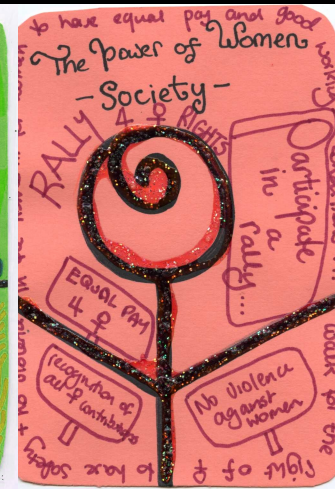
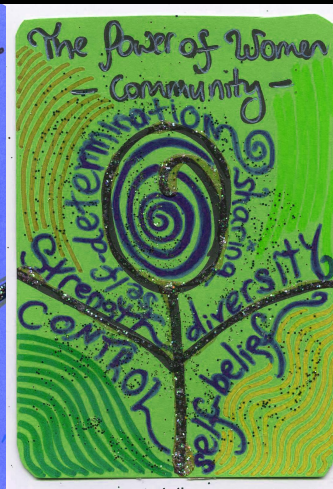
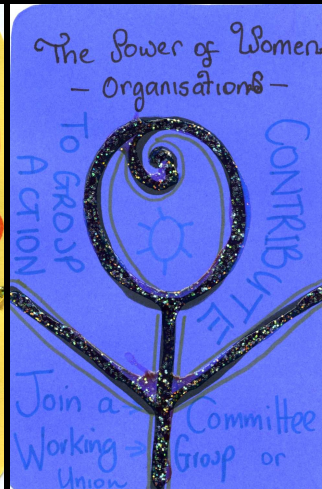
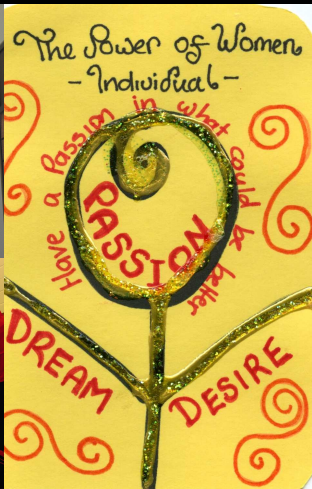




Women's Power Card Set

Sharing Women's Wisdom & Experiences of Power



“Being healthy is being powerful”
Women's Health Conference Hobart, Thursday 20th May 2010

women's health west – equity and justice for women in the west.



Women's Health West

Vision:

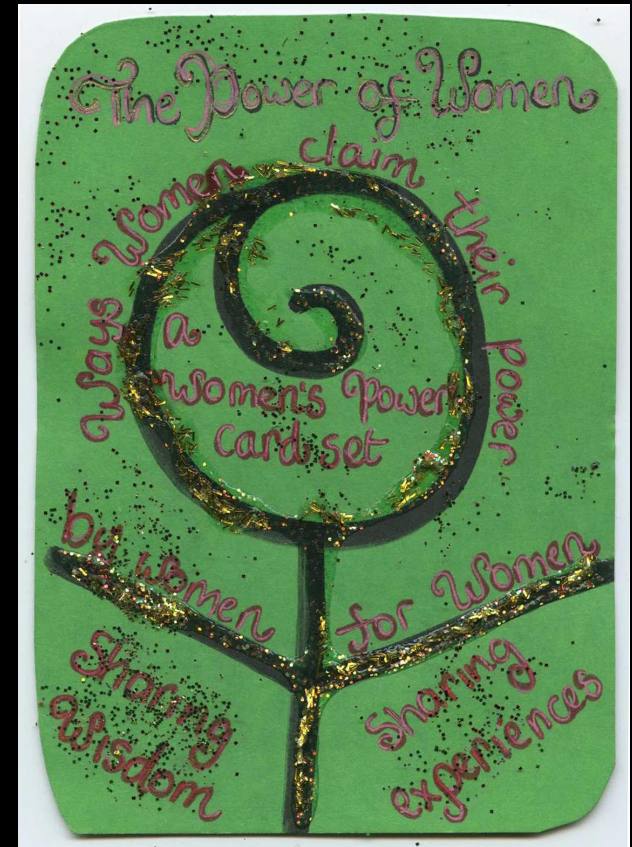
Equity and Justice for Women in the West

Mission:

We partner with others to change the conditions that cause and maintain women's oppression, to deliver family violence services and to undertake health promotion actions.

Aim of the Power Cards

- To share women's wisdom and experience of actions to claim power which we can use in our work with women and service providers
- To explore the different ways that women exercise their power
- Participatory & woman centered





Respecting Community Capacity: A Health Promotion Framework

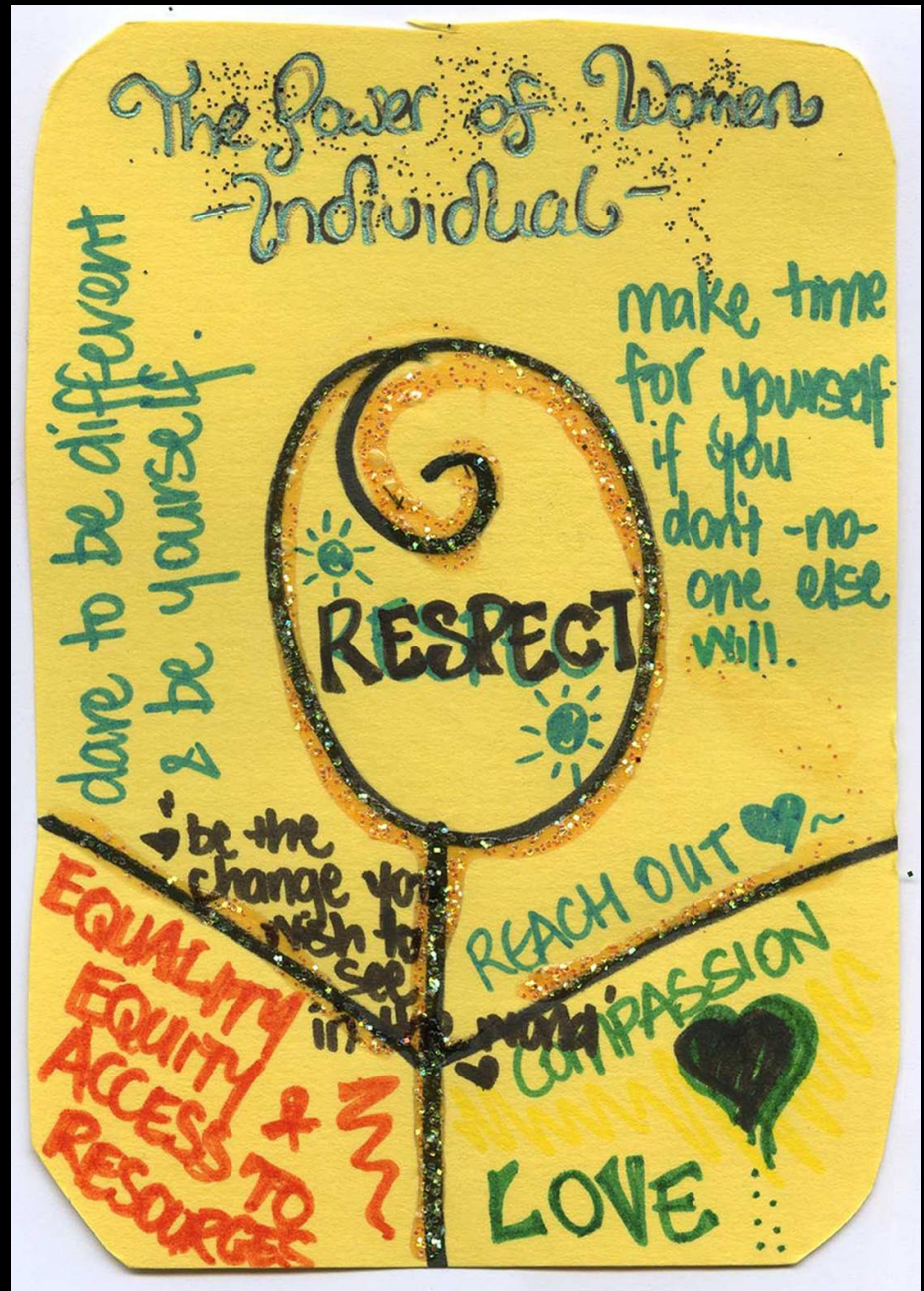
	INDIVIDUAL POPULATION Group of interest	ORGANISATIONAL Social and work groups, infrastructure, systems, processes, protocols	COMMUNITY Mainstream participation, access to resource, cultural, social and economic inclusion	SOCIETY Representation in government, law and media
STRENGTHS	<i>What unique experiences and skills does this population group have?</i>	<i>What structures are currently in place that will support this population group?</i> e.g. services, support groups	<i>What current community activities can help promote the experiences and skills of the population group?</i> e.g. local council health and service planning, community events	<i>What mechanisms exist to support the representation of this population group?</i> e.g. government consultation groups, lobby groups, non-government organisations
CHALLENGES	<i>What are the particular challenges this population group faces to full participation?</i> e.g. poverty, experiences of trauma	<i>What barriers might prevent you from working with this population group at an organisational level?</i> e.g. service providers lack time or specialist expertise	<i>What barriers does this population group experience in trying to access community resources?</i> e.g. discriminatory attitudes, fear	<i>What barriers does this population group face to exercising active citizenship?</i> e.g. barriers to education, stereotypes, discrimination
OPPORTUNITIES	<i>What issues and areas of action are most important to the population group to promote their health?</i>	<i>What could we do at an organisational level to better work with this population group?</i> e.g. service training, peer group education, work policy development, accreditation	<i>How can the mainstream community contribute to working with this population group?</i> e.g. volunteers, schools, community education	<i>What can we do to better support the active citizenship of this population group?</i> e.g. promote diverse and alternative role models, mentorship systems
RESOURCES	<i>What does this population group have that they could contribute?</i> e.g. time, skills, knowledge	<i>What existing structures could help to achieve opportunities?</i> e.g. education and employment training	<i>What resources are currently available?</i> e.g. social clubs, community groups	<i>What resources can help to support this population group to be more fully represented in society?</i> e.g. government round tables, support policy submissions

women's health west – equity and justice for women in the west.



Individual

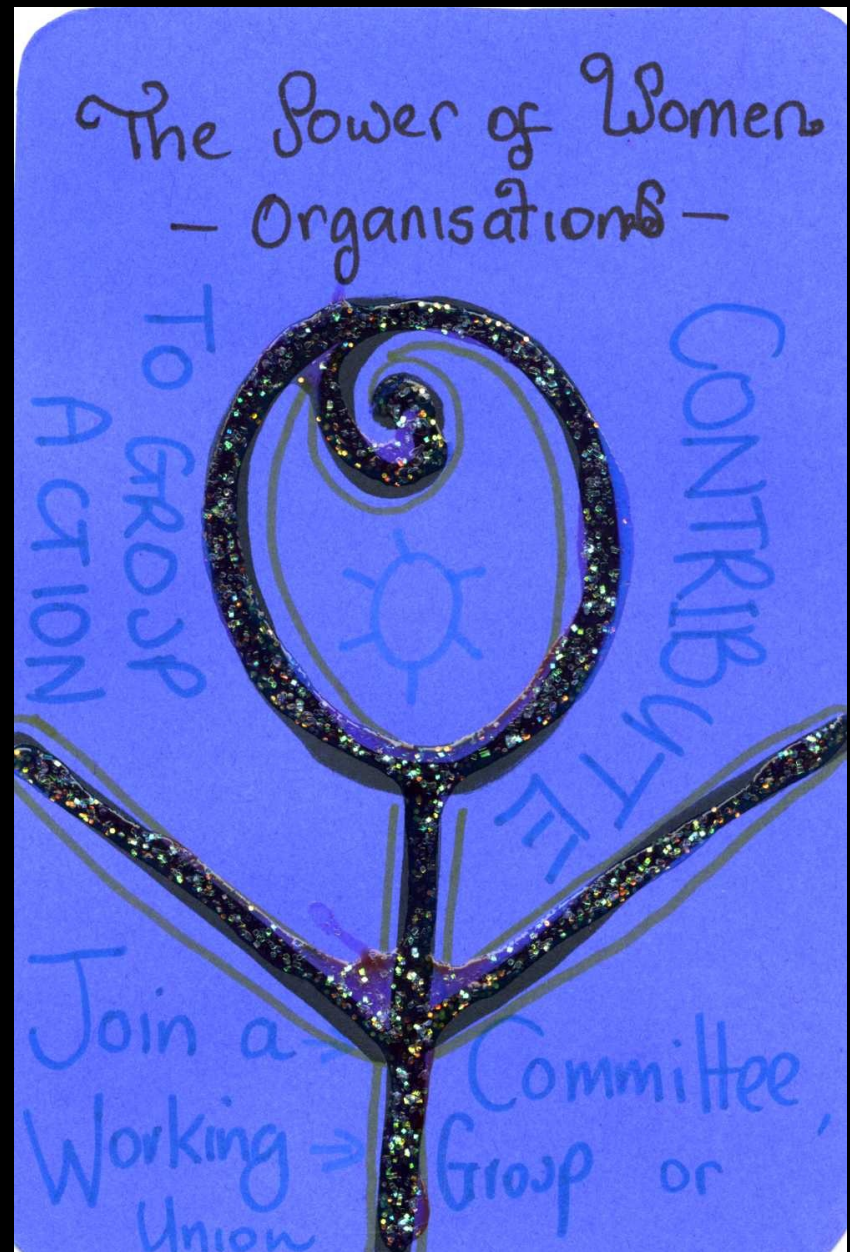
You as an individual or individuals in a group of interest





Organisational

Social and work groups,
infrastructure , systems
and processes





Community

Participation, access to resources, cultural, social and economic inclusion





Society

Representation in government, law and media





Reflection



women's **health** west – equity and justice for women in the west.



Create your own Power Card!



women's **health** west – equity and justice for women in the west.



Discussion

- What are 2 actions your table came up with?
- How might we use these actions/ideas in our day to day lives and work practices?