women and the Change of Life - wall chart
Pain Relief During Labour - leaflet

Positive Women: Women with HIV/AIDS Speak Out
- book

Update and redesign of *Endometriosis* - leaflet
Natural Therapies for the Treatment of
Endometriosis - booklet

Vaginal Birth After Caesarean - leaflet
Me Myself a Woman - kit

Healthsharing Women

Distance Learning for Rural and Remote Midwives
Project
Forum on Hysterectomy - Psychology and Sexual
Outcomes
Forum on Hormone Replacement Therapy
Women and Surgery Conference
Women and Surgery Conference Proceedings
Breast Implants Network

The Women's Health Service for the West

Birth Services Review - Consultation
Breast Cancer Awareness Project
Pre-menstrual Syndrome Group
Birth Services Review - responses
Tweedle Child and Family Health Services Review
- participation on a committee
Women's Informed Consent Action Group (WICAG)
- action Group formed
Well Women's Project
Health Choices Our Voices NESB Women Speak Out
- conducted jointly with WICAG
Cervical Health Project
NESB Women's Birthing Experiences Project

Loddon Campaspe Women's Health Service

Menopause Forum - video of keynote speakers such
as Renate Klein
Endometriosis health information in Plain English
Pap Smear Campaigns
Breast Self-Examination Sessions
Birthing Kit
Chair of Birthing Review Advisory Panel

Barwon South Western Region Women's Health Service

Support Groups - on a range of health issues, for example, menopause, endometriosis, birthing and others

Outer East Women's Health Service

Breast Self Examination - a practical workshop
Sexual and Reproductive Health Workshops
Puberty Clues - workshops for mothers and their 10-12 year old daughters
Pre-menstrual Tension Workshops
Sexuality After Childbirth Workshops
Mothers of Sexually Active Teenagers Workshops

Wellcoming Women's Health Service

Birthing Options Pamphlet
Infant Breastfeeding Protocol Publication
Childbirth Educators Workshop
Working Better Together workshop for general practitioners, specialists, midwives and women
Establishing an Endometriosis Support Group in the Wimmera
Offering cervical screening programs and women's health days in isolated communities
Sexuality and Disability Workshop
Cervical screening and young women pilot program

North East Women's Health Service

Young Women's Reproductive Health and Sexuality
- action research, public forum and development of a booklet
Young Women's Health & Housing Consultative Body (PANCH House) participation in steering committee

Women's Health in the South East

Pap test Victoria - Targetting isolated women and women in caravan parks in the Peninsula region
Birthing Services - Supporting the development of the Regional Adolescent Pregnancy Services Network and the Birthing Services Network in their work with young women

Gippsland Women's Health Service

Pap Test Victoria - regional coordination for planning, implementation and evaluation
Centre for the Study of STDs - participation in a statewide consultation
Menopause: Myths and Medicine Workshops joint activities with Nursing Mother's Association

HEALTH OF AGEING WOMEN

Healthsharing Women

Older Women's Network
Older Women's Health Project Steering Committee

Women's Health Service for the West

Ca Va (are you well?) A play based around older citizen's rights
Ca Va: Grey Matters - information sheet

Loddon Campaspe Women's Health Service

Menopause programs

Outer East Women's Health Service

The Midlife Series program on midlife issues
Menopause Workshops
Midlife Women Sharing group
Osteoporosis Workshops

North East Women's Health Service

Information sessions - Older Italian Women
Older Italian Women's Health Status Research
- participation in working group
Older Women's Health Project steering committee

Women's Health in South East

Recreational Project - Targetting older women and women who are carers
Work With GPs - Plan for four seminars on mid-life issues and women on Peninsula with local GPs

Gippsland Women's Health Service

"Women's water works" Curing Incontinence two day workshop
Older Women's Health project Steering Committee

WOMEN'S EMOTIONAL AND MENTAL HEALTH

Women's Health Resource Collective

Minor Tranquillisers: What They Do To Women - booklet revised and translated into Italian; updated
Women's Health and Mental Illness - leaflet
Women and Stress - audio tape
Counselling: information for women - booklet

Healthsharing Women

Good Practices in Mental Health Project - Steering Committee
Research Forum: Women and Mental Health

Women's Health Service for the West

Women and Mental Health Conference-planning
and participation

The Relationships Merry-go-round Groups

Minor tranquilliser workshops/withdrawal programs

Loddon Campaspe Women's Health Service

Twelve week personal development program

Relaxation classes

Stress Management Sessions

Outer East Women's Health Service

Anger Management Workshops

Self Esteem and Assertiveness Workshops

Stress Management workshops

Relationship Training

Relating to a Friend in Crisis program

Personal Growth Group

Choice Group

Decision Making workshop

Post Natal Depression workshop

Wellcoming Women's Health Service

Post Natal Depression Project

Programs for Women on farms to alleviate isolation
reduced incomes and services

Research - gaps in counselling services

North East Women's Health Service

Support group for Italian Women Caregivers of People
with Psychiatric Disabilities (Shire of Whittlesea)

Advocacy and Linkages for Greek Women Mental
Health

Consumers (Shire of Whittlesea)

Research: Community Support for Women of Non-
English Speaking Background with Psychiatric
Disability (N.E. Metropolitan sector)

Alternatives to Medication - older NESB women

Women's Health in South East

Young Women's Peer Support Project

Gippsland Women's Health Service

Participation in the Good Practices in Mental Health
Project

VIOLENCE AGAINST WOMEN

Women's Health Resource Collective

Child Abuse - poster

Monsters Aren't Real: Women Talk About Incest -
book of women's stories poems and drawings

Domestic Violence - poster

Healthsharing Women

Ethnicity and Sexual Assault Project

Women's Health Service for the West

Domestic Violence Project (Bacchus Marsh)

Loddon Campaspe Women's Health Service

Ongoing two day Workshops for workers on Violence
Against Women

Violence Against Women Network established with
over 100 members

Violence Against Women Network Newsletter

Regionwide Conference on Criminal Assault in the
Home

Annual information days on Intervention Orders

Outer East Women's Health Service

It's My Life' Group - survivors of incest support

Women in Need Giving Support (WINGS)

Domestic Violence Workshops

North East Women's Health Service

Domestic Violence Project

Islamic Women's Welfare Council (Vic) - Working
towards the establishment of a Muslim women's
refuge for women escaping domestic violence
situations

Survivors of Incest within NESB communities Project

Women's Health in South East

Violence Project

Gippsland Women's Health Service

Participation in the Domestic Violence Task Group
Forum at Baimsdale and the Regional Phone-in

OCCUPATIONAL HEALTH AND SAFETY

Women in Industry and Community Health

Factory visits Program

Women's Health Resource Collective

Women's Health Work and Stress - leaflet

Loddon Campaspe Women's Health Service

Factory Project

North East Women's Health Service

Occupational Health and Safety Project

Factory Visiting Project Steering Committee-
Participation

THE HEALTH NEEDS OF WOMEN AS CARERS

Women's Health Resource Collective

Caregiving: Care/or Yourself Too - poster
Women as Carers Resource Project

Women's Health Service for the West

Seminar talk on Women as Carers

Wellcoming Women's Health Service

Women as Carers in isolated settings - action research project

Women's Health in South East

Women as Carers Resource Project

Gippsland Women's Health Service

Participation in Women as Carers Project

THE HEALTH EFFECTS OF SEX ROLE STEREOTYPING

Healthsharing Women

Participation in Eating Behaviour and Body Image Project

Women's Health Service for the West

Women and Body Image Group

Loddon Campaspe Women's Health Service

Young Women's Project-countering the effects of sex stereotyping

North East Women's Health Service

Facilitators Group - Eating Behaviour and Body Image Project

Women's Health in South East

Body Image Project - Body image and art workshop

HEALTH SYSTEM

Women in Industry and Community Health

Health Referral Project

Guide to Health Welfare Legal and Community Services

Catalogue of Health and Related Print Resources

Women's Health Information Envelopes Project

Community Workshops

Radio 3CR - Taking Control Program

W!CH way in Health - A weekly radio program on 3ZZZ

Multilingual Women's Health Resource Centre - Shopfront and Lending Library

Women's Health Resource Collective

Side effects: Shared Experiences of Women's Health Care - book for women with chronic illness

Unlucky Dip-A study of discrimination in the Victorian Worker's Compensation System 1985

Workshop Program on women's health issues

Consent to Medical Treatment and Consentimiento para Tratamiento Medico Booklets

The Painted Women - set of eight life size free-standing figures of different women cut out of wood and painted

Redevelopment of the *Publication List* (to 103 items) with the addition of new resources produced by WHRC as well as by other agencies

Herb Teas for Women - labels

Natural Remedies for Common Ailments-wallchart

Translation and redesign of *Natural Remedies/or Common Ailments* into Arabic and Italian

Reacting to Food Additives- pocket-size booklet

Women and Doctors: A Guide to Patient Rights -notebook

Healthsharing Women

Immigrant Women's Forum

NESB Women's Health Information Project

NESB Women's Think Tank

Women's Health: A Continuing Education Package for Nurses

Women's Health Care Delivery in General Practice Project

Cultural Diversity Training Program and Package

Where do Health Professionals Stand-Rural Workers Training Package

How to Run Groups for Women Training Program

Training of Turkish Facilitators

The Rural Outreach program

User Friendly Research Workshop

Research Issues in Women's Health Forum

Generating Knowledge in Health Promotion Seminar

Video In Sickness and in Health

Send Cards and Flowers - play

Health Workers in Ethnic Communities

Women's Health Service for the West

Multilingual visions - newsletter in ten community languages

Arabic Muslim Women's Project

Newport Women's Health Day

Women's Health Promotion at Highpoint

Melton Project on Patient Rights

NESB Women's Health Information Project

Regional redevelopment of Women's Alcohol and Drug Services Participation in the planning

Training Calendar - Training for workers across the region on issues relevant to women's health

Spanish Speaking Women's Project
 Health information media segments on radio and in newspapers
 Participation in the development of the new Werribee Hospital

Loddon Campaspe Women's Project
 Three rural outreach projects
Train the Trainer guidelines for personal development program
 Resource Guide regularly updated
 Circulating library to limited venues; developing a strategy for working in with the Regional Mobile Library
 Monthly Newsletter- 800 circulation including interstate
 Women's Health Calendar
 Action Research Lectures to TAFE
 Women's Health in a Feminist Framework-lectures to LaTrobe University College of Central Victoria

Barwon South Western Region Women's Health Service
 Koori Women's Health Program
 Outreach Service to the South West Sub-Region
 Direct Service Provision-counselling direct medical care, well women's clinic, massage
 Information Sessions- including Spanish Greek and Fillipine
 English classes for non-English speaking women from Italy, Spain and Indonesia

Outer East Women's Health Service
 Why Women's Health? sessions
 Women's Health Series

Wellcoming Women's Health Service
 Research into the barriers to participation faced by women on Boards of Management of public hospitals and community health centres
 Facilitating a five day Family Planning Education Workshop for isolated community health nurses

North East Women's Health Service
 Training Calendar
 Austin Hospital - representation on Community Advisory Committee
 Women's Health Project - joint project between NEWHS and Austin Hospital to improve services to women within the hospital and the community
 Interpreting for Women Project Steering Committee- Ecumenical Migration Centre
 Representation on ongoing groups/committees
 Breast Screen Victoria - Participation in NESB reference group

PANCH - Community Advisory Committee
 North East Metropolitan Psychiatric Services (NEMPS) Women's Advisory Group
 North East Region Ethnic Issues Network
 Whittlesea domestic violence network
 Preston/Heidelberg domestic violence network

Women's Health in South East
 Hospital Awareness Project In service education with major hospitals in the region
 Non-English Speaking Women's Project
 Lesbian Health Issues Group
 How to Run Groups for Women - Training program
 Membership Participation Project
 Young Women's Project

Gippsland Women's Health Service
 Training Programs

OTHER

Women's Health Resource Collective
 Design and production of Annual Report for Women's Information Referral Exchange 1990
 WHA V promotional leaflet
Your Immune System: A Key to Good Health-leaflet
Women Mining and Radiation- leaflet
 Annual Report for the Women's Health Service for the West
Women's Services: Into the 1990s and Beyond

Healthsharing Women
 Training and Research Consultancy
 Forums on Women's Health Issues - Dioxin in Sanitary Products and Prostitution: A Cultural Exchange
Healthsharing Women Journal
The Healthsharing Reader
 Queen Victoria Women's Centre Inc. Project
 Statistics Project
 Evaluation Framework Project
 Inter Library Loan Project
 Participation In:
 Action Research issues Centre
 Advertising Images Project
 Alcohol and Drug Foundation
 Annual Conference and Special Assemblies 1988-1989
 Australian Health Ministers Advisory Council (AHMAC) Sub-Committee on Women and Health
 AHMAC Sub-Committee on Women and Health:
 Professional Education Working Party
 Australian Women's Health Network
 Breastscreen Co-ordination Unit Victoria

Healthsharing Women (continued)

Centre for Primary Health Care Development and Research
Centre for Development and Innovation in Health Community Health Taskforce
Conference on Disability Working Group
Consumers Health Forum General Committee
Defend and Create (VCOSS Conference)
Education and Training Working Group Health Department Victoria
Health Promotion Foundation Project
Family Planning Association
Key Centre for Women's Health in Society
Advisory and Research Committees
Mapping Models Steering Committee
Medical Research Week Australian Women's Health Network Response
Menopause Working Group Mercy Maternity Hospital
Monash University Review of Curriculum
National Health and Medical Research Council - Women's Health Committee
National Women's Health Program Tasmania
NESB Nursing Project
NESB Women and Birthing Services
Network of Women in Further Education
Nurse Education and Women's Health
Older Person's Action Group
People for Safe Food
Royal Australian College of General Practitioners
Rural Women's Event Organising Group
Sexual Assault Information Kit
Victorian Women's Health Network
Women and Aids Project (Social Biology Resources Centre)
Welfare Health and Information Group
Wise Women's Project (Royal Women's Hospital)
Women and Ageing Theatre Project
Women and Prisons Conference Organising Committee
Women and Substance Use Advisory Group
Women's Health Services Statistics Working Group
Women Informed Consent Action Group
WomenonFarmsGathering(Numurkah,Sealake)
Women Prisoners and Offenders Policy Committee

Women's Health Service for the West

Assertiveness Skills Training Course for Women with Disabilities
WHSFTW pamphlet - promotional material for the service
Young Women's Health Project and video
Adm in. Review and Service Profile for the WHSFTW
WHSFTW service review
Women with Disabilities Project
Keilor Young Women's Project
Video production
Women's Health Services and Centres Against Sexual Assault Evaluation Framework Project
Targetting Strategies Evaluation Project
CSV Project to establish the collective and model for a new women's refuge
Hairdresser's Pilot Project

Loddon Campaspe Women's Health Service

Me Myself a Wo m a n - ongoing program devised by the service in collaboration with Community Health Centres
Policy and Guideline Manual
Speaking engagements to clubs schools church groups and other organisations
Library survey of users
Newsletter evaluation
A n u a l International Women's Day Dinners

Outer East Women's Health Service

Old Wives Tales Sessions
Cancer Workshops
Women's Groups
Writing Groups

Wellcoming Women's Health Service

Pilot of Health Information Dissemination Project

North East Women's Health Service

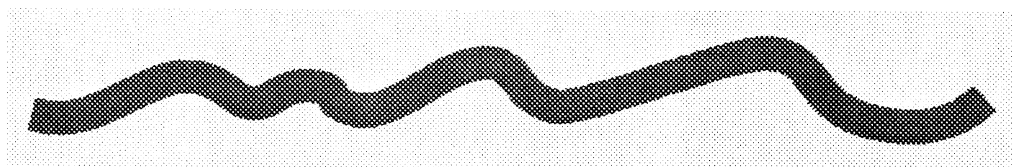
Service Launch
Resources Guide
Arabic Women's Group (Northcote)
Macedonian Reference Group

Gippsland Women's Health Service

Participation in:

Rural Women's Health Group
Women's Services Coalition
Rural Women's Festival for three days
Heyfield Timber Festival Lardner Park Field Days
(West Gippsland)
G.B.H. Health Day
International Women's Day - Sale Secondary
School
Senior Citizens Week in Sale
RAAF Base Information Day
Bundalagwah WWA-Women's Health Session
Stratford CWA - Women's Health Session
Women in Education Group (East and West
Gippsland)
Maffra Resource Centre - Women's Health
Sessions
Tarwin Lower Community Health Centre -
Women's Health Sessions
Loch Sport Community Health Centre -
Women's Health Sessions
National Council of Women (Sale)
Catholic Women's Dinner Group (Sale)
Farmlink, Office of Corrections (La Trobe Valley)
- Women's Health Sessions
Traralgon Community Health Centre - Women's
Health Sessions
Women's Information Collective on Health in
East Gippsland Women's Health Sessions
Women on Fanns Day (West Gippsland)
Bunyip Community Health Centre - Women's
Health Day
Kilarny Family Care-Foster Care Workers (Sale)
Young Sole Parent Forum (East Gippsland)

Establishment of an extensive library
008 Information and Support line
Production of a Quarterly Newsletter
Service launch
Counselling and Support for women
Information and Resources
Agoraphobic Support Group
Sexual Assault Support Group
Young Koori Women's Health Group
Women's Weight Loss Group
Remahyuk Koori Co-op: Joint submission for Koori
Women's Health Workers
Women and Addition Group (planned)
Menopause Group (Heyfield)
Caesarean Support Group (planned)
Women's Health Groups (Maffra)



APPENDIX 3

LINKS BETWEEN THE VICTORIAN WOMEN'S HEALTH SERVICES PROGRAM AND MAINSTREAM SERVICES



<i>Service</i>	<i>Local</i>	<i>Regional</i>	<i>State</i>	<i>National</i>
Regional Women's Health Services Women's Health Service for the West	Community Health Centres, in particular Western Region Melton Braybrook Westgate St. Albans Werribee Kensington Keilor Young Women's Group Keilor City Council Migrant Resource Centres Residential units for women with intellectual disabilities	Western Hospital Community Services Victoria Centres Against Sexual Assault Western Region Council on Disabilities	Anti Cancer Council of Victoria Centre for Social Health Victorian Women's Refuge Program Department of Community Medicine Melbourne University ANAHI (Spanish Speaking Feminist Collective) CELAS (Spanish Latin American Welfare Centre) Non English Speaking Background Women's Health Information Project	Family Planning Association
Loddon Campaspe Women's Health Service	Community Health Centres Dunolly Hospital	Community Services Victoria Red Cross Ministry of Education Common Ground Department of Labour Office of Rural Affairs Regional Libraries Latrobe University Northern Victoria College of Technical and Further Education Youth Advisory Group	Healthsharing Women The Women's Health Resource Collective Women in Agriculture	

<i>Service</i>	<i>Local</i>	<i>Regional</i>	<i>State</i>	<i>National</i>
Loddon Campaspe Women's Health Service (continued)		Centre Against Sexual Assault Health Department Victoria Psychiatric Services Disability Services		
Outer East Women's Health Service	Community Houses, in particular Arrabi Bayswater Wyreena Central Ringwood Emerald Kallista Knox North Ringwood Olinda The Basin Upper Yarra Healesville Living and Learning Centre Knox Youth Information Service Sherbrook Shire Maroondah Accommodation Service Community Health Centres, in particular Box Hill Diamond Valley Chirnside Park Maroondah Mooroolbark/ Croydon Wonga Park YWCA Belgrave Heights Belgrave South Hospitals Healesville District Lilydale Maroondah	Maroondah Breast Clinic North East Centre Against Sexual Assault Outer Eastern College of Technical and Further Education Outer Eastern Network Against violence in the Home Warrawong Day Care Community Services Victoria, Ringwood Maroondah Child and Adolescent Psychiatric Services North Eastern Metropolitan Region Managers Group Outer Eastern Women's Outreach Starting Out Wesley Community Action Centre	Healthsharing Women YWCA Victoria Vicspan Women for Sobriety	
North East Women's Health Service	Community Health Centres Neighbourhood Houses General Practitioners Locally based women's groups Psychiatrists	Ethno-specific Services Youth Services The Austin Hospital Mental Health Services Regional Women's Health Services Centres Against Sexual Assault Alcohol and Drug Agencies	Refuge Referral Service Domestic Violence and Incest Resource Centre Islamic Women's Welfare Council	

<i>SerfJice</i>	<i>Local</i>	<i>RegwnaL</i>	<i>State</i>	<i>NatwnaL</i>
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Wellcoming
Women's Health
Service

Maternal and Child
Health Services
Family Planning
Clinics
Hospitals
Domestic Violence
Support Groups
Community Health
Centres

Women as Carers
Network
Healthsharing
Women
The Women's
Health Resource
Collective

Women's Health in
the South East

Community Health
Centres
Dandenong and
District Hospital

Monash Medical
Centre
Caroline Chisholm
School of Nursing
Alfred, Caulfield
and Royal Southern
Memorial Hospitals

Healthsharing
Women
Women as Carers
Network

Gippsland Women's
Health Service

Neighbourhood
Resource Centres
Adult Education
Community Services
Victoria

Women's Health
Information
Collective, East
Gippsland
Rural Women's
Program
Family Violence
Task Group, East
Gippsland
Farm Link
Rural Women's
Network
Koori Women's
Network

Pap Test Victoria
Healthsharing
Women

**Women's Health
Information
Services**
Women in Industry
and Community
Health

Migrant Women's
Learning Centre
Regional Women's
Health Services

Arabic and Spanish
Speaking
communities
Centre for Philipino
Concerns
Action for Philipino
Development and
Empowerment
Ecumenical
Migration Centre
Non-English
Speaking Background
Women's Health
Information Project
Victorian Trades
Hall Council
Health Services
Union
Anti Cancer Council
of Victoria
Women's Informed
Consent Action
Group
Statewide Women's
Health Services

The Australian
Railways Union
Family Planning
Association
International
Women's
Development
Agency

<i>Service</i>	<i>Local</i>	<i>Regional</i>	<i>State</i>	<i>National</i>
Women's Health Resource Collective	Melton Community Health Centre Bacchus Marsh Shire Carlton Rental Housing Co-operative Northcote Library Low Literacy Group Wathaurang Aboriginal Co-operative Coburg Neighbourhood House Healthy Localities Project, Coburg City Council Coburg Arabic Women's Group Reservoir Italian Women's Group Eastern Bendigo Community Health Centre General Practitioners	Regional Women's Health Services Hospitals North East Centre Against Sexual Assault Nunawading District Health Council	Family Planning Associations - Vic. and W.A. Victorian Office of Ethnic Affairs Women's Ethnic Network Statewide Women's Health Services Anti Cancer Council of Victoria Women's Services Coalition Domestic Violence and Incest Resource Centre Allergy Association Women's Information and Referral Exchange Mothers and Midwives Action Friends of the Earth Adelaide and Leichhardt Women's CHCs CO-AS-IT CAE Health Issues Group Endometriosis Association (Vic) Alzheimer's Society Older Person's Action Centre Positive Women Workers Repetition injury Support Team	Home and Community Care Department of Health Housing Local Government and Community Services Women's Electoral Lobby Office of the Status of Women
Healthsharing Women	Community Health Centres	Regional Women's Health Services	Statewide Women's Health Services Rural Women's Network Women in Agriculture Queen Victoria Hospital WIRE Ecumenical Migration Centre Older Women's Network Action Research Issues Centre The Victorian Breast Screen Unit The Older Women's Network	Australian Nurses Federation Women's Electoral Lobby Health Issues Centre Key Centre for Women's Health in Society The Women's Committee of the National and Medical Research Council The Royal Australian College of General Practitioners The Australian College of Midwives

GLOSSARY OF TERMS



COMMUNITY

A specific group of people who live in a defined geographic area (for example, Western Suburbs of Melbourne), and/or share a common culture (for example, people from Vietnam or Italy), and/or exhibit some awareness of their identity as a group (for example, women's health groups or disability groups). The report also uses the term 'overall community' to refer to all people living in Australia.

COMMUNITY HEALTH SERVICES

Publicly funded primary health care services that have as a focus the health of specific communities. They include prevention and health promotion/education and community development programs, and local intersectoral cooperation. They may have primary medical and other personal care services, and they may have formal community participation at a variety of levels.

HEALTH

The World Health Organisation defines health as a state of complete physical, mental and social well-being, and not merely as the absence of disease and infirmity. It is recognised now that this is unrealistic, and recent definitions have tended to look at health more as a resource for everyday living. One way of looking at health is as a process, and that all people, whatever their state of ill health, can develop or improve their health.

HEALTH PROMOTION

Any combination of education and related organisational, economic and political interventions designed to promote behavioural and environmental changes to benefit health. This may cover a variety of strategies including legislation, health education, community development, advocacy, and so on.

HEALTH STATUS

Refers to the level of health experienced by an individual or a community by placing them/it along a continuum from health through distress, disease and disability to death. Health status is traditionally 'measured' by indicators such as mortality (death) rates, morbidity (sickness) rates, and health service use rates.

MAINSTREAM HEALTH PROVIDERS

Privately or publicly employed health professionals such as general practitioners, dietitians, chemists, psychiatrists, specialists, social workers or nurses.

MAINSTREAM HEALTH SERVICES

Publicly or privately funded health agencies or institutions which provide a range of specialist and generalist health services. They include psychiatric centres, nursing homes, public and private hospitals, drug and alcohol agencies, and so on.

MAINSTREAM HEALTH SYSTEM

The mainstream health system consists of a range of institutions and processes which impact on our health. Health policy, health research, health legislation and the various health institutions and industries are some aspects of the health system.

MEDICAL SERVICES

Used to cover all medical intervention including primary medical care and back up services such as hospitals and specialist services.

PREVENTION

Three broad levels of prevention have been identified.

- Primary - preventing illhealth before it occurs. Work in this area is largely undertaken by a few publicly funded health and related services as well as social action movements.
- Secondary- early detection and intervention in health problems to arrest or retard existing disease. Work in this area of prevention is undertaken by a wide range of health and related practitioners. Secondary prevention has received increasing attention in recent years.
- Tertiary - maintenance of people with chronic problems at an optimum level of functioning.

PRIMARY HEALTH CARE

The Social Health Office in South Australia defines primary health care as the first level of contact of the public with the health system blending personal care (for example, treatment, rehabilitative support, therapeutic interventions, and so on) with local efforts in the promotion of health, the prevention of illness and community development. When primary health care services are referred to in this report it is in this sense. This is not meant to devalue the significant primary health care that takes place in the informal settings of households, families, neighbourhoods and workplaces.

SOCIAL VIEW OF HEALTH

This recognises the impact (both direct and indirect) which physical, socio-economic and cultural aspects of the environment have on shaping the health of the community. A social view of health implies intervention to change those aspects of the environment which are promoting ill health, rather than continue to deal with illness after it appears, or continue to exhort individuals to change their attitudes and lifestyles when the environment in which they live and work gives them little choice or support for making such changes.

WOMEN'S HEALTH ISSUES

Women's health issues are those issues which exclusively or primarily concern women (for example, domestic violence) or which affect women differently as a result of their different position in Australian society (for example, occupational health and safety).

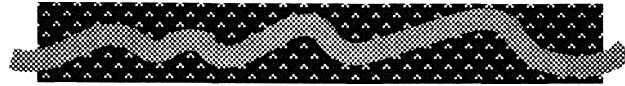
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