



# *Women's Health in the South East*

## *Annual Report 2007*



## *Chairperson's Report*

It has been a momentous year ... Goodbye to our CEO Jodie. It was a difficult decision for her to leave but family commitments needed to take priority. After temporarily leaving the state of affairs in Council's capable but already loaded hands we were fortunate to acquire an interim CEO Tricia Mahon who is now our on-going CEO.

There are many exciting developments at WHISE which include a service system review which may see us moving into direct client services along with health promotion. We are looking at newer, larger premises as we will be growing.

I would also like to thank our dedicated staff who have embraced the many changes. Thanks also to an amazingly supportive Council which is also growing in number. We are very pleased to welcome Annabel and Heather while also sadly farewelling Olivia.



Rachael Flanagan

## *CEO's Report: Women in the 21st Century*

We are all distressed, I think, at the continuing pressure placed on women of all ages, to conform to an unrealistic and unhealthy image that is perpetrated through media, advertising and marketing. The realisation that we are being pressured in this fashion does not lessen the pressure—and we must make continual effort to retain our sense of self, our sense of humour, and our ability to see beyond the image to the marketing and sales ploys behind.

Unfortunately many women—particularly younger women—are very susceptible to such pressure. This is demonstrated by the increase in risk-taking behaviour of many of our young women—either in the use of undesirable (and illegal) substances, in the abuse of legal substances, in the abuse of their bodies in a misguided attempt to demonstrate that they are “liberated women”.

We know also that the pressure felt by women newly arrived from other cultures is often even more extreme—as women attempt to settle into a very different Australian culture, they (and their menfolk) are often affronted by what they see and hear, and seek to protect their children and preserve their way of life—and this may often lead to conflict with their children, who daily become more “Australianised” through their school and community activities.

The need for a consistent, concise and sensible message to provide an alternative view of what women are has never been greater. And women's health services are in a prime position to provide this alternative view—one that cherishes and encourages diversity, difference and the development of options for all women to pursue throughout their lives.

**So what do we do?** We draw on our collective strengths and wisdom to describe and promote the wonderful variety and difference that is woman. We teach our young women that it is important to be themselves—different, unique, the only one of them in the whole wide world. We teach and advise on the uniqueness of mind and body interaction, in helping all women achieve better physical and mental health. We advocate against the material mindlessness that promotes harmful images, and we foster cooperation, encouragement, support of one another, as key weapons in this ongoing battle. At WHISE we continue to develop those programs and services which promote and value our differences and our similarities, and seek new ways and new partners, in reaching to an ever-increasing client base.

I am delighted and exhilarated to be with WHISE and its talented and dedicated Council and staff. I look forward to us all making a difference, as we take WHISE further on its journey, for the benefit of our clients, our community and our members. Thank you so much for the opportunity to be a part of this.

Tricia Mahon



## WHISE Mission Statement

The Mission of Women's Health in the South East is to improve the health and wellbeing of women in the Southern Metropolitan Region, within a social model of health and within a feminist perspective.

The Objectives of WHISE are:

- To provide a range of services that acknowledge the diversity of women and their total wellbeing
- 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

## Strategic Plan 2007—2009

The WHISE Council approved its 2007—2009 Strategic Plan in June 2007. This Plan identifies three main organisational goals:

- Advocacy—achieving system and policy change
- Health Promotion—achieving best practice in health promotion, especially to marginalised women
- Wellbeing Promotion—improving community participation and social connectedness.

The strategies to achieve these goals include:

- Working with key State, Commonwealth and regional groups, to inform and advocate government on policy improvements and service system changes
- Providing services directly to women in the community, using our expertise on equity and access for women from the most marginalised groups in society
- Working directly with women to promote health and wellbeing via the provision of information, education, self help and their inclusion in decision making processes
- Providing services to 'mainstream' service providers to help them more effectively meet the needs of women most at risk
- Maintaining the staff, resources, and infrastructure at the level necessary to achieve the goals.

Our priority service areas for the next three years are:

- Mental health and social connectedness
- Preventing violence against women
- Improving sexual and reproductive health.

WHISE has also set organisational priorities, addressing improvements in:

- Governance
- Staffing
- Funding
- Infrastructure.

The development of new services and activities is now set within this strategic framework, and allows WHISE to focus its limited resources on the most appropriate area of endeavour. We continue to work in partnership with other providers and networks, and believe firmly that there is plenty of work for all—so cooperation is essential, unnecessary duplication is to be avoided, and our skills and experience are to be used wherever we can achieve most effect for our input.

We continue to learn and develop as we work with women and their families and broader communities, and with other service providers in the Southern Metropolitan Region.

The full Strategic Plan is available on our website: [www.whise.org.au](http://www.whise.org.au).

## Priority Area 1: Mental Health And Social Connectedness

### Self-help Network

During the year a Self-help Network was formed to support leaders of women's self-help groups in the City of Frankston.

The women met together to establish links across different groups and to gain insight into how other groups operated. A number of self-care and team building activities were held and these attracted a broad cross-section of women. The Network gatherings helped women generate alternative ideas for their groups and assisted in providing structure for group decision making processes and group planning.



### Open Day 2006

On October 11, 2006 WHISE held a successful Open Day attracting a number of new visitors from the community. The aim of the day was to offer opportunities for women to participate in activities that promoted mental health and wellbeing and to raise awareness of WHISE services. A



mix of different agencies were involved including the Victoria Police-Violence Against Women Review Team, New Hope Migrant and Refugee Centre, a local singing teacher led a singing workshop (we were in fine voice) and a local beauty therapist who added much colour to the day. Tania Farha from the Violence against Women team provided an excellent presentation and a number of activities were provided for women.

### International Women's Day

This year WHISE contributed to the creation and distribution of a calendar of events to promote IWD on the Mornington Peninsula and in the City of Frankston. The calendar was sent electronically to over 100 organisations and locations around the Frankston/Mornington Peninsula area. Nearly 200 hard copies of the calendar were sent to more than 30 organisations allowing us to promote International Women's Day and raise awareness about why it is celebrated!



WHISE also held its own session in Frankston. The session focused on women and finances in a session called 'Money Matters'. A financial counsellor from Frankston City Council spoke on a range of issues and more enjoyable activities included women sharing examples of and speaking about the currency from their country of birth or from places they had visited. Much fun was had in comparing what a loaf of bread would cost in Australia as compared to elsewhere in the world!

## Self-help and Support Groups

**WHISE Self-help groups met throughout the year and continued to plan and participate in a number of activities.**

Over 100 members took part in either of the Women Hearing other Women (WHOW) Group (a group for women 50+ based in Frankston), Focus on Women (a group for women in Government housing which meets in the City of Kingston), Afghani Women's Group and the Raduga Russian Speaking Women's Group. Throughout the year all groups ran different activities of interest to members including health education sessions, self-care sessions (such as meditation) and new members were welcomed.

## Working with other Services

This year we focused on supporting the work of other agencies who provide services specifically for women. This involved conducting research reports and undertaking evaluations of existing programs in an effort to ensure services are relevant to and meet the needs of women (Copies of the following reports are available from the WHISE library).

A research report called ***Engaging Culturally and Linguistically Diverse (CALD) Communities and Family Violence***, was conducted for the Cardinia-Casey Community Health Service.

The aim of the project was to improve the levels of access by CALD families (with a particular emphasis on Sudanese and Bosnian women) to Family Violence Services in the City of Casey and the City of Greater Dandenong.

The report found that there is an urgent need to develop and implement culturally appropriate interventions and holistic, preventative programs that specifically target men from CALD backgrounds who perpetrate family and domestic violence. Education on domestic violence, Australian law and how to access assistance was found to be required for new settlers. It was suggested that this should form part of a comprehensive family support package for migrant communities and refugees, particularly where severe trauma has been experienced prior to migration to Australia.

The report highlighted recent research that indicated that the level of understanding and awareness of family and domestic violence in CALD communities had increased in recent years, due to both community education and generational change. However, there was still a great need for community education strategies particularly for new and emerging migrant communities. Women from CALD backgrounds were less likely to use mainstream services due to a perception that these services would not be responsive to, or understanding of their particular situation. Other factors included fear of involving the police, anticipating a racist or unhelpful response, or a response that could place them in jeopardy within their own communities. The report identified that women who are sponsored by Australian citizens are particularly vulnerable to abuse due to the threat of deportation.

The report also drew attention to the importance of general practitioners and the health system for women from CALD backgrounds and highlighted the lack of qualified interpreters and limited knowledge of appropriate referral options.

The research resulted in a number of recommendations including community education campaigns for the Sudanese community targeting women and men on the issues of family violence and child abuse and extensive training for workers in the family violence and health service sectors.

## Peer Education in Groups

Other research conducted for Cardinia-Casey Community Health Service included a program evaluation of groups for women who had experienced family violence and/or childhood sexual abuse and a literature review on the effectiveness of peer education. The main report was titled *Peer Education, Gender and the Promotion of Mental Health through Freedom from Violence: An evaluation of the Cardinia-Casey Community Health Making Changes and See Saw programs*. The evaluation was specifically conducted to measure the effectiveness and outcomes of the role of peer education in the support group programs.

## The Friendly Home Visiting Program

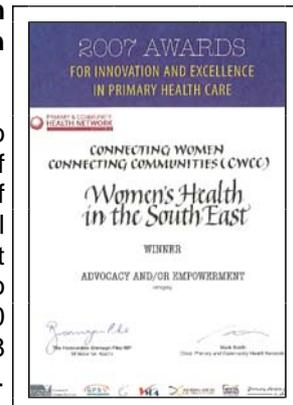
WHISE was engaged by **Wellsprings for Women** and **St Vincent de Paul** to evaluate the outcomes of their volunteer based Friendly Home Visiting Program for culturally and linguistically diverse women and their children.

The evaluation revealed that volunteer training for 20 volunteers enabled the provision of over 150 in-home visits to 43 isolated women and their children. The women represented 15 different cultural groups. Both volunteers and women showed benefits from their involvement in the program including but not limited to: the development of a trusting relationship, increased knowledge about cultural diversity, increased physical activity, improved access to services and enrolment in language classes. Recommendations were made for the continued development of the program.

## Connecting Women, Connecting Communities

**The WHISE Connecting Women, Connecting Communities program continued throughout the year and gained recognition as a Health Promotion award winner (refer next page)!**

The program provides a volunteer based home visiting service to culturally diverse newly arrived and humanitarian entrants in the Cities of Frankston, Casey and Cardinia who are socially isolated or at risk of isolation. This year an incredible 195 home visits were conducted. All women visited were provided with social contact and basic settlement information to support them with their orientation to the community. To enable the visits, volunteer training was conducted for just under 40 women and a specific group facilitation program was provided for 8 women to support the development of community social groups. Community education sessions on women's health were also conducted.



Because of the visitations provided, more than 50% of women visited in their homes commenced a new activity external to the home and just over 30% of women commenced a social activity. Women were also supported by their volunteer visitors to make contact with other agencies as necessary. This resulted in over 300 referrals to a range of services including but not limited to: federal government (including Medicare and Centrelink), non-government including housing, legal and refuge services and State services such as Legal Aid, TAFE and hospitals. The program has also raised local agency awareness of the issues impacting on socially isolated and culturally diverse communities.



Pictured, from left to right:  
WHISE CEO Tricia Mahon,  
(then) Health Minister Bronwyn Pike,  
Nida Hussein, Siri Gunawardana

Connecting Women Connecting Communities:

**WINNER of 2007 Award for Innovation and Excellence in Primary Health Care Organised by Primary and Community Health Network Victoria**

The Australian institute of Primary and Community Health Network (P&CHN) [Latrobe University] each year invites nominations for Innovation and Excellence in Primary Health Care. The institute then selects 15 finalists across 5 categories and invites each finalist to present their nominated program at a one day conference.

This year, the 2007 awards for Innovation and Excellence in Primary Health Care were held on May 21 at Victoria University.

This year 76 nominations were received under the following 5 categories:

- Service Delivery
- Community Advocacy and/or Empowerment
- Workforce Development
- Research and Evaluation
- Health Promotion

Of the total 76 nominations, 15 finalists were selected (3 finalists in each category). Connecting Women, Connecting Communities (CWCC) of WHISE was selected as finalist under the Community Advocacy and/or Empowerment category, and subsequently was announced winner in this category on May 21. The awards were presented to the winners and the finalists by The Hon. Bronwyn Pike MP (then Minister for Health).

Being the 2007 winner for innovation and excellence under the Community Advocacy and/or Empowerment category would not have been possible without the funding received from DIAC, the on-going support from the WHISE team including staff, volunteers and the Council, and the encouraging and empowering work that the CWCC volunteers have done in the last two years. Thank you to all the stakeholders in the CWCC program.

**Nida Hussein**

**SGP Project Coordinator**

*Siri Gunawardana and Nida Hussein accepting the prestigious Award for Innovation and Excellence in Primary Health Care*



## Priority Area 2: Preventing Violence Against Women

### Respect Protect Connect Program

The Respect Protect Connect Program run in partnership with South-East Centre Against Sexual Assault (SECASA) continues to go from strength to strength. The Program focuses on secondary students, with WHISE working with the young women, and SECASA working with the young men, to help them identify violence and bullying, to improve self-esteem, advise about services, and to improve communication and friendships between young secondary school students.

In 2006—2007, the Program far exceeded the targets set by the Department of Human Services. This has been the case throughout the history of the Program—as more schools become aware of the Program, and more students participate with positive outcomes, demand for additional sessions grows. During the previous year, 1800 workshops were delivered to 3,650 young women at 44 different schools throughout the Southern region. In many instances we are now being asked to return to schools to provide sessions for new middle-school students, as well as for the older students in years 11—12.



Below is an example of the Program conducted for Ashwood Secondary College:

We ran a series of 4 workshops for a select group of young women in Years 10, 11 and 12 of Ashwood Secondary College, which is a specialist school with a fine reputation in educating students with a mild intellectual disability, who will benefit from the school's range and diversity of quality educational programs. The school is geared to maximising individual students' self-esteem and skills of independence to ensure a successful post-school life.

Throughout the 4 weeks, the young women covered topics such as:

- Violence: How to recognise if you are in a violent relationship and strategies for protecting yourself against a potentially violent situation
- Services in the area that may be able to assist if you are in need
- Bullying and the effects of violence (including bullying) on young women's health
- Friendships and what is a 'good friend' and what is a 'bad friend'
- People in their life they could turn to if they needed to talk to someone about a serious issue
- Communication and the difference between aggressive, passive and assertive communication
- The appropriateness of these forms of communication in different scenarios.

Here are some examples of comments we received from the young women:

- *I really enjoyed today's session. I really learnt a lot*
- *The session was really interesting, I did not know a lot of this before*
- *Helps to think about things*
- *The session was a good experience*
- *Interesting talking about violence*
- *Why I feel happy because today session was really fun. Also I like the games that we played today because now I can tell someone how I feel*
- *It was fun, I felt I was not shy by taking part*
- *Got involved with each item presented*
- *I was not feeling too good today but you made me feel happy*

Thank you to the wonderful team of peer educators who are so passionate and dedicated to the project.



**Kristine Hill**  
Young Women's Project Coordinator

### **Women affected by family violence**

In 2006 WHISE commenced a partnership with Lifeworks Relationship Counselling and Education Services. This partnership enabled support to be provided for women affected by family violence, whose partner/ex-partner attended a Lifeworks Men's Behaviour Change Program (MBCP).

Throughout the year the program provided telephone contact with 54 women across a period of at least 3 months each. Eighty percent of women were provided with practical information including legal, intervention order support, mediation information and referral to other relevant services. A third of women contacted commenced individual counselling. The program will continue in the coming year.

A psycho-educational support group for women affected by family violence was also held.

### **Family Violence Education**

In 2006 WHISE developed a Family Violence Education Program for Community Development and Welfare students at Chisholm Institute of TAFE. The program introduced a number of new areas to the course material including feminist and gender approaches, power relations in society and definitions of masculinity. Just over 60 students engaged in the program.

Throughout the year 'Introduction to Family Violence' training was also offered to agencies such as those specialised in working with young people.

## **Priority Area 3: Sexual and Reproductive Health**

In 2006 research was undertaken to support the development of a program to improve the sexual and reproductive health of women in the SMR. The research focused on identifying issues for culturally diverse women, women with a disability and lesbian women in local identified areas of the Southern Metropolitan Region. The initial literature review provided an overview of the issue and will form the basis for community consultation and project development in 2007.

In the Kingston-Bayside catchment, WHISE contributed to a Steering Committee focused on the health and well-being of young mums. This Peer Education program had an early intervention and prevention focus and aims to train, sustain and link young mothers with educational, vocational and training opportunities.

### **Some of the other events we participated in during the year:**

- The Seniors Expo run by Frankston City Council
- Positive Women Victoria launch of a publication on HIV Testing
- The Doveton Housing Expo – focus on the elderly
- Gay, Lesbian, bi-Sexual, Transgender and Intersexed Seniors Forum

## WHISE Education and Training

It has been a rewarding year for WHISE training. Our long established programs, How to Run Groups for Women, and Why Women's Health have been provided to a range of target groups, including CALD women, women attending mental health treatment and women with disabilities.

The women, who participated in the Why Women's Health sessions, identified 31 relevant health issues. The issues felt important by all the different groups of women were: breast cancer, headaches, homesickness/isolation/sadness, physical pain e.g. back or shoulder pain, English language, diabetes and reproductive health.

This year we also created a combined training course for Respect Connect Protect peer educators, Connecting Women and Connecting Communities and peer educators of Cardinia Casey Community Health Service (Post Natal Depression groups). This brought together women of diverse ages, who were interested in women's health issues. The women enjoyed the diversity and learning about the different volunteer programs.

The Gender and Diversity training package was delivered again to workers interested in issues concerning cultural diversity. This training was part of the Connecting Women Connecting Communities training program in the City of Casey. The main areas of interest for these service providers were how to engage CALD communities in their programs and how to get an organisational approach to working with diversity.

For the first time WHISE has developed a training calendar to promote and organise our training programs. Over 300 have been distributed in the region.

The next edition of the training and events calendar will be available in early 2008.

**Siri Gunawardana**  
**Women's Health Training Coordinator**



## Wellbeing Activities

In 2007 WHISE started a wellbeing program, to provide access to a wide range of affordable alternative therapies and activities to uplift spirits, relieve stresses and generally help to improve daily life for our clients.

*Some of the Wellbeing Program activities that have been enjoyed in recent weeks include:*

- A monthly women's meditation group - suitable for beginners as well as those familiar with meditation. The program provides meditation as a means to aid relaxation, and therefore helping women cope better with the stresses of life, and assists in spiritual understanding and growth.
- A presentation on organic skin care to the combined Afghani women and 'Women Hearing Other Women' groups. This presentation provided the opportunity for discussion about health issues and the need to reduce harmful stress in daily living.
- Staff attended a 'Living Well Ageing Well' forum facilitated by the Jean Hailes Foundation. The speakers from the Foundation were Dr Marnie Newman, a GP who spoke about simple strategies to improve lifestyle and health issues, and Sandra Vilella, a naturopath who addressed health and lifestyle issues from a holistic approach, and gave some advice relating to various health concerns.
- A presentation of beautiful and powerful flower essences to an extremely interested audience at the WHISE offices. The flower essences are used to help support clients through any challenging life issues or transition.

There will be many more activities and therapies available in the near future, including dance and movement therapy, Middle Eastern dance classes, naturopathy, energy healing, massage, These will be advertised in local media, and will be part of the annual activities calendar of WHISE. It is expected that the wellbeing activities will be self-funding in the long term.

## Infrastructure Improvements

### Communication and the Tools We Use

WHISE participated at the recent launch of 'Doing It Better'.. A 3 year project funded by VCOSS and Monash University looking at improving skills and capacity regarding information technology in the Community Sector. The project was launched by Fran Thorn, the Secretary of the Department of Human Services, as well as the Monash Vice Chancellor Richard Larkin, with the participation of Jodie Willmer of Travellers Aid, Heidi Norman of Women's Health in the South East and Sam Biondo of Victorian Drug and Alcohol Association, as well as Cath Smith of VCOSS.

*The following is the text of Heidi's presentation to the launch, as **an invited speaker** :*

Women's Health in the South East is a service run by women for women funded through the Victorian Department of Human Services. WHISE covers the whole of the Southern Metropolitan Region which extends from Port Melbourne to Portsea and to the east as far as Pakenham and includes more than 1.1 million people.

**Why do we exist and what does our great bunch of 10 women do?** Simply put we provide health information and education to the female community and health professionals. Our goals are to deliver this information and our training to as many women as possible, particularly severely disadvantaged women, on issues such as education, health, disability, ethnicity, legal and so on.

As we all know "Knowledge is Power" and we strive to promote choice in health options for women to make informed decisions about their next step, whatever that may be. It is important to us that we are truly empowering women so we endeavour to deliver this information in as many forms as possible be it hard copy, face to face, or electronic.

We are acutely aware that we are indeed in a time of huge transition from little skills in using electronic communication and tools to a huge reliance on electronic hardware and software.

If we choose to embrace technology increasingly as the 'tools of our trade' we understand there are many benefits to us as an organisation and to our community. We can better manage our internal processes and information management which increases our efficiency, which leaves precious time and dollars for our core community work. Additionally technology can increase our reach through on-line forums and efficient websites to places and people we cannot physically meet.

Technological innovation requires a strong commitment from staff and for which we all need support. Only two years ago our primary teaching tool was a time and resources consuming overhead projector. Today we use PowerPoint and a data projector and save hours of preparation time and, we believe from feedback received, deliver a better product. However simple this may sound, due to our isolation, lack of IT support and available funding, it was initially a step that required much consideration, and a willingness to radically change our existing work practices.

Today we have to be smart enough to use whatever tools that are available to us at the time to talk simply and easily with our clients, whilst also recognising that we must not further disempower those with little electronic skills, by communicating only in an electronic way.

This is where being part of the "Doing It Better" project is invaluable in giving us the opportunity to collaborate with other organisations and learn from each other. We can also obtain information and knowledge management skills that are tailored to community needs, helping us to build further on being a truly responsive service in our locality with high needs.

Finally I would like to say that WHISE is not just expecting to benefit from this valuable project but to fully participate and contribute and hopefully share with other organisations where we can.

**Heidi Norman**  
**Services and Systems Coordinator**

## WHISE Volunteers

We would like to take this opportunity to convey our heart-felt thanks to all of our dedicated and enthusiastic volunteers who have given of their time and talents so generously throughout the year.

WHISE has several teams of volunteers:

### ***Administration***

Our small team of administration volunteers are multi-skilled and willing to give just about anything a go. Never shirking from any task, our volunteers support our efforts, from the most simple photocopying work to helping publish newsletters and keeping the library under control.

### ***Respect Protect Connect***

WHISE provides training for the RPC volunteers to deliver the Respect Protect Connect program into secondary colleges in our region. These young women volunteers, who are trained as Peer Educators, run workshops for the female students. Male volunteers recruited and trained through SECASA concurrently run the workshops for the male students.

### ***Connecting Women Connecting Communities***

In this program our team of volunteers help newly-arrived refugee women to integrate into their local community, by teaching them skills which we often take for granted. The refugee women may be looking for English classes, or having trouble accessing local services, or may need help applying for residency, or simply knowing how to interpret a bus timetable.

### ***Multicultural Kitchen***

Our newest team of volunteers has just undertaken training for our brand-new Multicultural Kitchen program which aims to support families from various cultures in learning about nutrition, The Kitchen also provides opportunities for social interaction, information about services in the local area, and encouragement to join other training and education opportunities, either with WHISE, or through our partner organisations.



## Council Members

Rachael Flanagan Chairperson  
Elaine Hall-Foote Vice-Chairperson  
Gail Quilliam Treasurer  
Maureen Mirabella Assistant Treasurer  
Carmel Croft  
Annabel Fegan  
Heather Gerraty  
Olivia Watts Previous Chairperson  
(resigned 2007)

## Volunteers

### Administration

Janet Atkins  
Anne Kraehe  
Sashi Subasinghe  
Suraya Haider  
Faye Pinnick  
April Ward  
Elizabeth Davies  
Safia Lutfi

### Respect Protect Connect

Taria Joyce  
Natalie Hendry  
Zoe Kinley  
Kirstie Francis  
Melanie Oliver  
Jenny O'Connor  
Tess Williamson  
Natalie Harper  
Bianca Walsh  
Helena Bishop  
Isabelle Waters  
Jenica Lim-Young  
Regena Schirmer  
Lauren Paterson  
Sandra Thong

### Afghani Women's Group

Laila Mozaffar

### Connecting Women Connecting Communities Volunteers

Jacqueline Bell  
Marian Sharpe  
Kath Small  
Salome Francke  
Visnja Calic  
Melissa Sheldon  
Chloe Trindall  
Noreen O'Brian  
Carmela Diaz  
Lucy Ivey  
Kunthea Kong  
Mary Manic  
Rebecca Sheldon  
Hani Anter  
Christine Dewhurst

### Women Hearing Other Women

Angela Skoljarev  
Rosa Waters

### Focus on Women Support Group

Audrey Vivian  
Shirley Venn

### Students

Stella Demou  
Hayley Wiesner  
Sharyn Hall

## Staff

Tricia Mahon  
CEO

Jenny Milenkovic  
Business & Finance Manager

Sam Seamer  
Senior Women's Health Promotion Advocate

Sandra Maudier  
Women's Health Promotion Advocate

Siri Gunawardana  
Program Trainer and Facilitator

Nida Hussein  
Settlement Grants Project Coordinator

Kristine Hill  
Young Women's Project Worker

Heidi Norman  
Systems and Services Coordinator

Iresha Buthgamuwa  
Women's Health Promotion Advocate

Irene MacFadyen  
Administration Worker and Wellbeing Worker

Marlene Hoff  
Multicultural Kitchen Coordinator

# Women's Health in the South East Inc

## Balance Sheet as at 30 June 2007

|                                      | \$         | \$                |
|--------------------------------------|------------|-------------------|
| <b>Assets</b>                        |            |                   |
| <b>Current Assets</b>                |            |                   |
| Cash At Bank                         | 66,489.00  |                   |
| - Gift Fund                          | 813.00     |                   |
| CBA - Cash Management Trust          | 199,067.00 |                   |
| Cash on hand                         | 81.00      |                   |
| Receivables - Trade debtors          | 8,399.50   |                   |
| Other - Prepayments                  | 1,116.15   |                   |
| <b>Total Current Assets</b>          |            | <b>275,965.65</b> |
| <b>Non-Current Assets</b>            |            |                   |
| <b>Property, Plant and Equipment</b> |            |                   |
| Fixtures & Fittings                  | 10,543.00  |                   |
| Less: Accumulated depreciation       | -6,578.00  | 3,965.00          |
| Equipment - Low Value Pool           | 3,382.00   |                   |
| Less: Accumulated depreciation       | -1,010.00  | 2,372.00          |
| Office equipment                     | 67,175.00  |                   |
| Less: Accumulated depreciation       | -37,063.00 | 30,112.00         |
| <b>Total Non-Current Assets</b>      |            | <b>36,449.00</b>  |
| <b>Total Assets</b>                  |            | <b>312,414.65</b> |
| <b>Current Liabilities</b>           |            |                   |
| Unsecured: - Trade creditors         | 5,544.24   |                   |
| Provision for Employee entitlements  | 32,098.00  |                   |
| Current Tax Liabilities              | 10,204.88  |                   |
| Advance payments - Income            | 0.00       |                   |
| <b>Total Liabilities</b>             |            | <b>47,847.12</b>  |
| <b>Net Assets</b>                    |            | <b>264,567.53</b> |

# WOMEN'S HEALTH IN THE SOUTH EAST INC

T/A Women's Health in the South East ABN 90 641 895 966

Detailed Profit and Loss Statement for the Year Ended 30 June 2007

| <b>Income</b>                   | <b>\$</b>         |
|---------------------------------|-------------------|
| Other Grants                    | 6,604.64          |
| Partnership Projects            | 20,000.00         |
| Project Funding                 | 60,624.00         |
| DHS Grant                       | 479,179.60        |
| Respect/Protect Program         | 32,435.00         |
| Donations Received              | 228.05            |
| Interest received               | 14,826.54         |
| Other income                    | 5,008.46          |
| Fee For Service                 | 23,060.45         |
| Education & Training Income     | 2,039.07          |
| Profit/(Loss) On Sale Of Assets | 2,892.00          |
| <b>Total income</b>             | <b>646,897.81</b> |
| <b>Expenses</b>                 |                   |
| Accountancy                     | 6,477.28          |
| Advertising and promotion       | 1,764.54          |
| Bad Debts                       | 188.91            |
| Bank Fees And Charges           | 99.80             |
| Bookkeeping Expenses            | 5,890.14          |
| (continued next page)           |                   |

Detailed Profit and Loss Statement for the Year Ended 30 June 2007 (cont.)

| <b>Expenses (cont.)</b>            | <b>\$</b> |
|------------------------------------|-----------|
| Casual Staff                       | 25,652.34 |
| Computer Expenses                  | 4,738.52  |
| Consultants Fees                   | 35,022.88 |
| Committee Costs                    | 7,096.96  |
| Community Grants                   | 3,736.36  |
| Depreciation                       | 26,092.00 |
| Donations                          | 296.00    |
| Fringe benefits tax                | 1,694.55  |
| Insurance                          | 1,805.81  |
| Laundry                            | 2,749.15  |
| Legal fees                         | 5,767.00  |
| Light & power                      | 3,698.45  |
| Employee Leave                     | 1,625.00  |
| Motor Vehicle Expenses             | 12,243.13 |
| Motor Vehicle - Lease              | 13,507.44 |
| Postage                            | 1,769.57  |
| Printing & stationery              | 15,349.45 |
| Rent on land & buildings           | 25,887.24 |
| Repairs & maintenance              | 2,359.74  |
| Research - Other Programs/Projects | 23,050.19 |
| Workforce Development              | 13,523.64 |
| Staff amenities                    | 3,156.36  |
| Peer Educators                     | 8,770.09  |
| Subscriptions                      | 1,704.34  |
| Sundry expenses                    | 635.80    |
| Superannuation                     | 35,651.49 |
| Telephone                          | 8,123.24  |
| (continued next page)              |           |

Detailed Profit and Loss Statement for the Year Ended 30 June 2007 (cont.)

|   |                    |
|---|--------------------|
| Travel, accom & conference                                      | 4,166.10           |
| Wages   | 402,594.12         |
| Workcover   | 14,612.47          |
| <b>Total expenses</b>   | <b>721,500.10</b>  |
| <b>Profit (loss) from ordinary activities before income tax</b> | <b>(74,602.29)</b> |
| <b>Net profit (loss) attributable to the assoc</b>              | <b>(74,602.29)</b> |
| <b>Total changes in equity of the assoc</b>                     | <b>(74,602.29)</b> |
| Opening retained profits  | 205,099.82         |
| Net profit attributable to the association                      | (74,602.29)        |
| Transfer To Capital Fund  |                    |
| <b>Closing retained profits</b>                                 | <b>130,497.53</b>  |

**AUDIT REPORT**

**INDEPENDENT AUDITOR'S REPORT  
TO THE MEMBERS OF WOMEN'S HEALTH IN THE SOUTH EAST**

**Scope**

We have audited the attached Financial Statement/s comprising of Annual Financial Indicators Statement and Certificate for the year ended 30 June 2007.

The organisation's directors / management are responsible for the preparation and presentation of the financial statement/s and the information it/they contain/s.

The Statement/s has been prepared for the Department of Human Services to show accountability for the grants received and not for any purpose other than that for which it was prepared. We have conducted an independent audit of the statement/s in order to express an opinion on them/it as required by the Department of Human Services.

Our audit has been conducted in accordance with applicable Australian Auditing Standards and/or standards prescribed by the Australian Accounting Standards Board to provide reasonable assurance as to whether the financial statements are free of material misstatement. Our procedures included an examination, on a test basis, of evidence supporting the amounts disclosed in the financial statements. These procedures have been undertaken to form an opinion as to whether, in all material respects, the statements are presented fairly in accordance with the requirements of the Department of Human Services.

The audit opinion expressed in this report has been formed on the above basis.

**Audit opinion**

In our opinion,

the attached financial statements, as listed below, of Women's health in the South East Inc.

- (i) presents fairly the transactions for the year ending 30/06/07 of Women's health in the South East Inc. as required by the Department of Human Services: and
- (ii) have been extracted from the financial records of Women's health in the South East Inc. which have been prepared on the basis of accounting policies consistent with applicable Australian Accounting Standards.

Firm Name CIA TAX  
(and seal if applicable)

Signature SS

Partner Name STEVEN ENTICOTT

Partner NIA  
Member of CPA / ICA / NIA  
(Circle relevant organisation)

City MELBOURNE

Date 11-10-07

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

Current Address:

Level 2, 54-58 Wells St, Frankston VIC 3199

### **Address as of 7 November 2007**

15 Scott St, Dandenong VIC 3175

Ph: 03 9794 8677

Contact: Tricia Mahon  
Chief Executive Officer  
Mob: 0419 374 731  
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