

Ynews

YWCA OF CANBERRA



AUTUMN 2013

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YWCA of Canberra President Ruth Pitt with Rebecca Vassarotti and our Patron, the Governor-General.

“LADY HEYDON HOUSE” OPENING

A new home has opened up in one of Canberra’s suburbs, but this isn’t just any home. Built to accommodate five single older women, our new group house is situated on a huge block and features five private living quarters as well as communal living spaces.

Lady Heydon House is the initial phase of the YWCA of Canberra’s Affordable Housing Program.

Over the last two years the YWCA of Canberra has pursued the aspiration of becoming an affordable housing provider. Our organisation became increasingly concerned about the small number of exit points for families and individuals who have gone through our services and are now in need of their own accommodation.

As a result of these concerns, our Spence property was redeveloped to ultimately provide safe affordable housing for five single women within a group house.

On 20 February 2013 our Patron, Her

Excellency Ms Quentin Bryce AC CVO Governor-General of the Commonwealth of Australia, officially opened Lady Heydon House.

Lady Heydon House was named after Lady Naomi Heydon, past President and significant contributor to the YWCA of Canberra through the 1960s and 1970s. We were delighted that Lady Heydon’s son and daughters could join us as special guests at the official opening.

The YWCA of Canberra was also pleased to launch a new Gift Fund on the day (see page two for more details on our Gift Fund).

The opening was a remarkable occasion for the YWCA of Canberra. Thank you to the Wiradjuri Echoes for performing a traditional smoking ceremony through the house.

We acknowledge Franklin Charity House Project, Bing Lee Belconnen and all our individual donors for helping us achieve our goal of becoming an affordable housing provider.

WOMEN ACHIEVING THEIR POTENTIAL

Patron: Her Excellency Ms Quentin Bryce, AC CVO - Governor-General of the Commonwealth of Australia

WELCOME TO YNEWS

GIFT FUND

The YWCA of Canberra is pleased to launch our new Gift Fund.

Our Gift Fund will be the depository of all donations to our organisation, be they one off or regular, through workplace giving, in response to specific donor appeals, or via bequests.

Your donation to the YWCA of Canberra Gift Fund will be used to support our vision of *women achieving their potential* and help us to work towards our strategic goals.

This may include:

- Our Affordable Housing Program and supporting properties like Lady Heydon House under our strategic goal *Women and their families have access to conditions and resources to lead healthy lives*
- Our Youth Literacy and Youth Engagement programs under our strategic goal *Children and young people build the skills and attributes to create a better future*
- Our Women's Leadership programs under our strategic goal *Women influencing, leading and deciding.*

Visit our website for more details on how you can donate to our Gift Fund.

As this edition of Ynews goes to print, the ACT Government will be formulating the Territory Budget for 2013/14. The YWCA of Canberra supports the Government in this important task and provides a budget submission each year, outlining what we see as the key opportunities and challenges. This year we developed our own submission as well as contributing to a number of other joint submissions.

In formulating the 2013/14 Budget, we encouraged the Government to address service delivery gaps affecting the most vulnerable people in our community.

Providing sustainable funding for core services is a prerequisite to high quality and consistent service delivery. As our submission highlights, there are a number of core service areas which require Government resourcing and attention in 2013/14. These are:

1. Sustainable funding for the homelessness sector and innovation in responding to the housing affordability crisis in the ACT
2. Supporting young people to achieve their potential through investment in youth engagement services and flexible learning options for young people at risk of disengaging with education.
3. Supporting child care providers to enable them to provide services for children with disabilities
4. Eliminating all forms of violence against women and creating an anti-violence culture in the ACT
5. Supporting women's leadership at all levels.

The YWCA of Canberra is seeking more efficient, innovative and productive work

practices as a means to achieve high quality service delivery in the current economic environment. We recommend the Government invest in programs and services which respond to needs in the community, and promote prevention or early intervention to ensure the best outcomes for their clients.

As the Government is aware, the ACT's image as an affluent society often means individuals and families in our community living in poverty are overlooked. The YWCA of Canberra believes that investment in sound and sustainable services, which meet the needs of vulnerable people in our community, must remain a key priority within the 2013/14 Budget.

We look forward to seeing the final budget announcements and trust that priorities that we have identified will be supported through this process.

Rebecca Vassarotti, Executive Director



PLANNING DAY

On 2 February, the YWCA of Canberra Board started the year, as usual, with an annual planning day. But this year marked a special occasion in the Board's strategic planning, as we reached the first five-year milestone of our 15-year plan.

Strategic planning is one of the Board's key responsibilities, but long-term planning can be challenging in a sector characterised by uncertainty, short-term funding and rapid change. For example, we currently face some uncertainty around the reforms that may be introduced by the new regulator of not-for-profits — the Australian Charity and Not-for-Profits Commission — and this is just one of the many reforms and trends that affect the work of the YWCA of Canberra, presenting new opportunities but also new constraints.

In 2007, with the YWCA of Canberra in a period of rapid growth and change, the Board decided not to let circumstances dictate what kind of organisation we would become. They decided that, although we will always need to be flexible and adaptive to our environment, we should have a clearly articulated vision of what we want to achieve and what kind of organisation we want to be. The Board therefore established 15-year strategic plan, which outlined a clear 'road map' of where the Organisation would be in 2022, and what would be achieved by the five-year milestones of 2012 and 2017.

The 2013 planning day was an opportunity to reflect on and celebrate all the things that the YWCA of Canberra has

achieved in the past five years, through the hard work of the staff and the Board, and the ongoing support of our members and friends.

We now set our sights on 2017, moving into the next phase of the strategic plan, which aligns with the strategic directions of the YWCA of Australia and the World YWCA.

I feel lucky to be part of a Board that can draw on the work of amazing women who came before us, who set our feet on a clear path that takes us in exciting directions. On behalf of the Board, I'd also like to express our gratitude to our corporate partners, Yellow Edge, for providing a fantastic venue for our planning day discussions, and to the senior management team for such well-prepared papers and presentations.

Ruth Pitt, President



CALENDAR OF EVENTS FOR AUTUMN 2013

Friday 8 March:

International Women's Day

Thursday 13 March:

Governance Workshop

Tuesday 19 March:

Finance Workshop

Thursday 21 March:

Great Ydeas information session

Close the Gap Day

Tuesday 2 April:

Great Ydeas Grant applications close

Friday 5 - Sunday 14 April:

Youth Week

Tuesday 23 April:

World YWCA Day Round the World Breakfast/ 2013 Great Ydeas recipients announced

Wednesday 24 April:

World YWCA Day

Monday 6 May:

International No Diet Day

Tuesday 7 May:

Celebrate You Film Screening of 'I am a Girl'

Tuesday 7 -

Monday 13 May:

Celebrate You Week

Monday 27 -

Monday 3 June:

National Reconciliation Week

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 our 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.

SNAPSHOT:

A LOOK INTO YWCAS FROM ACROSS THE WORLD

The YWCA of Canberra is part of the World YWCA, one of the world's largest and oldest women's organisations. Represented in over 122 countries the YWCA has a global reach of 25 million women and girls. YWCAs across the globe all work to play their part in working for a world where reconciliation, justice, peace, health, human dignity, freedom and care for the environment are promoted and sustained through women's leadership.

Here we provide an opportunity to get a glimpse of what great work YWCAs are doing overseas to progress this goal, and hear about other women's experiences of being involved in the YWCA movement. In this, our Autumn Ynews, Lucy Masiye, the National President of YWCA Zambia, shares her story with us.

A GLIMPSE OF YWCA ZAMBIA

ADVOCACY



YWCA Zambia President Lucy in her 'protest' dress

YWCA Zambia envisions a peaceful and gender sensitive Zambia with equal opportunities, good health and quality for life for all. Our mission is to empower women and girls to realise their potential in society and live a better life. Through our advocacy and lobbying work, we have made good progress and we continue to speak for the voiceless.

YWCA Zambia was founded in 1957. In its early years, the Association focused on promoting racial harmony, fostering multiracial understanding during the colonial days of Zambia. When the country became independent, racism significantly reduced so the Association focused on skills training and income generating projects particularly for women and girls.

As time progressed, YWCA Zambia realised that violence against women (VAW) was real and the dual legal system was not in favour of women and children. Therefore, the Association took up a lead in advocacy work on behalf of the Zambian women and children. Since then, YWCA Zambia continues to be the lead organisation in the country representing women, girls and the vulnerable groups on issues of Gender Based Violence (GBV). Our main areas of focus in programming are: women's human rights, economic empowerment, adolescent reproductive health and HIV and Aids and institutional

and human capacity building. The four areas compliment one another in the fight against GBV especially violence against women and girls. Each area has specific activities such as advocacy and lobbying for positive and protective legal reforms.

One of the strategies we have embarked on is to include men in our structures. We have dubbed it "Men's Network". Through the Men's Network, we are able to influence the traditional leaders who are custodians of cultural and traditional norms. The influence of patriarchal system is very strong in Zambia. Therefore, involving men in the fight against GBV is a major breakthrough for YWCA as the majority of perpetrators of violence against women are men.

I am currently the National President for YWCA Zambia. This means a very big responsibility at the policy level overseeing and coordinating the Association on behalf of the members and volunteers. I supervise the staff at the national office and guide them to make sure the implementation is in line with our mission and that of the World YWCA. I was introduced to YWCA during my high school time as a teenager. I have been a member and active volunteer continuously for 20 years. I have held different portfolios both at branch and national levels.

Being part of the YWCA movement is very special to me because of the passion I have for humanity, especially for women, girls and children whose rights are trampled upon by those who wield power in society. I am inspired by the YWCA movement's power of having connected the women all over the world. The unity among women that has been created by the YWCA movement will always be a positive history to remember as a strategy responding to VAW globally.

Lucy Masiye, YWCA Zambia President

UPCOMING EVENTS

SHE Speaks

A big thank you to everyone who participated in our SHE Speaks survey. The survey report will be launched on International Women's Day. Stay tuned!

International Women's Day

The YWCA of Canberra supports International Women's Day on 8 March every year. The Day is celebrated across the world and provides an opportunity to recognise the achievements of women and their contribution to society.

World Y Breakfast

Come celebrate World YWCA Day with our annual Round-the-World Breakfast on Tuesday 23 April at The Lobby .

Visit our website for more details.

She Leads

Our new young women's leadership program is coming soon! Check out our website and see our enclosed brochure for more details.



Commonwealth Bank staff with recipients of the Community Grant and Gai Brodtmann MP.

COMMUNITY GRANT

COMMUNITY SERVICES

The YWCA of Canberra was delighted to receive a Commonwealth Bank Community Grant to support a new project 'Foodstuff'. The project empowers and enables young people to make healthy decisions about what they eat and teaches them how to shop for, prepare and cook nutritious food.

The project will be implemented over two school terms, consisting of ten weeks of two hour group work sessions.

At the end of the term, the young people will:

- Have confidence in identifying and shopping for fruit and vegetables
- Have a sound knowledge of nutrition and healthy eating habits
- Be able to prepare fruit and vegetables
- Have at least three healthy meals they can confidently cook.

'Foodstuff' is currently being delivered to ten young people accessing the YWCA of Canberra's Youth Services program.

JANUARY HOLIDAYS

CHILDREN'S SERVICES

There were lots of fun filled adventures during our Children's Services summer School Holiday Programs. We operated three programs at Turner, Majura and Kingsford Smith Primary Schools and had a challenging time battling with sweltering heats.

Cool activities were on our mind and with trips to the swimming pool and National Zoo and Aquarium we were able to manage the weather and have a great time.

We cared for 1811 children across all programs, our largest vacation care period

to date.

During the final week of vacation care, the coordination unit and program directors reviewed our programs and commenced planning for the next school holidays. We look forward to continuing the success of our programs.



PROFILE - TRACEY JONES

YWCA OF CANBERRA'S HOUSING AND SOCIAL INCLUSION
UNIT MANAGER



Tracey has been at the YWCA of Canberra since June 2011 where she started as a Support Coordinator before moving into the position of Unit Manager in February 2012.

Born in Canberra, Tracey moved to Sydney to pursue her trade as a Fashion Designer before her interest in helping people

became apparent. Tracey worked in the welfare sector for 20 years before moving back to Canberra four years ago. Her employment at the Y came after managing a small family support service that worked with single parents.

What's your favourite thing about your job?

Being part of a program that offers families a safe, supportive environment for them to live so they have the opportunity to move forward in their lives, the great team that I work with and the philosophy of the Y. *If you could be someone for a day, who would it be and why?*

I don't really want to be anyone else. It's taken me a long time to get to this point in my life where I'm happy with myself. I help people everyday and I think that's pretty special.

NEW CORPORATE FRIEND

We are delighted to welcome Classic Constructions to our Corporate Friends program.

Classic Constructions' association with the YWCA of Canberra commenced indirectly through the construction of the Franklin Charity House with proceeds going to five local charities, one being the YWCA of Canberra. Jon Tanchevski, Director of Classic Constructions said, "When the YWCA of Canberra asked Classic Constructions to join as a Corporate Friend we were extremely excited to expand on this already strong relationship. The team at the Y do a great job helping many women in need in Canberra, something we look forward to developing through our corporate relationship".

What has surprised you most about working at the YWCA of Canberra's Housing and Social Inclusion Unit?

The dedication and passion of the staff.

How would your friends describe you?

Slightly insane and a little quirky. I like to laugh a lot and express myself freely. I think it's good to be able to laugh at yourself and show emotion, it keeps you from falling apart.

"Every day something great happens which makes me feel lucky to work for the YWCA of Canberra".

What's a typical day for you?

There's no such thing as a typical day at the Housing and Social Inclusion Unit. Unexpected things come up all the time, from major decision making about children's welfare and protection to light hearted conversations with staff and clients to release some of the intensity in the workplace.

How do you keep yourself busy outside of work?

I love to paint, it's a great way to express yourself. I also occasionally make dresses. The fashionista in me has not completely disappeared.

We greatly appreciate Classic Constructions for their commitment and contribution and look forward to working with them closely in the future.

Interested in becoming a Corporate Friend? Contact us on 6175 9900 or visit our website www.ywca-canberra.org.au/corporate_friends



MAKING A DIFFERENCE

COMMUNITY SERVICES

The YWCA of Canberra Housing and Social Inclusion Unit (HSIU) has been offering support and assistance to women and their families in Canberra for over 20 years. The role of the HSIU is to assist women to access, maintain or develop safe, secure, affordable and independent housing.

Women and families that have come through our service have often experienced many years of domestic violence or other life circumstances that have lead them in to homelessness. Melissa and Rosie are two women who sought accommodation and support from our HSIU.

Melissa, a mother of two at the time, had experienced a series of domestic violence relationships over many years. When Melissa decided to leave her last relationship, she contacted the YWCA of Canberra for supported accommodation. The HSIU worked with Melissa on a plan to establish herself in safe, affordable, long-term housing, reconnect to training, child care, counselling and individual support for her children. "It wasn't easy to take those first few steps," Melissa said. "But having the support from the staff there every step of the way made it possible".

Rosie's story happened all too quickly. After leaving a difficult relationship, Rosie was separated from her two eldest children and was left with no choice but to rely on her sister to provide a roof over her head.

After moving in with her sister, Rosie, a nurse for 11 years, was forced to quit her job. "My sister lived far away so I had no way to get to and from work; I had no car and then no job. I lost everything," Rosie explained. "We were sleeping in

my sister's dining room with my three youngest children and that's no way to live. It was always going to be a temporary situation".

"They fought for us to keep a property near my daughters' school. We had nothing and they helped to rebuild our lives."

Melissa, HSIU client

Rosie eventually contacted the YWCA of Canberra for support. Like Melissa, Rosie was provided with a place to live, support to get permanent housing, child focused support for her three children, well-being activities and family day care until she got back on her feet.

"The support from the staff was just amazing. They helped in every area of my life that needed help and I will always be grateful".

Both women were clients of the HSIU for a little over 12 months before achieving their goal of long term housing. The women and their families are now in a stable place and moving forward with their lives.

Melissa and Rosie's stories are just two the HSIU have helped. The staff provide support to over 100 families a year through outreach, accommodation and post support, to move away from homelessness, rebuild their lives and connect to hope for the future.



GREAT YDEAS

To celebrate International Women's Day, the YWCA of Canberra has launched the 2013 round of the Great Ydeas Small Grant Program.

Great Ydeas provides financial assistance to women in Canberra and the surrounding regions to help them develop their skills and enable a greater contribution to the community. Women may apply for up to \$4000 to support their project.

If you think you have a 'great ydea' we'd be delighted to hear from you.

Applications are now open until 5:00pm on Tuesday 2 April 2013.

Visit our website for more information about Great Ydeas and a copy of the application guidelines and application form. http://www.ywca-canberra.org.au/womens_leadership/great_ydeas

NEWS JUST IN!

The YWCA of Canberra has been nominated to participate in the Grill'd Local Matters donation program at Grill'd Manuka this month.

We're one of three local charities that could earn a \$300 donation! So help our cause, spread the word and head down to Grill'd Manuka to vote for us.

TAKE ACTION

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

SPEAK OUT

The YWCA of 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.



@YWCACanberra



YWCA of Canberra



CANBERRA

WANT TO KEEP RECEIVING YNEWS?

Then please ensure your membership is 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.

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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YWCA of Canberra

GPO Box 767, Canberra ACT 2601

Fax to:

02 6175 9991

Or join online at www.ywca-canberra.org.au/membership