



The WPF Alert



February 2023

Do you have great ideas? The charity sector needs you.
Rapid change, distances between us, AI or real people....
Tell us your ideas, join us to help the world solve its problems.
“If not now, then when? If not me, then who?”

FFP2030 is pleased to announce the launch of the new digital FP2030 Measurement Report. 2022 marked the 10-year anniversary of the pivotal London Summit that galvanized the family planning movement, and a decade later, the latest data shows demand for contraception has continued to grow. In 2021, the use of contraception averted more than 141 million unintended pregnancies, 29 million unsafe abortions, and almost 150,000 maternal deaths. Today, an estimated 371 million women are using a modern method of family planning, 87 million more than over a decade ago.

“The demand for family planning is real,” according to FP2030 Executive Director, Dr. Samukeliso Dube, “[it’s] a natural result of women’s desire to control their own bodies and shape their own destinies. Women and girls seek out modern contraception because it is the key that unlocks their lives.”

[Note from Editor: The population has increased by 84 million, so we’re 3 million ahead in provision of contraception, but there are still more people on earth than ever.]

Experience the Symposium online! <https://www.womensplans.org>



Introduction

Today around 214 million women in developing countries want to avoid pregnancy but lack access to family planning and contraceptives. All women and girls have the right and must have the means to plan their own lives including when and whether to have children.

By enabling individuals to choose the number and spacing of their children, family planning dramatically improves the health prospects of women and their children, improves the opportunities of women and girls to seek and continue education, fosters empowerment and economic activity, reduces poverty and, by reducing population, improves the sustainability of life on Earth.

WPF objectives

Women's Plans Foundation (WPF) is a charitable trust raising funds for family planning as an integral part of overseas aid programs. These funds are primarily used for grants to organisations that deliver high quality family planning services and facilitate take-up of modern contraceptive methods. The overriding purpose of WPF's grants is to make contraceptives available to people who have limited or no access to family planning services and to provide education about and advocacy for family planning.

Types of organisation that can apply

Non-Government organisations that can apply must be DFAT accredited. It is an Australian Government requirement that WPF donate only to Deductible Gift Recipients registered in Australia.

Priorities

Geographical

Projects in the Asia Pacific area are our priority because:

- More than 50% of 10 year olds on Earth, the source of the next generation, live there. Countries with larger cohorts of 10 year olds tend to be poorer[1].
- We have commitments to our immediate neighbours
- We do not want to spread our limited resources too thinly.
- As the most disaster prone area in the world, Asia Pacific presents particular risks. Amongst the humanitarian impacts of disasters and conflict are those relating to reduced access to contraceptives.

What is the most fundamental way we can change the trajectory of the world? 8 billion of us now are kicking into climate heating, nearly quadrupled from the 2.2 billion sharing the planet when I was born. There is no way the climate crisis can be averted without dealing with the population crisis.

What can we do? The most fundamental way we can give is to share our ability to plan, and to live within our planet. Where contraception is available, population numbers reduce. Population levels can be decided by women's natural, thoughtful choice, not by disaster.

Access to modern contraceptives can save millions of women from the burden of additional children, can save girls from marriage at puberty, can enable education before commitment. We can provide women with the contraception they need to be enterprising and at the same time provide the solution to the world's overburdening.

Women's Plans Foundation raises funds to give grants to deliver family planning information and services in the Asia Pacific region. Our voice and our grants are needed more than ever.

In PNG, Timor Leste, Cambodia and Laos, the NGOs who deliver family planning options are freeing women from men's assumption that women exist to bear children. Hierarchical, patriarchal branches of religions need to reassess their limitation of women. Stewardship over earth? Sheer numbers and use of land are heating the planet beyond crucial tipping points.

Everyone's voice must cry out against sea level rise, against the fossil fuel consumption that is ruining the world of everyone.

Land-clearing, crowding in cities, climate catastrophies, pandemics -- all are connected and interactive and impacting. What can we do to contribute to a holistic, responsible civilisation? Women's Plans goes to the heart.

Overseas aid in family planning is key to dealing with the 80% of the world's involuntary increase occurring in stressed, poverty-trapped countries. Overseas aid is our outward reach.

Will you help us to share this vital outreach?

**Would you like to be part of this community of interest?
Help us grow and learn each new generation's ways of activating
for a cause.**

Add your talent to a mosaic and make a difference.



The National Council of Women held their annual Awards lunch on January 23rd, and WPF was proud to present our Award to Loretta Musgrave, who has connections with both the University of Sydney and UTS. She is pictured here with Angeline Low, Penelope Fotheringham and Alice Oppen, and with Alice Oppen and Her Excellency the Honourable Margaret Beazley



LORETTA MUSGRAVE
Obstetrics, Gynaecology and Neonatology
The University of Sydney



Loretta is a registered midwife and nurse who has recently submitted her Doctoral thesis entitled Evaluation of mHealth apps for women of reproductive age: generating evidence to inform best practice. Her thesis is a series of studies looking at the evidence surrounding the use of mobile phones as an intervention in both preconception and pregnancy. Mobile phones have been used widely in low-middle-income countries for public health messaging and primary health care.

They can help reach those women who are less likely to engage in traditional preconception (family planning) and pregnancy care and can help address barriers such as poverty, lower education attainment, and intimate partner violence which are factors commonly associated with unintended pregnancy, pregnancy loss, and poor pregnancy and newborn outcomes.

Loretta completed her Bachelor of Nursing in 1995 and her Graduate Diploma in Midwifery at The University of Sydney (1999). Since 1998 Loretta has provided midwifery care at the King George V Hospital and the Royal Prince Alfred Hospital. Loretta completed her Master in Education (Adult Education) at the University of Technology Sydney and has used her skills in educating parents, and midwives, developing pregnancy app content and performing regulatory assessments for the NSW Nursing and Midwifery Council (NMC)

Since 2019 Loretta has been the Graduate Diploma of Midwifery Course Director and Lecturer for the Midwifery programs at UTS Faculty of Health while continuing consultation for NSW NMC. Her current research includes projects with the South West Aboriginal Medical Service in WA, a collaboration with the charity Best Beginnings in the UK and a study examining how women experience working through medically-induced menopause.

She has also presented at many conferences and symposia and authored several scholarly publications. Loretta strives to provide evidence-based education to her students and prepare them to provide safe and culturally appropriate care and support for all women seeking preconception, pregnancy, and neonatal care.

The aims of the Foundation from the NCW program:

- To promote a family planning component in overseas aid programs
- To bring an enabling power to all women
- to ease world population pressures thus evolving towards sustainability and peace.

Women in Australia gain the ability to plan the number and spacing of children and know there are many ways to contribute to society. This is an ongoing work. Women in third world countries, especially, welcome this knowledge. Through the Foundation, we can share with all women who need to space and choose the number of their children, thus improving health and communities.

Boiling Frogs,

excerpts from an article in The Overpopulation Project by Brad Meiklejohn

There is a common myth that frogs won't jump out of gradually heated water, allowing themselves to be cooked to death. But frogs are far smarter than people: they do jump out.

How is it that we are dumber than frogs? In the span of a hundred years, the number of people on Earth has quadrupled, from two billion to eight billion, the latest billion added in only eleven years. This slow-motion disaster used to garner headlines in the 1970's. Concern about population explosion launched the first Earth Day and founded many environmental groups. Back then there was urgency about human overshoot. But then we gained another four billion people and somehow lost our minds.

It is fashionable these days to claim that overconsumption in the developed world, not overpopulation of the entire world, is the real problem. Yet overpopulation and overconsumption are joined at the hip, literally. Pick any country and consider the consumption of a family of eight in that country versus a family of four in the same country. Math matters: more people consume more stuff, regardless of where they live. Yes, per capita consumption is higher in some countries than in others. The last thing the world needs is more Americans [eg affluent countries], but the second to last thing the world needs is more people.

The impact of too many people goes far beyond mere consumption. More people take up more space, kill more things, clear more land, build more roads, erode more soil, appropriate more habitat, make more noise, burn more stuff, dam more rivers, make more heat, and dump more crap everywhere. If you think that overpopulation is not a problem, you need to get out more.

How do we get out of this boiling water? We don't have to accept as inevitable another billion people in the next decade, another two billion by mid-century.



Our hosts, Paul and Ros Espie, again provided a superb venue for our end of year celebration, with indoor and outdoor areas blending for a delightful summer evening.

People expressed great pleasure at being able to be a community of interest again, in party mode. Pauline Markwell (pictured giving speech) organised a Directors' Hamper and other raffle prizes to add interest and profit.



Tribute. February 22, 2023

Pauline Markwell has given her utmost for WPF over the past eight years. Her considerable talents and charm have contributed greatly to the fundraising events and the developing field of communications.

Pauline was Director of The Royal Botanic Gardens Foundation Sydney for seven years, fundraising for many initiatives concerning conservation, biodiversity, cultural and educational projects. Previously, she had been Director of Communications and Marketing at the Botanic Gardens.

Pauline's involvement with Women's Plans Foundation combines her commitment to help and support women, and her concern about global population and environmental sustainability.

We wish Pauline well in the croquet world, in which she is excelling in performance and management.

WPF Team

Ambassadors



Prof Jill



Hester

Directors



Alice

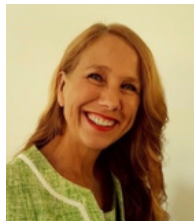


Carolyn



Dr Penelope

Directors



Marianne



Evan



Sam



Pauline is retiring in February; Jane and Emma retired in November, 2022

Evaluation



Sue

Operations



Natalie

Ambassadors: Prof Jill White AM and Hester Fraser

Directors: Alice Oppen OAM Chair, Carolyn Blanden, Marianne Christmann, Sam Durland, Dr Penelope Fotheringham, Evan Oppen

Operations: Natalie Brandon; **Development & Communications:** Pauline Markwell;

Evaluation: Sue Funnell

Fundraising Committee: Dr Lucinda Barry, Emma Challen, Ros Espie, Jenny Hall, Jeannette Kalek, Alex Koutts, Anni Macdougall, Pauline Markwell, Alice Oppen OAM

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www.womensplans.org

Donation Form

The work WPF is funding is critical, especially in these times, and your support is vitally important to our ability to make grants ensuring women and girls have access to contraception.

Please consider giving generously now.

DONATION \$

Or MONTHLY DONATION \$

NAME:

EMAIL :

POSTAL ADDRESS :

.....

VISA :..... MASTERCARD :..... EXP. DATE:.....

CARD NO. :

CVC:

NAME ON CARD :

SIGNATURE: :

Direct Debit: BSB 313 140, Bank Australia, Account 12171137. Cheques: Please make cheques out to Women's Plans Foundation. Online: www.womensplans.org

A tax-deductible receipt will be sent for all donations. Please ensure your details are included.



ACFID
MEMBER