

Ynews

YWCA OF CANBERRA



SUMMER 2013

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From left to right: Betty Ferguson, Rose Stellino, Frances Crimmins, Thieu Hue Lam

2013 Annual General Meeting

The YWCA of Canberra's Annual General Meeting (AGM) was held on Monday 21 October at the Canberra Museum and Gallery. The meeting was well attended with over 50 members participating.

One of the key agenda items of the AGM was the appointment of new Directors to the YWCA of Canberra Board.

This year there were three vacancies on the Board, and three nominations were received, including one from a young woman. Therefore, an election process was not required, and the election results were immediately announced.

The YWCA of Canberra would like to congratulate the following women on their appointment to the Board:

- Caitlin Sandercock*
- Angela Koch
- Sarah Stewart

One nomination was received for each of the Officer Bearer positions, therefore all nominees were deemed elected.

The YWCA of Canberra Board for 2013-2014 comprises:

- Jane Alver (President)
- Kate Chipperfield* (Vice President)
- Betty Ferguson (Treasurer)
- Melissa Burford*
- Beth Cox
- Thieu Hue Lam
- Julie McKay*
- Angela Koch
- Sarah Stewart
- Caitlin Sandercock*
- Frances Crimmins (Executive Director)
- Heather McAulay* (National Board Representative)

Congratulations to all new Board Members.

**Denotes women aged 30 years and under at the time of appointment to the Board*



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WOMEN ACHIEVING THEIR POTENTIAL

WELCOME TO YNEWS

EXECUTIVE DIRECTOR'S REPORT

On 19 December 2011, the United Nations General Assembly adopted Resolution 66/170 to declare 11 October as the International Day of the Girl Child, to recognise girls' rights and the unique challenges girls face around the world.

The theme of this year's event was "innovation in education", and to celebrate we screened the film, *I AM A GIRL*. Made by Australian Director, Rebecca Barry, the film tells the stories of six girls from around the world. Over 100 members and friends of the YWCA of Canberra and ANU Gender Institute attended the event.

After the screening, a group of local young women participated in a panel discussion about being a young woman in Canberra and the opportunities afforded to them by education, a central theme within the film. It is fantastic to hear the voices of the next generation of young women, and to see them stepping into leadership roles in our community. You can read more about their perspective in this edition of Ynews on page 4.

October also marks the time that we participate in Anti Poverty Week, as both an organisation actively working in this area, and as a member of the organising committee. Commissioned by the ACT Anti Poverty Week Committee, the National Centre for Social and Economic Modelling Report, *Disadvantage in the ACT*, highlighted that while Canberra is an affluent community with high average incomes and high living costs, there is also a growing evidence-base that paints a concerning picture about the reality of poverty in Canberra.

In particular, for people on low incomes, housing disadvantage is a huge concern. The report details that, "Because of this, there is a lower than national average proportion of properties that are affordable to those on the minimum wage."

Following Anti Poverty Week, I spoke at the Older Women and Homelessness Seminar, hosted by the National Council of Women. I presented the YWCA of Canberra's lived experience in providing affordable housing to older women in our community.

The key message coming through all of the presentations was that in Canberra and across the country, there is a crisis looming

in providing sufficient safe housing options for older women. There is a real risk that these women will become the new face of homelessness.

The *2012 National Housing Supply Council State of Supply Report* tracks the continuing exponential annual growth in the housing gap, demonstrating that the chronic undersupply of housing is a key determinant of housing unaffordability.

Without any action to increase the supply of affordable housing, the number of dwellings we will need to develop in order to meet the projected need in 2016 will be 369,000. At the YWCA of Canberra we know that we need a whole of community response to make an impact in this area.

Within this issue of Ynews you will find our Christmas Appeal that calls for support for our Lanyon Food Hub. At the Food Hub, our staff and volunteers provide emergency food relief for up to 100 young people and their families every week.

We are reaching out to our friends, members, and corporate partners to either contribute healthy, non-perishable food items or cash donations so that we can provide nutritious Christmas food and hampers to people in need.

I thank you in advance for your contribution to this year's important appeal, and wish you and your families a happy and healthy new year.

Frances Crimmins, Executive Director



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.

PRESIDENT'S REPORT

Welcome to the Ynews Summer edition. I am delighted to firstly welcome our new Board Directors. I look forward to working with you throughout your terms.

Recently, staff from the YWCA of Canberra attended the YWCA Australia Annual General Meeting (AGM) in Brisbane. The event was a great success, covering topics such as the potential establishment of a national housing association, refining YWCA branding across our member associations in Australia, generating ideas to support a pipeline of young women for our boards across the country, the benefits of being a member of the YWCA, and more broadly, exploring the concept of what membership means for YWCAs in Australia.

The AGM also provided an opportunity to network with members, directors, presidents, and staff from a range of member associations. It provided a fertile forum for discussion, debate, and sharing of ideas across the movement.

As we near Christmas, it is worth pausing to remember some people in our community do not think of Christmas as a time for family, but rather one of stress and hardship. I encourage you to consider making a contribution to the YWCA of Canberra's Christmas Appeal, which supports our Lanyon Food Hub.

The end of the year is a busy time for all across the YWCA of Canberra, and will see the Board focusing on the next stage of its Strategic Plan. A copy of the plan will soon be made available to members, and I encourage you all to get involved

and engaged in the YWCA of Canberra's upcoming events and initiatives.

I am looking forward to seeing you at our Christmas drinks on 10 December, and wish you all the best for a safe and happy Christmas, and a wonderful new year.

Jane Alver, President



DATES FOR YOUR DIARY 2013-2014

End of year drinks for YWCA of Canberra members and friends:
10 December 2013

YWCA of Canberra office is closed: 25 December 2013 - 3 January 2014

1 Billion Rising Event:
14 February 2014

Canberra Multicultural Festival: 7-9 February 2014

International Women's Day & Great Ydeas launch:
8 March 2014

Women Out Front Workshops:
4 & 11 April 2014

World YWCA Day and Round the World Breakfast:
25 April 2014

SOCIAL MEDIA

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



@YWCACanberra



YWCACanberra

I AM A GIRL SCREENING



Aayushi Talwar and Gillian Ophel

Aayushi Talwar and Gillian Ophel reflect on the screening of a powerful film exploring issues concerning young women and girls around the world.

On the eve of the International Day of the Girl Child, we were privileged to attend a screening of the documentary, I AM A GIRL, organised by the YWCA of Canberra and the ANU's Gender Institute. The event was a huge success, with a sell out crowd that was both interested and attentive.

The film, directed by Rebecca Barry, charts the stories of six girls on the brink of womanhood, as they face the difficulties and joys of being young and female.



From left to right:
Hannah McCann, Rebecca Barry, Gillian Ophel & Aayushi Talwar

At times touching, hilarious, and heart-rendingly sad, the film presents a balanced and caring perspective on the lives of a group of girls from different backgrounds, each facing her own unique obstacles, who all show the same resilience and strength of spirit that so often goes uncelebrated.

The film clearly resonated with the audience, illustrating that even though the circumstances of individual girls may be radically different, the experience of being a girl transcends culture.

The screening was followed by a panel discussion, with Rebecca Barry, Hannah McCann (PhD candidate) and us, from Narrabundah College.

Rebecca provided an insight into the filmmaking process, as well as symbolising herself, the power of motivated and caring women with stories to tell. Hannah's academic background allowed her to shed light on the changing concept of 'girl' in academia, from being merely a precursor to womanhood to being an important individual in her own right.



Dr Fiona Jenkins, School of Philosophy, College of Arts & Social Sciences and Convenor of the ANU Gender Institute

Finally, we shared our own experiences of being young women in Canberra, focusing specifically on the opportunities afforded to us by our education, something which was a central theme within the film.

After an enlightening evening of thought-provoking subject matter and debate, one thing was clear: while girls deserve education, the world deserves educated girls.

To find out more about the film visit www.iamagirl.com.au

RECONCILIATION ACTION PLAN REFRESH

Emma Henderson, Policy & Advocacy Manager

A Reconciliation Action Plan (RAP) is a tool developed by Reconciliation Australia, that enables organisations to assist in improving the status and well-being of Aboriginal and Torres Strait Islander peoples in our community.

The YWCA of Canberra's current RAP comes to an end this year, so we are now formulating our next RAP. There are four types of RAPs available for organisations to pursue, classed as either Reflect, Innovate, Stretch, or Elevate.

The YWCA of Canberra hopes to produce a stretch RAP, which is about expanding and embedding actions that we have tested and proven through our work.

In order to prepare for this next iteration of our RAP, we undertook an audit of our current document to mark our

achievements and identify what areas we can improve on. My colleague, Shernael Teaurima, and I consulted with the different areas of the organisation to share our knowledge on what reconciliation means, and the importance of the RAP program.

As part of this work, we undertook ten questions from the fun and thought-provoking Koori (Knowledge of Operative Reflective Intelligence) IQ test.

The test shows how the value of knowledge is culturally constructed; and what it is like to be assessed and graded on the basis of alien criteria.

These sessions resulted in some very constructive discussions. Our teams are currently meeting to formulate their program priorities for 2014-2015, and we hope to complete our first draft of the next RAP by the end of the year.

Our goal is to launch this important document during Reconciliation Week in 2014.

RECLAIMING OUR STREETS, HOMES AND INSTITUTIONS

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Emma Henderson, Policy & Advocacy Manager



Reclaim the Night (RTN) is an annual global protest for women and the men who support them, to demand the fundamental human right to live free from the fear and reality of sexual violence.

RTN is reported to have started in Rome in 1976 as a protest against a rise in reported rapes. In Canberra, RTN is run by the ACT Women's Services Network, which includes the YWCA of Canberra.

This year's event was held on 25 October 2013 in Garema Place, with the theme focusing on childhood sexual abuse, to bring

attention to the Royal Commission into Institutional Responses to Child Sexual Abuse.

Research shows that approximately 25% to 33% of girls and 11% to 17% of boys experience sexual abuse in Australia. The reality is that childhood sexual abuse is perpetrated against children of all ages and from all backgrounds, and is only ever the offender's fault. RTN Canberra 2013 not only raised awareness of these issues, but gave a voice to the women and men who have been victims of childhood sexual abuse.



The YWCA of Canberra would like to thank Emma Robertson, Director, Youth Coalition of the ACT and Tim Bavinton, Executive Director, Sexual Health and Family Planning ACT who did an excellent job running the event.

We would also like to extend a special thanks to Sue Packer, Pediatrician, advocate for children, and 2013 Canberra Citizen of the Year who reminded us that child protection is everyone's business. Also, a big thanks to Chrystina Stanford, Executive Officer, Canberra Rape Crisis Centre for her important contribution.

Finally, we would like to thank the amazing performers at this year's event, Troupe Olabisi, and Pippa from Bausavahn Bellydance.

This was my first RTN in Canberra and I thought the march was amazing. The whistles and saucepan lids served well to break the silence around childhood sexual abuse.

For more information on RTN including photos from RTN 2013, visit the official Facebook page at www.facebook.com/RTNCanberra. I look forward to seeing you all there again next year.

If you have experienced sexual violence and need help, or know someone who does, call the Canberra Rape Crisis Centre on: 02 6247 2525.

SCHOOL HOLIDAY PROGRAMS

Over the 2013-2014 school holiday period, the YWCA of Canberra is running an exciting new program.

This program offers children a wide range of fun and interesting activities including 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 (new)
- 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 available. For more information call 02 6175 9922 or visit:

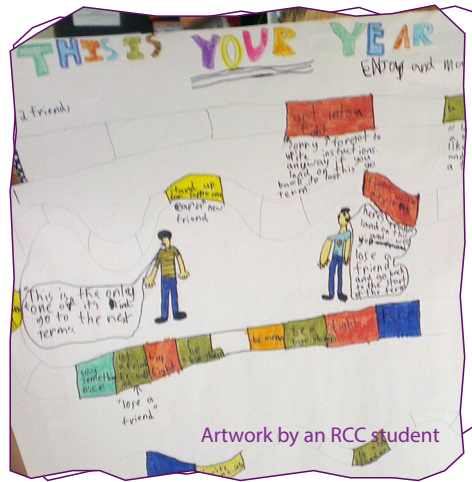
www.ywca-canberra.org.au

RESPECT, COMMUNICATE, CHOOSE

Samuel Hill, RCC Facilitator

The YWCA of Canberra's respectful relationships program, *Respect, Communicate, Choose* (RCC) gives young people the tools and support they need to develop, promote, and perpetuate equal, safe and respectful relationships.

The program is delivered in schools over eight sessions to children aged nine to 12, with the ultimate goal of preventing violence against women and girls.



Artwork by an RCC student

We recently finished delivering RCC in Namadji and Farrer Primary Schools, which was exciting, challenging and rewarding.

Students engaged in activities and discussions on topics such as respect, gender equality, and safe online communication.

In the eighth session, the students worked on projects to ensure that their classroom and playground are respectful spaces.

In the ninth session at Farrer, we were delighted by the work the students had undertaken in their own time in order to finish their projects. They couldn't wait to present the projects to us, which included board games, poems, posters, and movies.

We are now delivering a modified version of the program (three longer sessions over

three weeks) to three grade five classes at Majura Primary, with the help of RCC facilitators from the YWCA of Adelaide.

Students are responding well to the program, with excellent discussions and active participation in all activities. It is an excellent way to close the program for 2013.

MEMBERS' FORUM: REFLECTIONS FROM AROUND THE GLOBE

Joanna Allebone, Director of Corporate Relations and Communications

Held on Monday 25 November 2013, the YWCA of Canberra's Members' Forum provided attendees with an opportunity to hear about the experiences of our staff, Board Directors, and members who have participated in international policy, advocacy, and communication initiatives around the world.

Melissa Burford shared the story of her Great Ydeas project, Freedom Marketplace, in which she collaborated with fellow YWCA of Canberra member Diane Kambanei to develop an online store supporting female artisans in Papua New Guinea.

Laura Pound talked about her experience at the Reproductive Health Association of Cambodia, working with staff to evaluate programs on HIV/AIDS prevention, support and treatment; and building good health governance in rural Cambodia.



Alison Barclay also provided an insight into her work in Cambodia, where she assisted and empowered survivors of gender based violence during the Khmer Rouge Regime to access justice through the Extraordinary Chambers in the Courts of Cambodia.

In a video message, former Great Ydeas recipient, Jac Torres-Gomez provided an update on her Purse Pad Project in Papua New Guinea, and spoke about the subsequent campaign that grew from this work, the Crimson Movement.

The Forum provided an interactive, informal space for our new members to hear about the diverse range of international opportunities available to them through the YWCA of Canberra and its networks. We look forward to continuing our forum series in 2014.

UPDATE FROM CHILDREN'S SERVICES

Bernadette Carbin, Director of Children's Services

It's a wonderful time for Children's Services as we make plans for our end of year celebrations. The decorating has begun with our centres preparing for the festive season with an array of brightly coloured adornments.

Our school age care program's annual fundraiser will focus on assisting families in need in the Canberra region, by supplying them with 13 Christmas hampers to donate to our Housing Support Unit.

Our latest school holiday program is ready to commence on 6 January 2014, which will cater for children from St Benedict's, St Bede's, and Yarralumla Primary Schools, and mark our first school holiday program in South Canberra.

Finally, we are delighted to announce that the YWCA of Canberra has been nominated for the 2013 ACT Chief Minister's Inclusion Awards. The Awards recognise outstanding contributions to working with children with disabilities.

The YWCA of Canberra nomination was made by a family who have used our school aged care services for a number of years, and acknowledges the work we do with children with special needs both in frontline service delivery and our advocacy work.

It is an absolute honour and a privilege to have been nominated, and we look forward to attending the Awards night at a dinner at Parliament House on 11 December.

SHE LEADS

Alison Barclay, Women's Leadership Coordinator

As the Women's Leadership Coordinator at the YWCA of Canberra, I have the privilege of convening She Leads, a transformational leadership training program specifically designed for young women at the early stages of their career.

Every month I spend a day with a room full of passionate, highly capable young women, learning about their leadership skills, and working with them to achieve their goals.

Throughout the course, students develop practical skills in leadership and management, as well as learning how to identify and overcome gender barriers in the workplace.

We are now half way through the course, and it is fantastic to hear reflections from students through their journal entries.

Here are a couple of their insightful messages:

"I THINK THAT LEARNING AND PRACTICING RESILIENCE (BOTH EMOTIONALLY AND PROFESSIONALLY) IS KEY TO DEVELOPING OTHER LEADERSHIP SKILLS AND BECOMING A SUCCESSFUL LEADER."

"THE DISCUSSION ABOUT VALUES WAS BRILLIANT. I AM NOT SURE HOW MANY PEOPLE REALLY HAVE THOUGHT ABOUT THE VALUES THAT DRIVE US AND INFLUENCE OUR DECISION MAKING. SO ASKING THE GROUP TO REFLECT UPON THESE WAS EXCELLENT... AND SET THE SCENE FOR THE DISCUSSIONS TO COME."

"THE SECTION ON SELF MANAGEMENT WAS A GREAT CONDUIT TO DISCUSSION ABOUT TAKING CARE OF YOURSELF, AND BUILDING SELF AWARENESS OF YOUR ABILITY TO COPE, BOUNCE BACK AND LEAD"

2014 will be an exciting time for our students who will graduate with the Diploma of Management in March. We will also hold our first She Leads Conference in May, and the next iteration of the course will begin in mid 2014.

If you would like further information about She Leads, please contact Alison Barclay at Alison.Barclay@ywca-canberra.org.au

END OF YEAR DRINKS

Come and celebrate the end of another fabulous year with members, partners, and friends of the YWCA of Canberra.

Enjoy a drink or two, indulge in some tasty tapas, meet our friendly staff team and directors, and network with wonderful Y women. Friends and family are welcome to attend.

EVENT DETAILS

Date: 10 December 2013
Time: 6:00pm onwards
Place: Playground Tapas & Martini Bar, 1/25 Garema Place, Canberra ACT 2601
Cost: members \$15, non-members \$25

Please register online by Thursday 5 December at:

www.ywca-canberra.org.au/upcoming_events

A glass of champagne, beer, wine or soft drink will be served on arrival, as well as a selection of tapas from the Playground menu.

We look forward to seeing you there!



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

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Fax to:

02 6175 9991

Renew your membership online at: www.ywca-canberra.org.au/membership