



WHISE WORDS

Links with Newly Arrived Communities Strengthened

The recent attacks on international students, particularly Indian students, have focused attention once again on the issue of racism within the Australian community. Racism is always ugly, easy to stir up, and hard to eradicate completely - it seems to be a human characteristic (not just present in one race, or country).

WHISE has several programs which seek to foster understanding and acceptance of different customs, religions, practices, and to assist new arrivals to understand the Australian culture, legal system and social practices. This is never easy for anyone, as our own customs and practices always seem the best.

We are about to sign a Memorandum of Understanding with the Ethnic Communities Council of the South East (ECCOSE), which commits both ECCOSE and WHISE to working together to foster harmony, understanding and acceptance in our communities. The signing of the Memorandum will take place on **Wednesday 23 September 2009, at 12.00 noon at WHISE**, and will be witnessed by our local Member of Parliament, John Pandazopoulos, and the Mayor of the City of Greater Dandenong, Pinar Yesil.

You are all very welcome to attend this celebration, which not only joins ECCOSE and WHISE in a community partnership, but also is a public declaration of the importance of humans, and the value of the different experiences, approaches and understandings that we bring to our work, community and family.

We are all working to develop a vibrant, diverse and harmonious community, within Australia's wider legal and cultural context - those differences which are detrimental to women, men or children are small in number, and of course must be discarded. Those differences which display the wonderful variety and diversity of the human spirit and achievements of individuals must continue to be celebrated and admired, in keeping with a mature, civilized and harmonious society.

Tricia Elliott CEO



Public Internet Access Launch held on 18th August

In January 2009 the Brumby Government, through the Minister for Community Development, Peter Batchelor, announced the Public Internet Access Program (PIAP) which will fund grants of up to \$7500 to community organisations and local government authorities, to provide between 10 and 20 hours of free internet access to the public every week for the next two years.

Under this funding, Women's Health in the South East (WHISE) was lucky to receive \$7500 to provide Public Internet Access, particularly focusing on disadvantaged women, and women from different cultural and linguistic backgrounds.

On 18th Of August we launched this program, in order to give free internet access to women in this region. Opening this facility, Local Member John Pandazopoulos said: "The provision of this program by WHISE is a great step in encouraging women to learn more about the Internet and how to use this communication tool easily and wisely." He also said "WHISE has linked the PIAP service with its basic IT familiarization programs, so that anyone who wants to use the Internet, but isn't sure how to, can join in with WHISE's IT program, and learn how to access the Internet, email to friends and relatives, and learn the basics of familiar computer programs like Word and Excel."

WHISE Chair of Council, Gail Quilliam, thanked the Victorian Government for the provision of this funding, which has assisted WHISE to provide a more comprehensive communication program to women of this area. Gail also thanked Think Solutions Pty Ltd and Craig Buntain in particular, who donated computers to WHISE for its IT program, so that WHISE is now able to have seven computers available for Internet Access and for IT training.



WHISE's special thanks goes to Kathleen, our IT student for sharing her experience as a student and expressing her feelings as to how this facility can help women from different backgrounds.

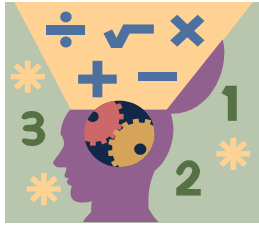
The WHISE Public Internet Access service is available Monday to Friday, from 9am-5pm at 15 Scott Street, Dandenong.

Contents

	Page
CEO's Message	1
PIAP Launch	1
Memory Improvement Training	2
Healthy Mothers Healthy Babies	2
Asia/Pacific Autism Conference	2
WHISE Facebook	2
Training	3
Volunteers Needed for Friendly Faces	3
Garage Sale	3
Recipe - Caramalised Leek & Ricotta Tarts	3
Staff Members	4
Council Members	4
Students	4
Volunteers	4



Memory Improvement Training



Health Promotion for Adults over 50

WHISE is conducting a course designed to improve your memory! This course is a pilot program and we are asking for your input and interest.

The course will look at strategies on how to improve your memory related to a variety of things, not just names and faces. There will be brain gym type exercises and challenging tasks to choose from. You will meet others and work creatively on finding solutions.

This course is currently a Pilot Program (free of charge) and runs for 8 weeks. In order to see progress, it is important that you are able to attend all 8 sessions.

Date: September 21 to November 23
Time: From 10.30am to 11.30am
Address: WHISE, 15 Scott Street, Dandenong

If you are interested in joining this course please contact Ilonka Guse on 9794 8677

Asia/Pacific Autism Conference

Robyn Smith and Helena Bishop went to Sydney to attend the Asia Pacific Autism Conference (APAC) from 20-22 August.

Delegates from across Australia and beyond came together to learn and share information on Autism and Asperger's Syndrome. This conference was a great opportunity for Robyn and Helena to expand current knowledge on Autism as well as to make valuable contacts to assist their clients both immediately and in the future.

Anyone interested in gaining more knowledge around the issue of Autism or helping to share their own experiences are invited to contact Robyn or Helena at WHISE on 9794 8677

Healthy Mothers Healthy Babies



WHISE is represented by Kristine Hill, Health Promotion Worker, on the Reference Group for the Healthy Mothers Healthy Babies (HMHB) Program.

The HMHB Program was funded as part of the Healthy Mothers Healthy Babies Initiative in the 2008 - 09 State Budget. HMHB is operating in the outer growth corridors of Melbourne that have high numbers of births, higher rates of relative socioeconomic disadvantage and lower service accessibility. Funding has been provided to the Greater Dandenong Community Health Service (GDCHS) and the Cardinia-Casey Community Health Service (CCCHS) in Melbourne's South Eastern growth corridor.

The Healthy Mothers Healthy Babies Program will target pregnant women who are unable to access antenatal care services or require additional support because of their socioeconomic status, culturally and linguistically diverse backgrounds, Aboriginal and Torres Strait Islander descent, age or residential distance to services.

The overarching aim of this program is to improve the health and wellbeing of mothers and babies.

The key objectives are to provide:

- ◆ assistance to women to access antenatal, postnatal and other health and human services;
- ◆ support women throughout their pregnancy;
- ◆ deliver key health promotion messages that will support healthy behaviors in pregnancy and beyond.

FACEBOOK

WHISE is now on Facebook. Check out 'Whise Central' for links to our website and updates on programs and services that we are currently offering.

Pages coming soon:

- ◆ Appreciating Autism
- ◆ Young Mums
- ◆ Older Women
- ◆ Gen Y Women

For further information, please contact WHISE on 9794 8677

TRAINING

IT training has proved a popular activity over the last few months with 4 groups starting including a Chinese group and a multicultural group. The participants have been learning the basic skills to navigate a computer with the help of our IT trainer Udani Waidyarathna.



Three schools have been participating in the 'Photography on the Move' program which is a program that encourages students with a disability to be physically active while creating unique photographs that will be shared with fellow students, teachers and family members.

In October WHISE will be running a professional development night for teachers and related professionals around the topic of Autism. This training will provide participants with basic knowledge and skills to work more effectively with children who have Autism.

**For more information
please contact Robyn or Helena on 9794 8677
or just drop in at WHISE
15 Scott Street, Dandenong**



'Friendly Faces' Program

WHISE will be running the 'Friendly Faces' program in October and we are currently looking for volunteers to assist.

Friendly Faces is a program aimed at providing one hour of social interaction per week for a resident of a nursing home. The hour visit will require the volunteer to walk with, talk to, read with or to play cards with a resident.

Selection criteria:

- ◆ Community members of any age who have the time and generosity to interact with older adults;
- ◆ Students studying health promotion or similar;
- ◆ Volunteers must have some experience in assisting people in aged care;
- ◆ Good communication skills are essential;
- ◆ It is not necessary, however, if you are able to speak a second language other than English, this would be helpful.

**If you are interested in becoming a volunteer for the
'Friendly Faces' Program,
please contact Ilonka at WHISE on 9794 8677**

Items for sale include:

- ◆ Office desks
- ◆ Colour Printer (1 only)
- ◆ Computer workstation desks
- ◆ Book shelves
- ◆ Filing cabinets
- ◆ Office chairs
- ◆ Books
- ◆ Jewellery, Scarves, Handbags
- ◆ Moisturisers & Shower Gels
- ◆ Soft toys



When: Saturday 3rd October
Time: 8am to 12pm
Where: WHISE, 15 Scott St., Dandenong
Payment: Cash only

Everyone welcome

Caramelised Leek & Ricotta Tarts

Ingredients:

- ◆ 2 leeks
- ◆ 20g butter
- ◆ 1 tbs olive oil
- ◆ 80ml (1/3 cup) white wine vinegar
- ◆ 1 tbs brown sugar
- ◆ 1 sheet (25 x 25cm) frozen ready-rolled puff pastry, just thawed
- ◆ 125g fresh ricotta
- ◆ 1 tsp fresh lemon thyme leaves



Directions:

- ◆ Trim the ends of the leeks. Halve crossways, then cut each piece in half lengthways. Wash well under cold running water.
- ◆ Heat the butter and oil in a frying pan over medium heat. Add the leek and cook for 5 minutes each side, turning carefully to prevent breaking.
- ◆ Add the vinegar and sugar, and simmer for 6 minutes or until the leek is golden and sauce thickens. Remove leek from the pan. Reserve the sauce.
- ◆ Preheat oven to 220°C. Line 2 baking trays with non-stick baking paper. Cut the pastry in half to make 2 rectangles. Spread ricotta over each rectangle, leaving a 1.5cm border. Arrange the leeks crossways over the ricotta. Bake in oven for 15 minutes or until the pastry is puffed and golden.
- ◆ Drizzle sauce over tarts. Sprinkle with lemon thyme leaves to serve.

STAFF MEMBERS

Tricia Elliott

CEO

Helena Bishop

CWCC & Training Coordinator

Iresha Buthgamuwa

Health Promotion Advocate

Ilonka Guse

Health Promotion Advocate

Kristine Hill

Health Promotion Worker

Marlene Hoff

Multicultural Kitchen Coordinator

Kerry Jones

Administration Officer

Jessica Lettieri

Receptionist/Admin. Assistant

Diane Lucas

Finance

Amrit Preet

Health Promotion Worker

Ruchita Ruchita

Health Promotion Worker

Robyn Smith

Exercise Physiologist (Movement Program)

Udani Waidyaratna

Community Development Worker

Hayley Wesson

RPC Coordinator

Dongmei Zhang

Health Promotion Worker

COUNCIL MEMBERS

Gail Quilliam

Chairperson

Xiaola Ma

Vice Chairperson

Maureen Mirabella

Treasurer

Heather Gerraty

Assistant Treasurer

Carmel Croft

General Member

Annabel Fegan

General Member

Wendy Mason

General Member

Eva Orr

General Member

VOLUNTEERS

- ◆ Inna Dipetta (*Health Promotion*)
- ◆ Claire Ferrier (*RPC*)
- ◆ Belinda Fisher (*Health Promotion*)
- ◆ Lee Ci Han (*CWCC*)
- ◆ Amber Harthy (*CWCC*)
- ◆ Roslyn Heydon (*Reception & Admin*)
- ◆ Tina Kanevsky (*Health Promotion*)
- ◆ Prema Kodikarage (*Reception & Admin*)
- ◆ Myra Purcell (*Health Promotion*)
- ◆ Koreen Williams (*Autism Project*)

A huge thank you to all of our wonderful volunteers that we rely upon



STUDENTS



Big Thanks to our students!!!

Thank you to all the students who have completed their placement with us over the past few months.

- ◆ Assma Ahamed
- ◆ Corinne Boodoo
- ◆ Sally Cochran
- ◆ Mariam Deng
- ◆ Adina Hellbrunn
- ◆ Liz Hutchinson
- ◆ Manasa Korada
- ◆ Namrata Patel
- ◆ Sarah Roberts
- ◆ Naliy Wannast

We wish all of you the best of luck

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