



Moreland City Council

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To Whom It May Concern

## **VICHEALTH AWARDS 2015 - MORELAND COUNCIL SUPPORT FOR THE NOMINATION OF THE WISHIN WOMEN'S WELL BEING PROGRAM**

Moreland City Council is pleased to support the nomination of WISHIN's (Women's Support, Information and Housing in the North) Women's Well Being Program in the following four VicHealth Awards 2015 categories: Improving mental wellbeing, Building health through arts, Promoting healthy eating and Encouraging physical activity.

The Women's Well Being Program provides support and a safe space for women who have experienced multiple trauma, such as homelessness, family violence, ill physical and/ or mental health, social isolation and disengagement from other services. The program provides opportunities for participants to try out activities to enhance their mental and physical well being, e.g. Yoga, Creative arts, healthy lunches.

The Program's recent focus on capacity building involving women's businesses and practitioners in the northern area has facilitated the businesses' ability and willingness to engage with women who have been impacted by multiple trauma and supports Program participants in establishing community connections and overcoming social isolation on their pathway towards healing.

The Women's Well Being Program supports the work of Moreland Council's Family Violence Prevention Strategy 2011-2015. This Strategy promotes a partnership approach to addressing and preventing family violence in the community. WISHIN has been a long-standing member of the Moreland Family Violence Network convened by Moreland Council. The Network currently has eighteen member agencies including Victoria Police, Centrelink as well as local/ regional community organisations providing housing and family violence support, community health, primary prevention, youth and early years services. Please contact May Haeder, Convenor of the Moreland Family Violence Network, if you require further details. Ms Haeder's contact details are 03 9240 2313 or [mhaeder@moreland.vic.gov.au](mailto:mhaeder@moreland.vic.gov.au)

Yours sincerely

Barry Hahn  
MANAGER SOCIAL POLICY AND EARLY YEARS  
12/8/2015

### **Language Link**

中文	9280 1910	Español	9280 1916
Italiano	9280 1911	Hrvatski	9280 1917
Ελληνικά	9280 1912	हिन्दी	9280 1918
العربية	9280 1913		
Türkçe	9280 1914	All other languages	
Việt Ngữ	9280 1915	9280 1919	