

The WPF Alert

February 2018

How long will your donation keep working? Family planning is the most fundamental way we can meet global pressures, enabling women to play a full role in a world with a sustainable population.

Public Support

WPF entered a competition in Grill'd Local Matters at Macquarie Centre and won \$100 through customer support of our cause. Photo: Lynne Metcalfe, Alice Oppen, Pauline Markwell, Anni Macdougall.



WPF Events in 2018

Literary Lunch with Cate Kennedy, Woollahra Sailing Club, April 6th.

Bridge & Mahjong Day, in a beautiful Hunter's Hill home overlooking the river, April 19th.



Announcements to follow:

- **Winter Symposium**
- **Winter Film Event**
- **Spring Twilight Fling** at a private residence

Joining with Others

Sustainable Population Australia's 'Partnering: Strength through Alliance'

This event will explore how joint efforts benefit advocacy in population issues. Guest speaker will be WPF's Alice Oppen on the affirmative contribution of family planning. All welcome:

Saturday 24 February, 2-5 p.m., 280 Pitt Street, Sydney.

UN Women's International Women's Day Breakfast: Friday 9 March:

Australian Doctors International will join the WPF table.

How much fun can we have while helping women overseas to claim their full lives?

Articles Inside

What Donations Do pp. 2, 3

At the end of 2017, WPF made grants totaling \$100,000, allocated among four overseas aid organisations. We appreciate their generosity in informative reports, briefings, speakers and photos. Pages from WPF FY2017 Annual Report.

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FUNDING PROJECTS



MARIE STOPES INTERNATIONAL

In Cambodia, Women's Plans Foundation in 2017 – 18 is supporting a project to:

1. Increase access and uptake of SRH/FP information and services amongst young people;
2. Improve youth-friendly SRH/FP service provision by training service providers and call centre counsellors; and
3. Strengthen referral networks for young people to access age appropriate and voluntary Sexual and Reproductive Health/ Family Planning counselling and services.

The project expects to reach 6,000 young people and garment factory workers (GFW). A large population of young women is employed by the garment factory and services industry. Women make up an estimated 90 – 92% of the garment factory industry, accounting for 700,000 workers. Most are typically under 24 years, unmarried and with low levels of education. In PNG, Women's Plans Foundation continues to support Marie Stopes PNG to reach marginalised individuals and communities through its mobile outreach program, increasing access, choice and uptake of modern methods of family planning.

CHILDFUND

In 2017, Women's Plans Foundation is supporting the development and delivery of the Sexual Health Rights and Respectful Relationships Education module for use in PNG schools, with out of school youths and in communities.

The module aims to increase confidence, knowledge and skills to think critically about, address and seek help for gender, violence and sexual health issues.

This project builds on ChildFund PNG's existing work in schools and the provision of Gender Based Violence services in Central Province and the National Capital District of PNG including a project that Women's Plans Foundation supported in 2016: *ChildFund's Sexual and Reproductive Health Rights Services for Youth and their Communities*.

Women's Plans Foundation also supported ChildFund projects in Vietnam for many years and in Laos and Myanmar more recently.

FUNDING PROJECTS

CARE

CARE's Safe Motherhood project in Timor-Leste integrates many benefits through the strategy of Mothers' groups providing vital information and support. CARE has helped set up mothers' groups in 43 hamlets across nine villages, which now include 567 women members.

These groups are an invaluable way for families to get accurate information about family planning and health. The groups are led by women who are trained by CARE staff, and use their training to also lead health education sessions in their communities.

INCREASE IN FAMILY PLANNING

"During the monthly mothers' group meetings, the CARE project team has run regular sessions around family planning, covering topics such as contraception and spacing out births.



Birth spacing is a key contributor to improved maternal and child health and survival. A recent survey of mothers' groups found that 41 per cent of members are now using family planning, compared with just 28 per cent at the start of the project."

AUSTRALIAN DOCTORS INTERNATIONAL

Women's Plans Foundation is delighted to add Australian Doctors International to its group of funded partners in 2017. Our funds will be used for ADI's Family Planning project in Papua New Guinea.

Using a variety of funding sources ADI will dedicate an in-country skilled family planning co-ordinator based in Kavieng to work in rural and remote areas where over 85% of the PNG population lives.

The family planning co-ordinator will support existing Provincial Services in New Ireland, Western Province, and West New Britain to achieve the following three goals:

1. INCREASE AWARENESS of family planning and education in the community.
2. TRAIN HEALTH WORKERS in modern family planning methods.
3. INCREASE ACCESS to modern family planning services (including commodities).

More information about the organisations we fund, their projects and what they have achieved can be found at:

womensplans.org/overseas-partners

ERIN LAW'S SURVEY

Erin Law was our scholarship Awardee for the National Council of Women's Australia Day awards in 2010. As a student, she wrote of her interest in enabling women to develop strategies regarding their own reproductive health.

Now working overseas, Erin has sent us "Erin Law's Survey", her initiative to celebrate International Contraceptives Day in September 2017.

I wanted to know about women's experiences with contraceptives. Women like me. So I asked them.

I sent this out to 22 women from over 7 countries and got 31 responses. The stand out? Women's experiences with contraceptives are both unique and universal.

Here are selected gems, for sharing on International Women's Day in 2018. Erin, you justify us all.

"Contraception is freedom for me - it's that simple."

"The advice I've been given in different countries varies quite a bit, I guess by cultural preference to some extent, but also because of which drugs are govt. subsidised. This means that I don't trust recommendations especially when a nurse is pushing me towards a particular device. More information and more comprehensive information (including the science which women can be trusted/expected/supported to understand) comparing different options in the same terms would help for making more informed and individualised choices."

"I also think living in Africa for the past three years, in the context of high HIV/Aids prevalence, the conversations for people working in this space are far more open and frank, in and out of the work space, and traverse sexuality, desire, diverse sexual practices - I realise there is a need to be far more open almost as a counterpoint to some of the challenging conservatism - and to talk about how desire and lust interplay with and challenge the safe sex conversation - it is just not that simple sometimes and here, access is a massive issue. We need to open up the conversation beyond options and talk more about human sexuality and all its nuances."

"TOTALLY saved my ass. Birth control, condoms, Plan B [morning after emergency contraception] you name it, without contraceptives I would possibly be a mother by now (which is terrifying and my hands shook typing that)."

"Better knowledge of women's health clinics when I was young would have been amazing."

"On our first time having sex, my boyfriend at the time said he would be extra safe and put on two condoms at one time...and who was I to know that it was quite the opposite."

"Planned Parenthood was a saviour when I was in high school and wanted contraception but didn't want to talk to my parents about it. Its continued funding is essential and this option should continue to be disseminated to teenagers."

"The most terrifying thing I read recently was that veganism/extreme dieting is a cure for heavy periods -- which are apparently caused by a meat-heavy diet as women should only ever have very light or no periods at all if they are "healthy" ... WTF?!"

"I changed from the pill (which was messing me up emotionally) to the temperature method (in prep to start trying in a year's time) - 3 months in and I was pregnant - a happy accident but it really made me realise how little we know about our bodies and how little we tune it to them. Also why is managing lust/desire never part of the instructions with these things?!"

"They allowed me to be in control of my life. I can't imagine having a fulfilling sexual life without them. Contraceptives gave me the freedom to be sexually active and adventurous and not have that hinder my health, education or personal goals."

More gems from Erin Law's Survey -

"I am waiting for the day that hormonal contraceptives are available for men as well - that way couples can make a choice based on medical history, the way it affects their health and libido, etc., not put the onus on women only to prevent pregnancy in this way."

"(I wish I had known) that everyone else was using them too. That to use contraceptives between the ages of 15-22 is not unusual, rather, responsible. That there are any different options and what works well for your life may change through the different phases of your life."

"I once believed a guy when he told me he took a male contraceptive pill so we didn't have to use protection. I told him I didn't realise it was being used yet, and he was like, "Yeah it totally is". Then I said I wanted to use a condom anyway because of STIs. Rained on his parade. But I still had sex with him. I need a contraceptive pill for bad taste."

If you got this far, remember how much you wish you knew and plan to talk to a young woman (or man) about it today.

Here are few organisations to check out:

International Planned Parenthood Foundation: <http://www.ippf.org/>

Marie Stopes <https://www.mariestopes.org/>

Pathfinder International <http://www.pathfinder.org/>

Family Planning 2020 <http://www.familyplanning2020.org/>

World Contraception Day: <https://www.your-life.com/en/contraception-methods/#methods->

What can words do?

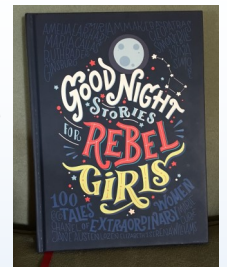
The ***oh, that's all right then*** award goes for the Trump Erasure Effect:

From the Guttmacher Institute, NYC we hear that "News outlets are reporting that the [Trump] administration instructed the government Centre for Disease Control not to use the words 'vulnerable', 'entitlement', 'diversity', 'transgender', 'fetus', 'evidence-based' and 'science-based' in its budget request for next year."

U.S. Government employees in policy development and diplomacy are retiring early, not replaced, effecting a similar erasure of existence. No problem?

Good night stories for rebel girls

For girls from 8 to 80, these one-page stories of one hundred remarkable women around the globe startle and delight. From Cleopatra to Hilary Clinton to Malala Yousafzai, from scientists to journalists, these one-page stories show that determination is a female quality. Its authors Elena Favilli and Francesca Cavallo's latest innovation is Timbuktu Labs, committed to re-defining the boundaries of children's media, with 2 million users in more than 70 countries, 12 mobile apps, and 7 books, Timbuktu is building a global community of progressive parents.



www.timbuktu.me

Is it an Emergency?

RESCUE

Imagine the morning after being raped. Rape is a weapon of war, genetic invasion.

Or **imagine** life as a young girl in a refugee camp, with frustrated men penned in for years. Coerced or cornered, will your life end in premature pregnancy?

There is a **hormone pill** which affects ovulation, if taken within a few days of sex, so that pregnancy does not occur. Emergency contraception. Simple? It could be.

FINDINGS:

The barriers to access of EC (Emergency Contraception) are formidable. While some countries politically support contraception, regulators may not have actually registered Emergency Contraception medication for use.

Women and girls in the 22 countries of greatest need know very little about contraception, and lack of knowledge is shared by many providers. Providers in one study assumed that women would not want EC, but this was disproved in focus groups when women were given information about how it works.

But where it is available, stock-outs are common! In Jordan, doctors are permitted to prescribe it for Sudanese but not for Jordanians, so many doctors don't risk prescribing it at all. Pharmacists are blocked from internet information on EC, but, given information about it, said they would be willing to sell it. Speed is vital for women who have not had access to contraception, have had unprotected sex, and want to avoid another child or abortion. The ICEC aims to mainstream EC, to strengthen understanding, supply and access before a crisis hits. Then the aim is to transition from crisis setting to sustainable development systems.

WOMEN'S PLANS FOUNDATION agrees that Emergency Contraception has an important role for vulnerable women and girls. Knowledge of the developing array of contraceptive methods available can give power to women to direct their own lives.

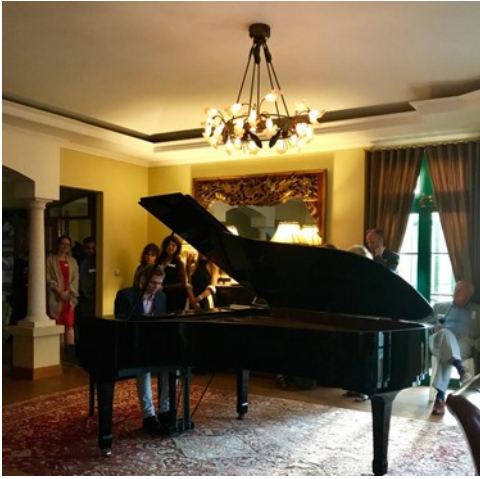
PERPETUAL PREGNANCY AFFECTS IDEAS OF WHAT WOMEN ARE AND CAN BE

Women who can control child-bearing continue education and show that women have the capacity for full, constructive involvement in societies and governments. Today's unwanted pregnancies may become a refugee surge tomorrow.

New technologies can bring long lasting contraception for women in rural areas. Where there are women who need to be freed from more pregnancies than they can bear, in this world of population crises and climate crises, how can we not link understanding with action?

Twilight Fling 2017

Guest speaker, Walkley Award journalist Monica Attard, gave most interesting insights on women's rights and sexual health especially in Russia - amazing that Russia led the world at one stage. Dr Lina Safro and her family provided not only the superb venue overlooking Sydney Harbour from Watson's Bay, but also very talented musicians among their family and friends at the WPF October event. Ros Espie gave the WPF talk, as Alice was just out of hospital.



Hostess Dr Lina Safro's sons played glorious jazz during the first hour and then the virtuoso Stephan played Chopin to entranced guests.



Guests — Clinical Associate Professor Deborah Bateson, Dr Irina Chernyak, Dr Laura Kosec.

While magic isn't easy, Lina Safro, Pauline Markwell and many others created an evening to remember. Anni Macdougall's themed gourmande's raffle was a key feature.

Our thanks to raffle sponsors—Bennelong at Sydney Opera House, Apollo, Bistro Rex, Chester White Diner, CHO CHO San, Fratelli Paradiso, Longrain and Spicers Luxury Boutique Hotel. The silent auction featured Stedman's Fine Jewellery.

Because food and wine were generously donated by Juju Kalek, Lowe Wine and others, and because WPF's Board, Committee, and supporters contribute talent and much time, these fundraising functions raise much practical empowerment for our neighbours overseas. Over \$21,000 was raised. Thank you!

WPF LITERARY LUNCH with acclaimed Australian author, Cate Kennedy

Friday, 6 April, 12—2pm; Woollahra Sailing Club, 2 Vickery Ave, Rose Bay.

\$60 p.p. by 29 March at www.WomensPlans.org. Parking available.

Convenor: Lina Safro 0412303745; Isafro@bigpond.net.au

The World Beneath won the People's Choice Award, NSW Premier's Literary Awards in 2010.

Cate graduated from University of Canberra and has taught at several colleges, including The University of Melbourne.





2018 INVITATION
BRIDGE & MAHJONG
AT HUNTERS HILL



THURSDAY 19TH APRIL 2018, 10.30 AM FOR 11 AM – 3 PM
12A CRESCENT STREET, HUNTERS HILL NSW

Supporting family planning as an integral part of overseas aid

Bring friends for social bridge or mahjong. Enjoy welcome coffee and delicious light lunch with wine.
\$50 per person. Payment by 5 April 2018 at www.WomensPlans.org. Street parking available.
Bookings: Meg Milne, Convenor, 0411 699 446, email evergreencottage24@hotmail.com



BOOKINGS & DONATION

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Donation \$..... Cash Cheque Credit Card Master Card Visa PayPal on WPF website
Booking No. persons Bridge @ \$50 \$..... Literary Lunch @ \$60 \$ Total \$
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