



QUEENSLAND WOMEN'S HEALTH NETWORK NEWS



ISSUE 1 | 2020

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Let's talk about

HEALTH & THE ENVIRONMENT



Far from equal

The gendered impacts of climate change in Australia

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On 20 September [2019], hundreds of thousands of Australians marched in solidarity with school students participating in the global climate strike. News outlets and social media streams covered speeches and images from marches across the country. Did you listen to those speeches or look at the images? Girls were in the clear majority in leading and speaking during the strike, and images seem to suggest the same of participation.

There are many possible reasons for this. Perhaps the photographers preferred groupings with more women in them. Maybe girls tend

to make more passionate speeches and wittier signs. Or perhaps women and girls really are energised by the threat of climate change in greater numbers as realisation grows that its impacts will not be felt uniformly across the population.

There is a growing appreciation that climate change is a feminist issue. However, much of the current discussion centres on the gendered impacts in the Pacific region, the impact of Australia's domestic policies, and the role of young Australian women leading the climate strike, and despite both interest and solidarity, there is actually very

little analysis of how climate change impacts will be gendered in the Australian context.

This may be because the issue – and the related concerns of infrastructure, energy, transport and disasters – are far from the usual stomping ground of feminism in Australia, compared for example with sexual and reproductive health rights, ending gender-based violence or economic equity. Given the urgency, now it's time to change that. A few good starting points for the gender lens are decision-making, economic well-being and natural disasters.

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Climate change decision-making

For many feminists, one of the most exciting aspects of the climate strike was seeing young women, including Aboriginal and Torres Strait Islander women, lead the charge. Young Aboriginal and Torres Strait Islander women have also been leading the SEED indigenous youth climate network for climate justice, including participating in the Wangan and Jagalingou Family Council's campaign against the Adani coalmine in North Queensland.

However, while young women's leadership in steering the public debate is a welcome, and indeed a much needed development, the voluntary nature of their work also indicates a gendered-disparity between informal and formal decision-making roles. While Australia's Minister for the Environment cabinet position is currently held by woman MP Sussan Ley, other relevant high-level key portfolios, such as Energy, and Infrastructure, Transport and Regional Development, are held by men. In the states and territories, office of the Minister for Environment is held by men in six out of eight governments.

Key industries related to environmental management and climate change mitigation and adaptation, including agriculture; forestry and fishing; electricity, gas and waste management; engineering and technology; and mining remain overwhelmingly dominated by men, particularly at key decision-making and professional levels. What's more, according to recent data, 66% [of] women report having their voices devalued in STEM careers, and encountering a lack of diversity in leadership, lack of opportunities and pathways to promotion and a lack of visible role models. At the same time, budgetary commitments to support the uptake of STEM education for women and girls have been reduced by the Federal Government.

This gap in Australian climate decision-making reflects familiar problems in the broader Australian workforce: while men predominate in paid professional and implementation roles, women make up the majority of volunteers. Planning for a just transition and climate change adaptation therefore requires a gender lens that accounts for the current gender inequalities.

Economic well-being

The impacts of climate change on employment will be felt very differently by men and women. Job losses as a result of mitigation and adaptation requiring people to move from polluting and unsustainable industries to new work are most likely to occur in industries dominated by men. Women,



on the other hand, are more likely to be economically marginalised and on social security payments, which makes them more vulnerable to the increasing price volatility caused by the extreme weather and uncertain rainfall – which is estimated to boost world food prices by 30% to 50% in the coming decades.

Climate change mitigation and adaptation measures may also increase the cost of living. Energy prices are expected to continue to rise as a result of the shift to sustainable and renewable energy sources, and the associated improvements needed to the infrastructure. The resulting energy poverty has greater impacts on low-income and unemployed households. Women currently dominate the lowest two income brackets in Australia.



The cost of living is likely to have particularly severe impacts on single parents who are more likely to be renting and unable to afford technology such as solar PV, energy-efficient housing and appliances, and who also have one or more children using appliances. Currently, single mother families make

up 81.8% of families led by single parents.

Natural disasters

Climate change is associated with increased prevalence and severity of natural disasters. Recent weeks [as at 3 October 2019] have seen extraordinary bushfires in Queensland and Northern NSW, and much of Eastern Australia is currently facing drought.

Natural disasters have gendered impacts, both in the immediate reaction and in the aftermath. Analysis of Australia's Black Saturday bushfires in 2009 indicates that while women were more likely to want to leave properties, men wished to stay and defend. After bushfires, men suffered significant post-traumatic stress disorder, in turn resulting in increased rates of violence against women.

Disasters may also intensify violence, particularly where women are separated from family, friends and other social supports that previously helped mitigate violence. The breakdown of broader social supports and structures following a disaster may mean that these women are more reliant on a perpetrator for survival or access to services. Post-disaster, women also bear a heavy workload of unpaid work and care in clean up, subsistence and care for children, elderly and the broader community, preventing them from earning wages or delaying or creating barriers to returning to paid work.

The issue also goes beyond gender. Factors such as disabilities, migrant background and language barriers may also reduce an individual's ability to face disasters. As such, it is clear that an intersectional lens on disaster and emergency planning, response and recovery is also needed.

Slowly, some work is being done in this area. In 2014, the Victorian government established a Gender and Disaster Taskforce, consisting of two women's health organisations and Monash University to provide direction and

Continued on page 7

When you've been through a natural disaster, your mental well-being can take a hit. Whether you've experienced a fire, flood, cyclone, storm or earthquake, the toll on your mind can be just as significant as the property damage you can see outside.

It's normal to feel intense emotions after a natural disaster. It's also normal to be numb, like you have no feelings at all. This is your mind's way of dealing with an extraordinary situation. Don't judge — just let yourself feel how you feel.

As you start to recover and rebuild over days, weeks and months, the steps below can help you look after your mind and stay well.

Look after your physical well-being

Your mind and body are connected. We all know what it's like to get 'hangry' when it's been too long between meals, or fidgety if you haven't been outside for a while. Your body still has the same needs, even when you're trying to get over an extreme event.

Try to eat regularly. If you're really busy, setting a timer to make sure you stop for breakfast, lunch and dinner might help. Get healthy meals in when you can, and drink plenty of water every day.

Find a way to get physically active. It might not be possible right now to do the activities you're used to doing, like going to the gym, riding your bike or swimming at the pool, but there are other ways to move your body. You might be able to go for a walk. If you can't be outside, try doing some stretches or yoga. You could even put on some music and have a dance, with a group or alone, to get your heart pumping and release a little stress.

Try to get plenty of sleep. If you can, go to bed around the same time each night and get up around the same time each morning. Don't worry if you're finding it hard to nod off at first — sleep is often disrupted after a big change or event. Your sleep will return to normal with time. The best thing you can do is give yourself a solid sleep routine.

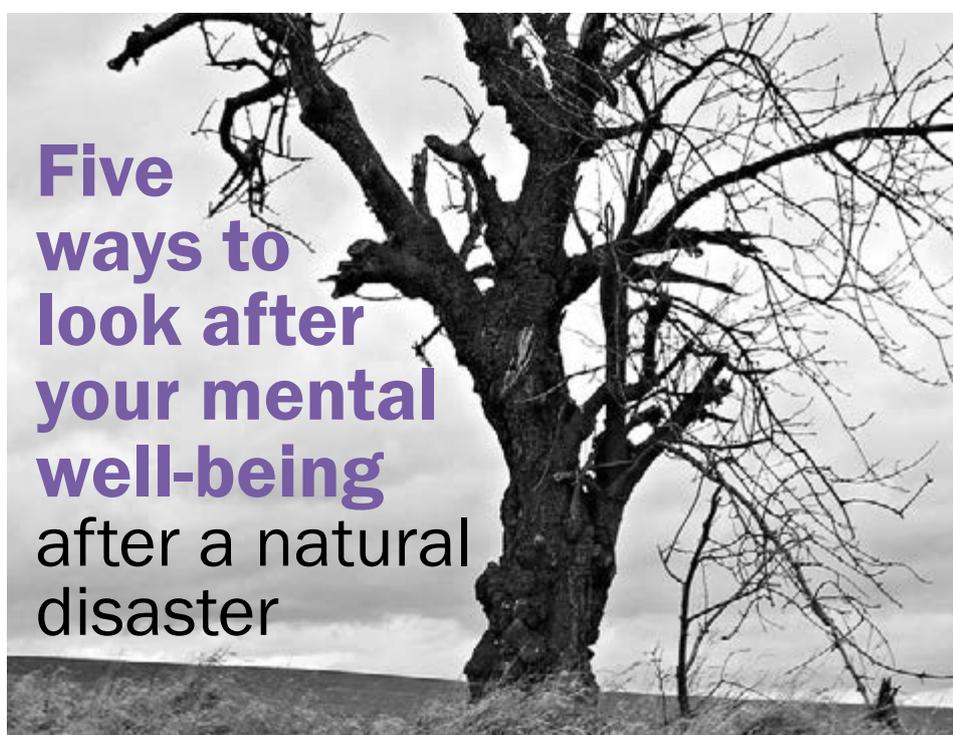
Find a routine

Routine can relieve stress because it helps you feel in control and know what's coming up. Start building routine back into your life with the steps above: eating well, exercise and sleep can all be part of your day-to-day routine.

Are there any rituals from your normal life you can start again? You might enjoy a cuppa early in the morning before anyone else is awake, or writing your thoughts in a notebook at the end of the day. Even things that aren't 'fun', like always doing the washing up at the end of the day, can help you feel more in control and closer to getting back to normal.

Break tasks down into manageable parts

After a natural disaster, it can feel like the list of things you need to do is



Five ways to look after your mental well-being after a natural disaster

overwhelming and really stressful. Even if you want to get on with things as quickly as possible, you can't do it all in a day.

Take big tasks, like 'clean up the house', and break them into smaller ones to tick off one-by-one: move the furniture outside, wipe down the walls, open all the windows. This will help you see the progress you're making and make the next steps feel manageable. It can also help you identify what you can do and when you need to ask for some help.

Switch off

It might feel like you're always watching, hearing or talking about the natural disaster. Turning off the news on the TV or radio, and taking a break from social media, can help clear your head and give you space to think about nicer things.

Even though something bad has happened, you're allowed to take a break and do something you enjoy. Read a book, watch TV, or chat with your family or friends about something totally unrelated. Taking time for you is always allowed, and it can be really important for your mental health.

Talk to someone when you feel ready

Maybe you don't want to talk straight away about everything that's happened. Maybe all you want to do is talk about it! The most important thing is not to bottle up how you're feeling.

There's no right or wrong way to talk about what's going on for you. When you feel ready, find someone to talk with about what's happened to you, how you feel about it, and any hopes or worries you have. It might come up naturally in conversation, or you might need to bring it up yourself.

Seek support when you need it

When you've been through a natural disaster, you can be at a higher risk of developing a mental health condition like depression, anxiety or post-traumatic stress disorder. Given all the upheaval, loss and trauma, this makes sense. If it's been two months or more and you're feeling stressed, overwhelmed, worried, upset, angry or just not like your normal self, it's time to tell someone.

You might start by talking to someone close to you, like a family member, friend or colleague, or you could go to your GP. Even if you don't think you have a mental health condition, speaking with your GP or a mental health professional can help you make sense of your thoughts, feelings and behaviour [...]

If you're not sure if what you're thinking or feeling is normal, Beyond Blue has a list of signs that it's time to seek support after a natural disaster on their website.

If you've noticed you're drinking or using other drugs more than normal, or you're using them to manage how you're feeling, you can get anonymous support 24/7 from ADIS by visiting their website or calling 1800 177 833.

If you think you might harm yourself or others, or you're thinking of ending your life, it's time to seek help from a medical professional now. If you think it's an emergency or someone's life is in danger, call Triple Zero (000) for an ambulance, or head straight to the closest emergency department. The below helplines can offer further support:

Lifeline: visit the website or call 13 11 14
Beyond Blue: visit the website or call 1300 22 4636

Source: Republished under a Creative Commons licence (CC-BY-ND 3.0) from © The State of Queensland (Queensland Health) 1996–2020. See: <<https://www.health.qld.gov.au/news-events/news/look-after-your-mental-wellbeing-health-after-natural-disaster>>.

To address the ecological crisis Aboriginal peoples must be restored as custodians of Country



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THE CONVERSATION

In the wake of devastating bushfires across the country, and with the prospect of losing a billion animals and some entire species, transformational change is required in the way we interact with this land.

Australia's First Peoples have honed and employed holistic land management practices for thousands of generations. These practices are embedded in all aspects of our culture. They are so effective, so perfectly suited to this harshest of continents, that we are the oldest living culture in the world today.

A reintroduction of traditional land management is essential if we want to address the ecological crisis we now face.

Not just 'consultants'

For a little over 200 years, Country in Australia has been predominantly managed without empowering or reflecting Aboriginal and Torres Strait Islander peoples' cultural practices, voices or aspirations.

To meaningfully engage First Nations communities' ways of knowing and interacting with Country, they need to cease being "informants", "actors" and "consultants" which, at best, marginally inform ecological and agricultural imperatives.

The machine of colonisation continues to restrict our involvement in decision-making processes at every level. There are very few areas in Australia where Traditional Owners have succeeded in not only gaining back large land holdings, but also enjoy any real power to significantly maintain and nurture Country.

An example of this can be seen on my own Barkandji Country where in 2015, after 18 years of fighting, Barkandji people were recognised as the Traditional Owners of one of the largest areas ever before granted in a Native Title determination.

And yet, our Barka (the Darling River), our Mother, is now dying. It is poisonous and foul with algae, bone dry in many areas, with millions of fish washing up dead.

The devastation was caused by the gross mismanagement of this precious river by those in power – a destruction wrought through greed. Rights to land, with no rights to water, is a poignant example of our continued disempowerment in managing and caring for our lands in line with cultural obligations.

Our many thousands of generations of careful observations (science) and effective management and custodianship, must see us empowered to lead decision-making. Our community leaders must not only be given a seat at the table, they should set the menu too.

Different mob, different knowledge

Our mobs are extremely diverse, as are our land management practices. But some overarching beliefs sit at the core of our culture, and are important to understand.

First Peoples have a relationship with Country that is loving, reciprocal and engaged. This "kincentric" relationship includes custodianship obligations – often lacking within non-Indigenous views of Country. Instead of being seen as kin – something to be cared

for, listened to, deeply respected and nurtured – Country is seen by many non-Indigenous people as a resource to be exploited and controlled.

Our custodianship of Country, our Law and our vast ecological knowledges are all attached to a place. For each area in Australia, the mob belonging to that place must be engaged, and empowered to speak for that Country.

It's time to stop seeing Aboriginal ecological knowledges as something which can exist separately from the people who are its custodians. Our vast knowledges are embedded in our communities, and always have been.

Aboriginal knowledges aren't lost

When it comes to Aboriginal agricultural and land management practices there is still so much to uncover, adopt and reinvigorate. And there are still many who do not believe in our expertise in this area.

Too many ignorantly perceive our knowledges as lost, or call for elders to hand over their knowledges as a matter of urgency, unaware that our communities still practice intricate systems of sharing knowledge across generations.

The belief that our knowledges are lost harks back to early "scientific" theories which emerged around the time of colonisation, when we were considered an inferior race which would soon die out.

Our knowledges are not lost. We are very much still here, still a living culture. But many of our practices and systems need more resources to reinvigorate them.

The extraordinary lifetime work of

ethnobiologist Dr Beth Gott to reawaken Aboriginal plant knowledge is a brilliant example of this reinvigoration.

Dr Gott took a truly collaborative, respectful and empowering approach to working with Aboriginal communities. This enabled a safe space for Elders and communities to share and create a significant archive of their unparalleled knowledge of the medicinal, nutritional and cultural uses of Indigenous plants in south-eastern Australia.

Agriculture and fire

With temperatures rising, many of our food systems will fail. Introduced grain crops we rely heavily upon may not cope with the fluctuations predicted.

Traditional crops endemic to Australia such as native millet (panicum) and kangaroo grass will perhaps again become staple food sources.

As explored by Uncle Bruce Pascoe in *Dark Emu*, Australian crops are the most nutrient-rich and sustainable crops that can be grown here, requiring little water and no fertilisers. First Nations communities domesticated these crops over thousands of generations, and hold the best knowledge of how to grow them.

Cultural fire management practices are integral to our agricultural practices and are medicine for Country. Their continued reinvigoration will undoubtedly prove an important aspect in land management, protection and healing for all communities.

The recent horrifying and unprecedented bushfires traumatised and

distressed all Australians. The loss of life, both people and animals, and the devastation wrought on Country triggered many calls for Aboriginal management systems to be more meaningfully incorporated.

Empowering and resourcing First Nations peoples' ecological knowledges would help address the effects of climate change on the land, through practices of care and custodianship. But it must not perpetuate well-established systems of exploitation. It must happen in true partnership.

Enacting healing

Finally, making Indigenous cultural practices central to Australia's ecological management could be vital to the process of "truth-telling".

Truth-telling here means acknowledging the complexity and richness of our culture, acknowledging the science we have developed over many many millennia to care for Country, and challenging still-embedded narratives which deny our diversity, our agency and most damaging, our sovereignty.

Truth-telling could not only bring long overdue public recognition of atrocities suffered and their continuing legacies, but could also finally dispense with the lie of peaceful settlement. The psychosis of denial impoverishes us all.

A process to enact a healing would begin a path to enlightened acceptance of our systems of management, opening up new possibilities for coming together to heal and enact vital reparations for



both people and Country. Empower us and our active custodianship of Country and you empower yourselves.

As long as Aboriginal and Torres Strait Islander peoples and communities continue to be disenfranchised with our sovereignty denied, as long as we are excluded from leadership roles in meeting the challenges of climate change, we all stand to lose so much more than we can imagine.

Disclosure statement

Zena Cumpston is a Barkandji woman who works as a research fellow for the Clean Air Urban Landscapes Hub which is funded by the Australian Government via the National Environmental Science Programme.

This article is republished from The Conversation (31 January 2020) under a Creative Commons licence. Read the original article at <<https://theconversation.com/to-address-the-ecological-crisis-aboriginal-peoples-must-be-restored-as-custodians-of-country-108594>>.

Fighting food wastage



food files
with
Jaclyn Coffey
HEART HEALTH COORDINATOR
HEART FOUNDATION

Australian households throw away approximately 3.1 million tonnes of edible food a year. This food wastage not only costs households up to \$3,800 a year, it has environmental costs too. The energy, water, and other natural resources used to grow, transport and sell food are wasted when food is wasted. We can help reduce food waste and make a difference to the environment with simple changes to how we shop, store and cook food, while still following a heart healthy eating pattern.

What are some tips to reduce food waste at home?

- Plan meals before you shop. Use leftovers and food you already have.
- Check your freezer, fridge and cupboards before you shop. Write a shopping list and stick to it.
- Don't put too much food on your plate.
- Freeze leftover meals for when you don't have time to cook.
- Get creative to use up leftover ingredients.
- Store food correctly to keep it safe and fresher for longer.
- Keep track of use-by-dates. Freeze food that you won't use before it expires.
- Add food scraps and spoiled fruit and vegetables to a compost bin or worm farm. Check your local council website for more information.

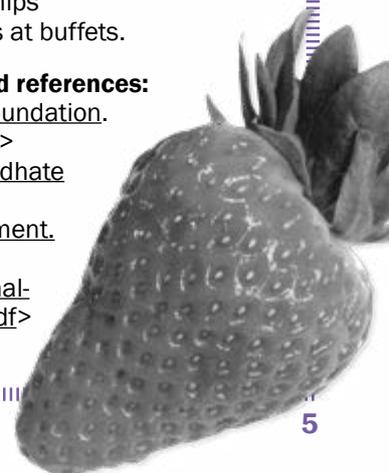
Visit the Heart Foundation website for heart healthy meal ideas and recipes.

How can food waste be reduced when eating out?

- Share meals or ask for smaller portions
- Say no to items you won't eat, like onion in a salad or a side of chips
- Watch your portions at buffets.

More information and references:

<<https://www.heartfoundation.org.au/healthy-eating>>
<<https://www.lovefoodhatewaste.nsw.gov.au/>>
<<http://www.environment.gov.au/system/files/resources/.../national-food-waste-strategy.pdf>>



mouth matters

with
LAURELYN HIGGINS
Registered
Dental Hygienist



Does dental hygiene matter after a natural disaster?

Environmental Health aims to prevent or control disease, injury or disability related to the interactions between people and their environment.

After flooding from a natural disaster, such as the monsoonal event experienced in Townsville in 2019, the risk of becoming ill increases greatly when floodwater is contaminated with sewage, agricultural or industrial waste.

Diseases, including Hepatitis A, and E. coli infections, can spread through contact with infected surfaces.

Since personal hygiene is critical during and after a water-related event, dental challenges can arise with a personal care product – your toothbrush.

- Replace any toothbrushes that have become contaminated, or potentially contaminated, with floodwater.
- Wash your hands thoroughly with soap and clean, warm water before flossing and brushing your teeth.
- Brushing your teeth should only be done with clean water, so follow the advice of your local authorities about whether the water is safe for drinking, washing and brushing.
- A moist toothbrush harbours bacteria, so store your brush upright in an environment that allows it to dry completely.
- Don't let toothbrushes touch each other, and don't share your toothbrush with other family members as you could share germs.
- A sick family member should use a different tube of toothpaste as their brush may pass germs to the rim of the toothpaste tube.

For more information:

<https://www.cdc.gov/oralhealth/infectioncontrol/faqs/toothbrush-handling.html>

<https://www.betterhealth.vic.gov.au/health/HealthyLiving/After-a-flood-returning-home-safely>



what's on?

Important Events and Conferences

Find us on

Important Notice: The following events may be subject to change or cancellation due to the COVID-19 situation. Please visit the respective websites for the latest information.

27 MAY – 3 JUNE 2020 **NATIONAL RECONCILIATION WEEK**
The 2020 NRW theme is 'In This Together'.
FOR INFORMATION: <<https://www.reconciliation.org.au/>>.

29 JUNE – 2 JULY 2020 **2020 ASIA-PACIFIC MINISTERIAL CONFERENCE ON DISASTER RISK REDUCTION (APMCDRR) — BRISBANE**
The APMCDRR will be convened by the United Nations Office for Disaster Risk Reduction (UNDRR) and hosted by the Australian Government.
FOR INFORMATION: <<https://www.unisdr.org/conference/2020/apmcdrr/home>>.

women's health on the net



GENDER & DISASTER POD

<https://www.genderanddisaster.com.au>

The Gender & Disaster (GAD) Pod is an initiative of two Victorian Women's Health organisations, Women's Health Goulburn North East (WHGNE) and Women's Health in the North (WHIN), working in partnership with the Monash University Disaster Resilience Initiative (MUDRI).

The GAD Pod was formally established in 2015 to promote an understanding of the role played by gender in survivor responses to natural disaster, and to embed these insights into emergency management practice.

3 SIMPLE STEPS TO GET READY QUEENSLAND

<https://www.getready.qld.gov.au/get-prepared/3-steps-get-ready>

When it comes to extreme weather events in Queensland, it's not a matter of 'if' but 'when'.

Queensland is the most natural disaster impacted state in Australia, exposing our communities and infrastructure to repeated damage.

As Queenslanders we understand the impacts from natural disasters can range from minor inconveniences through to alarming scenarios.

You can't control the weather or when the next disaster will hit Queensland, but you can be aware

2020
INTERNATIONAL YEAR
OF THE NURSE AND
THE MIDWIFE

Investing in nurses
and midwives

improves health, promotes
gender equality and
supports economic growth.

#Nurses2020 #Midwives2020

Logos for World Health Organization, Nursing Now, and other partners.

and prepared. Get Ready Queensland helps you to take the steps to protect what's most important to you.

Visit the website to download the '3 Steps to Get Ready' booklet and other information to simplify disaster preparedness.

Source: Based on © The State of Queensland 2019 (CC BY 4.0)



Always Was, Always Will Be.

IMPORTANT NOTICE, 18 March 2020: The National NAIDOC Committee has postponed NAIDOC Week 2020 (5–12 July) in the interest of safety for Aboriginal and Torres Strait Islander communities during the COVID-19 situation. Visit <<https://www.naidoc.org.au/>> for information regarding the new date.

The NAIDOC 2020 theme — Always Was, Always Will Be.— recognises that First Nations people have occupied and cared for this continent for over 65,000 years. NAIDOC Week 2020 [...] is an opportunity for all Australians to come together to celebrate the rich history, diverse cultures and achievements of Aboriginal and Torres Strait Islander peoples as the oldest continuing cultures on the planet.

Always Was, Always Will Be. acknowledges this nation’s story began at the dawn of time and didn’t begin with documented European contact.

NAIDOC 2020 invites all Australians to embrace and acknowledge the true history of this country — a history which dates back thousands of generations.

The very first footprints on this continent were those belonging to First Nations peoples and we have maintained ongoing spiritual and cultural connections to the land and sea.

All Australians should celebrate that we have the world’s oldest oral stories and that our First Peoples engraved the world’s first maps, made the earliest paintings of ceremonies, invented unique technologies and built and engineered structures that predate well-known ancient sites such as the Egyptian pyramids or Stonehenge.

Aboriginal and Torres Strait Islander people were Australia’s first explorers, our first navigators, first engineers, first farmers, first botanists, first scientists, first diplomats, astronomers and artists.

It’s about seeing, hearing and learning the 65,000+ year history of this country — a country that was criss-crossed by generations of brilliant Nations.

For further information on the NAIDOC 2020 theme please visit: <<https://www.naidoc.org.au/get-involved/2020-theme>>.

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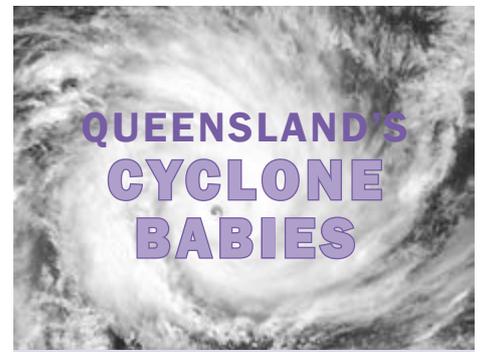
‘Far from Equal’ continued from page 2

leadership to reduce the compounding effects of gender on disaster impacts. This Taskforce was funded by the Australian Government in 2016 to develop national Gender and Emergency Management (GEM) guidelines, but the guidelines are yet to be integrated into national policy emergency recovery policy documents. In addition, Australian state and territory and national emergency recovery plans remain largely gender-blind to both women and LGBTIQ-identifying people.

So what are the next steps? Climate change will impact people differently depending on their gender, as well as

Aboriginal and Torres Strait Islander people, those in rural, regional and remote areas, people with disability, migrant and refugee people, and LGBTIQ. For women in these intersections, their experiences of economic vulnerability, violence, and discrimination are likely to be different yet again because of the specific ways gender inequality intersects with other forms of discrimination.

We need an intersectional gender analysis across all portfolios related to the climate, particularly the Departments of Environment and Energy, Infrastructure, Transport, Cities and Regional Development, and Industry, Innovation



Were you pregnant during a Queensland tropical cyclone in the last 10 years?

A team of researchers from the Australian National University want to hear from you!

Women are particularly vulnerable to the stressors caused by natural disasters but this means they can also contribute the most to building climate risk resilience. Your survey responses will allow us to better understand:

- how cyclone events impact human health and pregnancy experience,
- what influences risk perception during a disaster,
- what contributes to effective post-disaster recovery.

TAKE THE SURVEY

<https://anu.au1.qualtrics.com/jfe/form/SV_etcHlbuHV23LLSZ>

MORE INFORMATION

More information on this research and mental health support services, available at www.cyclonebabies.wordpress.com

The ethical aspects of this study have been approved by the ANU Human Research Ethics Committee (Protocol 2019/062).

We acknowledge Aboriginal and Torres Strait Islanders as the traditional custodians of this land. We pay our respects to Elders, past, present and emerging.

Source: Text provided by researchers from Australian National University. Reproduced by permission.



and Science. These areas have thus far largely been blind to the effects of gender and intersectional disadvantage in the policy analysis, but for all our sakes, it’s time for this to change.

Romy Listo

Project Coordinator, Equality Rights Alliance
Romy Listo is a PhD student in the School of Social Science and the Energy & Poverty Research Group at the University of Queensland.

Helen Dalley-Fisher

Helen is the Project Manager of the Equality Rights Alliance, Australia’s largest network of organisations working towards gender equality in Australian Federal policy.

This article was originally published on BroadAgenda on 3 October 2019 (CC BY-ND 4.0). Read the original article at <<http://www.broadagenda.com.au/home/far-from-equal-the-gendered-impacts-of-climate-change-australia/>>.



Women With Disabilities Australia (WWDA) have launched a new website for all women and girls with disability living in Australia. The new website, Our Place, has been created by women and girls with disability for

women and girls with disability. Over 100 women with disability across Australia have directly contributed to the design and development of the website.

Our Place provides practical resources and information across five main areas:

- Human rights
- Leadership and participation
- Decision making and choices
- Sexual and reproductive health and rights
- Safety from all forms of violence.

Our Place also showcases real stories from over 40 women with disability from across Australia.

Visit: ourplace.wwda.org.au

Source: Promotional items by Women With Disabilities Australia (WWDA) <<http://wwda.org.au/help-promote-the-launch-of-our-place/>>.

NEXT NEWSLETTER THEME

'Women's health & COVID-19'

DO YOU OR YOUR ORGANISATION HAVE EXPERTISE IN WOMEN'S HEALTH?

Share your insights with over 450 health & community organisations and women in Queensland.

We welcome your article ideas and other non-profit submissions.

Contact us as soon as possible at coordinator@qwhn.asn.au to obtain full submission guidelines.

DEADLINE: 22 MAY 2020

QUEENSLAND WOMEN'S HEALTH NETWORK INC

Ph: (07) 4789 0665
PO Box 1855, Thuringowa BC QLD 4817
Email: coordinator@qwhn.asn.au
Website: www.qwhn.asn.au

CHAIRPERSON & Nth Qld Representative: Dr Betty McLellan
TREASURER/SECRETARY & South Qld Representative: Karin Cheyne
Central Qld Rep: Bronwyn Patton
West Qld Rep: Aunty Peggy Tidyman

HAVE YOUR SAY...



We welcome your feedback and suggestions for topics you would like to see in future editions.

Please contact the QWHN Coordinator Maree Hawken on (07) 4789 0665 or email: coordinator@qwhn.asn.au

QWHN respectfully acknowledges the Traditional Custodians and Elders of this nation.

Find us on

Funded by



Newsletter content is provided for information purposes only and is not a substitute for your health professional's advice. Opinions expressed by article contributors do not necessarily reflect those of the QWHN. Copyright remains with each author.



Queensland delivers on disability inclusion during disasters

Disaster preparation is set to become more inclusive in Queensland, thanks to the launch of new risk reduction resources to help people with disability be prepared for when disasters strike.

Minister for Communities and Minister for Disability Services and Seniors Coralee O'Rourke launched the Disability Inclusive Disaster Risk Reduction Framework and Toolkit on 3 December 2019.

"I'm delighted to launch these important resources today, on International Day for People with Disability, as they will pave the way to help Queenslanders with disability, and the organisations that support them, be better prepared for future disasters," Mrs O'Rourke said.

"We live in one of the most disaster-affected states in Australia, and a lot of our resilience during and after a severe weather event or natural disaster can depend upon how prepared we are beforehand. While more Queenslanders are becoming well-versed in disaster preparation, studies show that people with disability are twice as likely to find themselves socially isolated during

disasters. That is why it's imperative we support them in their preparations and assist them in becoming more resilient."

Mrs O'Rourke said the Disability Inclusive Disaster Risk Reduction Framework and Toolkit were created through extensive consultation with Queenslanders with Disability Network, Community Services Industry Alliance, and the Centre for Disability Research and Policy at the University of Sydney.

"Both the framework and toolkit are available for free online, and I would encourage every emergency manager and community services worker to download the resources and discover how they can assist their communities to thrive."

For more information and to download the Disability Inclusive Disaster Risk Reduction Framework and Toolkit, visit: www.collaborating4inclusion.org.

Source: Based on Media Statement by The Hon. Coralee O'Rourke, 3 Dec. 2019. © The State of Queensland (Department of the Premier and Cabinet) 1997-2019. See the full statement at: <<http://statements.qld.gov.au/Statement/2019/12/3/queensland-delivers-on-disability-inclusion-during-disasters?>>.

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