

Dear OWN Members and Supporters,

As we move into the full throttle of another year, we are here for all our members to recommend events and activities for older women in NSW. This edition shares links to information you need to enjoy NSW Women's Week and the NSW Seniors Festival. These two upcoming calendar events have much to offer so make sure you clear your diary for some great activities.

Watch out for OWN NSW's Women's Week event that will be a webinar on ageism and sexism with writer, speaker, journalist, and consent educator, Jane Gilmore, on March 7th. We will also host a Seniors' Festival event on the 21st March - "Longevitea! Chinese Tea Culture & Wellbeing". Details and bookings will be available closer to the events.

Our work at OWN NSW advocating for older women continues. We are involved in advisory groups and roundtables with relevant government bodies and other ageing peaks to ensure that older women's voices and unique circumstances are heard.

As we approach Valentines' Day, it is always good to remember that the most powerful relationship we can ever have is the relationship with ourselves. As Oscar Wilde said, "To love oneself is the beginning of a life-long romance".

Warmest regards,
OWN NSW Team



Our **Hear Our Voices** project works at transforming services for older women who have been sexually assault. As noted by the Royal Commission into Aged Care Quality and Safety, there are approximately 50 sexual assaults are taking place every week in aged care.

We are working closely with sexual and domestic violence services to improve support for older women who have been sexually assaulted. This is a significant step towards ensuring that older women are not forgotten and creating a community where every voice is heard, and every survivor is

supported following the traumatic experiences of sexual assault.

Deb Barndon is the Coordinator of the project and available to confidentially discuss all aspects of the project with you whether you are a service provider, a supportive ally or an older woman with a story to tell.

You can find more information in our new webpage > [HERE](#).



NSW Women's Week is held from Monday 4th March to Sunday 10th March. It offers a series of events, focusing on inclusivity and celebrating the achievements of women across NSW and a great opportunity to get involved.

This year's events will showcase the remarkable stories and accomplishments of women and girls from diverse backgrounds, culminating with the announcement of the winners of the [NSW Women of the Year Awards 2024](#).

Learn more about how to get involved > [HERE](#).



The NSW Seniors Festival will run from March 11th - 24th, 2024. It celebrates the role and contributions of older adults to our local communities. It's the largest of its kind in the southern hemisphere, with over 500,000 people attending each year.

There will be hundreds of events across NSW including art classes, fitness and live music. Most are free or low cost to attend. There are also online events, so people at home, or in aged care can enjoy it 'live'.

You can subscribe to receive email updates on the latest Seniors Festival news > [HERE](#) or visit the website > [HERE](#).



The Australian Human Rights Commission has appointed Robert Fitzgerald AM as the new Age Discrimination Commissioner. Mr Fitzgerald has been the NSW

Ageing and Disability Commissioner since 2019.

“For much of his adult life, and with high distinction, Mr Fitzgerald has served his communities, state, and country to better the lives of the most vulnerable. As a highly respected lawyer, human rights and social justice advocate, and a leading figure in the anti-discrimination space who has held several significant Commissioner positions, he is the perfect person to take on this role to help advance the rights of older people.”

We congratulate Commissioner Fitzgerald and we look forward to his expertise and human rights understanding in this role. We know he will make a difference. Read more > [HERE](#).



KIAMA Older Women's Network Welcome!

The first interest meeting for a new Older Women's Network Group in the Southern Illawarra area was held last Friday with overwhelming interest. Over 60 local women came to learn more about the network, what we do and how to get involved.

After hearing from guest speakers Beverly Baker (Chair, OWN NSW & National President), and Sue Hayward (Southern Highlands Older Women's Network); the participants have decided to proceed and have named themselves the **Kiama Older Women's Network**.

Please spread the word if you have friends in the area. If you have any further questions, please contact Wendy Saunders on 0412 614 684.

Dr Lowitja O'Donoghue

1 August 1932 – 4 February 2024



It is with sadness that we acknowledge the passing of Dr Lowitja O'Donoghue AC CBE DSG, who died peacefully on 4th February 2024, aged 91.

She made a lifetime contribution as a committed advocate for the improvement of the health and wellbeing of Aboriginal and Torres Strait Islander peoples.

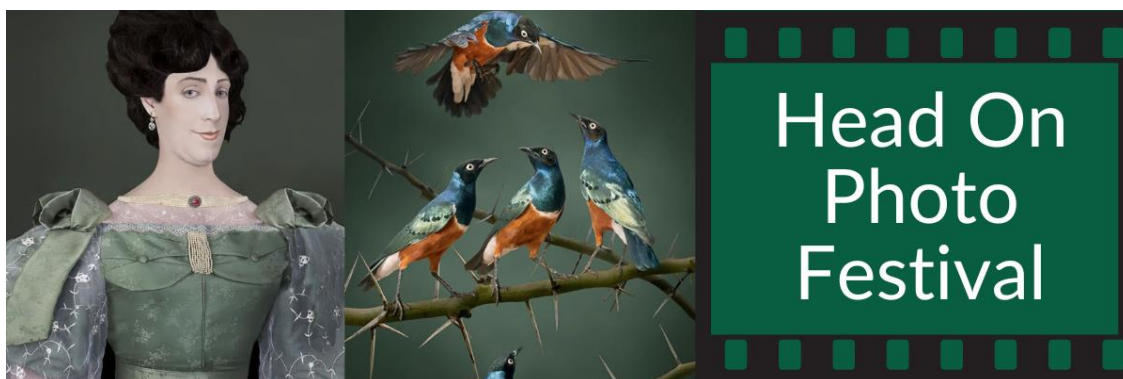
A proud Yankunytjatjara woman, Dr O'Donoghue connected with many people across Australia and beyond. She was an outstanding leader and visionary whose story is one of great courage, integrity and determination. Read more about her contribution from the Lowitja Insititute > [HERE](#).



Why not visit Newtown Wellness Centre and see our current art installation, **Fyshwick Women Working**. This selection of beautiful photographs gives an insight into the lives of 19 women working in Canberra's industrial suburb, Fyshwick, by photographer Fiona Bowring.

In 2022, Fiona set out to capture the changing face of Canberra's industrial suburb and the women who work there.

We will exhibit the work until the end of Term 1, 2024. We look forward to seeing you at 8-10 Victoria St, Newtown from 9:30am - 4:15pm.



The Head On Photo Festival represents a global selection of the best work from established and emerging photographers. The 2024 Festival will be a mix of online and in-person exhibitions and events across Sydney.

They are currently calling for submissions for solo or group exhibitions.

Submissions close at 11:59pm Sunday 17 March 2024. Learn more > [HERE](#).

Photo credits Christian Fuchs & Mathew Renew



Everybody's Home has publicised that investor tax breaks will cost Australians almost \$150 billion over the next decade. That's enough to build more than 500,000 social homes. As a supporter of the campaign, we hope you will take some time to send a quick email or write a letter to your federal member to let them know that investor tax breaks should instead be spent on supporting people who really need help with housing.

If we are really serious about fixing Australia's housing crisis, we should be spending money on building public and social housing, instead of giving it to those who have money to invest.

Learn more > [HERE](#).



Did you know that WayAhead currently provides three information phone services to people based in, or near the borders of, NSW who are attempting to locate mental health support and services in their local area?

1300 794 991 - **WayAhead Mental Health Information Line** provides information, telephone support and referral on issues relating to mental health generally.

1300 794 992 - **WayAhead Anxiety Disorders Information Line** focuses more specifically on anxiety disorders.

1300 554 660 - **Carer Connection Helpline in NSW, supported by Mental Health Carers NSW** assists mental health carers in navigating the NSW mental health system.

Their operating hours are Monday to Friday, 9:00am - 5:00pm but you can leave a message after hours. Please note they do not offer crisis telephone counselling. Find out more > [HERE](#).





OWN Sydney invites you to a talk on the use of Guide Dogs for people with vision loss. Guide Dogs NSW/ACT will be making the presentation, which will include a real live guide dog, and a Q&A. This should be of interest to those who've ever seen a guide dog in action or may be contemplating the idea for themselves or a loved one – or just because a social outing is always welcome, particularly when accompanied by food!

ALL ARE WELCOME. A free catered lunch for OWN members will follow (\$15 for non-financial attendees).

Thurs 22 February | 10.30 am for an 11 am start | OWN NSW, 8-10 Victoria St Newtown

RSVPs by 19/2/24 are necessary, for catering purposes. Contact Anna Logan annalogn@tpg.com.au 0488-464-339 or Menaka Cooke menaka.cooke@gmail.com 0407-918-690



The **NSW Seniors Festival Comedy Show** is back for 2024. The Comedy Show encourages seniors and older people to see the lighter side of life as part of the festival's cultural activities.

Tickets for the Sydney show is sold out but the Batemans Bay show on Thursday 21st March 2024 at Bay Pavilion, Yuin Theatre, are still available.

Read more > [HERE](#).



Women's Welfare Australia are accepting expressions of interest for their upcoming digital literacy program.

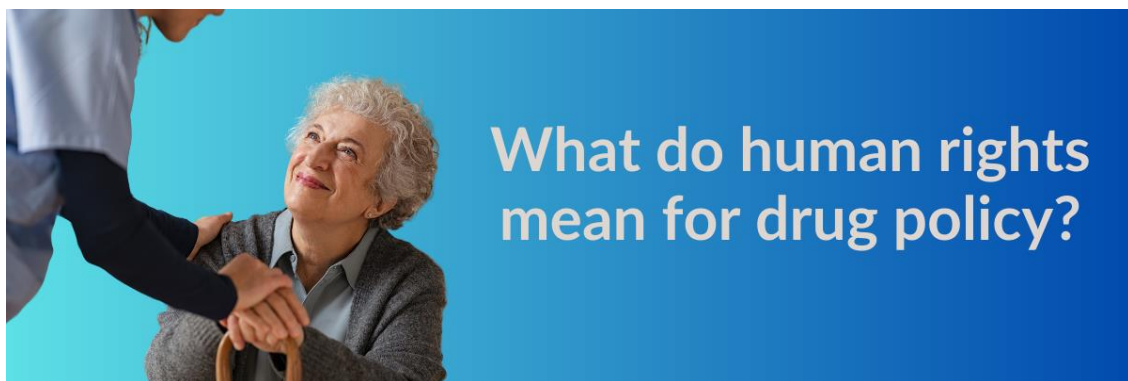
The program aims to improve the confidence and digital literacy skills of CALD seniors aged 50 and above. Participants can learn the technology of their choice in their homes or face-to-face with a digital mentor.

The program is set to begin in February 2024. For any questions please contact info@womenswelfare.org.au Download the flyer > [HERE](#). Registration link > [HERE](#)



This webinar from Anglicare will provide an overview of how psychologically traumatic events can affect the lives of older adults and their experiences of care. It will provide pragmatic strategies for supporting older trauma survivors and providing trauma-informed care.

Wed Feb 28 | 01:00 PM AEDT | Free online register > [HERE](#).



This presentation explores the relationship between human rights and drug policy, through insights from a major Australian Research Council funded project on this issue. Drawing on interviews conducted with human rights

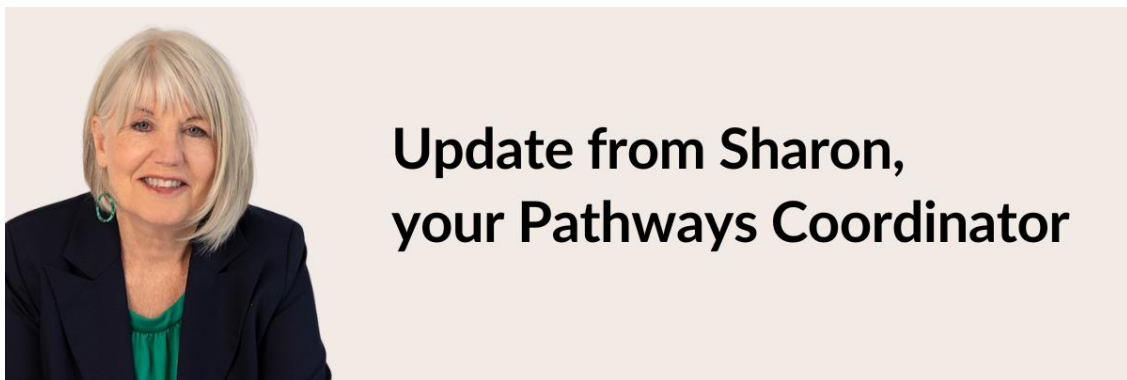
experts and activists, and interviews with Australian parliamentary figures responsible for making decisions about rights, the presentation examines how different groups conceptualise rights and their value.

Tuesday 13 February 2024 | 3:00 PM - 4:00 PM AEDT | Free online register > [HERE](#).



100 Climate Conversations aims to inspire action by presenting an evidence-based and empowering vision of the future. The program showcases 100 visionary Australians taking effective action to address the most critical issue of our time: climate change. Each conversation offers an inspired story of invention, community and resilience. Featuring Mike Cannon-Brookes, Victor Steffensen, Ronni Kahn, Clover Moore, Rebecca Huntley, Grace Vegesana, Ross Garnaut and Ketan Joshi in conversation with some of Australia's most respected journalists.

The conversations were recorded live at the Powerhouse and the final conversation was released on January 26, 2024. Video and transcripts of each conversation are available. Listen on Spotify or Apple podcasts or the video on the website > [HERE](#).



Update from Sharon, your Pathways Coordinator

As an older woman, Sharon Stone is only too aware of the challenges others like her face when seeking employment. As the Pathways to Employment Coordinator for OWN NSW Sharon assists older women find work. If you need help, Sharon is available to assist. Contact her by dropping her an email pathways@ownnsw.org.au or call the office (02) 9519 8044.

- Get job ready. Our resume writing and cover letter workshop is up on our YouTube channel> [HERE](#).
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[Ethical Jobs](#) offers links to jobs that contribute to a more equitable, more just or more sustainable world.

They also have career advice tips and resources to help you find an ethical job > [HERE](#).

The Last Word.

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Peace is not
something you wish
for; it's something you
make, something you
do, something you
are, and something
you give away.

John Lennon



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Our mailing address is: 8 - 10 Victoria Street, Newtown, NSW 2042