

working well newsletter

amharic arabic cantonese
croatian dari farsi greek hindi
italian khmer macedonian
mandarin somali spanish tagalog
thai tigrigna turkish vietnamese



**working women's health: putting immigrant
women's health first!**



in this issue:
**project updates
and other news**

also:
**women and violence,
bullying, harassment
and inappropriate
behaviours at work**

Working Women's Health is an immigrant women's organisation committed to improving the health and wellbeing of immigrant women working in paid and unpaid employment across Australia.

Working Women's Health provides national leadership and excellence in multilingual health education, advocacy, training, and research with specific expertise in sexual, reproductive, occupational, and mental health.

what's happening at working women's health

	<p>projects, health sessions and our educators</p> <p>angela nesci health education programs coordinator</p>
amharic	
arabic	In the last month WWH has had quite a presence in workplaces and communities throughout Victoria: Cadbury Schweppes (including evening and night shifts), Fronditha Nursing Home, and several clothing manufacturers.
cantonese	
croatian	Topics covered have been varied and demand has been greater than resources allow.
dari	
farsi	Sessions on asthma and cervical screening were very popular with women, for both their own and family health needs. Topics such as problem gambling have also been well received—especially since women are often reluctant to seek support and unaware that such services exist. The Quality Use of Medicines Project took our Educators to Shepparton to meet a lively group of culturally and linguistically diverse (CALD) women. A thankyou note from the organisers gave very positive feedback and asked for more sessions in the future.
greek	
hindi	
italian	

what's happening at working women's health

	<p>asthma project</p> <p>The Asthma Project has involved Working Women's Health (WWH) bilingual Health Educators delivering asthma-related education sessions in settings across both the workplace and community spaces. Radio programs on asthma have also been aired.</p> <p>Topics included: what is asthma?; managing asthma; asthma and the safe use of medicines; alternative therapies; and emergency measures and asthma. Useful resources and referral was also covered.</p> <p>The Commonwealth National Asthma Community Grants (Department of Health and Ageing) provided funding for the Project. The key stakeholder along with WWH was the Asthma Foundation of Victoria.</p>	
	<p>cervical screening project</p> <p>Funded by The Cancer Council of Victoria, the Cervical Screening Project specifically targeted women in the workplace.</p> <p>The Project's main aim has been to educate women on the importance of participating in regular cervical screening. The other key stakeholder in this Project was Pap Screen Victoria.</p> <p>As with all our Projects involving our Educators, this Project has meant new skills and knowledge, and building on their already considerable experience.</p>	
khmer		
macedonian		
mandarin		
somali		
spanish		
tagalog		
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tigrigna		
turkish		
vietnamese		

what's happening at working women's health

	quality use of medicines
amharic	Women in rural regions of Victoria have been participating in health education sessions run by our Educator Team on the safe use of medicines.
arabic	Sessions have been run in both community workshop and industry visit settings. The aim of these sessions has been to improve the health outcomes of CALD women in rural areas in relation to the use of medicines.
cantonese	
croatian	This Project was funded by the National Prescribing Service.
dari	training at wwh
farsi	amira rahmanovic training programs coordinator
greek	In the last few months, we have kept our educators up-to-date and well equipped to run a range of sessions. Training on problem gambling, cervical screening, safe use of medicines and asthma has been completed.
hindi	
italian	We also trained bilingual health educators from the Horn of Africa on best practice in health promotion and group facilitation. One of these group training sessions was in partnership with Western Region Health Services, whilst the other was with the Melbourne Fire Brigade (MFB) Community Safety Program.

what's happening at working women's health

	wwh presents at 5th australian women's health conference
angela nesci health education programs coordinator	khmer
Recently I presented a Paper—'Improving Immigrant and Refugee Women's Health: Looking Outside the Square'—at the 5th Australian Women's Health Conference. The Conference, was held in Melbourne, and some six hundred women attended (with a sprinkling of men).	macedonian
	mandarin
	somali
Immigrant and refugee women arrive in Australia in very good health due to stringent Department of Immigration and Multicultural and Indigenous Affairs (DIMIA) health standards. After five years of living and working in Australia their health and wellbeing tends to deteriorate. The Paper discussed some of the issues likely to contribute to this, including the experience of migration—before, during and after—and some best practice models for health promotion for women from CALD backgrounds. The Paper was well received, with an audience keen to ask questions, to offer experiences, and to discuss issues.	spanish
	tagalog
	thai
	tigrigna
	turkish
Another speaker that may interest readers of this Newsletter was Penny Armytage (Victorian Department of Justice) who spoke about CALD women's health in prison, and the Department's desire to deliver relevant services in collaboration with community organisations.	vietnamese

what's happening at working women's health

what's new with the family and reproductive rights education program (farrep)

samia baho
statewide farrep coordinator

amharic

In June, I visited Tasmania, running a five-day training program on sexual and reproductive health with a focus on harmful traditional practices such as female genital mutilation (FGM). Training focused on bicultural health education for those working with affected communities.

arabic

cantonese

croatian

dari

farsi

greek

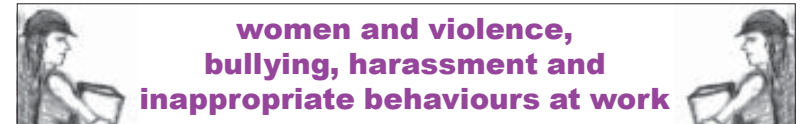
hindi

italian

A one-day follow-up training was then held at WWH. Both cross-Tasman sessions assisted the health educators develop their understanding of FGM (and related health consequences), and provided insight into religious and cultural beliefs and their impact on service delivery.

Sessions with community groups on how to access health services have also been run recently over a two-day period.

In mid-June I visited the opposite end of Australia, Darwin! Over a week I worked with newly-arrived communities, conducting workshops with health professionals. The workshops provided participants with an opportunity to look at better ways to meet the needs of targeted communities.



ellen kleimaker women's and equity officer vthc

The Victorian Trades Hall Council Women's Committee—and affiliated Victorian trade unions—are running a campaign on women's experiences of violence, harassment and bullying in the workplace. Recently, two hundred women responded to a survey on these issues, including some migrant women.

In an effort to include more stories and experiences from migrant women, the Committee is employing eight Working Women's Health bilingual Health Educators to co-facilitate workshops with migrant women to discuss women's experience of violence in the workplace and strategies for change. This has been made possible by funding from the Victorian Women's Trust.

The Project will focus on eight major languages, and successful workshops have already been run with Arabic and Spanish speaking women. Many women have commented that finally someone is interested in their experience; finally someone listens. There is a focus on gathering as much information as possible from newly-arrived communities, so further focus groups in Arabic are likely.

The Campaign was initiated after many distressed women, not having anywhere to go with their concerns, contacted Trades Hall regarding workplace violence. Added to that, it was soon realised there was little research on the subject.

It appears that stress, harassment and bullying are experienced by women workers in all industries. Because women predominantly work in service industries, including health, hospitality and education, the violence can come from service users and clients, as well as colleagues and managers. While the experience of violence, harassment and bullying is often similar it is the process following the experience, including being believed, listened to and assisted, that often determines whether women will experience long-term trauma or not.

Anyone wanting more information can contact me at:
The Victorian Trades Hall Council
telephone: 03 9659 3575 or
email: ekleimaker@vthc.org.au

✪ **subscribe!**

To obtain regular copies of '**Working Well**' contact us and we'll put you on the mailing list.

working women's health

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northcote, victoria 3070**

✪ **publications!**

You can also contact us for a wwh catalogue order form, our current publications and prices are listed below:

Beyond Cultural Barriers:

Young Sahel African Women's Access to Health Services (**2003**)

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

Journey Through:

Newly-Arrived Immigrant and Refugee Women's Health Conference Papers, WWH Conference, Royal Women's Hospital Melbourne (**2001**) \$22.00 (**M**) \$25.30 (**NM**)

Knowing Her Better:

A Research Report and Training Manual About NESB Women's Sexual & Reproductive Health (**2000**) \$28.00 (**M**) \$ 33.00 (**NM**)

Seamstress:

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

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

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**)

Three D:

A Preliminary Report on Sexual and Occupational Health of NESB Women with Disabilities (**1999**) \$9.00 (**M**) \$11.00 (**NM**)

(✪ **M** = WWH MEMBER ✪ **NM** = NON-MEMBERS)

PRICES INCLUDE GST)

✪ **women become part of wwh!**

if you are interested in immigrant and refugee women's health and wellbeing, become part of wwh, contact us for a wwh membership form.