

# GenWest

**GENWEST** Gender  
Justice  
and  
Change.



28 June 2023

Health Promotion Forum  
Melton

# Acknowledgement of Country

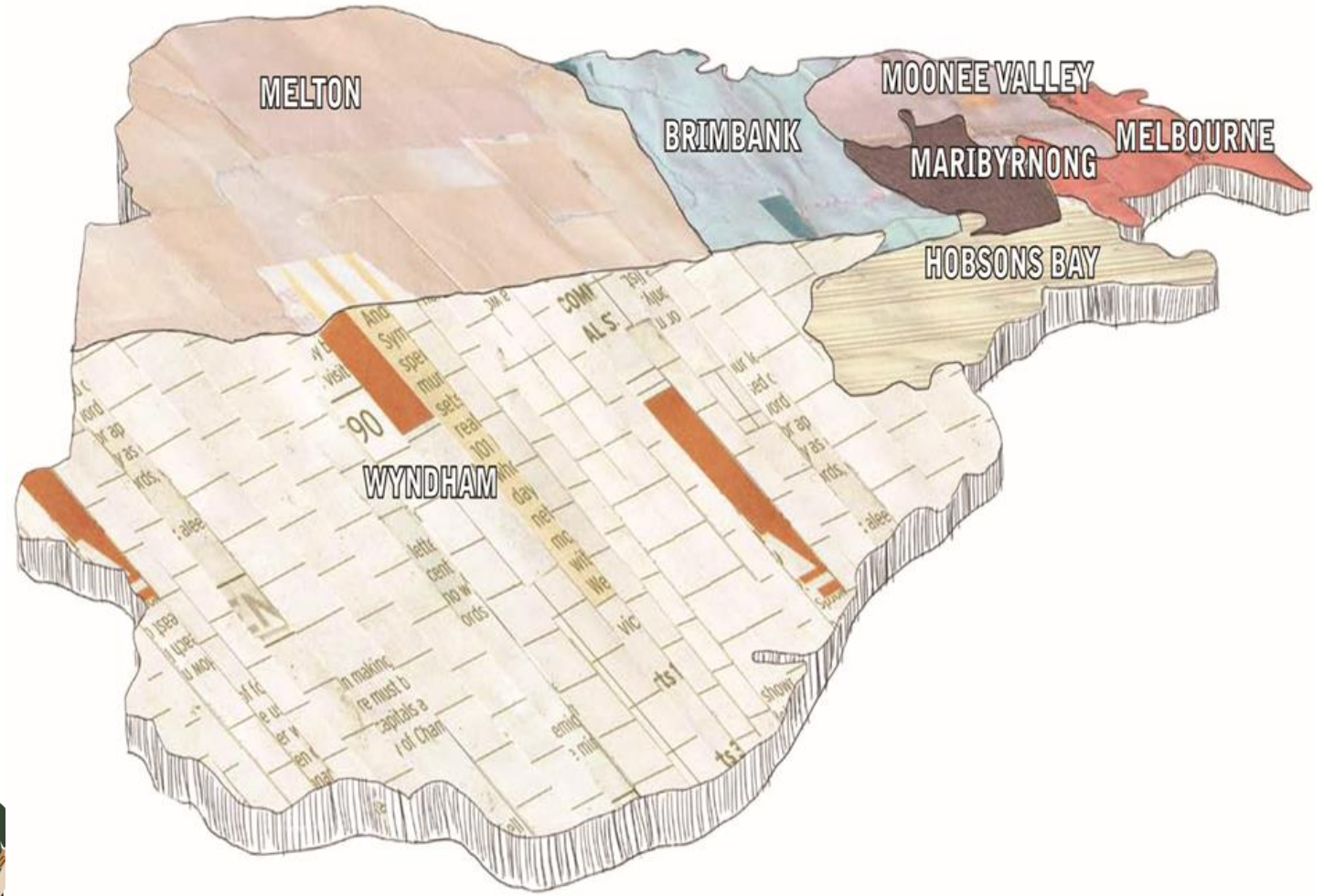
**GenWest recognises that the land on which we work and provide our services always was and always will be Aboriginal land. We pay our respects to Elders past and present.**



We proudly acknowledge the Aboriginal and Torres Strait Islander communities across Melbourne's west, their rich cultures, diversity, histories and knowledges, and the deep contribution they make to the life of this region.

We acknowledge the ongoing impacts of colonisation, as well as the strength and resilience of Aboriginal and Torres Strait Islander communities, and express solidarity with the ongoing struggle for land rights, self-determination, sovereignty, and recognition of past injustices.

**GenWest is an organisation working toward gender equity in Melbourne's west.**



# How does GenWest do this?

## **Integrated Family Violence Services:**

We provide specialist family violence crisis support to women, non-binary people, and children in the western metropolitan region of Melbourne

## **Health & wellbeing programs:**

We support communities to lead safe and healthy lives, by running social and health education programs

## **Gender Equity Partnership:**

We work with other organisations and councils to advocate for equal rights and in the prevention of family violence. We also support organisations through gender equity capacity building.



# Where GenWest sits - The family violence sector

**24 hour state-wide**  
Police, Safe Steps, 1800RESPECT

**Victim-survivor services**  
(including GenWest)

Provide response, case management and counselling, child protection

**Behaviour change services**

Offer Men's Behaviour Change programs and individual support

**Population-specific services**

Aboriginal and Torres Strait Islander; Migrant and refugee; LGBTQI+ specific services

**The Orange Door**

[www.orangedoor.vic.gov.au](http://www.orangedoor.vic.gov.au)

# GenWest's Strategy, Advocacy, Community Engagement & Evidence Stream (SACE):

## Gendered Violence Prevention

- Primary prevention of Violence Against Women - PVT Partnership
- Workforce Capacity Building Program – Preventing Violence Through Sport

## Mental Health and Wellbeing

- Sunrise groups for women with disabilities
- Multilingual Health Education

## Sexual and Reproductive Health

- Family and Reproductive Rights Education Program (FARREP)
- Action for Equity partnership
- Take Up Space: Health and wellbeing information for young people
- **Evidence and Impact – organisation-wide**





# Multilingual Health Education

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Women from refugee and migrant backgrounds in Melbourne's west have access to evidence-based, culturally sensitive and effective health education in-language.





# Aim

- **Deliver**
  - In language and culturally safe health education
- **Respond**
  - Emerging health needs of priority population groups in the West.
- **Contribute**
  - Community engagement activities and community capacity building programs.
- **Influence**
  - Future training and professional development programs
- **Inform**
  - Advocacy for the health needs of women from refugee and migrant backgrounds



# Peer to Peer delivery model



- Trained inhouse Bi-Cultural workforce
- Culturally appropriate health education
- Connections based on commonality of language, culture and lived experience
- Trust through long term engagement
- Focus on community capacity building
- Nurturing community support groups to create more social inclusion pathways for FV survivors

# One year, 32 sessions 475 people (433 women 42 men)

Topics	Navigating the Australian Healthcare System	Essential Health Checks	Sexual and Reproductive Health	Mental Health and Wellbeing	Healthy Relationships
No. of sessions	4	8	4	6	4

## Demographics:

- North Indian women between 50 to 85 years
- Vietnamese women with disability or carers of people with a disability,
- Senior couples between 60 and 85 years from western India
- Arabic speaking women from Northern Iraq
- Pashto and Urdu speaking women from Pakistan and Afghanistan
- Mixed cohorts: Amharic, Indonesian, Chinese, Bangladeshi, Oromo, Burmese, Srilankan, Thai, Somalian, Swahili, South Sudanese, Turkish, Uzbekistani, Iranian and Persian



***“Today I have a doctor’s appointment, I will not let him rush me, but I will ask a lot of questions until I understand everything.”***

***“Being a nurse, I knew the medical aspect of things but to convey and deliver the information to my daughters was not easy. Your sessions explained the significant aspects of women’s health in simple language which made it easy and helped me communicate the relevant health information to them”***

***“I don’t think any of us have ever felt like discussing about contraceptives with our husbands but now we feel confident to discuss about contraceptives, periods and menopause with them”.***

***“I used to feel shy about going for Breast screening, I used to think its awkward to have them screened but now after your information we are confident that there will be female staff and if we use interpreters, they will be female too, so it won’t be difficult to have the screening.”***

***“In future if I have any mental health issue I will go and see a counsellor, now I am confident and think that it is normal.”***

***“We learnt how to practice our rights and we understand that we should not suffer in silence. Little things tend to build up a big stressful situation that affects our physical as well as mental health.”***

# Bicultural workforce and community capacity building project: with Co-Health

- Support families to achieve their breastfeeding goals & prevent childhood illness and disease.
- Health Educators trained by the ABA.
- Disseminate positive Breastfeeding messages and deliver sessions to playgroups, young mums, within our own community.



10961NAT in Community Breastfeeding Mentoring

## Short Course by the Australian Breastfeeding Association for Bicultural Workers

### Are you a Bicultural Worker who lives or works in Melbourne's west?

#### Speaks a language other than English?

Such as (but not limited to), Vietnamese, Hindi, Telugu, Nepalese, Mandarin, Cantonese, Arabic, Tibetan, Chin, Somali, Amharic, Dinka, Pashto.

#### Passionate about family wellbeing?

\*Supporting families to achieve their breastfeeding goals prevents childhood illness and disease, gives children best start in life, nurtures family relationships and promotes health equity\*

We'd like to invite you to participate in the **FREE Nationally Recognised\* 10961NAT Course in Community Breastfeeding Mentoring**

**Date:** Tuesday 21 March – Wednesday 22 March  
**Time:** 9.15 am – 4.00pm

**Location:** cohealth, Dream Factory  
2nd Floor (Strawberry Fields Room)  
90 Maribymong Street, Footscray VIC 3011  
(onsite parking, close to public transport)  
Morning and afternoon tea and lunch will be provided

\*Nationally recognised Short Course delivered by ABA RTO 21659

### If you are interested, please contact:

**Nisha:** nishamanie.karawita@cohealth.org.au  
Mobile: 0406 128 633, or  
**Zoe:** zoe.cofinich@cohealth.org.au  
Mobile: 0477 383 450

### What you will get:

- Learning about mentoring skills and breastfeeding knowledge in a face-to-face, interactive, two-day workshop
- Nationally recognised certificate from Australian Breastfeeding Association RTO 21659
- Course materials and resources including in language resources
- Opportunities to apply your knowledge in the community such as engagement in local breastfeeding initiatives and events
- 12 months membership of the Australian Breastfeeding Association and ongoing support from cohealth
- Opportunities to participate in other professional training offered to bicultural workers and networking events facilitated by cohealth
- Opportunities to proceed to Australian Breastfeeding Association affiliated breastfeeding counsellor or educator programs



**cohealth**  
care for all



# Working with Communities on Prevention of Family Violence

- Taking the time to build trust by establishing relationships using basic Health topics
- Understanding the nuances around language, religion, gender roles and family structures
- Approaching the topic with Cultural sensitivity
- In Language education on human rights, violence, drivers of violence, and service pathways



## Case Study: working with older Indian women

- Older Indian women between the ages of 50-85 years, in Australia from over 5-15 years.
- Barriers to accessing essential health preventive health check-ups and other services.
- Relationship built over 8 months, with sessions on a range of topics.
- The trust has allowed the participants to share personal experiences about challenges with mental health; sexual and reproductive health as well as elder abuse.





# Sunrise Program

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# Sunrise Program

- Facilitates social groups for women, gender diverse people and/or nonbinary folk, who have a disability, chronic health issues and/or mental health challenges.
- Is a social group program with a primary prevention, gender equity and intersectional lens.
- Is underpinned by the premise that providing people with a safe and social place where they can learn skills, find information, build resources, and undertake new activities they have decided on, will enhance wellbeing.
- Is a peer led and enables skill sharing and peer facilitation











*“I’ve never felt this kind of rallying support and care in my whole life. Without this...group giving me a purpose, I’m scared to think of where I might be.” – AG*

*“Being able to connect online is much easier on my body. Getting out of the house is hard. I’d like it (this digital literacy project) to continue- the need isn’t going anywhere” - LF*



# Feedback Themes

1. Confidence & Communication

2. Self-Advocacy

3. Connection – Community & Social Wellbeing

4. Connection – Sisterhood & Emotional Wellbeing

5. Digital Accessibility

6. Accessing Services & Public Resources

7. Mental Health & Wellbeing



# Continuum of Engagement & Capacity Building

*"This is the first time I've done any socialising in 5 years. This is a big deal. I'm very happy to be here"*

*"The sharing of knowledge about community resources has been invaluable. E.g. I have applied for medical heating/cooling discount on energy bills [and also for] 20 GP psychology visits."*

*"It's helped to give me an identity as a disabled person and to advocate for myself. I contributed to the Disability Royal Commission making oral and written private submissions."*

*"I was supported in finding a female GP who was not dismissive like my male GP"*

**Social Connection**  
In person & online

**Activities/Outings**

**Information & Services**

**Develop Confidence & Skills**

**Self & Systemic Advocacy**

**Study, Employment & Leadership**



# Sunrise Challenges

1. Increase in need to provide individual support to women disclosing a range of risks and harms in their lives.
2. Sensitive, complex and time-consuming work that requires whole of systems responses including clear community and service pathways and referrals.
3. Interdependent relationships with other agencies and services to address high levels of intersectional discrimination and oppression.

# Where to find us

## MELTON

**Fortnightly  
meetings**

**Tuesdays 10.30-  
1pm**

**Melton Library  
and learning  
Centre**

## BRIMBANK

**Fortnightly  
meetings**

**Mondays 10.30-  
1pm**

**Visy Cares Hub**

## WYNDHAM

**Fortnightly  
meetings**

**Wednesdays  
12.30-3pm**

**Tarneit  
Community  
Learning Centre**

**Online fortnightly Zoom meetings**

## *Who can join?*

- People who identify as women, gender diverse and non binary folk
- Living with a disability, chronic health condition and/or mental health challenges
- It's free to join for people who are over 18, live in the west of Melbourne and are not a NDIS participant or living in an aged care facility.
- Sessions are hosted in English however all cultures are welcome.

# Melton Sunrise Group Recruitment

## CALLING ALL

\*Women and gender diverse people with:

- disabilities
- chronic health issues
- mental health challenges

**Do you want to join  
the Melton Sunrise  
Social Group?**



### Face to Face Fortnightly Meetings:

**When:** 10:30am – 1:00pm,  
every second Tuesday

**Where:** Melton Library and  
Learning Hub

### Online (Zoom) Fortnightly Meetings:

- We meet online every second Monday, with all Sunrise group members across Melbourne's West.
- If you are new to using computers, we can help you learn how to log on and use the computer so you can be part of online meetings and more.

### About the Melton Sunrise Group:

- It's completely free!
- You must be over the age of 18 and not a NDIS participant.
- Sunrise group sessions are hosted in English however all cultures are welcome.

### The Melton Sunrise Social Group can help you with:

- Meeting new people
- Learning new skills
- Connecting to local services
- Building your confidence
- Trying new things and having fun!

**For more information, questions or to sign up, contact  
Beth or Fofi at GenWest on:**

**Phone:** 1800 436 937 or 0407 061 702

**Email:** [sunrise@genwest.org.au](mailto:sunrise@genwest.org.au)

*\*GenWest warmly welcomes women, trans, gender diverse people and/or non-binary folks who are comfortable in a space that centres the experiences of women. We believe individuals have the right to express and identify their gender however they choose.*



9th July '22

To the Manager  
of Genwest,

I just wanted to thank-you  
for the Sunrise program. It  
has changed my life in more  
ways than one.

I also want to thank-you  
for the facilitators Beth and  
Fofi. They are so competent  
and caring and encouraging.

Yours Sincerely,  
Elizabeth

Elizabeth

Thank you for the Sunrise program

and the caring and encouraging

# Further Questions?

## Contact:

[Sunrise@genwest.org.au](mailto:Sunrise@genwest.org.au)

Mob: 0407 061 702





## Contact

Shweta Kawatra Dakin  
Manager- Early Intervention

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0450224643



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