

mcwh catalogue

The Multicultural Centre for Women's Health aims to ensure that women, particularly women from immigrant and refugee communities, have access to the knowledge and information they require to control their health and wellbeing. At its core MCWH is about information exchange—what we like to call our 'woman-to woman' approach.

Information is today's strongest currency. The most valuable information is that which affects our wellbeing. All women need access to this fundamental knowledge bank.

We know the value of our resources because we use them in our outreach programs, health information service provision, and professional training. We aim to publish and provide material for immigrant and refugee women and for anyone else interested in their health and wellbeing.

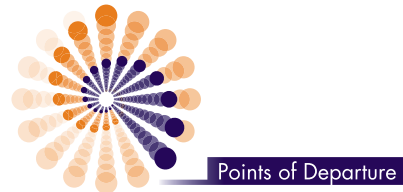
new resource



To Every Woman: Money, Power, Freedom (2008)

The Healthy Credit Project was implemented by MCWH to encourage and empower immigrant and refugee women to use credit wisely. The full report includes consultation findings, credit education program findings and key recommendations. The summary report provides a succinct overview of the project highlighting the three main issues that impact on immigrant and refugee women's experiences of credit and debt: their gendered migration experience; the general credit services environment; and the availability and appropriateness of assistance services. Recommendations regarding these key issues are also included.

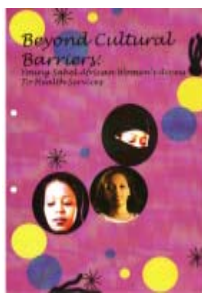
coming soon



Points of Departure Project Advocacy Toolkit

The Points of Departure Project (POD) is a MCWH special project which seeks to build knowledge and capacity of NGOs and individuals to advocate on key health issues affecting immigrant and refugee women. Women's lives are marked by constant change, and for immigrant and refugee women, their arrival in Australia is also a departure point for a new phase in their lives, hence the title of the project.

A major outcome of the project will be the development of an Advocacy Toolkit, which will be launched and widely promoted and disseminated for use by NGOs and individuals involved in advocacy work. Watch this space for news regarding the Toolkit which will be available through the MCWH Catalogue in March 2010.



Beyond Cultural Barriers: Young Sahel African Women's Access to Health Services (2003)

\$22.00 (M) \$25.30 (NM)

A Resource Kit that investigates the relationship between young women from the Sahel region of Africa and issues of health—specifically access to services and health concerns. Includes country profiles, project overview, discussion of issues, practical strategies for service providers, and findings on knowledge of health services, relationship with service providers, areas of concern, health promotion needs, and cultural and social issues.



Seamstress: A Report on Health Issues of Women Workers in the Textile, Clothing and Footwear Industries (2000)

\$22.00 (M) \$25.30 (NM)

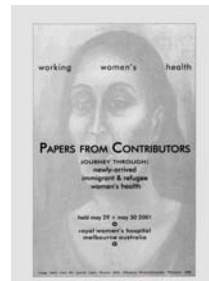
A comprehensive research report addressing the complex social issues that the changes in the Textile Clothing and Footwear industries have meant for its immigrant workers. Covers a wide spectrum of occupational health issues and measures that can be taken to avoid illness and injury. For those interested in safer working environments and the occupational health and safety of immigrant women workers.



Knowing Her Better: A Research Report and Training Manual About NESB Women's Sexual & Reproductive Health (2000)

\$28.00 (M) \$33.00 (NM)

Manual About NESB Women's Sexual & Reproductive Health (2000) The immigrant/refugee experience has specific ramifications for immigrant women's wellbeing. The Health System can exacerbate existing health problems, but perhaps even more damning, create others of its own. Focusing on sexual and reproductive health, this Report and its complementary Training Manual are invaluable resources for health professionals working with immigrant women.



Journey Through: Newly-Arrived Immigrant and Refugee Women's Health Conference Papers, WWH Conference, Royall Women's Hospital Melbourne (2001)

\$22.00 (M) \$25.30 (NM)

Valuable insights into why women are migrants and refugees in the first place, and the difficult journey they take once arriving in Australia. Includes papers on mental health, reproductive health, and activism, and recommendations addressing issues like mandatory detention, temporary protection visas, access to services, and trafficked women.



Nobody Ever Asked Me if I Wanted to Know: An Alcohol and Drug Health Promotion Project with Culturally and Linguistically Diverse Working Women (2000)

\$14.00 (M) \$16.50 (NM)

Based on an A&D Pilot Project conducted with immigrant women run by Working Women's Health and Women's Health in the North. Includes practical strategies and recommendations—for health service providers looking to broaden their client base to include immigrant women facing this fundamental health issue.



Three D: A Preliminary Report on Sexual and Occupational Health of NESB Women with Disabilities (1999)

\$9.00 (M) \$11.00 (NM)

There are very real demands specific to being an immigrant woman with disabilities attempting to control her own health and wellbeing—and having to navigate the Health System to meet these imperatives. Along with these specific needs, immigrant women with disabilities of course share other needs in common with all health system users. Three D focuses on sexual and occupational health.

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