

# Ynews

YWCA OF CANBERRA  WINTER 2014

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Welcome to the Winter edition of Ynews!

In this edition of Ynews we reflect on the inaugural She Leads Conference in Canberra, share highlights from our Round the World Breakfast, introduce our Great Ydeas recipients for 2014 and more!



She leads Panelists – Khadija Gbla, Lauren Anderson, Casey Keed, Virginia Haussegger & Susan Brennan



She Leads delegates



She leads Panelists - Yolanda Vega, Carmel McGregor, Helen Conway & Dr Caroline Lambert

# WELCOME TO YNEWS

## EXECUTIVE DIRECTOR'S REPORT

Welcome to the Winter Edition of Ynews.

We held the inaugural She Leads Conference in Canberra last month, building on our decades of work in developing leadership pathways for aspiring and established women.

The Conference provided a forum for women to develop their management and leadership skills, while also connecting them with women leaders in fields stretching from public policy and advocacy to the media, arts and community services.

The speaker line-up included pioneering feminist Dr Anne Summers, Deputy Secretary (People Strategies and Policy) at the Department of Defence, Carmel McGregor, the Director of the Workplace Gender Equality Agency, Helen Conway and many others.

At present, leadership in Australia is not equally accessible to men and women. We recognise this through our leadership programs, which are focused on equipping women with the emotional resilience, skills and experience to excel as leaders, and to learn how to mitigate the impact of gender bias on their own leadership journeys.

The Conference was a resounding success, and an important step towards addressing these issues, and ending the silence around gender barriers to leadership positions in Australia. I would like to thank all our delegates, speakers, and staff for making our first She Leads Conference such a powerful and engaging day. Stay tuned for updates on future She Leads activities in the coming months!

In addition to our work in developing women's leadership, this issue of Ynews highlights the success of our youth services programs. The strengths and creativity of the young people we work with in the Tuggeranong region is an absolute inspiration, I hope you enjoy reading about the latest activities at the Mura Lanyon Youth and Community Centre.

I would also like to congratulate the successful applicants of our Great Ydeas program this year. Thanks to the support of the Zonta Canberra Chapter, we were able to provide \$10,000 in funding.

### Acknowledgement of Country

*The YWCA of Canberra proudly recognises the rights of Aboriginal and Torres Strait Islander peoples to own and control their cultures, and pays respect around these rights. The YWCA of Canberra acknowledges the need to respect and encourage the diversity of Indigenous cultures and aims to respect Indigenous worldviews, lifestyles and customary laws.*

I'm only disappointed that we can't support more of the wonderful women who applied.

As many of you are acutely aware, the impact of the recent Federal Government's Budget announcement will be felt far and wide across our community. For YWCA Canberra, key concerns include a reduction in funding for our youth services programs and emergency relief programs, which are delivered at the Lanyon Food Hub and the city-based Boomerang Centre.

I had the opportunity to discuss the impact of the Budget at one of the Chief Minister's round table discussions last month with key representatives from the Canberra not-for-profit sector. I'm pleased to report that our discussions focused on developing shared solutions, building resilience and supporting the most vulnerable people in our community. Despite the negative impact that will be felt by all not-for-profit organisations, I left the meeting feeling buoyed by the fact that as Canberrans, we are a community that care, and that we are one of the most generous communities in Australia.

Emergency food relief is one of our most critical services, which enables us to not only provide people with a healthy meal to share with their families, but a way to connect people with services and support to build their independence and wellbeing.

Please take a moment to visit our website and support our Winter Appeal, which will see 100% of all food and financial donations going towards our Lanyon Food Hub. You can make your secure online donation now at:  
[www.ywca-canberra.org.au/online\\_donation](http://www.ywca-canberra.org.au/online_donation)



Frances Crimmins, Executive Director

## PRESIDENT'S REPORT

On a beautiful Autumn morning YWCA members and friends gathered to celebrate the annual Round the World Breakfast. It was a wonderful way to start the day, with sun streaming in through the windows of The Lobby Restaurant, and a room filled with interesting and engaged women. I really enjoyed the chance to talk to political women, activist women, military women, fellow NGO representatives, and young women. Congratulations to the recipients of the Great Ydeas grants this year – I look forward to seeing the fruit borne of their grants

The feature of the event was an inspiring speech by the ACT Chief Minister, the Hon. Katy Gallagher, who shared the ups and downs of her leadership journey. Her honesty in not having previously recognised herself as a leader resonated with many in the room, and her ability to share this insight is illustrative of the safe spaces YWCA Canberra creates to support, promote and develop women leaders.

Last month's She Leads Conference built on this theme of safe spaces for women to develop their leadership potential, while recognising that the hurly-burly of leadership can be tough at times. Many of our conference speakers explored themes of resilience, honing in on our successes despite the barriers, and the development of practical skills for leadership.

My congratulations and thanks goes to everyone involved in executing this landmark event. The immense interest in this initiative by leaders, the local community and media is a great

forerunner for the branding discussions that are currently taking place at a national and local level.

On this note of leadership, I ask you to consider your role in ensuring all Canberrans have the opportunity to lead healthy and vibrant lives. This week we launch our Winter Appeal, which builds on the momentum of our food and fundraising efforts last Christmas for the Lanyon Food Hub. Please take a moment to read the letter enclose, and do your bit to support our fellow Canberrans in need.



Jane Alver, President

## SOCIAL MEDIA

Join us on Facebook and Twitter to keep up to date with all our events, advocacy campaigns and latest news.



@YWCACanberra



Like

YWCACanberra

# SHE LEADS CONFERENCE: LEARNING, COLLABORATING, AND LEADING

On Tuesday 13 May more than 170 women converged on Hotel Realm for the inaugural She Leads Conference in Canberra.



The Conference complemented YWCA Canberra's She Leads Diploma of Management program, and pulled together a diverse and inspiring line-up of women leaders from numerous industries to empower and motivate delegates.

The morning kicked off with a warm welcome from YWCA Canberra President Jane Alver, and a welcome to country by Aunty Agnes Shea. The room was filled with eager anticipation as Keynote Speaker, Dr Anne Summers, took the stage. Summers spoke with gusto and vision on the topic 'What women should...!', outlining some of the key challenges she sees when it comes to women participating equally in leadership positions, as well as the actions she believes women should take to start combating this inequality. With delegates then passionately keen to see the current situation for women leaders change, the first panel session kicked off – 'She Leads: personal reflections on leadership'. Panelists Khadija Gbla, Lauren Anderson, Casey Keed and Virginia Haussegger shared their own leadership journeys with the audience, as well as some key advice they had.



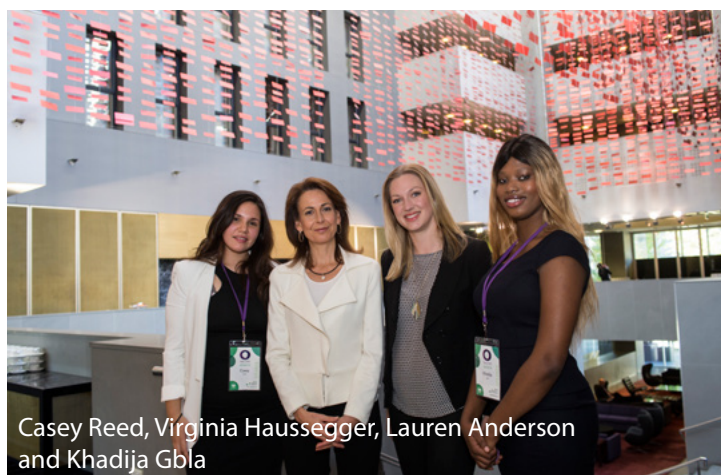
Dr Caroline Lambert & Yolanda Vega



Dr Anne Summers

Haussegger made the important point that we 'have to be in it to change it', when it comes to the leadership environment. Gbla added to this with her own advice – to play the game, but to play it with integrity. Anderson and Keed both encouraged delegates to be aware of their own capacities when taking on new challenges and opportunities. As Keed put it, it's about being aware of 'when saying yes to someone else means saying no to yourself'.

Following the panel and after a delicious morning tea, delegates got stuck into their first workshop session. The workshops were rotated throughout the day, facilitated by three leading women experts: Suzi Skinner, Managing Director of Roar People, took delegates through 'What's your leadership ID?'; Dianne van Meegen, Principal of Directions for Change, delivered her workshop on 'Personal effectiveness techniques'; and Julie McKay, Executive Director at UN Women Australia, engaged delegates in a workshop on 'Communication and leadership'.



Casey Reed, Virginia Haussegger, Lauren Anderson and Khadija Gbla

The workshop sessions buzzed with engaging conversations between delegate, and saw women sharing their insights and experiences in the safe space of the Conference.

A second panel discussion titled 'From Statistics to Solutions: overcoming our biggest leadership challenges' featured an in depth and engaging discussion between Dr Caroline Lambert, Executive Officer of YWCA Australia; Yolanda Vega, CEO of the Australian

\*The She Leads Conference photographs are courtesy of Martin Ollman.



# FOCUSING ON YOUTH JUSTICE A GREAT YDEA

By Alisa Draskovic, Elaine Li and Claire Natoli, 2013 Great Ydeas recipients



Elaine Li, Claire Natoli, Amy Macris (a fellow ANU student) and Natalie Gately (a speaker from Edith Cowan University)

From May 20-22, 2013, we attended the Australian Institute of Criminology's Australasian Youth Justice Conference: Changing trajectories of offending and reoffending.

It was held at the National Convention Centre, Canberra, and brought together some of the brightest minds in youth criminal justice from Australia, New Zealand and the Pacific.

As university students, attending a conference of this magnitude and import was an absolutely amazing experience, and only possible with the generous support of a YWCA Canberra Great Ydeas grant, which funded two full registrations.

For three days we listened to and participated in a wide variety of lectures, seminars and workshops, on topics ranging from the risk factors that may precede youth entering the criminal justice system, best practice for handling youth matters by police and courts, and cutting edge research on how to encourage desistance from criminal behaviour.

A personal highlight was talking with the New Zealand contingent (including Justice Becroft – the Principle Youth Court Judge of New Zealand) about the differences in management of youth offending in Australia and New Zealand. One of the complications we noticed Australian presenters raising was the issue of clashing state policies and the need for a unified approach. The New Zealand criminal justice system bypasses this through the absence of state laws, and its centralised policies seemed to greatly enhance the capacity for holistic service provision to young people. It is concerning that the experience of a vulnerable young person can vary so much, depending upon their jurisdiction.

Attending the conference also allowed us the opportunity to develop confidence in networking, as we were able to approach speakers and participants during breaks and at the social drinks. This allowed us a medium of exchanging ideas

and information, and we learned a lot by hearing attendees speak informally about their experiences and research.

Hearing such interesting and knowledgeable speakers also reaffirmed our passion for this area and reinforced the importance of youth issues as part of a broader paradigm of criminal justice.

Since attending the Australasian Youth Justice Conference we have shared our experiences with the ANU Prisoners Advocacy student group and Prisoners Aid ACT. We also gave a presentation to the 2014 applicants of the YWCA Canberra Great Ydeas program.

All three of us sit on the Executive Committee of the ANU Prisoners Advocacy Student Group and, as a direct result of attending the conference, we have been inspired to make intergenerational crime the focus of our upcoming forum in August this year.

For more information about the forum you can visit our Facebook page, ANU Prisoners Advocacy (ANUPA), or email [contact.anupa@gmail.com](mailto:contact.anupa@gmail.com).

## EXPLORING WOMEN'S LEADERSHIP AND INNOVATIVE IDEAS AT THE 2014 ROUND THE WORLD BREAKFAST EVENT



ACT Chief Minister, Katy Gallagher and Hannah Wandel

It was a crisp Autumn morning on Tuesday 29 April when YWCA Canberra members, supporters and distinguished guests converged on The Lobby restaurant to celebrate World YWCA Day with the Round the World Breakfast.

Guests were treated to a delicious breakfast, while listening to a moving and inspiring speech from the ACT Chief Minister, The Hon. Katy Gallagher MLA about her personal leadership journey. They also had the chance to win some wonderful prizes and participate in an exciting silent auction during breakfast, before YWCA Canberra President, Jane Alver, announced the 2014 recipients of the Great Ydeas Grants.

The Great Ydeas Small Grants Program supports women from Canberra and the surrounding regions to achieve their full

potential, and enhance their contribution to themselves, their families and their community.

A big congratulations to Hannah McCann, Hannah Wandel, Caterina Giorgi, Caitlin Sandercock, and Heidi Zajac for being awarded with Great Ydeas grants this year.

## 2014 Great Ydeas Recipients

### *Caterina Giorgi, People for Purpose*

People for Purpose (P4P) is a pilot project that will develop and implement tailored professional development training to support women working in the ACT not-for-profit sector, such as advocacy campaign design, strategic communication, and project management. The project will include a 'Getting to Know the Sector' training course, featuring presentations from established Sector workers and leaders. Upon completion, participants will become members of the P4P Ideas Network, a sounding board and support system to assist in professional ideas development and problem solving.

### *Caitlin Sandercock, Development and Aid Workers Network*

The Development and Aid Workers Network (DAWN) is an online knowledge hub for volunteer and professional aid and development workers. The project aims to enhance DAWN by developing a suite of new resources for aid workers, recruiting volunteers to provide advice on key topics, and advocating for accreditation by country embassies.

### *Hannah Wandel, Country to Canberra*

Country to Canberra gives passionate rural girls the opportunity visit Canberra, Australia's heart of decision-making, to motivate leadership potential. It aims to combat unique barriers faced by regional and remote students, and strengthen links between them and Australia's political epicentre. The project will run an essay competition for Year 11 students, with the winner travelling to Canberra to attend a breakfast with four powerful female community leaders, and participate in tours of Parliament House and the National Gallery.

### *Heidi Zajac, Cooking Circles*

The Cooking Circles project will leverage digital communication and social media to connect Australian and Timorese young women to share cooking processes and recipes, stories, and build friendships. Each Cooking Circles event will be recorded using video, stills photography and blogging technology, and shared via social media. The project will provide participants with an opportunity to learn about community development, gender equality and strengths-based work.

*Hannah McCann, attendance at the Femme Conference 2014*  
Hannah was awarded a grant to attend the bi-annual Femme Conference in the United States but, unfortunately, shortly before going to press Hannah was informed that this year's conference has been cancelled. She is now developing a new plan and, in consultation with the YWCA, working out what, if any, funds she may still require to support her important PhD research into queer femme identity.



ACT Chief Minister, Katy Gallagher and Heidi Zajac

We'd like to thank our members and friends who generously donated prizes for the silent auction and prize draw: The Brumbies, YWCA Canberra Treasurer Betty Ferguson, Bing Lee, Endota Spa, Simplicity Retreats, Crossfit Smash, Body to Burn, Margaret Allebone, Angela Koch, Beth Cox, Leani Viljoen, and Jac Torres-Gomez.



We'd also like to acknowledge our wonderful corporate and community friends who purchased tables at the event this year: Westpac, UN Women, Griffin Legal, JBWere, and NAB.

We're pleased to announce that we raised \$1,835 for the YWCA Global Power to Change fund, which will help YWCAs in developing countries run leadership programs for young women. If your organisation would like to pre-book a table for next year's event, please contact: [Joanna.allebone@ywca-canberra.org.au](mailto:Joanna.allebone@ywca-canberra.org.au)

# CELEBRATING FOOD REVOLUTION DAY 2014

On Friday 16 May, the Lanyon Youth and Community Centre hosted the inaugural Lanyon Food Fair as part of the global 'Food Revolution Day' movement.



The Food Fair included heaps of exciting (and delicious!) activities for the community, including the launch of the Lanyon Community Garden, food activities for visiting children from our day care centres, and a great ukulele concert from the Senior Ukelele Orchestra!

Year 9 and 10 students from Lanyon High School got their hands dirty digging garden beds and building the new garden shed generously donated by Bunnings Tuggeranong.



Executive Director, Frances Crimmins, officially opened the Community Garden with the planting of a lemon tree, with Director of Community Services and gardening-guru Fiona MacGregor's help.



As Food Revolution Ambassador, Ellyn Bicknell, said, 'The Food Fair and Food Revolution Day are about making change in the community, about connecting people and raising awareness of just cooking and eating. It's also about giving kids the opportunity to try new things.'



And from what you can see in these great pictures, the kids loved exploring new foods and getting stuck into some gardening!



If you'd like to find out more about the Lanyon Community Garden, and volunteering opportunities please contact [jan.skeyhill@ywca-canberra.org.au](mailto:jan.skeyhill@ywca-canberra.org.au)



# SCHOOL HOLIDAY FUN AT THE LANYON YOUTH AND COMMUNITY CENTRE

Throughout the April school holidays our Lanyon Youth and Community Centre (LYCC) offered a number of activities and excursions to young people who reside in the Tuggeranong region. Given these school holidays included a number of public holidays and Easter, our Youth Engagement Team created a jam-packed schedule!



Highlights of the program included a National Zoo and Aquarium outing, geocaching, a Canberra Mystery Tour, a sports and movie day, and the Lanyon Great Race Challenge.

The National Zoo and Aquarium excursion was attended by six enthusiastic young people, two of which were new to the youth centre. A healthy picnic lunch was shared outside the zoo café, and a lot of laughter and fun was had as the group explored all of the wonderful exhibits on show.

The geocaching activity was hosted by Lachlan Howarth, our Computer Clubhouse Coordinator. Geocaching is a real-world outdoor treasure hunting game that uses GPS coordinates to find a hidden container with log books to sign inside. The hunt was conducted around the suburbs of Richardson and Calwell. Four young people attended the excursion and two young people have continued to 'hunt' in their own time. The excursion was a great way to learn about how to navigate by satellite image/map.



The final excursion offered during the first week was the Canberra Mystery Tour, which saw four young people visiting Old Parliament House to explore the interactive space which included dress ups, quizzes and fun activities on political history. A picnic lunch was had on the lawn of the Rose Garden before the group headed over to New Parliament House for an outside view, and finally a visit to the National Museum of Australia for some interactive discovery.

The second week of the holiday program included the sports and movie day and the Lanyon Great Race. The group arrived at the Gordon Sports oval, where the newly purchased sports equipment was put to use. Games included volleyball, badminton, soccer, touch football and other various fun games. The young people enjoyed the day and had so much energy!



The final activity for the school holiday program was the Lanyon Great Race, where six young people went on a scavenger hunt designed to hone their skills in budgeting, utilising public transport, service access and time management. The young people were required to control their allocated budget, manage their time and combine their skills in order to complete the challenge. Pit stops for the challenge were the Tuggeranong Bus Station, Erindale PCYC, Tuggeranong Arts Centre, and finally the LYCC to complete a Computer Clubhouse activity challenge. The winning group received prizes including sporting equipment, movie tickets donated from Limelight Cinemas in the Tuggeranong Hyperdome, and UNO cards.

## SCHOOL HOLIDAY PROGRAMS

YWCA Canberra will be running exciting programs throughout the 2014 school holidays, engaging children in arts and crafts, sports and games.

The program will run across the following four locations, in both South and North Canberra:

- Turner Primary School
- St Benedicts School
- Majura Primary
- Kingsford Smith

The cost of the program is \$65 per day, and includes a healthy morning tea, afternoon tea, and all excursions.

Child care benefit and child care rebate are available. For more information call 02 6175 9922 or visit:

[www.ywca-canberra.org.au](http://www.ywca-canberra.org.au)

## SHE SPEAKS: MAKE YOUR CONTRIBUTION TO THE FUTURE OF WOMEN'S LEADERSHIP

If you haven't taken part in the YWCA She Speaks survey yet, now is your chance. The survey deadline has been extended until 14 June.

She Speaks is Australia's largest survey on leadership for girls and young women aged 15-30. Results from She Speaks inform YWCA's advocacy and leadership programs for girls and young women. So, go ahead, invest in your future and take a few minutes to complete the She Speaks survey.

YWCA Canberra member and She Speaks participant, Maddy Northam said: "She Speaks is a really valuable opportunity to reflect on leadership and what it means to me."

To have your say go to [www.issr.uq.edu.au/YWCASheSpeaks](http://www.issr.uq.edu.au/YWCASheSpeaks)

I think it's really wonderful that you take the time to ask what is important to **the next generation of leaders** and for us to have the chance to **have some input**. We don't always get the chance to have a voice, so when you're given the opportunity I think it's important to **make the most of it!**

*2014 She Speaks participant*



*Will you make the most of it too?*

[www.issr.uq.edu.au/YWCASheSpeaks](http://www.issr.uq.edu.au/YWCASheSpeaks)

@YWCAAustralia #SheSpeaks

# WORLD YWCA INTERNSHIPS 2015: AN OPPORTUNITY OF A LIFETIME

Applications for the World YWCA Internship Programme 2015 are now open!

The World YWCA welcomes all young women leaders between the ages of 22-30 years, who are passionate about advocacy, programmes, and communication in the YWCA movement to apply.

The World YWCA Internship Programme was established in 1991, to enhance and further develop young women's leadership. During the 2012-2015 quadrennium, the World YWCA is committed to building a critical mass of young women champions engaged in strategic actions at all levels.

The Internship Programme is intended to increase the number of globally experienced and young women champions who will share their experiences and learning with their local Member Association, and also to provide leadership for increased and improved understanding of what the world movement is all about.

The one-year Internship Programme (February to December, 2015) will provide a special opportunity for two young women to work as part of the World YWCA staff and volunteer team in Geneva. One intern will be afforded the opportunity to work as part of the communications team, and the other a part of the programmatic team.



World YWCA Team in Geneva, Switzerland

Priority will be given to ensure that interns experience the diversity of the work of the World YWCA. Emphasis will be placed on the development of expertise in global issues such as young women's leadership, sexual and reproductive health and rights, HIV and violence against women. In addition, as 2015 is a World Council year, young women interns will be very involved in the organisation of this special event.

The internship is an excellent opportunity for young women interested in communications. You will have the opportunity to assist in a range of communications projects, including media relations, message development, publications, event management, planning and managing social media.



World YWCA intern from YWCA Virginia, USA at the UN Human Rights Council Geneva

Other experiences include:

- training opportunities in leadership development, programme development and advocacy work
- exposure to the work of international NGOs and UN agencies including representing the World YWCA at UN and international NGO meetings
- developing skills in management, team-building, financial development, administration, computer systems and electronic communications
- participating in World YWCA global trainings, global platforms and actively participating in NGO working groups, and developing analysis and documentation.

The short-term advocacy and communications internships will provide four young women with the opportunity to participate in important sessions at either the UN Commission on the Status of Women (CSW) in New York, sessions of the CEDAW Committee, the UN Human Rights Council and World YWCA World Council 2015, to be held in Bangkok, and other international events.

The World YWCA actively encourages applications from young women from developing countries and young women living with HIV.

The deadline for applications is June 30, 2014. Download the application forms at: <http://www.worldywca.org/Member-Associations/World-YWCA-Internship-Programme-2015>

## TAKE ACTION

Join us now. Support, lobby, donate or volunteer. Get involved!

## SPEAK OUT

YWCA Canberra is vocal and active on issues that are important to women and you can be too.

## SPEAK UP

Contribute your ideas for creating social change and improving services and opportunities for women in the Canberra community.

## SUPPORT AND EMPOWER YOUNG WOMEN

The YWCA is one of the oldest and largest women's organisations in the world and has been a driving force in creating opportunities for young women in Canberra since 1929.

## SUPPORT OUR WORK IN THE CANBERRA COMMUNITY

We believe all members of the community have the right to contribute and share equally in the benefits of the community's social, cultural and economic development.



# KEEP YOUR MEMBERSHIP UP TO DATE

## PERSONAL DETAILS

Name

Address

Ph home

Ph work

Fax

Mobile

Date of birth

Occupation

Email address

## DIVERSITY

The YWCA of Canberra is committed to ensuring the diversity of our membership and responding to the specific needs of our members. If you identify as a member of one or more of the following groups we invite you to share this information with us (please tick).

Aboriginal and/or Torres Strait Islander

Person with a disability

Person from a culturally or linguistically diverse background

## MEMBERSHIP DETAILS

New member

Renewing member

1 Year membership

2 Year membership

## FULL VOTING MEMBER (per year)

## AFFILIATE MEMBERS (per year)

Women 18 +

\$35

Men & women

\$25

Concession\*

\$15

Membership payment: \$

\* Concessions are available to health card holders, students, pensioners and seniors.

## DONATIONS

Your tax deductible donation (\$2 or more) will assist in the work of the YWCA of Canberra.

Donation: \$

## PAYMENT AND DECLARATION

Cheque or money order made payable to the YWCA of Canberra

In person at the YWCA of Canberra Central Office

Credit card

Mastercard

Visa

Card number

Expiry Date

Name of cardholder

I apply for membership of the YWCA of Canberra. I accept the aims and objectives of the association and agree to be bound by the terms of its constitution, which is available upon request. The YWCA of Canberra's membership is renewable on 1 July each year. Applications received after 1 April each year will be applied to forthcoming financial year.

Signed

Date

This document satisfies the requirements of a valid tax invoice once payment is made. Please keep a copy for your records. All amounts are GST inclusive. YWCA of Canberra ABN: 48 008 389 151

Mail to:  
YWCA of Canberra  
GPO Box 767, Canberra ACT 2601

Fax to:  
02 6175 9991

Renew your membership online at: [www.ywca-canberra.org.au/membership](http://www.ywca-canberra.org.au/membership)