



Women's Spirit Project

Women supporting women to transform their lives

The Vision

The **Women's Spirit Project** aims to empower vulnerable women from Frankston and surrounding areas to transform and evolve to be the person they aspire to be for themselves and their families.

The program will commence in February 2019 and conclude in May 2019. Every Sunday for 14 weeks vulnerable women, 25 years and older from the community will be given the opportunity to build their mental, emotional and physical resilience and their self-esteem to enable them to successfully complete a 3 night/4 day trek.

A group of enthusiastic and motivated professional women from the Frankston Mornington Peninsula business, community, fitness and health sectors have volunteered their time to deliver the program.

A range of therapeutic adventure-based personal development and life skills activities will be delivered in the course room and the great Australian outdoors to support the women on their learning journey.

Activities will include:

- Fitness activities: weekly+monthly walks 3-5 hours
- Life skills sessions including: communication, goal setting, conflict resolution, budgeting, mental health and wellbeing and positive parenting
- Mentoring from women in the community who are members of the project
- Development of a '**Personal Blue Print**' to help keep them motivated
- Mandala painting and mindfulness activities

What We Know About Women In Frankston*

The Frankston community has a young demographic with high levels of disadvantage.

In the 2011 Census, the Socio-Economic Indexes for Areas (SEIFA) Index was 996.7 compared to 1,022.5 for Mornington Peninsula. The SEIFA figures were attributed to community safety, housing insecurity, unemployment and child development.

Particular concerns in the community are families with high levels of family violence, child abuse and family breakdown, the number of children in out-of-home care, drug and alcohol abuse and the number of people suffering from mental illness, homelessness and unemployment.

Why Frankston?

- 1 in 5 families are single parent families (20.5%) *higher than the national average*
- Nearly half of Frankston women earn below the minimum weekly wage (<\$599)
- With low-income households or people living in socio-economic disadvantaged areas; higher rates of chronic diseases are prevalent
- 1 in 5 women report high levels of psychological distress
- The highest rate of family violence in Metropolitan Melbourne

Vulnerable women experience a range of barriers that prevent them from participating in physical activities and sports. These barriers compound their vulnerability and the risks they and their families' experience.

Barriers for women participating in physical activity:

Unlikely to see the benefits of physical activity	Low household income
Feel intimidated due to being overweight	Feel embarrassed
Lack of good, safe walking paths	Lack of 'me' time



A life skills and personal development program for women



The Why Behind The Project

The **Women's Spirit Project**, is the creation of Jodie Belyea. The project is the pinnacle of a 50 year journey by founder Jodie Belyea. With the exceptional support of family and friends, colleagues and mentors and a commitment to off-loading her baggage, keeping fit and completing challenging week-long treks, Jodie has lived a rich and rewarding life.

Jodie's experience, along with her adventurous spirit, courage and creativity have seen her complete three treks of the iconic Kokoda Track; a five day solo walk on the Bibbulman Track in Western Australia and forge a successful career in the business, community and philanthropic sectors. Over the past 25 years she has supported hundreds of young people and adults from all walks of life to work through their problems and empower them to be the best version of themselves, through experiential life skills and personal development programs delivered in Australia and overseas including a national Indigenous Youth Leadership Program.

Recently Jodie brought together a group of talented women with expertise and passion to support and empower vulnerable women within the Frankston Mornington Peninsula community. This group is the **'Women's Spirit Project'**, a group committed to volunteering their time and energy to support other women to transform their lives and create the life they want to live.

Bringing The Project To Life

Financial Support Including:

- Camping fees for the trek - \$2000
- Launch event to engage women and organisations - \$2000
- Printing of promotional material for the project - \$2000
- Fitness gear for 25 women to undertake regular fitness activities - \$5000
- Childcare staff for 3 hours for 14 weeks for single parent families - \$5000
- Venue to deliver weekly workshops, Sunday 9.30am to 12.30pm - \$3,000
- Outdoor equipment for 25 women: including back packs, tents and shoes, sleeping bags and bed rolls - \$7,000
- Production of documentary - \$12,000

In-kind Support:

- Fundraising, promotion, support and delivery - \$32,000
- 15 professional women volunteering their time to the project
- Support from community agencies in referring women
- Sponsors for fundraising activities and celebration event

Organisations Behind The Project

Life Energy – Juanita Sanger

Innate Design – Greer Watson

CEO Confidential – Helen Woods



Women Behind The Project

Jodie Belyea (Project leader);

Hayley Binding; Jenny Bosse; Majella Frick; Rebecca Hall, Noeleen Langford; Susana Leiva Kate Park; Karen Piscopo; Lorraine Riddoch; Emma Rigby; Kerry Strickland

