

## Women's Health in the South East (WHISE)



### Are you interested in volunteering?

Women's Health in the South East (WHISE) is a not for profit community based women's health service run by women for women and supported by the Department of Human Services, Victoria.

WHISE provides a range of programs and services to support women in the community to take responsibility for their own health and wellbeing.

WHISE is currently seeking female volunteers for the following positions:

**Respect, Protect, Connect Peer Educators-** The Respect, Protect, Connect Program is a violence prevention program run in secondary schools across the south east of Melbourne.

Issues discussed during the workshops include defining the different forms of violence, bullying, consent, sexual harassment, communication styles, safe partying and associated topics.

The issues are presented to students through a range of different learning styles including role plays, visual activities, large and small group activities and individual reflexion.

Volunteer peer educators between the ages of 18 and 25 are sought to conduct the workshops. **Must be available on the 13<sup>th</sup>, 16<sup>th</sup>, 17<sup>th</sup> and 20<sup>th</sup> of July for training.**

Contact Hayley 9794 8677

**Connecting Women, Connecting Communities Home Visitors-** Connecting Women, Connecting Communities is a volunteer home visitation program which seeks to empower newly arrived and socially isolated refugee women.

The program is targeted at female refugees from Sudan, Somalia, Ethiopia, Iraq and Afghanistan who are living in the City of Casey, Greater Dandenong, Frankston, Mornington Peninsula and Cardinia area.

Volunteers are sought to provide home visits to these women. **Must be available on the 13<sup>th</sup>, 16<sup>th</sup> and 17<sup>th</sup> of July for training.**

Those who speak a language other than English are encouraged to apply; especially Dari, Pashto, Arabic, Nuer, Dinka and Sudanese Arabic.

Contact Helena 9794 8677

**Reception and Administration-** Volunteer positions are available in reception and administration duties. Volunteering is a great way to meet people, learn new skills and broaden your horizons.

Contact Kerry 9794 8677

**Physical Activity Assistant-** Volunteers are needed to assist with the 'Make a Move' program; a falls prevention program conducted with older people over the age of 65. The program includes exercise, nutrition, vision and foot care components.

Contact Robyn or Helena 9794 8677

**An information session will be held on Tuesday the 30<sup>th</sup> of June, 2009.**

**Please register your interest with the listed staff member by the 29<sup>th</sup> of June, 2009.**

**Bookings essential.**