

Annual Report 2003 - 2004



Women's Health in the South East

Principles Underpinning our Work:

We believe that a woman's health is influenced by a broad range of factors including but not limited to social, political and economic. At WHISE we strive to address inequities created by these factors, rather than directing the focus of change on women themselves.

We acknowledge and embrace the diversity of women. We create greater access to information and resources for isolated and marginalised groups within the community, aiming to empower women to take responsibility for their own health and well-being.

We provide and support activities that challenge assumptions about women as a homogenous group, through the use of inclusive, gender appropriate language.

We apply a health promotion framework focussing on areas that will assist women in the community to reduce their rate of illness, injury and disease.

Collaborative external relationships with our community of focus and other agencies are essential to the way we work.

Continuous Quality Improvement is integral in all aspects of work.



Aim:

To improve the health and well being of women in the Southern Metropolitan Region.

2nd Floor
54 – 58 Wells St
P O Box 1278
Frankston Vic 3199
Tel: (03) 9783 3211
Fax: (03) 9783 3212
Toll Free: 1800 069 136
Email: whise@vicnet.net.au
www.vicnet.net.au/~whise

Emotional & Mental Health

To raise awareness about depression and eating disorders and provide women in the Southern Metropolitan Region with options in their health choices.

Women's Mental Health & Wellness Day - 120 attendees

The day provided education on women's mental health including 'Gender Differences in Mental Health' and 'What Affects our Mental Health?'

"What is Depression?" Forum

"Depression, Ageing Well & Growing Older" Forum

The forum covered implications of assessment, psychological and medical treatments, why depression is often overlooked in the elderly, and some of the issues facing carers.

Laughing Out Loud - 80 attendees

It was a fun day with information on the benefits of laughter as therapy in relation to both physical and emotional illness or disease.

All Abilities Same Sex Attracted Group - 9 attendees

This is a group for women living with a disability as same sex attracted, lesbian, or are questioning their sexuality.

Depression Support Group - 37 attendees

Self Help group for 18-45 yo women at risk of depression or experiencing mild-moderate depression.

Depression Health Education Sessions - 73 attendees

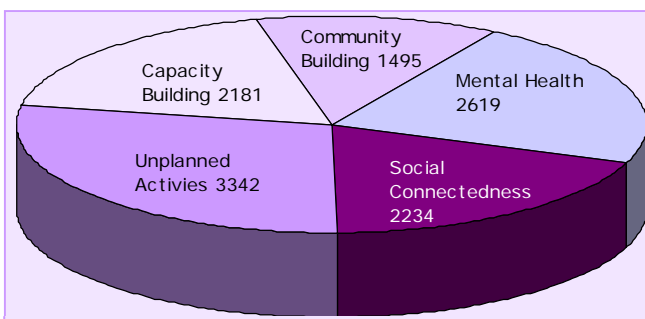
Three sessions were held on the following topics: "Using your Emotional Intelligence"; "Access to Low Cost Counselling" and "Navigating the Community Mental Health System".

Family Violence Training for Mental Health Workers

The programs presented material on what is family violence, how to identify a woman suffering from family violence, how to respond, and referral options available. Two sessions - 135 attendees.

Community Day at WHISE - 100 attendees

WHISE opened its door to further enhance its local profile and to encourage women to access the service.



TOTAL OF 11,871 CONTACTS

The above shows the number of women that contacted WHISE or attended a health promotion activity for the financial year ending 30th June 2004. It is divided up into our health promotion priorities.

Poor social relationships and a lack of community participation are seen to be as big a risk for health as cigarette smoking, high blood pressure, obesity and lack of physical activity.

Driscoll, K & Wood, L, 2002, Directions for Physical Activity, VicHealth discussion document

From a population health perspective, connected, supportive communities that value diversity; are open and inclusive and; provide opportunities for everyone to participate in community life, will have better mental and physical health outcomes. Social isolation, discrimination and hostility can lead to serious physical and mental health ill effects.

VicHealth - Together we do better website

Managing the Volunteer Program

In the last financial year, 27 women volunteered for the service in various capacities.

Afghani Women's Group

This Group has existed almost as long as WHISE and is into its 12th year, continuing to grow and strengthen. The women have participated in a women's swimming program and the "How To Run Groups Form Women" workshops, which were provided in Dari via a bi-lingual educator.

Bayside Women 2 Women

This group will be celebrating its 12th anniversary in December 2004. Women just coming out find it a supportive environment full of useful information. Whilst other members enjoy the social links it provides.

Focus on Women Support Group

A support group auspiced by WHISE for women in public housing. Providing opportunities to meet and create links with local services and the broader community.

WHOW - Women Hearing Other Women

A self-help group for mature women. It gives them the opportunity to connect with other women, support one another and discuss issues that affect them and their overall health and well-being.

Lesbian News

The newsletter is a successful way of informing and connecting the lesbian community in the region and beyond. It contains information about events and issues of importance.

Governance and Strategic Planning

All staff and Council members met to discuss WHISE's future model of service delivery. The group gave full support and approval for WHISE to pilot a new model whereby we focus on one Catchment area for a period of 24mths.

Community Participation

To work collaboratively with women, services and schools in the Southern Metropolitan Region to increase opportunities for community participation.

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Older Women's Positive Coming Out Stories

A booklet due out in November 2004 retelling positive experiences of women who came out beyond their youth.

WHISE Newsletter

All members and stakeholders of WHISE receive two newsletters each year. These publications seek to inform and/or educate our members about issues affecting women and their health and well-being.

Respect Protect Connect

An ongoing collaboration with SECASA allows us to run a program in secondary schools. WHISE works with the young women in the school and volunteer peer educators facilitate the program. The program aims are prevention and early intervention on anti-violence and bullying strategies, building healthy relationships, resiliency, and drug and alcohol issues.

Lesbian Workshop Day

A series of workshops over an afternoon on topics of interest to lesbian women.

Stress can increase your susceptibility to illness and disease. Mental distress as a result of social isolation and lack of social support has been shown to increase the likelihood of heart disease, complications in pregnancy and delivery, and suicide.

Syme, L. 'Rethinking disease: where do we go from here?' AEP, 1996, Vol. 6.5, pp 463-468.

Model of Service Delivery

WHISE will pilot a model of service delivery that will be documented and evaluated to assess effectiveness. We will concentrate 70% of resources in one Catchment area for a period of 24 months: 6mths developing relationships and planning activities, 12mths implementation and 6mths evaluation and identifying next catchment area. The first catchment area nominated has been Casey-Cardinia.

Accreditation update

Extensive policy and procedure development has taken place to prepare for a formal review process early in 2005.

Internal Training Procedures

WHISE Education & Training Program Standards have been developed in regard to the provision of education & training to the community and/or other service providers. These standards incorporate a gendered planning and implementation approach.

Socially isolated people die at two to three times the rate of people with a network of social relationships and sources of emotional support.

Brunner, E., 'Stress and the Biology of Inequality', British Medical Journal, 1997.



Capacity Building

To further increase the capacity of WHISE to strengthen program management and organisational development to deliver effective health promotion activities.

Staff Training

Staff expected to provide training in community or service provider settings were given the necessary training to enable them to do this confidently and comfortably.

Volunteer Information Day – 24 attendees

Prospective volunteers received information on volunteering at WHISE in a general capacity or volunteering as a WHISE peer educator. As a result of the training, we have now received acceptances from six administrative volunteers, seven peer educators and one Council member.

How to Run Groups for Women x 2 – 40 attendees

These workshops develop women's skills in working with community groups, give strategies to help secure funding and share referral and networking services.

Gender and Diversity Training x 13 – 240 attendees

WHISE continues to be a sector expert in this area and on-going demand for this training remains high. The training seeks to provide a common understanding of gender and equity in everyday practice.

Social Connectedness

To build connectedness and relationships in a supportive environment for women.

Brochure Translation Project

WHISE's service brochure was translated into four languages to give non-English speaking women increased access to the service. The languages are Bosnian, Dari, Russian and Arabic.

"Exercising a Wiser Choice" – 115 women

Providing access to alternative recreational activities for women with - or at risk of having - a gambling problem. Significant health benefits such as decreased risk of cardiovascular disease and osteoporosis can be expected if activities are continued.

"Loss & Grief" session and forum – 100 attendees. A health session and a forum were held to provide mature women with strategies for coping with loss and grief.

"Swim your way to health" – over 30 attendees

A project that offers subsidised female-only swimming sessions at a local pool. The workshops also provided information on cardiovascular health, diabetes, screening, nutrition and women's health.

Lesbian Discussion Nights – 5 sessions

These nights provided information, education and an opportunity for discussion on topics affecting lesbians. Topics included: "Breaking up and starting over"; "Resources and where to find them"; "Me, my girlfriend and the kids"; "Current Lesbian Health Research" and "Sexuality and Spirituality".

The National Heart Foundation reports that depression, social isolation and lack of social support are significant risk factors for CHD (coronary heart disease) that are independent of conventional risk factors such as smoking, high cholesterol and hypertension and are of similar magnitude to these conventional risk factors.

Driscoll, K & Wood, L, 1999 Sporting Capital



"Bursting the Bubble" part of Week Without Violence

Information sessions were run in eight schools on "Witnessing Violence in the Home". Volunteer peer educators presented the sessions and show bags were given to the young women attending.

Community Grants

Six community grants were given, totalling over \$6,500. The services presented various programs supporting victims of Domestic Violence (women and children).

Health Education & Skill Development

- Nutrition in pregnancy/lactation – 30 women
- Contraception for CALD women – 40 women
- Birth choices, prospective lesbian group – 35 women
- Lesbian health issues/Family Planning Victoria – 40 women
- Domestic Violence in same sex relationships – 80 women
- Forums on Menopause x 2 – 600 women
- Communication Skills x 2 – 50 women
- Stall at Midsumma festival – approx 400 women
- Training to Young and Parenting women – 30 women

Projects in progress

- Survival Across the Ages Intergenerational Project – approx 40 women
- Challenging Ageing through Writing Project – approx 40 women
- Pines Leading the Way – Safety starts at home project – approx 80 women

Volunteers

Once again, many of you have supported us to do what we do and we are constantly surprised how giving women are in the community when it comes to their time and effort. Although not as much as we would like to offer, this is a big thank you to all the women that have helped us over the past year in so many different ways. Including, administrative volunteers, support group facilitators, program peer educators and students working on placement as part of their studies (refer to back page for names).



Other programs & Unplanned Activities

Profit & Loss Statement as at 30th June 2004

	\$
Income	
H&CS Operating Grant	565,075
Other Income	9,697
Interest Received	10,246
Respect/Protect Program	22,600
General Program Income	43,194
Family Violence	664
Administration Income	18,293
Education & Training	661
Resource Material	669
Surplus on sale of Motor Vehicle	25,040
Total Income	696,139
Expenditure	
Accounting Fees	2,240
Administration Fees	17,121
Bank Charges	128
Cleaning	4,384
Committee Costs	4,840
Community Grants	12,362
Domestic Violence Support Grp	6,194
Depreciation	18,139
Donations	60
Fringe Benefit Tax	5,003
Holiday Pay	1,695
Insurance	1,183
Long Service Leave	4,556
Motor Vehicle Expenses	8,124
Newspapers	297
Network Funding	1,000
Other Programs/Projects	8,393
Peer Educators	2,512
Postage & Freight	4,502
Printing & Stationary	13,517
Rent & Services	25,213
Repairs & Maintenance	3,250
Resource Development	334
Salaries	408,981
Software	1,361
Staff Amenities	1,608
Subscriptions	3,547
Sundry Expenses	2,472
Superannuation Contributions	36,760
Telephones	6,420
Travelling Expenses	1,398
Workcover	9,848
Workforce Development	11,671
WHAV Funds	7,865
Total Expenditure	633,587
Operating Surplus/(Deficit)	62,552
Accumulated Funds at the beginning of year	123,199
Transfer to Capital Fund	- 12,954
Accumulated Funds at 30th June 2004	172,797

AUDIT REPORT INDEPENDENT AUDITOR'S REPORT TO THE DEPARTMENT OF HUMAN SERVICES

Scope

We have audited the attached Financial Statement/s comprising of Annual Financial Indicators Statement and Certificate for the year ended 30/6/2004
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 statement, as listed below, of
Women's Health in The South East Inc

- (i) presents fairly the transactions for the year ending 30/6/2004 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 DENIS ROBERT KURTZE
(and seal if applicable)

signature [Signature]
partner name

Partner
Member of CPA (CA) NIA
(Circle relevant organisation)

City FRANKSTON VIC

Date 16-9-2004

Women's Health in The South East Inc
Agreement: 14356

Date Generated: 28/07/2004

Balance Sheet as at 30th June 2004

	\$	\$
Assets		
Current Assets		
Gift Fund	369	
Cash at Bank	108,983	
Deposits	172,313	
Accounts Receivable	760	
Total Current Assets	282,425	
Non Current Assets		
Motor Vehicle	65,039	
Less Accumulated Depreciation	9,146	
Sub Total	55,893	
Office Furniture & Computer	62,963	
Less Accumulated Depreciation	39,431	
Sub Total	23,532	
Furniture & Fittings	10,580	
Less Accumulated Depreciation	6,504	
Sub Total	4,076	
Total Fixed Assets	83,501	
Total Assets	365,926	
Current Liabilities		
Sundry Creditors	16,879	
Provision Staff Entitlements	47,180	
Total Liabilities	64,059	
Net Assets	301,867	

Staff Members

Susan Glasgow	Manager
Geraldina Alvarez-Poblete	Staff Development Co-ordinator
Fiona McCormack	Program Standards Co-ordinator
Kristine Hill	Health Info & Resource Worker/Family Violence Networker
Sue Pompei	Finance Worker
April Jenkins	Administration Worker
Kiri Bear	Respect Protect Connect Program Co-ordinator
Sandra Maudier	Regional Family Violence Networker
Elisabeth Speller	Women's Health Worker – Focus on Same Sex Attracted Women
Sam Seamer	Women's Health Worker – Focus on Emotional & Mental Health

Council

Rosemary Burrell	Chairperson
Rosemary Coulter	Vice-Chairperson
Gail Quillam	Treasurer
Olivia Watts	Vice-Treasurer
Carmel Croft	
Rachel Flanagan	
Diana Mummé	Resigned
Janne McPhee	Resigned

Volunteers

Administration Volunteers

Mavis Biggins
Yvonne Griffiths
Faye Pinnick
Belinda Harley
Liz Abbey
Monica Finnin

Support Group Facilitators

Audrey Vivian – Focus on Women
Hamida Lutfi – Afghani Women's Group
Edna Leech - WHOW
Radinka Faranov - WHOW
Marie Underwood – Bayside Women 2 Women
Rebecca Maxwell – WAAG
Megan Wilson – Depression SG
Bernadine Hasler – Depression SG

Peer Educators

Anna Baxendale – Respect Protect Connect
Natalie Catanach - Respect Protect Connect
Melissa Chrys - Respect Protect Connect
Eleanor Clyne-Kingshott - Respect Protect Connect
Wendi Gomizel - Respect Protect Connect
Marilyn Lester - Respect Protect Connect
Naomi McGrath – Respect Protect Connect

Students

Christina Ellis
Gerri Salas
Silvana Butto

Chairperson's Report

A great deal of time and consideration went into the review of the WHISE Constitution. This was a task that was well overdue and a number of changes needed to be made to bring us up to date and make our Constitution reflective of the organisation in 2004 and beyond. One of the changes was implementing a name change for the Committee, which is now to be referred to as the WHISE Council. It was felt that this new name better reflects the role of the Council. Whilst the Council oversaw the Constitutional change process, it would not have happened without the hard work and persistence of Sue Glasgow and the staff. Changes to the Constitution were presented and approved at a special general meeting and have now been ratified by the Office of Consumer Affairs.

Our energy this year has also been spent developing a Succession Planning Strategy to ensure that we are able to attract new members to the WHISE Council. This has been done by following up those members who have expressed an interest in joining with a personal invitation to attend our meetings. This has been successful and we have welcomed Rosemary Coulter and Rachael Flanagan, and we will shortly be welcoming three other members. Other strategies include the development of a comprehensive written information brochure for prospective Council members, providing regular information sessions about the roles and responsibilities, and having a more flexible approach to meeting attendance with the possibility of changing the meeting venues throughout the year thus enabling some members to attend closer to home.

If successful it is hoped that the future of the WHISE Council will be assured and that the contribution by all members will be realistic and rewarding.

Rosemary Burrell
WHISE Council Chairperson

Manager's Report

Another year has gone by and I truly wonder at the speed with which this process occurs. The style in which April, WHISE's Administration Worker, has designed the Annual Report this year has made my report much easier to compile, and the resultant document, invariably more visually appealing. The Annual Report speaks for itself and highlights the achievements of WHISE in the past year with justifiable pride. It is with great pleasure that I congratulate all staff for their tremendous effort throughout the year. As usual they work diligently to provide innovative and quality programs for women and service providers in the South East Region. Contributing to our success are WHISE's volunteers whose valuable input is greatly appreciated, equally, the students on placement for their contribution. I would also like to thank the WHISE Council for their excellent governance and strategic leadership.

We look forward to providing exciting, innovative and quality programs and activities to women and service providers in the South East Region in the next financial year. Thank you to all members and participants of WHISE's services for helping to make 2003-04 a wonderfully successful year.

Susan Glasgow
WHISE Manager