



## Values

Women's Health East believes that all women have the right to determine effective responses to their needs.

Our values are to:

*Lead with Purpose*

- Provide a clear direction.
- Help others get things done.
- Set an example by our actions.

*Work Together*

- Respect each other.
- Develop collaborative partnerships.
- Work with communities and organisations across the continuum.
- Celebrate diversity.

*Strive for Equity*

- Use social justice principles.
- Apply fair and just work practices.

## Strategic Direction

Women's Health East, using a social model of health and an holistic approach, aims to protect and promote the independence, health and wellbeing of women through a range of strategies and interventions that encourage and support women in determining their health choices.

## Our Vision

Women's Health East is a Learning Organisation which promotes access to the knowledge, skills and services which enable women to make informed choices about their health and wellbeing.

## Our Philosophy

Women's Health East believes that the health of women is fundamental to the health of society.

## Our Mission

Women's Health East uses Health Promotion principles and practices to work for the health and well being of women in the Eastern Metropolitan Region through advocacy, education, community development, research and capacity building.

## Strategic Programs

*Health Promotion programs*  
to assist, inform and resource women in the community to access knowledge and services.

*Research*

– collection and compilation of statistics and other data for the EMR on gender specific health issues.

*Education and Capacity Building*

– developing learning experience and resource packages to agencies, health care professionals and communities.

*Publishing and information provision* – collecting, writing and sourcing material to enable women to make informed choices for their health issues.

## Capabilities

Community consultation and training, research, information sharing, awareness raising, advocacy and action on women's health issues

Accredited education for agencies, health professionals and the community concerning women's health issues

Health programs to improve women's health and wellbeing and that of their families.

Participation in health, education, policy and research networks at regional, statewide, national and international levels.