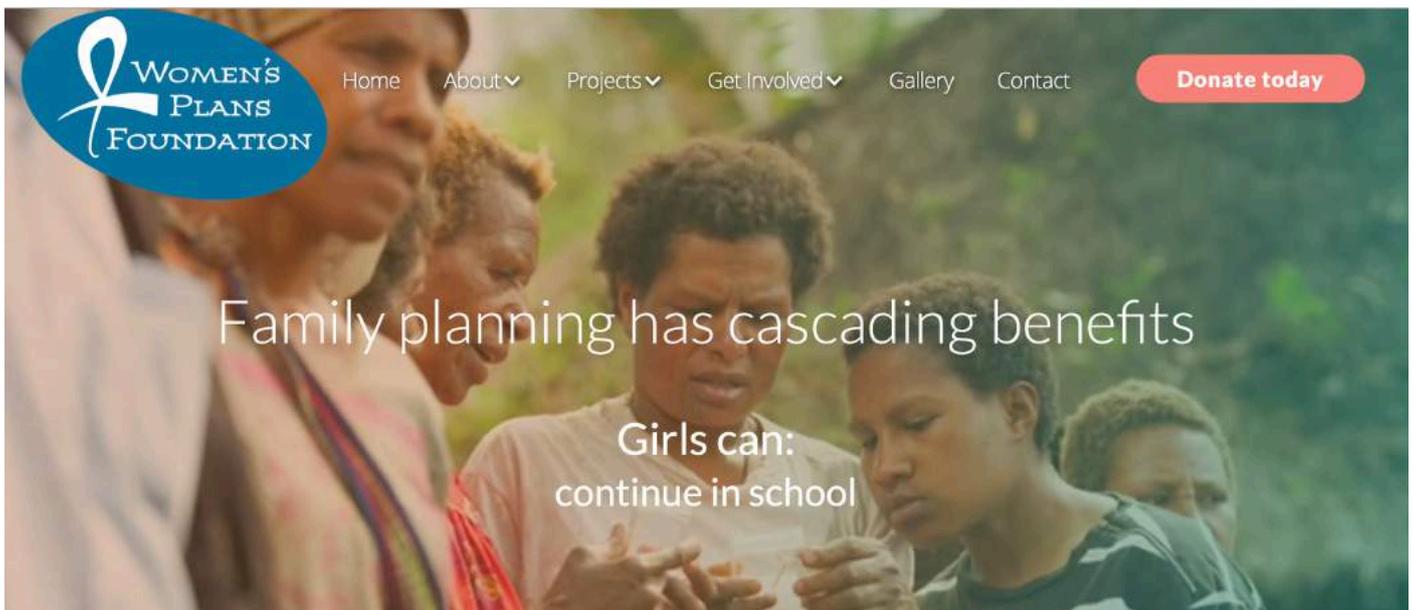




The W P F *Alert*

February, 2019



LAUNCHING OUR NEW WEBSITE

We invite you into the realm of WPF's new website. Nicholas Volfneuk is principal of Trill Digital, currently completing a Bachelor of Commerce at Melbourne University, specialising in Marketing strategy and implementation experience. We are very grateful to Nicholas for his dedicated effort and skill; his gift is building this site at cost, his talent and time donated. Explore WPF's activities and advocacy.

Berna Vural Gok, Administration, has worked with Nicholas, developing the new WPF website, in content, design and functionality, combining her marketing sense and technological exactitude. This is our digital face to the world.

We apologise for previous difficulties and trust that Donations, Bookings and Mailings will be smooth and accurate through PayPal, TryBooking and MailChimp.

International Alerts

Global Health: Science and Practice, 27 December 2018

Since the launch of the Family Planning 2020 initiative 5 years ago, 46 million more clients in the 69 poorest countries are using modern contraception—a tremendous accomplishment, albeit behind schedule to reach the 2020 global goal of 120 million. Family planning continues to be innovative, and as reflected in the recent 2018 International Conference on Family Planning in Rwanda, there is a newfound momentum behind the movement and a new generation of young leaders with powerful ideas, creativity, and passion who are stepping up to help propel family planning onward.

CREATING DEMAND AND ACCESS TO MODERN CONTRACEPTIVE METHODS AND FAMILY PLANNING

by Sue Funnell, Evaluation

Women's Plans Foundation is funding projects to create demand for and improve access to modern contraceptive methods and family planning. In 2018-19, these projects are conducted by five partner organisations in four countries in the Asia Pacific region:

- *Australian Doctors International* in **Papua New Guinea** (PNG)
- *Marie Stopes International* in **Cambodia**
- *Save the Children* in **LAO**.
- *CARE* in **Timor-Leste**
- *ChildFund* in **PNG**

Collectively, the projects funded by Women's Plans Foundation address several themes including:

- **Tackling gender inequality and cultural change** to give women and girls a say in their decisions about whether and when to have babies and addressing human rights
- **Building knowledge and understanding of contraceptive methods and the value of family planning** and facilitating informed choice of method
- **Enhancing the capacity of local sexual and reproductive health providers and influencers** to educate about, improve access to and deliver high quality contraception

These themes are fundamental to women being able to:

- choose when and whether to have children, how many children and how to space them,
- choose what type of contraception to use,
- access contraceptive methods they have chosen and have them delivered at a high standard.

In delivering these interventions, Women's Plans Foundation is funding projects that:

- **Focus on youth** maximising lifelong impacts. More than 50% of the total world population of 10 year olds live in the Asia Pacific Region. Their inclusion on many fronts, including sexual and reproductive health, will have major implications for the United Nations 2030 Sustainable Development Goals.
- **Reach those who might otherwise fall through the cracks of sexual and reproductive services** for the general population, e.g. youths who have left the school system; women, girls and their families in remote locations.
- **Recognise the importance of working with the community as a whole**, to support human rights of women and girls and their role in making family planning decisions.

Tackling Gender Inequality and Cultural Change:

CARE Australia has found that more than half the mothers in the 47 hamlets in Timor-Leste in which CARE works say their husbands play a strong role in family planning decisions, and many also note the significant influence of mothers-in-law over birthing practices. These influences can prevent a woman from having control over her own fertility and family planning. She can be prevented from having a say in how many children she has, or how far apart she has them.

Marie Stopes International has identified that, in Cambodia, stigma associated with seeking reproductive health information and services inhibits young women from contraception uptake.



ChildFund presents evidence that women and children in **Papua New Guinea (PNG)** experience levels of gender-based violence estimated to be some of the highest in the world outside a conflict zone. There is a lack of community knowledge about the fact that violence against women is a human rights abuse and against the law.

Photo Credit: ChildFund (A teacher practicing delivering lessons from one of the module)

Building Knowledge and Understanding of Contraceptive Methods and Value of Family Planning:

In Papua New Guinea, Australian Doctors International has identified that key knowledge gaps exist in New Ireland Province (where they work):

- for women and couples on their planned family size,
- for both health workers and communities on modern family planning methods, and their reproductive rights,
- misinformation and myths on family planning, and
- incongruent information between men and women on the topic of family planning.

In Cambodia, Marie Stopes International has identified that amongst the barriers to take-up of modern contraception by young women are:

- Myths about contraceptive side effects and risks.
- Limited knowledge of contraceptive options

Enhancing the Capacity of Local Sexual and Reproductive Health Providers and Influencers:

Marie Stopes International **in Cambodia** has identified the need to expand and strengthen their referral networks to facilitate increased access to sexual and reproductive health services for young people. They are:

- Identifying and recruiting additional private clinics and pharmacies
- Training and building the capacity of existing community mobilisers
- Increasing the capacity of the referral agents
- Continuing development of MSIC's network of factory worker 'Worker Health Champions,'

In Papua New Guinea, Australian Doctors International and Marie Stopes International have identified and are addressing the need for in-service training and on the job experience with outreach teams in rural and remote areas.

In Lao, *Save the Children* has identified that to increase take-up of family planning services, reduce newborn and infant deaths and improve maternal and child health there is a need to strengthen the quality of reproductive, maternal, newborn and child health services and to improve community practices. They use a multipronged approach including participatory design by young people, training, supportive supervision and development of job aids.



Photo Credit: ADI 2018

FUNDRAISING 2018 - 2019

Film Event – Breakfast at Tiffany’s

Our thanks to Paramount Studios’ Richard and Greg for their generous provision of the elegant and intimate venue in Pyrmont.

Can anyone resist Audrey Hepburn’s portrayal of a young woman who needs to use feminine wiles to survive in the big city? "Breakfast at Tiffany’s" was an amusing choice for Women’s Plans, showing an irresistible young woman using feminine charms to build her identity. Supporters’ generosity is helping young women in developing countries to explore more options for finding a self-determining identity.

This viewing of a luxury classic film will enable many women in remote areas in the Asia Pacific to lift their lives into greater self-determination, enabling girls to complete education, women to have the number of children they can nurture and thus reduce pressure on resources. We thank Paramount Theatre for its blend of social responsibility and elegant enjoyment.



*Anya Poukchanski,
Board member and organiser*

Opera in the Garden

Opera in the Garden was a resounding success. Hannah Fraser, Australian mezzo soprano, followed her graduation with three years performing with The Song Company. In 2017 Hannah made her operatic debut in Austria and the Czech Republic as part of the Prague Summer Nights Festival.



Hannah studied the art of Belcanto singing with many of Italy's most respected coaches and directors.

Following her masterclasses with Fabio Luisi & Richard Bonyngé AC, CBE, she was chosen to perform Stravinsky's *Three Songs from William Shakespeare* and the roles of Berta (*Il barbiere di Siviglia*, Rossini) and Angelina (*La Cenerentola*, Rossini).



Our thanks overflow to Hannah Fraser, who included her musical sister Hester, together with Alessio Nulli, Composer and impressive pianist. Hester Fraser sang well-loved romantic music leading up to Hannah's opera arias, and we all reached heights in singing Christmas carols. Hannah, Hester and Alessio's generosity and warmth in giving us a musical evening delighted everyone.

The raffle was opera-themed, a way for people to contribute on varying levels, with operatic experiences prized by winners.

We were fortunate to have this time in Hannah Fraser's busy career of broadcast, national and international touring, operas, education and cross-artform collaborative projects. Our thanks Pamela Alvarez for bringing us all together.

COMING EVENTS

- ✓ WPF Party, Friday March 29th
5 Bennett Ave., Darling Point
- ✓ Bridge and Mahjong Day, Thursday April 11th
12A Crescent Street, Hunter's Hill
- ✓ Literary Lunch (August)
- ✓ Film Event (Mid-September)
- ✓ Symposium on Myth-Busting

SCHOLARSHIP AWARD 2019



Jay Court, giving the vote of thanks for the Awardees

At the National Council of Women's Australia Day Awards lunch at Parliament House on January 24th, the Women's Plans Foundation Award was presented to Jay Court, now entering her second year of the Master of Nursing course in the School of Nursing at the University of Sydney. The Dean of the School of Nursing, Professor Donna Waters, was present to celebrate the occasion.

Jay Court has chosen the nursing profession after seeing great need in her volunteer work in Kenya. After a degree in film and television production and an impressive career creating programs for domestic and international broadcast for The Smithsonian Channel, ARTE France, National Geographic and the ABC, Jay is becoming a nurse because she believes that nurses can play a crucial role in improving women's reproductive rights around the world.

This combination of careers has the potential to bring nursing's contribution into significant planning roles. Jay completed a Control Risk Hostile Environment and First Aid course in Nairobi, Kenya, providing life support, trauma management and kidnap simulation training for journalists working in hostile environments.

THE OBSERVERSHIP PROGRAM

David Gonski AC, FAICD, patron of the Observership program, spoke at the Launch of the 2019 program at the Art Gallery. Aspiring Directors heard how a director's role, its meaningful questioning and dedicated wide strategic thinking, can benefit organisations and the society in which we operate. David Gonski summarised his illustrious career, revealing practical idealism, inspiring many who will serve and learn on boards.

WPF is proud to have an Observer again this year, appreciating the stimulus of a young, keen mind in furthering our range. Georgina Roukis started her career as a solicitor, with experience gained at KPMG and now Qantas, with additional qualification as management consultant.

Already Georgina has forwarded an impressive report, *The Race of our Lives Revisited*, a GMO White Paper by Jeremy Grantham, detailing the human predicament: do we have the capacity to adjust to the accelerating changes in climate and population which are limiting our future? This contains a comprehensive range of graphs on population and fertility which we will find most useful in supporting the work of WPF.

As a volunteer, Jay photographed antenatal classes in a Birth Centre, allowing her to shadow their midwives, witnessing live births.

A placement with a remote Aboriginal Medical Service, including work with implants, has increased her enthusiasm for the difference nursing can make. Jay is completing a summer scholarship program with Associate Professor Julie Leask, Sydney Nursing School, Faculty of Medicine and Health. The project is investigating media representations of parents who choose not to immunize their children.

WPF has asked Jay to speak at an event this year, so that many may appreciate her articulate knowledge, inspiration and advocacy.



CALL FOR VOLUNTEERS

Opportunities exist to volunteer to be part of the WPF team to assist us in extending our capacity to provide family planning as an integral part of overseas aid.

If you are interested in volunteering to assist with fundraising, organising events, communications, administration or if you can help us to increase our supporter and donor numbers on social media please send us an email (WomensPlansFoundation@bigpond.com) or contact Alice Oppen 02 9817 5175 or 0428 866 491.

Would you like make recurrent donations to WPF?

A donation to Women's Plans Foundation is a truly lasting way to make gift of life. When women have the capacity to manage their fertility, it improves their reproductive health and survival; improves gender equity, empowering the women; develops female economic and social resilience; stabilises human population growth; and minimises environmental damage. Your donation will help us provide family planning as an integral part of overseas aid.

Would you like to discuss a bequest to Women's Plans Foundation?

Bequests are a meaningful and lasting way to enable WPF to provide family planning for those in need. By nominating WPF as a beneficiary in your will, you will be growing the capacity of WPF to continue this important family planning work well into the future and towards a sustainable global population. Your gift will be entrusted to the WPF Trust Fund for this purpose.



INVITATION

BRIDGE & MAHJONG

THURSDAY 11TH APRIL 2019, 10.30 AM FOR 11 AM – 3 PM

12A CRESCENT STREET, HUNTERS HILL NSW; STREET PARKING

Supporting reproductive planning as an integral part of overseas aid



Bring friends for social bridge or mahjong. Enjoy welcome coffee and delicious light lunch with wine.

Registration: Meg Milne, Convenor, 0411 699 446, E: evergreencottage24@hotmail.com

Payment: \$60 p.p. at www.WomensPlans.org or to 3 Madeline St Hunters Hill NSW 2110

Please bring your own cards, scorers and pencils. Thank you for your generous support.



PARTY

*with fabulous Live Music
by Goldheist*

PRESENTING WPF AMBASSADOR
HESTER FRASER

DATE: FRIDAY, 29 MARCH 2019

TIME: 5.30 PM

VENUE: 5 BENNET AVENUE DARLING POINT

TICKETS: \$100 PER PERSON [\$60 CONCESSION]

WWW.WOMENSPANS.ORG OR CHEQUE TO WPF, 3 MADELINE STREET,
HUNTERS HILL, NSW 2110 BY 15 MARCH



BOOKING & DONATION FORM

Name Tel. Email.....

Donation \$..... Booking for \$.....

Cash Cheque Credit Card Master Card Visa Website

\$..... Card No Card Expiry/..... CVC

Signature Email

Address (for tax receipt)

**Women's Plans Foundation, 3 Madeline Street, Hunter's Hill, NSW 2110 www.womensplans.org,
WomensPlansFoundation@bigpond.com, ABN 64823 197 874**

Directors: Carolyn Blanden, Joanne Epp PhD, Pauline Markwell, Anya Poukchanski,
Alice Oppen OAM, Dr. Lina Safro, Observer Georgina Roukis.

Events Committee: Emma Challen, Ros Espie, Jenny Hall, Jeannette Kalek, Sue Funnell, Anni Macdougall, Pauline
Markwell, Margaret Milne, Leon Muller, Alice Oppen OAM, Trish Procter

Development: Pauline Markwell, Evaluation: Sue Funnell. Administration: Berna Vural Gok.

Women's Plans Foundation, ABN 64-823-197-874, ACN 608 291 630
3 Madeline St. Hunter's Hill, NSW 2110., Ph. 9817-5175, 0428 866 491