

Women's Health Tasmania

NEWSLETTER



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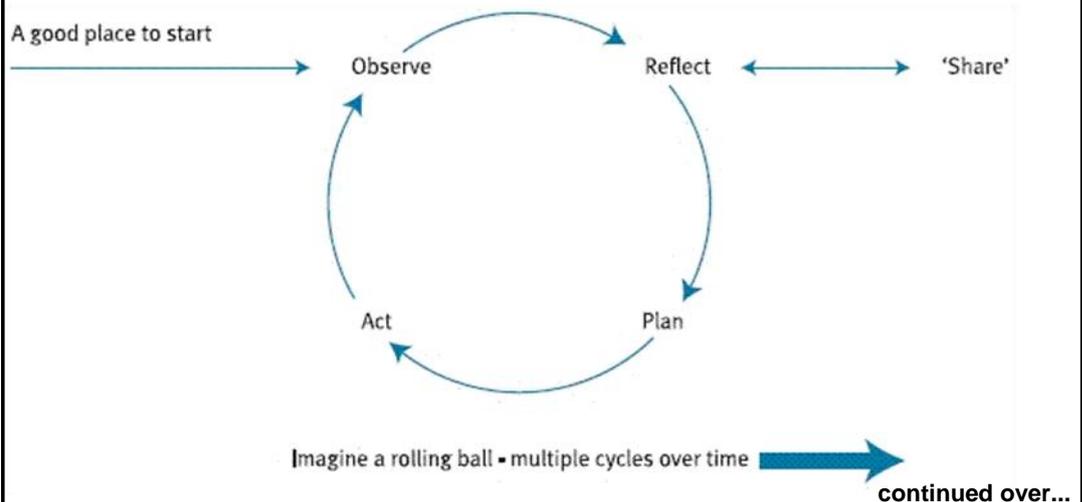
PiR Just Support Project

by Iona Johnson Project Officer

In early 2016, Women's Health Tasmania (WHT) secured a grant from the Partners in Recovery (PiR) Flexible Funding round, to run a project aimed at addressing the need for better co-ordinated service delivery for women exiting prison. The project proposal arose from outreach WHT health work conducted in Mary Hutchinson's Women's Prison (MHWP) during 2015. Difficulty accessing post-release support and a lack of co-ordinated throughcare emerged as key issues when working with women. Women exiting prison often struggle to navigate the maze of services on release, and there is no specific co-ordination of support for women's reintegration. When mental illness and trauma underly the difficulties women face, they are even more vulnerable to reverting to coping strategies that result in recidivism or homelessness and further trauma. Evidence suggests women who end up in prison have usually come from disadvantaged communities and they have commonly experienced abuse and violence in their lives. On exiting prison, women face the difficulties they were facing prior to imprisonment, and incarceration adds another layer of shame, dislocation and struggle to these. Women often have high support needs on exit, including issues such as dealing with domestic violence.

Reference groups for the project include service providers and women who have recently exited prison. They have all been very generous in sharing information about service provision post-release.

Participatory Action Research (PAR) underpins this project. The PAR cycle is designed to move through four stages (observation, reflection, planning and action) and the project may go through this cycle several times. It is a 9 month project and it has now been through two cycles. It seems likely the last 3 months of the project will be the last iteration of the research cycle.



HERE FOR ALL WOMEN



Cycle 1:

The first three months of the project focussed primarily on information gathering, mapping service provision and networks, identifying gaps and tracking down statistics to build a picture of provision of post-release support for women. The research question during this cycle was framed as: “What would it take to design an effective referral system to support women’s reintegration after prison?”

Research included identifying best practice in post-release support. This includes long term, tailored support and throughcare, meaning services begin to work with women while they are still inside and continue this work on release. Post-release service provision is currently un-coordinated and undertaken by a range of services, and services do not generally have an explicitly gendered approach to their work. This is patchy and stretches across the state, and brokering pathways for women seems difficult and unlikely to result in robust networks with any longevity. The idea of identifying a lead agency to take on long term case management, and to co-ordinate service access for women, emerged as one which may enable more effective post-release support.

The resulting plans for action from this cycle included investigating the idea of finding a lead agency and establishing a coalition of services prepared to work with women on exit and advocate for issues faced by the cohort.

Cycle 2:

The second iteration of the research cycle ran over the three months from August to October. The research question during this cycle was “What are the possibilities for establishing state-wide, post-release service provision for women that aligns with best practice principles?” Research focussed on identifying successful models for service provision interstate. Most other states have gendered responses for women exiting prison and these take different forms. Action was focussed on initiating conversations with a state-wide organisation to establish interest and capacity in being a lead agency to provide case management and co-ordinating support services for women exiting prison. These conversations are continuing, and this may result in some significant improvements in service delivery for women.

It is important that service provision not only happens, but that women know how to access this. The project includes a small partnership project with Hobart Women’s Shelter to invite women in the reference group to create artwork and write about what helps and what it takes to find support post-release. This will be included in an exit kit printed for other women exiting prison. PiR are developing a fold up pamphlet with key contact numbers for people exiting prison. Inclusion in the online Find Help Tas directory is also a possibility.

Cycle 3:

The question driving the current, last phase of the project is “How can we ensure the project informs future gender responsive post-release service development?” The primary focus for this last cycle of the project is to produce a strong research report documenting the state of play, evidence/stories gathered, learning during the project and identifying recommendations for the future. It will be useful to include a review of successful models for service delivery for women in other states, drawing on current research in the area. The project has gathered useful information and interest in the possibility of creating a pilot program for women exiting prison to develop a specialised response for the cohort. It will be important to ensure this information is shared with people who can continue to work on making this a reality. Women exiting prison need opportunities to access support, to create the lives they want and not be trapped in the maze of disadvantage.



LEADING FEMINISTS

Lucy Tatman is a Senior Lecturer in the Philosophy and Gender Studies Program at the University of Tasmania, where she has coordinated Gender Studies for the last ten years. Prior to her arrival in Tasmania, she taught at the Australian National University, Canberra; the University of California, San Diego; and the Central European University, Budapest. Her academic background is in feminist theology and philosophy, but her path to academia was not straightforward and, along the way, she has worked as a baker, a legal assistant, a women's refuge support worker, as well as mowed the odd lawn.



Lucy Tatman

Q. When and how did you become involved in the feminist movement?

Oddly enough, I first learned about the feminist movement, including feminist scholarship, through an encounter with feminist Christian theology in 1985. At that time, I was an undergraduate at a liberal arts college (university) in Birmingham, Alabama, and was enrolled in a unit titled Contemporary Christian Theology. As I remember it, over the course of a sixteen week semester we devoted one week to Black Theology, Liberation Theology, and Feminist Theology. Not one week each: we covered all three extensive bodies of thought in the same week. I was forcibly struck by the fact that we spent fifteen weeks studying dead and not yet dead white male thought, and only gave all these 'others' a passing glance. So I took myself to the one progressive bookstore in Birmingham, bought all the feminist theology books by authors whose excerpts we had studied, and immersed myself in them. I can only describe the experience as a 'coming home'. For the first time, I felt addressed by the authors as an equal, and it changed my life.

Q. What inspired you to become involved in the feminist movement?

This is a surprisingly difficult question to answer. On the one hand, as soon as I learned there was such a thing as a feminist movement I could not imagine *not* being an active feminist. On the other hand, I strongly suspect that the experience of growing up as a white, middle-class female in Alabama – which meant that I

witnessed the on-going efforts of the Black community to achieve civil rights in *deed* and not just word – I think that, through this experience, I absorbed the knowledge that change *requires* action, that the struggle for equal rights is precisely that, a struggle, an effort, and I knew I couldn't live with myself if I did not contribute to that effort.

Q. Is there a particular woman or women you admire. And why?

I have to start by naming the theologians who introduced me to feminism: Rosemary Radford Ruether, Sheila Collins, Carter Heyward and Sallie McFague. I'm often asked why they bothered to stay within a patriarchal religious tradition. What I learned from them is that there is no 'outside' of the patriarchy. Every bit of it needs to be transformed, otherwise sexism will continue to have an enduring place in which to dwell. I find these women's strength of spirit to be staggering.

When my own feminist soul is feeling dried out and in need of 'living waters,' then I turn to writers like Adrienne Rich, Audre Lorde, Alice Walker and Dorothy Allison. Their poetry, essays, short stories and novels are life sustaining.

Here in Australia, I am in awe of Dale Spender. I think she is an under-recognised heroine when it comes to resurrecting the memory of an extraordinary number of amazing "women of ideas," to quote one of her book titles.

continued over...

Q. What do you consider to be the greatest achievement of the movement?

This is an impossible question! I think there have been two developments which have fundamentally changed everything – and I mean that literally. One is the widespread (though still not universal) availability of safe, reliable methods of birth control. The other is the fact that in many (though not yet all) parts of the world to deny girls and women access to education is now unthinkable. I think these two achievements have, often in tandem, changed more women's lives for the better than anything else.

Q. What do you consider your greatest achievement to be?

I've had the privilege of teaching gender studies for eighteen years now, which means I've taught about two thousand students feminist analysis, or how to think carefully and critically about power, knowledge and oppression, about sexism, racism, classism, homophobia, transphobia, the cultural construction of femininity and masculinity (and the list goes on...) from various feminist perspectives. This is by far my greatest achievement! Having said that, I need to add that I'm certain I learn more from my students than they learn from me, so this 'achievement' is something I experience as a blessing.

Q. How would you respond to women who question the value of feminism?

Whenever I encounter women or men who shrug off the value of feminism, I ask them what's the opposite of equality? Since it is glaringly obvious that it is inequality, I then ask them if they are staunch supporters of inequality? Usually by this point they get the point, but if they haven't I launch into a long and detailed lecture about the history of the demonization of the F-word (feminism), and basically bore them into acknowledgement that the radical idea that women are fully human is a valuable notion indeed.

You can now follow us on



Twitter

@WomensHealthTAS

Q. How do you stay inspired in the face of lack of progress on issues for women, such as the disparity in pay rates or the level of violence against women?

When my grandmothers were born they did not have the right to vote, marital rape was legal, divorce was almost unthinkable, and airplanes didn't exist. Which is to say, I try to take a long view, remembering that we have achieved a huge amount in, historically, speaking, a very short time. In different ways throughout the world, women have been actively oppressed for thousands of years. It is going to take more than a few generations to bring about genuine, lasting liberation, but each generation has a vital contribution to make.

Q. Is there one message you would like to share, with the next generation, about feminism?

Can I share three messages? They are equally important, is the thing. First, you are going to have to find your own unique feminist voices. Second, you are going to have to find the inner courage to use your gorgeous voices. And third, please oh please do not take for granted the gains in women's rights that have been achieved. They are under attack. But take heart: this situation is not new, and you have access to a weighty feminist past – some of which will be useful in your present and future efforts.

A photograph of a smiling woman with short grey hair, wearing a white tank top, lifting two black dumbbells above her head against a clear blue sky. The text 'Ageing Well with Weights' is overlaid in large white font.

**Ageing Well
with Weights**

The 8 week Ageing Well with Weights course has proved to be very popular and we plan to offer another one starting on **February 6, 2017**.

Classes will be on **Mondays from 9:30 to 10:30am**.

The course costs **\$10 per week or \$65 paid upfront** for the full 8 week course.

To register your interest and book please contact the Women's Health Tasmania on 6231 3212 or via email to info@womenshealthtas.org.au



Are you a woman who has no children and aged 65 years or more?

If so, we would love to hear from you!

We are conducting research about life for women with no children in Australian society.

If you would like to take part, please visit the following link to complete the anonymous online questionnaire, which will take only 20-30 minutes of your time!

<https://www.surveymonkey.com/r/life-in-Australian-society-for-women-aged-64-or-more-with-no-children>

For further information, please visit

<https://www.facebook.com/pages/Life-in-Australian-society-as-a-woman-with-no-children/592205344191162>

If you would prefer to complete a paper copy of the questionnaire, please contact Taylor Nally on (03) 9246 8335 or taylor.n@deakin.edu.au

Breast Cancer Support Group

For any woman diagnosed with breast cancer who would like information and support.



3rd Tuesday of the month from 11:45 am - 1:15 pm

The next meeting dates are:

December	Christmas Luncheon date to be advised
January 17	Group discussion
February 21	Group discussion
March 21	Group discussion

Please phone Women's Health Tasmania on 6231 3212 for more information.

ENCORE NEWS

Encore is an eight-week program of two hours duration, specially designed for women who have had breast cancer. It helps restore mobility, flexibility and confidence through gentle exercise.



The program provides trained facilitators, floor and warm water exercises and the opportunity for women to support one another.

Encore programs are free to participants and designed for women who have had breast cancer at any time in their lives.

Hobart

The dates for the next Encore program are February 28 to April 18, 2017.

Contact Rosemary for further details on 6231 3212. or via email at rosemary@womenshealthtas.org.au

Launceston

The dates for the next Encore program are February 13 to April 10, 2017.

Contact Mandy via manda_page@yahoo.com.au for further details.

North West

The next Encore program will commence in February, 2017.

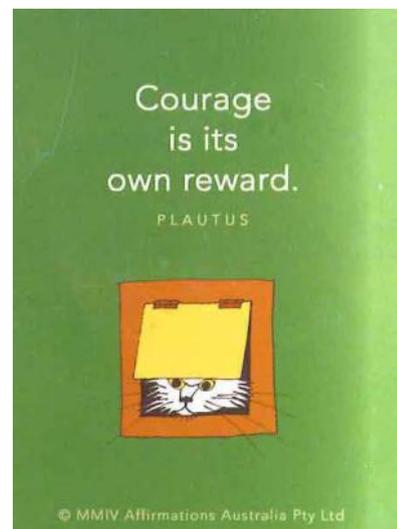
Contact Kris on 0407 341 585 for further details.



TasWater



Dragons Abreast Australia
www.dragonsabreast.com.au



Therapists and Monthly Groups

Breast Cancer Support Group	3rd Tuesday of the month 11:45 am - 1:15 pm. For any woman diagnosed with breast cancer who would like information and support. Last session for 2016 is Xmas lunch on December 17 & recommences on January 17, 2017.
Bowen Therapy (NST)	Every Wednesday at the Centre. \$65 per session. To make an appointment contact Christine Toyama on 0417 363 108.
Food Coaching	Every Wednesday at the Centre. For appointments contact Alison Gandy on 0400 515 352.
Writers' Support Group	1st Wednesday of the month , 2 - 4 pm. New members welcome. Last session for 2016 is December 7 and recommences on February 6, 2017
Migrant Women's Advocacy Group	2nd Saturday of the month from 1pm onwards. For more information contact Florence on 0438 658 337.
Warped Wenches	3rd Saturday of the month , 10 am to 4 pm. A group of women who love to sew, and share an interest in all sorts of crafts. Contact Denise 0417 808 871.

Come in for a cuppa, browse in our library or use the photocopier.

Feldenkrais Awareness through Movement

Classes begin on

**Thursday February 9, 2017 for 10 weeks
until Thursday April 13, 2017
From 1:30 - 2:30pm**

Learn to organise movement with minimum effort and maximum efficiency; not through muscle strength, but by increasing the awareness of how our system connects to create our movements.

These gentle movement lessons offer the chance to (re)make the neurological connections that form the basis of all our movement. Find ways to make reaching (to hang your curtains), bending (to tie your laces), rolling over, getting up and down from your chair, all smoother and less effortful.

Feldenkrais for everyday life



\$15 per session or a discounted amount for the whole 10 week series.

Please book to confirm a place, as spaces are limited. Drop-ins are possible if the class is not fully booked.

Please call Wendy to book or for more information on 0447 120 688 or email unfurlyourself@gmail.com

SAVINGS

Do you receive our Newsletter by post?

If you have an email address, we can send the Newsletter to, please get in touch via email info@womenshealthtas.org.au or on 6231 3212.

Help us to save money and paper.

Make a Donation

If you are looking to reduce your taxable income, by making a donation, look no further. All donations, over \$2, to the Women's Health Tasmania are tax deductible. And it is so easy to do just go to our website.

<http://www.womenshealthtas.org.au/about-donation>

WHAT'S ON @ WHT

	Monday	Tuesday	Wednesday	Thursday	Friday
AM	7:30 - 8:30am Tai Qi 3 week blocks Vicki 0427 902 220	7:30 - 8:30am Tai Qi 3 week blocks Vicki 0427 902 220	7:30 - 8:30am Tai Qi 3 week blocks Vicki 0427 902 220		
		10:30 - 11:30am Meditation Guided and safe with Jean Gilbert. By donation Last session for 2016 November 29 & recommences on January 10, 2017	9:45 - 11am Yoga (Hatha) experienced with Maddy \$8 per session Come early for a spot. Last session for 2016 December 14 & recommences on February 8, 2017.		10am - 2pm Waste to Wonderful Textile skill sharing. Contact Tess at ourplacew2w@gmail.com Last session for 2016 December 2 & recommences on February 17, 2017
		10 - 11:30am Fitball (beginners) Gil Whitehouse \$8 Last session for 2016 December 13 & recommences January 10, 2017	10:30 - 12:30 Women's Walks 6231 3212 Last session for 2016 December 7 & recommences on January 18, 2017. Christmas Party on December 14		
	11am - 12pm Tai Chi Weekly \$8 Last session for 2016 December 12 & recommences February 6, 2017	11am - 12:30pm Community Health Nurse Last session for 2016 December 13 & recommences January 10, 2017	11:15am - 12:30pm Yoga (Hatha) beginners with Maddy \$8 Come early for a spot. Last session for 2016 December 14 & recommences on February 8, 2017.		
PM	12:10 - 1:10pm Ageing Well with Weights Practice Last session for 2016 December 12 & recommences January 9, 2017	12 - 3pm Games Group Frivolous Fun Gold coin donation Last session for 2016 November 29 & recommences on January 10, 2017	2:30 - 4pm Aging Well with Weights Practice Last session for 2016 December 14 & recommences January 11, 2017	1:30 - 2:30pm Feldenkrais Begins February 9, 2017 for 10 weeks. \$15 per session Wendy on 0447 120 688 See ad on page 6.	

JOIN WOMEN'S HEALTH TASMANIA

All women are welcome at the Women's Health Tasmania and membership is not a requirement to access our services. But becoming a member is a way of helping us show, to the broader community, what the centre means to you. Membership is only \$15 per year.

To join go to our website at www.womenshealthtas.org.au

Active Women

Walking Group

by Petula Broad

The walking group at Womens Health Tasmania has been active for over 15 years. The many women who enjoy the walks vary in ages and backgrounds. It is a diverse and friendly group, with the emphasis on laughing and chatting, as well as walking, and a great way to meet new friends and get to know the local environment. Women walk at different paces, depending on their abilities.

We know social connectedness is a strong predictor of positive health outcomes, so walking in a friendly group has benefits beyond walking alone. Therefore, the break for coffee is a very important component of the group. If you want to know where the best coffee is in Hobart, ask someone in the walking group!

As a by-product, there are also other physical benefits. For example, regular brisk walking can help you prevent or manage various conditions, including heart disease, high blood pressure and type 2 diabetes.

Regular walking reduces your risk of heart disease and stroke. It's great cardio exercise, lowering levels of LDL (bad) cholesterol while increasing levels of HDL (good) cholesterol. The Stroke Association says a brisk 30-minute walk every day helps to prevent and control the high blood pressure that causes strokes, reducing the risk by up to 27 percent.

Furthermore, regular walking lowers the risk of type 2 diabetes by around 60 percent, and you're 20 percent less likely to develop cancer of the colon, breast or uterus with an active hobby such as walking.

Walking will help improve your balance and coordination. As a weight bearing exercise, it helps to strengthen your bones and muscles and helps ward off osteoporosis.

Older people who walk six miles or more per week are more likely to avoid brain shrinkage and preserve memory as the years pass. Since

dementia affects one in 14 people over 65, and one in six over 80, walking seems like a pretty easy insurance policy, and it costs nothing.

Walking gives definition to calves, quads and hamstrings while lifting your glutes (bum muscles) with a good, regular walk. Add hill walking into the mix, and it's even more effective. Pay attention to your posture and you'll also tone your abs and waist.

Researchers from the University of Virginia found that women who did three shorter, fast-paced walks a week (plus two longer, moderate-paced ones) lost 5 times more belly fat than those who simply strolled at a moderate speed 5 days a week.

According to the Centre for Human Nutrition at Washington University School of Medicine in St. Louis, Missouri, fat around the midsection is a strong risk factor for heart disease, type 2 diabetes, and even some types of cancers.

We all need to get outside more. Many people in Tasmania are vitamin D deficient, affecting important things like bone health and our immune systems. Walking is the perfect way to enjoy the outdoors while getting your vitamin D requirements.

continued over...



Walking Group Participants having a slide.

A brisk walk is one of the best natural energisers around. It boosts circulation and increases oxygen supply to every cell in your body, helping you to feel more alert and alive. Try walking on your lunch break to achieve more in the afternoon. You'll get more done, with more energy.

Most importantly, walking can make you happy. Exercise boosts your mood. Studies show a brisk walk is just as effective as antidepressants in mild to moderate cases of depression, releasing feel-good endorphins while reducing stress and anxiety. So for positive mental health, walking is an absolute must. It's difficult to feel unhappy surrounded by natural beauty and laughing women.

There are many lovely walks on Hobart's doorstep. This kind of exercise creates the opportunity to take advantage of the beauty this city has to offer.

A walking calendar is published quarterly and is available on our website. Some examples of walks include; Sandy Bay Beach, Geilston Bay waterfront, Botanical Gardens, South Hobart Rivulet, Mt Nelson lookout, Ferntree Pipeline Track.

Some of the comments made by walkers who come to this group include:

- *"I used to really dislike walking, but now I find myself walking more in my daily life"*
- *"Walking in this group is something I look forward to every week"*
- *"I felt anxiety free for the first time in ages"*

As a life habit, walking is free, fun and has many benefits.

References

<https://www.tescoliving.com/articles/8-reasons-why-walking-is-great-for-your-health>

<http://www.prevention.com/fitness/fitness-tips/lose-your-belly-fat-8-week-walking-workout>

<https://consumer.healthday.com/encyclopedia/diabetes-13/misc-diabetes-news-181/the-dangers-of-deep-belly-fat-644354.html>

BOARD MEMBER...

Hi! I'm Adrienne Morton and I've been a member of the WHT Board since September 2015.



Adrienne Morton

Outside of the glamorous surrounds of

the centre, I work full-time for the Department of State Growth as a lawyer and a (sometimes maligned) middle-manager. I have a husband, two small children, a cat, three chickens, and 7 fish (or do they have me - I can never tell). If we were on a speed date I would tell you that my interests include making music, cooking, knitting, gardening, travel and art.

I have been a passionate advocate of women's rights since I was a teenager and first realised that it was a man's world (and what was I going to do about it). I come from a multicultural background and the health outcomes of my grandmother and older aunts were definitely impaired by their relative social isolation, both as women and as new Australians. Working with a feminist organisation of Women's Health Tasmania's standing has certainly been a highlight. So far I think WHT has given me more than I've given it - getting to know my fellow board members and the amazing women on staff, and feel more embedded and connected to my community, has been a blessing.

This morning I realised (through tears) that we have a long road to go before women are truly equal members of this society. I think the work of small community organisations like WHT will be integral to the change that has to come. Hopefully when my daughter is my age we won't be celebrating people being the first woman to do anything, because women will have opened all of those doors that previously shut us out.

WOMEN'S



WISDOM LIBRARY

Fight Like a Girl

by Clementine Ford

I'm already a fan of Clementine Ford, as I follow her on Facebook and have marvelled at her bravery in the face of what can be a vicious medium. I was excited to read her book, to see what the outspoken feminist had to say in her "call to arms"

I haven't always agreed with everything she says. However, the power of this book is that it has changed my view of Ford and what feminism means for me. Without women like Ford, we are in imminent danger of losing the few hard-won gains women have made. In a political world climate where a racist, misogynist, man who has been accused of sexual assault can get elected as the "Leader of the Free World", Ford's call to raise voices, raise courage and raise the flag is timely, and perhaps long overdue.

Sharing her journey as a young woman growing painfully into adulthood, we learn Ford struggled with her weight, appearance, and anxiety. This resonates as the beginning of Everywoman's story.

How we move from being confident little girls who gradually internalise cultural norms. We quickly realise in adolescence, that in order to fit in (i.e. attract a man, be seen as a normal "female") we begin tempering our behaviour. We learn how we are supposed to feel about ourselves sexually and how to conform to the ever-present double standard.

How our bodies are no longer ours, but public property, so that - should you have an unwanted pregnancy - there is public judgement and, laws (created by men) aplenty about whether you choose to become a parent or not.

How the fault for your sexual assault is yours because you wore the wrong clothes, drank too much alcohol, put yourself in a situation where you "asked for it". Instead of asking why we don't teach our sons not to rape, we teach our daughters to fear and be wary of men. In a country where 1.5 women get murdered every week by a partner and 1 in 5 women has been sexually assaulted, this is not an irrational fear.

For anyone who has been called a man hater, (maybe you are same-sex attracted, maybe you've been beaten, maybe you complained about the male harassing you at work, maybe you decided not to get rid of body hair?), Ford presents a very good argument about the miracle of why not all women DO. Any woman with an opinion not reminiscent of a door mat can relate to the kind of hate visited upon those who flout the patriarchal norm.

For expressing opinions that invite people to think outside the accepted parameters of what it is to be a woman, Ford has been called every vile name men can think of. The miracle of this book is her call to maintain the rage comes wrapped in fabulous irreverent humour, in language that had me chortling with joy.

The epilogue though, brought tears to my eyes. In a letter to the girls, bitches, broads, sluts, whores, troublemakers and rebels, Ford rewrites the rules for us all. When I read it, I was reminded of our collective bravery. I think of the women I have met personally and through my work, who have overcome seemingly insurmountable odds, and I want them to read this book, and be comforted by and inspired by it.

Definitely a worthwhile read for our times.



by Petula Broad

INTRODUCING . . .

My name is Tanya. I was first introduced to Women's Health Tasmania (WHT) early this year when I was at the Mary Hutchinson Women's Prison for a period of 15 months. At this time I met a lady called Jess who worked at WHT and would come to the prison to talk and help with any questions we had.

I then started getting sections to come out in to the community for the day, so I chose to come to WHT. I found the ladies lovely here and far from judgmental, they took me in here as one of their own. I started sewing and doing things I never knew I could do. This gave me determination to get out of prison, knowing I can come to WHT as there is always activities on through the weekdays.

I am now released and still often come on Fridays to the Waste to Wonderful program. I have found WHT is a big part of me staying on the right path.

I made the dress, in the photo, out of chocolate wrappers when I was in prison. It kept my mind off things and was therapeutic. I loved the royal purple colour of the wrappers and wanted to make

something from them. The dress is about domestic violence - women are beautiful and shouldn't be treated badly no matter what you eat.



Iona Johnson

Hi, my name is Iona Johnson. I have worked in women's services in the community sector for a number of years. I was the Co-ordinator of a three year literacy program at Hobart Women's Shelter and worked closely with women to reconnect with learning and training opportunities. Other work roles include working as a trainer, and my background in visual arts has been a useful bridge to literacy work in program delivery. I also worked in a Community Engagement role at the Sexual Assault Support Service, designing strategies to prevent violence against women. I am currently working on a project at Women's Health Tasmania which is considering the post-release support options for women exiting prison. Clearly, I like a good challenge! I enjoy learning and research, and finding ways to bring new thinking into practice.

In my down time, I like connecting with the natural environment and love long walks in the bush or on the beach. As an artist, I am always up for trips to galleries and carving out time to do my own artwork. I am also the Co-ordinator of QTas Arts, a LGBTIQ arts organisation – I sing in QTas Choir, but am most comfortable in the back row! I feel like life is too short – there is so much that I still want to do and my time is crammed with all these things!



FAREWELL . . .

Jess Davis joined the team at Women's Health Tasmania in 2012 and she was a delight to work with from the very first day. She was positive, resourceful, innovative and highly skilled. Not only did she develop new projects, but she was able to successfully access alternative and additional funds to run them. The LEAP programme is designed to assist women to prepare for return to, or entry into, study and work by building on their strengths. Follow up from these outreach programmes showed many of the women had indeed enrolled in study or found employment, and Jess continued to support and connect with women beyond the life of the LEAP sessions.

Jess was also responsible for gaining funds for the Just Support Project, after identifying the lack of support for women prisoners, post-release. Her careful planning and networking provided the ground work for the project worker we subsequently employed.

Jess also provided placements for Social Work students; her mentoring was generous and professional, giving them a great start in their careers.

Her role in short term counselling will be long remembered by those who sought her help. We always had great feedback about Jess, and her listening and calm demeanour will be greatly missed.

Jess has accepted a position with the Australian Childhood Foundation in a new and very important role as a therapeutic specialist, so their gain is our loss. We wish her all the best, and we know she will be valued there as she certainly was, and is, at Women's Health Tasmania.

Most of all we will miss her happy, smiling face.



Jess Davis

HOLIDAY CLOSING DATES. . .

We will close at 4pm on Thursday December 15, 2016 and reopen at 9:15am on Tuesday January 3, 2017.
All the staff at Women's Health Tasmania would like to wish everyone a very happy and safe holiday season.

CONTRIBUTIONS. . .

Contributions from readers are very welcome. To be considered for inclusion, all contributions must be received by the following deadline: **Autumn Edition: February 7, 2017** (newsletter distributed at the end of February 2017).

We acknowledge and pay respect to the Tasmanian Aboriginal community as the traditional and original owners and continuing custodians of this land.



. . .GETTING IN TOUCH

Open: **Mon, Tues, Wed & Thurs 9:15 am to 4 pm**

Visit: **25 Lefroy Street North Hobart** Post: **PO Box 248 North Hobart Tas 7002**

Tel: **03 6231 3212** Women's Health Information Line, freecall **1800 675 028** Fax: **03 6236 9449**

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