



Dear OWN Members and Supporters,

Happy **Mardi Gras** to all! Taking place from 16th February to 3rd March, this year's Mardi Gras festivities include an exciting program of community events, parties, theatre, comedy, music and more. We wish all our LGBTQI members and supporters a very happy **pride season**.

ACON, based in Sydney, is a leader in community health, inclusion and HIV responses for people of diverse sexualities and genders. They offer support, companionship and advice for older members of the LGBTQ community (50+). They also have offices and services in regional centres across New South Wales. OWN NSW are proud supporters of ACON. Learn more [> HERE](#).

International Women's Day will be celebrated around the world on March 8th. The United Nations' theme is **Count Her: Invest in Women. Accelerate Progress** to examine the pathways to greater economic inclusion for women and girls everywhere. Women's economic empowerment is central to a gender equal world. When women are given equal opportunities to earn, learn and lead – entire communities thrive. You can book your ticket to our IWD event, *"Cougars, Grannies & Old Bags: Calling Out How Older Women Are Portrayed in Popular Culture"*. It will be held on March 7th from 3:30pm. It's free! Book [>HERE](#).

At OWN we know that women experience higher levels of income insecurity than men in almost every stage of life, especially in old age. That's why we produced "Your Two Cents Worth", a weekly segment that appeared in Season 2 of the Baby Boomers Guide to Life in the 21st Century with Lex Marinos and Patricia Amphlett. Lex and Patricia discussed all things finances, economic security and planning which you can listen to > [HERE](#).

Warmest regards,
OWN NSW Team



How many descriptions of older women vs older men are there in popular culture? What does it say about how we view older women? How does it drive

gender inequality? Join us for this free **International Women's Day** webinar which will examine how older women are portrayed in popular culture.

Presenters include Australian Journalist, Author and Feminist **Jane Gilmore**.

Thu 7th Mar 2024, 3:30 pm - 4:30 pm AEDT Online Event register > [HERE](#).



OWN NSW warmly invites you to our NSW Senior Festival Event "Longevitea: The Culture of Chinese Tea and Wellbeing".

Join us for a special afternoon of Chinese tea tasting and a fun exploration of how Chinese tea evolved, and its connection to health and wellbeing. We will taste four different types of Chinese tea over the afternoon, paired with Chinese snacks.

Thu 21st Mar 2024 | 2:00 pm - 4:00 pm AEDT | In person event at Older Women's Network NSW 8- 10 Victoria St Newtown. Bookings essential > [HERE](#).



We are very happy to announce that we will be exhibitors at the **NSW Seniors Festival Expo**. Come down and say 'hello' at the Wellbeing Hub at Sydney International Convention Centre (ICC) in Hall 4.

With over 80 exhibitors on the ground to discuss travel, retirement, health, technology and more, this year's Expo is set to be the biggest yet! View the full list of exhibitors > [HERE](#).

Wed 13 March + Thurs 14 March | 9-5pm Wed 9-3pm Thurs | Sydney International Convention Centre (ICC) in Hall 4 | Free. Learn more > [HERE](#).



If you do feel lonely, you are not alone. One-third of Australians feel lonely some, or all of the time, which is up from one in four people feeling lonely prior to the COVID-19 pandemic.

Loneliness does not discriminate, people across all genders and ages experience it — both wealthy and poor. It is slightly more common among those in regional and remote areas. There is a growing push for the federal government to consider loneliness as a priority public health issue and to fund research and solutions accordingly.

It is now recognised by the World Health Organization (WHO) as the next public health priority, with a three-year-long commission into how solutions can be scaled up beginning this year.

The ABC interviewed OWN NSW Board member, Carolyn Neumann, who volunteers for the Red Cross, calling isolated elderly people. Watch on YouTube > [HERE](#) or read the ABC article > [HERE](#).

Feeling lonely? Why not join a group at OWN? Search for a group near you > [HERE](#). You can call FriendLine. It is for anyone who needs to reconnect or just wants a chat. Call 02 7226 1708 or freecall 1800 424 287. Lifeline 13 11 14, Beyond Blue 1300 22 46 36.



A second meeting for the newly formed Older Women's Network Group in the Southern Illawarra will be held during the Seniors Festival on the **20th March**.

The newly formed committee have decided to name themselves the **South Illawarra Older Women's Network** (not KIAMA as previously announced).

Sue Hayward, board member and Southern Highlands OWN Corodinator, will introduce NSW OWN. Julie McDonald will speak about the newly formed SLOWN group followed by a talk and discussion by Susie Pettit, Relationship, Life Wellness Coach on living a life that feels good on the inside and looks good on the outside.

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.

SLOWN Meeting Wednesday 20 March | 1:00 - 3:00 pm | St Peter and Paul Hall, 92-96 Manning Street, KIAMA, 2533 | Free, book > [HERE](#).



The Reading Writing Hotline (Hotline) is a national phone referral and advisory service for adults seeking help with literacy, numeracy and digital literacy (LND). The Hotline receives more than 4000 calls annually.

Often these calls come from older women seeking help with literacy or digital literacy as their schooling was interrupted when they were younger.

If you want to find out more about the literacy and numeracy challenges faced by up to 44 percent of Australians, have a look at the TV series Lost for Words > [HERE](#), available on SBS On Demand. Season Two features a 72 year-old grandmother who wants to be able to spell her grandchildren's names.

The Hotline can also refer callers to classes on how to use smartphones more effectively.

You can also call the Hotline for information if you want to train to be a literacy teacher or to volunteer as an adult literacy tutor. There may be an organisation such as a library near you which runs a volunteer program.

Learn more > [HERE](#) or call 1300 6 555 06



The Survivor Hub is a survivor-led, not-for-profit organisation in Sydney. They support people who have been impacted by sexual assault.

They came together in 2021 to be an informative, inclusive and supportive network curated by survivors, for survivors. Their community is a place to find connection – a place to connect with others who can relate and understand. By creating safe spaces to share lived experiences, their community also provides

fellow survivors and their allies with knowledge to empower them to make informed decisions about their own circumstances.

In-person MeetUps are taking place throughout NSW and VIC, as well as online. They also have an online Facebook forum where survivors can connect, vent and ask questions. Learn more > [HERE](#).



Do you struggle with doing things online, or want to know how to better use your mobile phone or laptop? We're offering members FREE digital device one-on-one support thanks to a volunteer. Just ring the office on (02) 9519 8044 or email volunteer@ownnsw.org.au to fix a time to get the help you need.





Join Grace Tame and an esteemed panel to discuss respectful dialogues around consent, sexual harassment and sexual assault.

Thursday 29 February | 5:00 pm – 7:00 pm (AEDT) | Free and in-person only. Sydney University campus. Spaces are limited and registration is essential > [HERE](#).



Join the Institute for Culture and Society for the launch of **The Value of Housing Co-operatives in Australia**. This ground-breaking report presents the first data on Australia's rental housing co-operative sector, showing that its unique requirement for tenant-members' participation in their own housing leads to not only housing stability and affordability, but also skills development, empowerment, agency, and other outcomes.

Fri 15th Mar | 9:30 am - 12:00 pm AEDT | In person and online Western Sydney University - Liverpool Campus. register > [HERE](#).



The Elsie Conference will be held on the 15th and 16th March 2024 to commemorate 50 years since the establishment of Australia's first modern women's refuge.

It will host important discussions about the nature of domestic violence today, how it has changed over the last 50 years, and how the refuge movement, policymakers, workplaces, and organisations should be adjusting to new, extremely challenging and fast-growing forms of violence such as technology-facilitated abuse and financial abuse. The Elsie Conference is chaired by Professor Anne Summers AO, Professor of Domestic and Family Violence, at UTS Business School. OWN NSW will be presenting a panel on Saturday, 16th March.

Limited Complimentary tickets and financial assistance tickets available. Learn more > [HERE](#).



All About Women is the Sydney Opera House's centerpiece talks festival about gender, justice, and equality, held annually in the week of International Women's Day. For over a decade, the celebrated event has filled our venues with inspiring moments and buzzy, agenda-setting conversations.

New in-theatre tickets will be available for all talks on 4 March 2024. Learn more > [HERE](#)



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.

There is more seating being made available Comedy Show in Sydney on Tuesday 19 March 2024 to allow more seniors to join in on all the laughs. A

second release of tickets will be made available on Thursday 29 February at 10.00am. A link to secure tickets will be made available at this time > [HERE](#).



One of the most vital obligations of government is to ensure that its people have access to suitable, affordable housing.

According to the Convenor of La Trobe University's Ideas and Society Program, Professor Robert Manne: "In recent years both the Commonwealth Government and the governments of the states have failed to meet the housing crisis the nation faces. Why? Practically speaking, what can be done?"

Speakers - Alan Kohler and Maiy Azize. The discussion will be led by Peter Mares, a respected public policy analyst, author of 'No Place Like Home' that led to a four-part ABC series, "Housing the Australian Nation"

Friday March 08 | 5:00 PM Australian Eastern Daylight Time (Victoria) | Free online register > [HERE](#)

Climate Change and Health

Join the Consumers Health Forum for a discussion on the government's National Health and Climate Strategy; and the impact we are already seeing of climate change on people's health and the healthcare system.

7 March 2024 | 1:00pm to 3:00pm | Free register > [HERE](#).

Setting the Mental Health Agenda with *Alastair Campbell*



We're facing a mounting crisis of a generational decline in mental health of Australians. How do we move the needle on mental health outcomes? Known for his role as communications director for former UK Prime Minister Tony Blair, Alastair Campbell has emerged as a prominent advocate for mental health action around the world. Join this lunchtime talk with Alastair, followed by a conversation with leading experts Sam Mostyn AO (Beyond Blue) and Tanya Dearle (Matilda Centre). Professor Ian Hickie AO, Co-director of Health and Policy at Brain and Mind Centre, is host of this event.

Monday 4 March | 12:30:00 PM - 1:30 PM AEDT | Free in person +
livestreamed. Register > [HERE](#).



Cumberland City Council will be hosting a financial freedom information expo which is open to all women seeking assistance and information to become financially independent. Come along for information stalls, free entertainment, lunch, and children's activities! A free gift will be given to the first 100 attendees!

5 March | 10.30am – 1.30pm | 44A Macquarie Rd, Auburn

Please contact shatha.jajo@cumberland.nsw.gov.au for more information!



Join the University of Sydney for a rich conversation with acclaimed playwright **Wesley Enoch**, poet **Selina Tusitala Marsh**, nursing professor **Brendan**

McCormack and host **Claire Hooker** (CREATE Centre). Explore how the arts is transforming health and education to improve care and wellbeing. Learn more > [HERE](#).

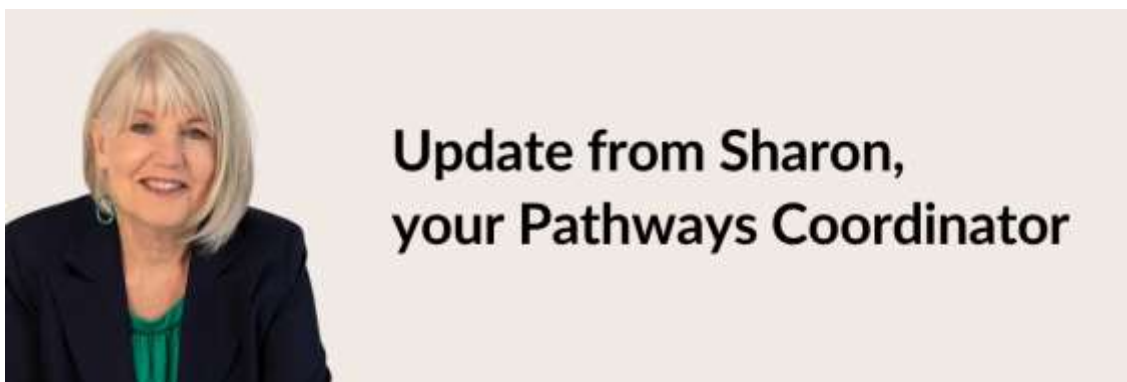
Thursday 21 March, 6:00 pm – 7:00 pm (AEDT) | University of Sydney Camperdown campus or tune in to the livestream. Free. Register to get the details > [HERE](#).



In 2023 national animal welfare charity, Companion Animal Network Australia, conducted a survey on the Status of Pets in Aged Care facilities and at home. The results tell us that 86% of older adults with pets experience improved mental and physical health.

COTA will be discussing how owning pets impacts us physically, socially, emotionally and spiritually as we age.

Feb 29 2024 | 10:30 AM in AEDT | Free online Webinar register > [HERE](#).



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](#).
 - Watch a short introduction video to our Pathways to Employment Program for unemployed women over 50 > [HERE](#).
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I work for NSW



I Work for NSW is the jobs site for the NSW Government featuring thousands of opportunities across the sector. Search > [HERE](#)

You can also download the **I Work for NSW** app onto your iOS or Android device to apply for NSW Government jobs wherever you are.

The Last Word.

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The purpose of
life is to live it, to
taste experience
to the utmost, to
reach out eagerly
and without fear
for newer and
richer experience.
Eleanor Roosevelt



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

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