



MEDIA RELEASE

Sunday 08 March 2009

For Immediate Release

International Women's Day 2009

International Woman's Day (IWD) is celebrated all around the world on 8th March every year. It is a major day of global celebration for the economic, political and social achievements of women.

On this day especially, Women's Health in the South East (WHISE) encourages everyone to think about women and their role in today's society.

When we observe women's place in our society, we need to ask: Have we achieved it all or is there still a great amount to do? What is our commitment to women in other societies and cultures around the world, in helping them achieve their potential also?

In the last few decades we have seen a shift in attitudes about equality of opportunity for women. Many young people, especially young women, think we have achieved everything.

But we need to ask ourselves: What about our sisters (and those they care about) in other countries, who are suffering, due to poverty, war and violence. Current research shows that women are those most affected by war, and are much more likely to be living in poverty around the world. Women and children are the hidden statistics of war – often called “collateral damage”, a term which does not even acknowledge that real women and real children (as well as real men) are injured and killed in war.

When we see this research, we must celebrate what women in our society have achieved, but at the same time we have to work towards safer and healthier futures for all women. For, simple as it may seem, if we achieve this for women, we will of course achieve this for men too. And then we will all benefit.

WHISE continues to work to improving the capacity and ability of women to live, work and relax in our society, and to give them the leadership knowledge and understanding so they are more equipped to face the challenges and needs in our society. Our Women's Leadership Program is designed to help women learn the skills and confidence to be leaders in their own communities. In helping women to achieve their potential, we know we are helping everyone – women, men, children.

To celebrate International Women's Day this year, WHISE will be having an Open Day on Friday 6 March, which will include:

- Women's Market Day – open to all community groups who would like to display and sell their products
- Women's Rights and Human Rights Resources Display
- Display of WHISE information, programs and services.

Come along to 15 Scott St Dandenong – look, contribute, enjoy!

For further information on this matter please contact Tricia Mahon at WHISE on (03) 9794 8677, or by email ceo@whise.org.au

WHISE: Strength in Dignity, Choice, Diversity and Justice

Women's Health in the South East is a not for profit, community based women's health service, working with individual women, communities and services in the south-eastern metropolitan region of Melbourne. We encourage women to take responsibility for their own health and wellbeing, and work to overcome disadvantage, inequality and lack of access to services. Our services include: health promotion and information; assistance and referral; service provider education; self help support groups; secondary school programs; programs for newly arrived women and families; policy analysis and advocacy.

Our services are free and accessible to all women in our region via our phone: (03) 9794 8677.

Women's Health in the South East

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