

Monday, 7 September 2020

A Shout Out to Women in Gannawarra

Women across the Gannawarra Shire are encouraged to take part in the 'Women in the Warra – Your Health Matters' Campaign being launched for Women's Health Week 2020 by Northern District Community Health (NDCH).

Women's Health Week is an annual nation-wide campaign that this year runs from 7-11th September. It is dedicated to helping all women and girls across Australia to learn more about women's health and how to make healthier choices and positive changes.

"We are very excited to be able to offer a fun, light hearted and interesting program of events for Women's Health Week," NDCH CEO Mandy Hutchinson said. "Events include some great giveaways and, most importantly, ways for women of all ages to connect positively over the rest of 2020."

Ms. Hutchinson acknowledged that 2020 has been a really trying time for most people, where everyone has faced challenges and difficult times. "Even in tough times," she said, "there are always good things going on too, proving the resilience of people and communities. The 'Women in the Warra' campaign is one of those good things."

The 'Women in the Warra' Campaign will host events themed around the Five Ways to Wellbeing: Connect, Be Active, Take Notice, Keep Learning and Give.

"COVID-19 has meant that we are connecting with others differently," 'Women in the Warra' event coordinator Tanya Maher-Toose said. "So we have stepped up to the challenge and put together a program to support women to have some time out and make their own health and wellbeing a priority." Ms. Maher-Toose said the program would be online for the time being due to social isolation restrictions, with the possibility of some face-to-face events later on in 2020.

One of the highlights of the campaign in September is the chance for Gannawarra women to win one of 40 tickets to the fourth annual '**Women's Health Week Comedy Gala**'. The gala will be streamed live right around Australia on 26th of September. Hosted by Claire Hooper, the laugh-out-loud night of comedy features Australia's top female comedians. The gala is suitable to those 18 years and over (adult content and language). All Gannawarra women need to do to have a chance of winning a ticket is to enter with their email address.

Gannawarra women and girls are also encouraged to join the 'Take Steps for Women Health' challenge in September. Participants can walk, run, skip, dance, or cycle to collectively travel around Australia.

"Keeping active is so good for our body, mind and health and is also a great stress buster," Ms. Maher-Toose added. People can enter as individuals or teams, providing a fun opportunity for community and sporting clubs to support their members to be active, especially with the impacts of COVID-19 this year on local clubs activities.

Throughout October the 'Women in the Warra' Campaign pays tribute to the local Agricultural Shows that are normally a highlight at this time of year. Show cooking and judges tips will be a feature in a social media clip where NDCH staff catch up with locals Lorraine Marshall and Lorraine



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Morris, who are both well known for their years of involvement in the Kerang & District Agricultural Show.

Women can win one of 8 copies of the recently released *The Australian Blue Ribbon Cookbook* in October and vouchers to local businesses to update cooking utensils.

A number of 'come and try' physical activity sessions are planned for November. December will include the opportunity for women to make their very own wire creation. Events will be online and/or face-to-face depending on the COVID-19 restrictions.

'It's going to be a lot of fun,' Ms. Maher-Toose added. 'But more than anything, we hope it makes women smile!'

'Women in the Warra – Your Health Matters' is supported by local organisations through the Gannawarra Local Agency Meeting (GLAM) partnership and funding from the Gannawarra Shire Council's Resilience Grants

To register your interest to win one of the giveaways and to be kept up to date with all the 'Women in the Warra' Campaign events, please email NDCH at info@ndch.org.au and keep an eye on our website or Facebook page. If you aren't online, register your interest by calling 5451 0200.

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For more information contact Tanya Maher-Toose, Health Promotion Team Leader at NDCH on Ph. 5451 0200.