

*Women's
Spirit
Project*

2021-2022
ANNUAL REPORT
Impact & Outcomes



Women's Spirit Project Impact & Outcomes Report 2021-2022

Introduction

The 2021-2022 Annual Report celebrates the incredible achievements, impact and outcomes of the **Women's Spirit Project (WSP)**, a volunteer led organisation whose work is made possible by the contributions of a dedicated group of volunteers, who go over and above, donating their time to provide free, accessible activities for disadvantaged women.

The WSP is committed to evaluating all the programs and activities we deliver, undertaking pre and post program evaluation processes to inform what we do, ensure continuous improvement and meet reporting requirements. We invite those who are looking to support us to consider how they might assist funding the operations, research and evaluation activities to evolve our work in this area.

We are very proud of this report which provides an excellent summary of all that the WSP has delivered for women. We hope our work inspires you to support us with our vision of supporting more women in our communities into the future.

A heartfelt thankyou to Greer Watson for her extraordinary work and dedication designing this report and bringing all we do to life and several team members for their editing and proofreading skills.

Jodie Belyea

FOUNDER & MANAGING DIRECTOR



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EDITED BY L. DUNNE

ARTWORK & DESIGN G WATSON, INNATE DESIGN; **COVER** J. SELIGMAN



Words from the Chair Kit McMahon



There is much to be grateful for this year.

If anything, through the pandemic, we have learnt to value ourselves, our health, and those close to us. We have understood to treasure the access to food, a roof over our head, employment that can adapt to COVID-19 conditions and, of course, our loved ones.

However, if this year has taught us anything, it is that many do not have this, particularly women. Disadvantage exists in our community. Those who are without and those who are excluded need support and care more than ever. The pandemic did not create disadvantage, it revealed it. It also showed how susceptible our health system is to being overwhelmed by disease and illness.

The Liptember Foundation, The Mental Health Gender Gap, July 2022 findings noted:

“After two years of navigating life during the pandemic, more than half of the Australian women surveyed say mental health is one of the top four issues facing Australians. The sentiment around mental health issues being important has also grown at the steep rate of 19% over the past two years. 1 in 2 Australian women are currently experiencing a mental health issue. The top 5 mental health issues facing Australian women today are: stress, anxiety and anxiety disorders, body image issues and affective or mood disorders.”

“There are many attitudes and behaviours that impact women’s mental health in Australia. This includes: social pressures, household responsibilities (including the mental load), work responsibilities (unfair treatment and overworking), financial responsibilities (less pay, gender inequality, personal safety when leaving the home, politics (government seen as unsympathetic to sexual assault victims).”

The Women’s Health Atlas Highlights

- Women are significantly more likely than men to have experienced negative mental health impacts
- Experience of family violence rates have increased by 300% since the beginning of the pandemic
- 45% of women experienced anxiety and depression compared to 24% of men
- Females attempt suicide two to three times more often than males
- Vulnerable women experience a range of barriers that prevent them from participating in a variety of physical activities and sports

The Sick of Small Change Advocacy Campaign led by the Victorian Women’s Health Services highlighted a lack of investment in women’s health - \$2.05 spent per woman. To address these issues a proactive and evidence informed approach is needed to promote health and wellbeing, create connections with community, establish partnerships between organisations and build capacity and capability for recovery.

“ We inspire and empower women experiencing disadvantage to transform their lives through fitness, health and wellbeing activities that build connection, confidence and life skills.”

The advocacy work by these services increased the investment into these services in the 2022-2023 budget, however there is still much work to do.

For those involved in the **Women's Spirit Project (WSP)**, it is clear holistic prevention and recovery programs are desperately needed to address drivers of disadvantage and add value to local community for women.

In a collaborative, community-based environment focused on Frankston, Kingston and the Mornington Peninsula, we deliver free and accessible fitness, health and wellbeing programs for vulnerable women recovering from trauma and disadvantage to reclaim a sense of agency in their lives. The work is informed by the best evidence and expertise, led and centred around the lived experience of the women we seek to assist, and works in partnership with great funders and organisations.

Our programs are run by a small and 'mighty' team, who are powerfully supported by a committed, skilful and caring group of volunteers – with lived experience of recovery which informs the programs we deliver, ensuring they are relevant, safe and thrive. It is amazing that, at a time when we know volunteering is in decline, our volunteers are involved, aligned and readily give of their time and energy – and for that we are all indebted.

As our mission to empower and transform the lives of women continues to manifest through our work, we take a moment in this annual report to celebrate the incredible work of "Team Teal" led ably and powerfully by Jodie Belyea. Jodie continues to be an

inspiration and a rock for so many in the community, and her understanding of the journey that the women in our programs are undergoing is perhaps the "true north" of WSP.

It does me great honour to support the work of WSP and I am proud to be associated with the stories and impact demonstrated in this report.

We can say that through our work we do indeed inspire and empower women experiencing disadvantage to transform their lives through fitness, health and wellbeing.

Congratulations Team Teal, women supporting women.

Kit McMahon

CHAIR & DIRECTOR



How we make an impact

Our Vision

Empowered, resilient, confident and connected aspirations through access to wellbeing activities services that enable self-determination resulting in reduction in poverty.

What We Do


The WSP offers integrated, holistic primary prevention and recovery programs, by women for women with lived experience of a range of risk factors. The curriculum includes fitness, health and wellbeing activities that reflect our wellbeing framework. Our point of difference is that what we deliver is holistic – working with the mind, body and soul. We support women to rebuild, recover and repair, in a community of support that enables women to build confidence and the courage to address intersectional risk factors - impacting mental health, employment, economic situations, and participation in community life.

Why We Make A Difference

Our free and financially accessible programs and activities compliment case management and counselling support delivered by community organisations. We provide a safe and supportive environment, guidance and opportunities for women to recover from trauma by participating in strengths-based activities that build resilience, self-esteem and connections to other women and community supports. Empowering women to bring to life their hopes, dreams and aspirations in a safe and supportive environment with other women.

We Support

Women who are isolated & vulnerable experiencing risk factors such as addiction, domestic/family violence, poverty homelessness, loneliness & mental health barriers.



women - able to bring to life their dreams and that create connection to self, people and support & in improved mental health, employment and



To

Overcome barriers to help-seeking & accessing services to empower their recovery and wellbeing.

By

Partnering with community stakeholders to deliver place-based, trauma-informed, holistic fitness, health and wellbeing programs & activities for women.

Teaching strategies to ensure connectedness, referral to support services & wellbeing.

Leading To

- Reduction in risk factors and associated problems
- Commencement of further education or study
- Securing employment

Resulting In

- Increased protective factors for thriving, including an increased support network.
- Sustained employment
- achieving financial independence

empower-

A Year In Review

July 2021

The Victorian community was enduring its fifth lockdown. With working from home and outdoor activity limited to two hours per day within a radius of five kms from home, our community experienced escalating levels of stress, anxiety and depression.

The WSP team rapidly pivoted plans to deliver a new walking concept focussed on wellbeing and connectedness - the virtual '**Walk 4 Wellbeing**'.

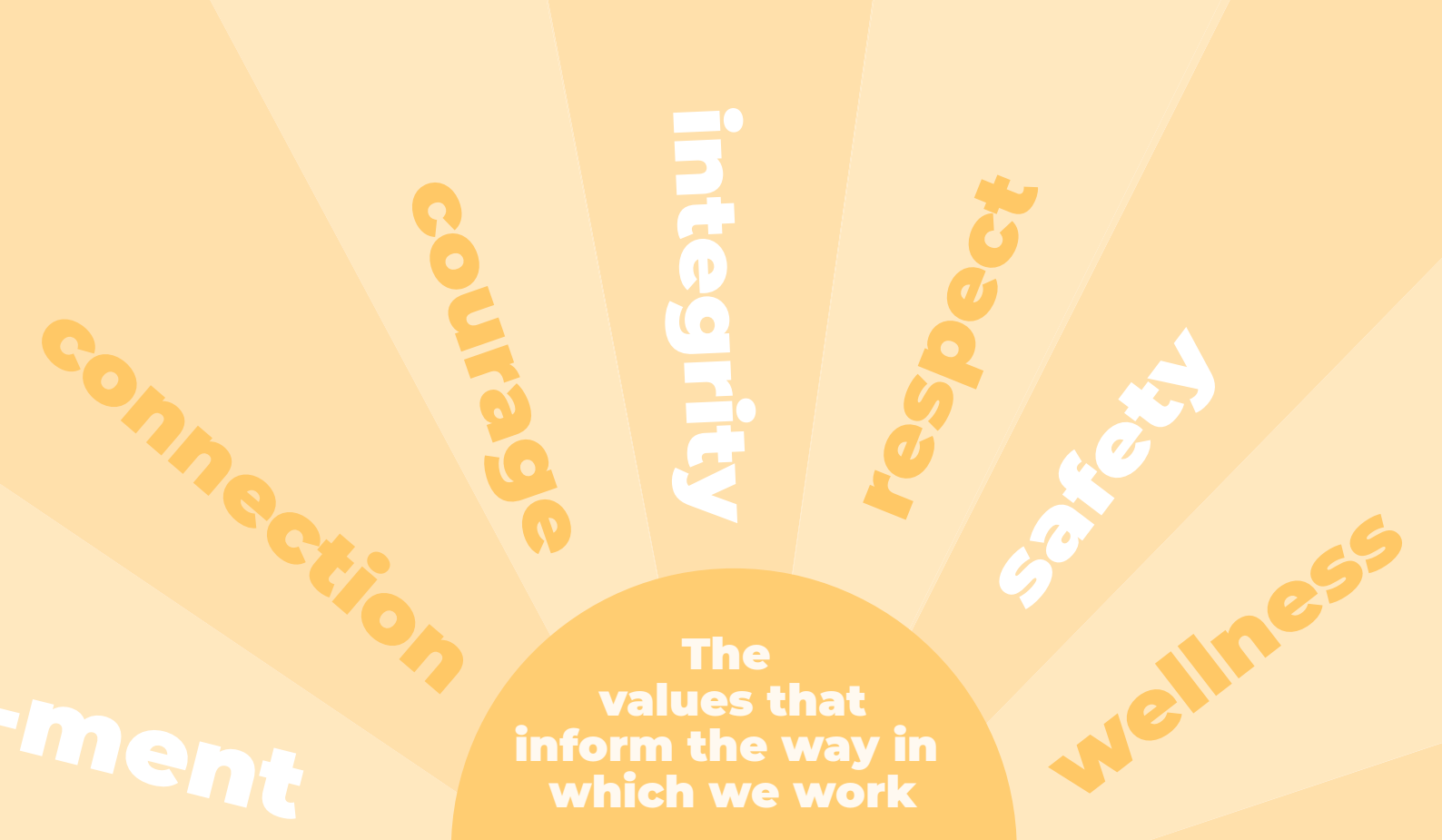
The October to November 2021 virtual **Walk 4 Wellbeing** enabled over 300 women to remain 'connected despite being apart'. It created a sense of belonging and community - lifting spirits and bolstering mental health.

We thank to Paul Edbrooke MP and the Frankston Revitalisation Board for contributing funding to this initiative.

December 2021

The WSP launched a four-year strategy outlining our goals, flagship programs and partnership opportunities. This strategy will see the **Women's Spirit Project** grow in terms of audience and geographic reach. Thanks to the work of Dr Prue Bowden and Lorraine Riddoch (previous Board Member) from Australian Unity in leading this session. We continued to refine our values, & processes and developed a practice framework underpinned by adult learning, feminist, trauma informed principles and our wellness framework.

We appointed four new Directors, Kit McMahon Chair, Dr Catherine Baird, Rachel Rice and Geraldine Bilston. Kate Park and Dr Cheryl Campbell stepped down from their director roles. Thank you to Dr Cheryl Campbell for her leadership and Kate Park who has played an instrumental role since inception in 2018. We are grateful Kate remains with the WSP as our volunteer Bookkeeper and Queen of the **Frank to Schanck** walk logistics.



Jan 2022

The Common Goodness Foundation and Press Room Philanthropy supported the WSP to transition to the next phase of our evolution. We moved from having a part-time Administration resource (one day/week) to employing a Managing Director (two days/week) and Project Manager (one day/week).

South East Melbourne Primary Health Network provided funding to deliver the **'Spirit of Transformation'** program across the Frankston and Mornington Peninsula community.

February-June 2022

Delivery of the Spirit of Transformation Program – a 13-week transformative journey combining a wide range of fitness, health and wellbeing activities.

We raised \$150K from Frankston City Council, Kingston Council, Mornington Peninsula Shire, the Etre Foundation and VicHealth to deliver the **Frank to Schanck Walk** in November 2022 and the **Spirit of Transformation** in the Frankston / Kingston region from January to June 2023.

The WSP continues to be a grassroots organisation – with 80% of our programs led and delivered by volunteers. The number of women and the hours they contribute are testimony to the relevance of our work to women in the community.



INSPIRE, EMPOWER, TRANSFORM

A Year Of Growth

2021 – 2022

Achievement Summary 2021–2022

7
programs
/events

Delivered 7 Programs/Events to 406 women over 1010 hours

1. Leadership Development and Strategic Planning Activities;
2. Spirit Of Transformation (SOT);
3. SOT Celebration Event;
4. Catch Up & Connect Walks;
5. Walk 4 Wellbeing Virtual Walk;
6. Walk 4 Wellbeing Webinars
7. Annual General Meeting Event Dec 2021

3000
women

Community Engagement Activities – 3000 women engaged through social media across the Southern region and beyond.

4295
hours

34 Volunteers Contributed 4295 Hours to support our planning, operations and delivery

\$210k
funding

Secured \$210k in Funding from government & philanthropic organisations for programs delivered in 2021-2022 and to be delivered in the 2022-2023 financial year

\$67k
in kind

Received \$67k In kind Support from 9 community leaders, organisations and businesses

“We know health and wellbeing is associated with physical health, however it is also linked to happiness, and an improved ability to cope with stress and increased self-esteem.



SPirit OF TRANSFORMATION

March - June 2022

FRANKSTON | MORNINGTON PENINSULA

Flagship Program

The **Spirit Of Transformation program** is a **FREE** 13-week evidence based, fitness, health and well-being program delivered to women experiencing risk factors such as addiction, disability, domestic/family violence, homelessness, mental health barriers, loneliness and isolation, poverty and unemployment.

The program was delivered every Friday from March through June following a three-month recruitment and interview process. Mentors participated in two days of mentor training to learn skills to provide one to one support to the participants of the program.

Activities in the 13 week program: included walking and yoga, art and mindfulness such as mediation and journaling; goal setting and communication skills. Introduction and referral to community support and specialist services. Catchup and Connect walks were delivered every

Friday and every second Sunday. Access to subsidies were offered to participate in the annual Frank to Schanck Event.

The combination of activities supported women to develop skills, motivation, strategies to recover and prevent problems from reoccurring or escalating. Women also established connections and friendships that created a sense of belong.

Five women did not complete the 2022 program due to homelessness, mental health issues and gaining employment.

A key outcome of the program was supporting women to continue to participate in the weekly Friday walking group to enable them to work towards the end goal of completing the 60km walk from Frankston to Cape Schanck in November 2022.

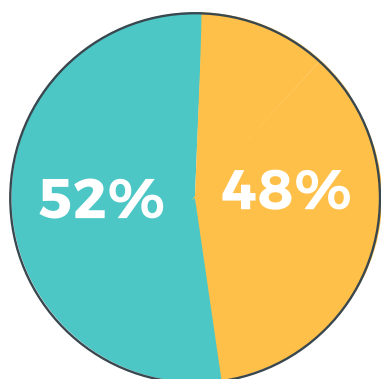
By providing our women with opportunities for better health and vitality in a safe social setting, we can break the cycle of feelings of hopelessness, depression and isolation.”

JUANITA SANGER – FITNESS, HEALTH AND WELLBEING LEAD

Spirit Of Transformation Statistics

2022 Participant Demographics

AREA DEMOGRAPHIC



- Frankston
- Mornington Peninsula

MEDIAN AGE



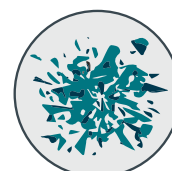
46 years
median age

FINANCIAL HARDSHIP



40%
face financial
hardship

ABUSE



40%
experienced family
or domestic abuse

MENTAL HEALTH



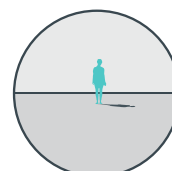
50%
have a mental
health diagnosis

SUBSTANCE MISUSE



23%
manage substance
misuse issues

ISOLATION



43%
experienced social
isolation

Post Survey Data

Participants

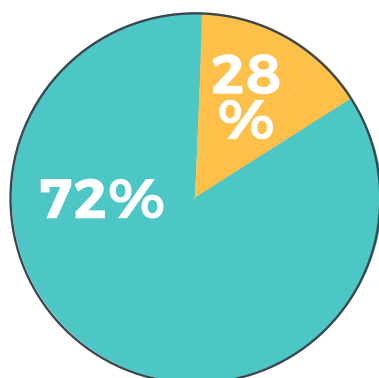
- A focus group conducted by SEMPHN* noted some key themes emerging for program participants.
- Program participants engaged in the program as they wanted to do something positive for themselves and were experiencing increased isolation since COVID.
- Participants noted the best part of the program was feeling supported by a community of women, learning new skills that they can apply in their lives and feeling safe in a judgement free zone.
- Participants noted the program has improved their outlook on life and has provided them with new skills that they can use in their lives to cope with experiences that life throws their way.
- Participants also highlighted that the program was accessible as it was free of charge which they saw as crucial for women who often feel the need to sacrifice their happiness for their families. Participants noted for many this was the first time engaging in an activity solely for themselves and their happiness.
- Participants also highlighted the value of this program for older woman who experience more social isolation and for women in abusive households.

*Reference: Data and feedback prepared by South Eastern Melbourne Primary Health Network who completed the evaluation of the Spirit of Transformation Program #1. in particular Beth Dangerfield, Kayla Shelbourne and Akanksha Bhatia.

Spirit Of Transformation Statistics

2022 Mentor Demographics

AREA DEMOGRAPHIC



- Frankston
- Mornington Peninsula

MEDIAN AGE



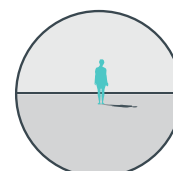
42 years
median age

FINANCIAL HARDSHIP



53%
face financial
hardship

ISOLATION



40%
experienced social
isolation

MENTAL HEALTH



46%
have a mental
health diagnosis

Mentors

- 100% of responses collected from mentors indicated that they would recommend a program like this to a friend.
- Mentors participating in the program reported improved mental health, increased social connections and better physical health at the conclusion of the program.
- Of the data collected, 85% of mentors reported visiting a psychologist or a GP as result of engaging with the program.
- The brief resilience scale noted a 30% improvement in mentors that participated in this program.

Program Outcomes

Immediate Short Term 3 – 9 Months

- Increased self-esteem & confidence to seek help
- Improved physical and mental health
- Reduced isolation with access to friends and a support group
- Increased knowledge of and ability to access community support services

Medium to Long Term 9 – 18 Months

- Enduring stable and nurturing relationship
- Commitment to further education and training
- Resilience to meet life challenges
- Capacity to secure and sustain employment, housing and financial security
- Sense of belonging and participation in a community
- Commit to volunteering with WSP and other organisations



March- June 2022

Activities

Catch Up and Connect Walks are a **'FREE to join'** fortnightly gathering of local women who motivate each other to spend time outdoors, commit to regular exercise, develop strong community connections and achieve new goals. Informal referrals to community support services and solving of personal problems also an outcome of the **Catch Up & Connect Walks**.

From March to June, 49 women participated in five walks delivered every second Sunday. An average of 21 women attended each walk.

Participants came from Frankston, Mornington Peninsula, Kingston and other LGAs in the South East region of Metropolitan Victoria.

PARTICIPANTS IN 5 WALKS



104 Woman

participated in all 5 walks

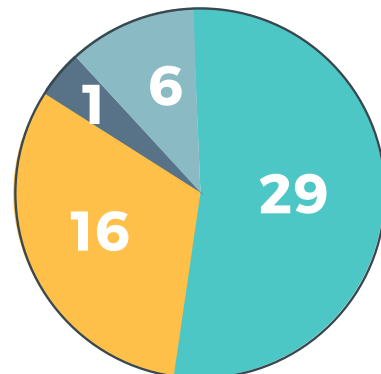
FORTNIGHTLY AVERAGE



21 Women

attended each walk

AREA DEMOGRAPHIC WHERE THE WOMEN ARE FROM



- Frankston
- Mornington Peninsula
- Kingston
- Other Melbourne LGA's



“As a participant, I benefited enormously from the feeling of connection amongst all members of the program. I gained fitness & I learned many techniques to help me deal with anxiety. It was a humbling experience to be part of this program and meet so many fabulous women I now count as friends.”

DIANE O'MALLEY





A rrmation Of Impact

The 'Spirit Of Transformation' celebration event was attended by 100 volunteers, community members, participants and mentors - an exceptional affirmation of the impact and value of the way we support women in our community to transform their lives. It was an inspiring, empowering and transformational journey in line with the vision of the **Women's Spirit Project** - supporting women from all walks of life to see what they are capable of and begin to realise their hopes, dreams and aspirations.



“I had the courage to apply for a job after 7 years and I successfully secured the role that fits around my my commitments as a single mum” JW – PARTICIPANT



 **April Gomers** PARTICIPANT

“My mandala is a reflection of self, a future self, a self with great ambition and one that will bring my goals to life. With Elder permission, I was honoured to embrace the Boon Wurrung and Bunurong culture of symbols and dots used to create and tell their stories. I have a deep connection to Country through my Aunties and Uncle and although their blood doesn’t run through my veins, my connection, respect and love for Country and our First Nations People will always remain.”

 **Natasha Deveraux** PARTICIPANT

“I applied with a hope of something different. Not going in with any expectations. Everything in my mind was dark, WSP [was] light. Showed an empowering and supportive environment can and does exist. Being in a loving, non-judgemental environment has empowered me to keep moving forward & that positive changes can happen in life.”

 **Jan Baker** PARTICIPANT

“The program was way more than I had even hoped for and [has] given me a new outlook on life. My favourite activities were the Yoga and my Mandala painting which was a very confronting healing process in dealing with [my] past [and] it now is proudly displayed in my office to remind me of just how far I have come. I have become stronger, more determined, healthier and mostly grateful to all those who have invested their time and effort in me...”

 **Yvonne Luwor** PARTICIPANT

“After a lifetime of social anxiety, low self-confidence, and feelings of struggling to fit in, the program was just what I was looking for. The weekly sessions have challenged me to get out of my comfort zone and find out who I am, what brings me joy, learning self-reflection, trying new things such as Meditation, Yoga, Tapping, Wyapa and much more. I now feel connected, with growing confidence, and worthiness. I now feel motivated to continue with self-growth. I have been trying new things I have wanted to do for years. I now have courage.”

 **Jill McWhinney** PARTICIPANT

“The Women’s Spirit Project has RESTORED ME. The way the program is so comprehensively compiled, with not a detail skimmed over is the most amazing experience any person could hope to be part of. The warmth, strength and fragility of every participant seemed to me to be celebrated. An un-judgemental, supportive community is so refreshing, invigorating and restorative.”

 **Christine Malm** MENTOR

“I ... loved to see how everyone grew within themselves from the start to the finish of the program. Beautiful connections made with goals being set to attend the Frankston to Cape Schanck walk in November. I see this program [as] extremely positive to assist the community with their mental and physical health and wellbeing which can prevent illness from occurring. I am extremely grateful to have had the opportunity to be a part of this.”

FREE TO
JOIN



WOMEN'S SPIRIT PROJECT
WOMEN'S WALK

WALK **4** WELLBEING

Oct 2 - Nov 28



RESTORE REBALANCE REVIVE

Walk Wellbeing & Webinar Series

The program was designed to inspire, empower and support women to participate in fitness, health, and wellbeing activities with other women in the community to keep them connected, motivated and well during COVID19.

Women were encouraged to get out into the community with a friend and walk in nature as a strategy for improving their physical, mental health and wellbeing through the **FREE Walk and Webinars series** strategies to “keep on keeping on”.

Thanks to the support of Paul Edbrooke MP and the Dept of Jobs, Precincts and Regional Development, and Frankston Revitalisation Board, the **Walk 4 Wellness** and the **Wellness Webinars** showcased Frankston as a connected community with incredibly diverse and rich assets – both the people and the physical environment.

Participants felt a strong connection with other women which in turn reduced social isolation, anxiety, and loneliness and improved their mental and physical wellbeing and sense of connectedness to the community.

Walk For Wellbeing Inputs

2 WELLBEING WEBINARS

Webinars covering, **‘Health, Nutrition and Mental Health Strategies Relating to Dealing with Covid19 Lockdowns’** delivered by 5 professionals including: **Jo Pascoe, Juanita Sanger, Cath Wallis, Dawn Wachenucka and Sarah Waters**

1 IN PERSON ACTIVITY

‘Women Living & Leading’, an in person activity delivered with guest speakers **Peta Murphy MP, Cr Claire Harvey and Cr Sue Baker.**

Walk For Wellbeing

Walk For Wellbeing Activity Outcomes

REGISTERED TO PARTICIPATE



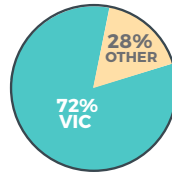
300 Women
Entered The Free Walk

KILOMETRES ACHIEVED



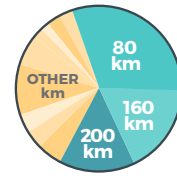
20,920 km +
Collectively Walked

AREA DEMOGRAPHIC 72% OF PARTICIPANTS VIC



37.3% | **22.9%**
From Frankston | Mornington Peninsula

KILOMETRES MOST POPULAR DISTANCE



37% | **19%** | **11%**
80km | 160km | 200km

MEDIAN AGE



50 years
Female

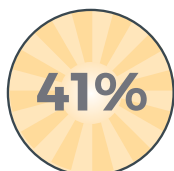
Average Respondant Profile

50 year old female, from Frankston or the Mornington Peninsula who undertakes health and wellbeing activities and is keen to step this up by committing to walk 80km.

Walk For Wellbeing Impact

Of the women who completed the post walk survey, the feedback they each provided highlighted the following benefit or impact.

INSPIRATION



found the activity motivating and inspiring

CONNECTEDNESS



found the activity increased connectedness to the community

HEALTH



found the activity improved their physical health

NATURE



a highlight was connecting with nature and the environment

Community Engagement

Marketing and Communication

Over the past 12 months, the Women's Spirit Project expanded our audience reach and engagement via a range of traditional and digital media channels. Powerful storytelling content across the pillars **'Inspire, Empower, Transform'** focussed on branded content, engaging visuals and participating women sharing their stories of transformation.

Social Media

Social Media – in particular Facebook - continues to be the key platform for engaging participants in WSP programs. All social media channels saw an increase in membership across both Public and Closed pages:

- The WSP Public Page grew to 1317 followers, an increase of 42%.
- Membership of the WSP 'Walk4Wellbeing' Closed Facebook Group grew 90% to 500 highly engaged women who are actively participating in walking and other fitness, health and wellbeing activities.
- The WSP launched a new closed page for the 40 members of the Spirit of Transformation Program 2022, a highly interactive page with group members posting several times a day, focussed on staying connected and supporting each other.
- The WSP's LinkedIn channel targets a professional audience & has more than doubled to 199 followers
- Other key digital channels have included the Women's Spirit Project website and promotion via a wide range of partners and sponsors.

Documentary

In May 2021 WSP commenced filming a powerful documentary **'The Voices and Stories of Local Women'**. Filming continued throughout 2022, capturing the journey of women participating in the **'Spirit of Transformation program #1'**. The documentary will launch in 2023.

Print Media

The Women's Spirit Project has been featured regularly in local media, including the following local publications:

- Mornington Peninsula Magazine: the magazine is a significant supporter of the Women's Spirit Project and has regularly featured our organisation, programs and stories reaching an audience of 121,000 per month.
- The MP News Group have included news articles across a number of their publications, including the Frankston Times, Mornington News and Southern Peninsula News.

Thanks to Pressroom Philanthropy, posters and postcards formed an important aspect of program promotion with distribution focussed around the Frankston / Mornington Peninsula region.



The WSP team widely known as 'Team Teal' walking in rain, hail or shine in their teal t-shirts represents a highly visible and growing presence on the Frankston Mornington Peninsula.

Community Engagement

Communication Engagement Outcomes

WSP ON FACEBOOK REACH OVER 365 DAYS



46.1k | **47%**
18.1% ↑ Reach | ↑ in Visits

LINKEDIN



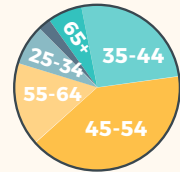
150%
Increase in Members

DEMOGRAPHIC REGION



81.4%
From Melbourne

DEMOGRAPHIC AGE GROUPS



38.8% | **24.7%**
Aged 45-54 | Age 35-44

WSP FB PUBLIC PAGE



↑ 1317
42% ↑ in Membership

WALK 4 WELLBEING FB CLOSED PAGE



↑ 90%
Grew to 500 engaged women

SOT PROGRAM #1 FB CLOSED PAGE



40
Highly interactive members

DOCUMENTARY



**'The Voices and Stories
of Local Women'**
Launching in 2023

PRINT ARTICLES



121,000
Monthly reach of feature articles
in community magazines

Fundraising Support

Support

Over 2021-2022, the WSP prepared 12 grants and was successful with 11 of these applications. Most have been funded during the 2021-2022 financial year with some monies still to be received, which will enable the delivery of the 2022 Frank to Schanck Walk and Spirit of Transformation #2 across Frankston and Kingston municipalities during the 2022-2023 financial year.

Our fundraising target for 2021 – 2022 was \$250,000. We came close to reaching this target raising in excess of \$210,000, an incredible achievement.

Donations		\$4,250
Frankston Junior Football Club	2,000	
Rotary Frankston	1,250	
Ray White	1,000	
Government		109,000
Frankston City Council - Local Government	20,000	
Dept Jobs Precincts & Regional Development - State Government	10,000	
VicHealth Promotion Foundation	20,000	
South East Melbourne Primary Health Network	54,000	
Peta Murphy Federal MP for Dunkley	5,000	
Philanthropic contributions		84,000
Etre Foundation	9,000	
Press Room Philanthropy	25,000	
Common Good Foundation	50,000	
WSP Online Store		1,030
Sponsorship		12,000
Anaconda	2,000	
Snow Angel Cleaning	10,000	
TOTAL		210,280

In Kind Support

Community Members In Kind Support

Over the past 12 months the following business organisations, community members, and leaders have supported our work through advocacy, financial advice, marketing advice, as public speakers, presenters on webinars and provision

of pro bono legal support. The in-kind support has been central to the evolution of the Women's Spirit Project. We thank you.

The estimated value of in kind support is \$70,000

In Kind Support	Services & Products
Beth Dangerfield	Evaluation Support
Cath Wallis	Webinar Guest Speaker
Carr Barnett Accounting	Financial Advice
Cr Claire Harvey	Frankston City Council
Cr Sue Baker	Frankston City Council
Cr Sarah Race	Mornington Peninsula Shire
Innate Design	Branding & Graphic Design
Jackie Mitchell – Brandstorm	Branding And Marketing Advice
Maree Mckewon	Leading Teams
Mornington Peninsula Magazine	Promotion And Marketing
Nairm Marr Djambana	Venue Hire
Paul Edbrooke MP	Guest Speaker And Advocate
Peta Murphy MP for Dunkley	Guest Speaker And Advocate
Raw Travel	Promotion And Walk Leader Training
Russell Kennedy Lawyers	Pro Bono Legal Support
Women's Health In The South East	Governance And Communication

Staff

A Small Dedicated Team

A small, dedicated team of staff were employed this year to fulfil strategic, operational, program delivery and participant support requirements. It is important to note that all staff contributed significant volunteer hours on top of their paid hours to support the delivery of WSP activities and achieve the goals set for 2022.



* Sessional Contractors

Christina Sawaya - 12hrs; Karen Scott - 14hrs; Jo Pasco - 5hrs

Volunteers

The Backbone of WSP

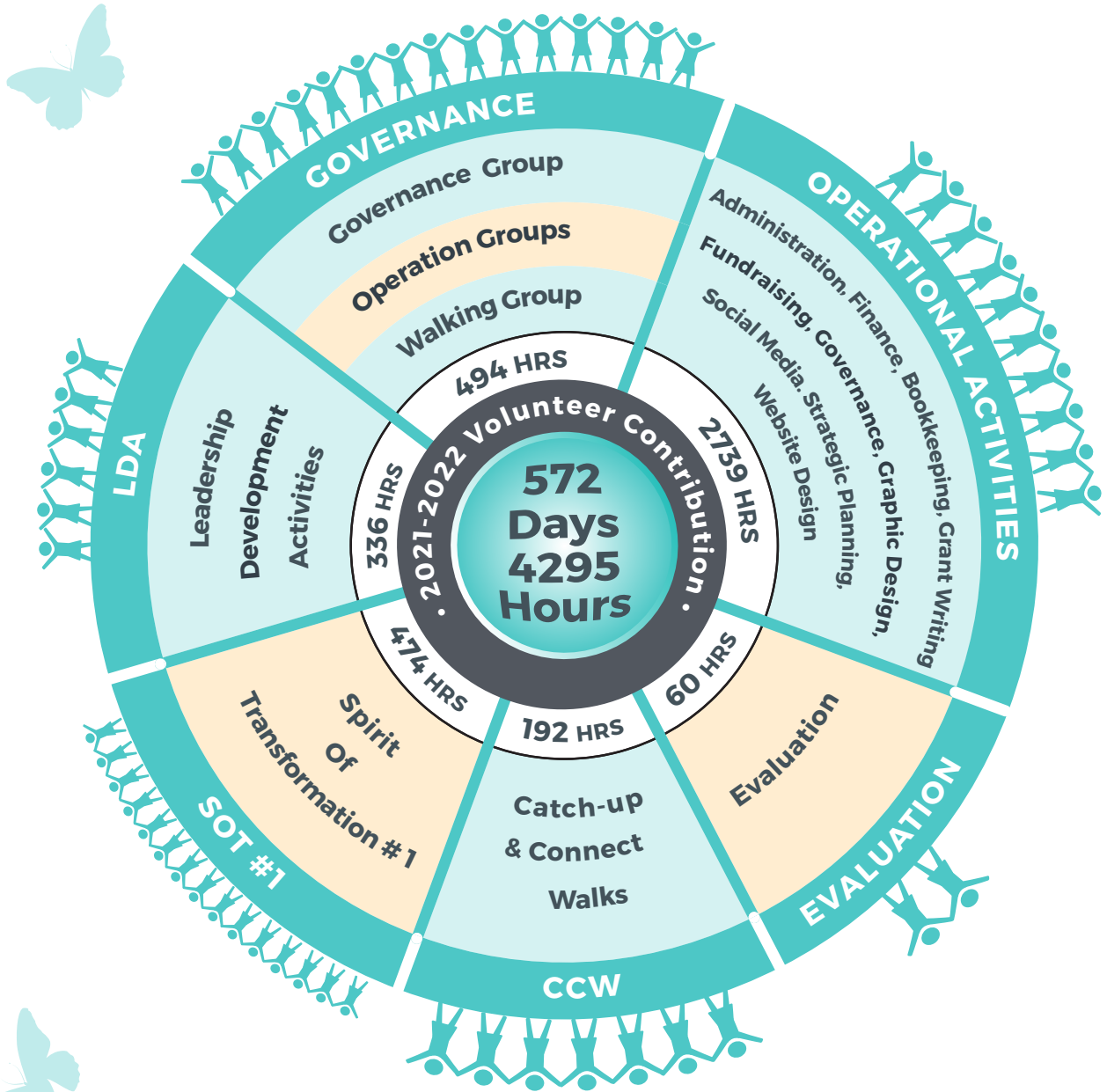
Across 2021-2022, 34 volunteers contributed 4295 hours (572 workdays) valued at \$201,865 (\$47 per hour rate).

The work of the WSP could not be achieved without the substantial contributions by dedicated, professional women and men from all walks of life with diverse skills across a range of professions including accounting, administration, book-keeping, community services, graphic design, employment services, learning and development, logistics, nursing, project management, outdoor education, psychology, social work, and travel.

‘The impact of volunteering with WSP, for me, is not an act of ‘giving’, it is a true gift of ‘receiving’. I get to be a part of an amazing strong, very supportive, resourceful, united local community.’

LESLEY ST CLAIR PAUL – VOLUNTEER

Volunteer Contribution



Our Vision 2022-2023

Women's Spirit Project – The Year Ahead

To manifest our vision to **inspire, empower and support women**, especially women doing it tough, the WSP has short and longer-term goals.

The deliverables that the WSP are planning for the next 12 months cover the following:

1 Strengthen Organisational Excellence

Strengthen organisational capacity and capability.

2 Active Program Delivery

Deliver priority programs in line with agreed grants and performance indicators and theory of change.

3 Understand: Research

Build evidence to inform planning and advocacy of the value and need for WSP programs and activities.

4 Promote, Advocate, Profile Building

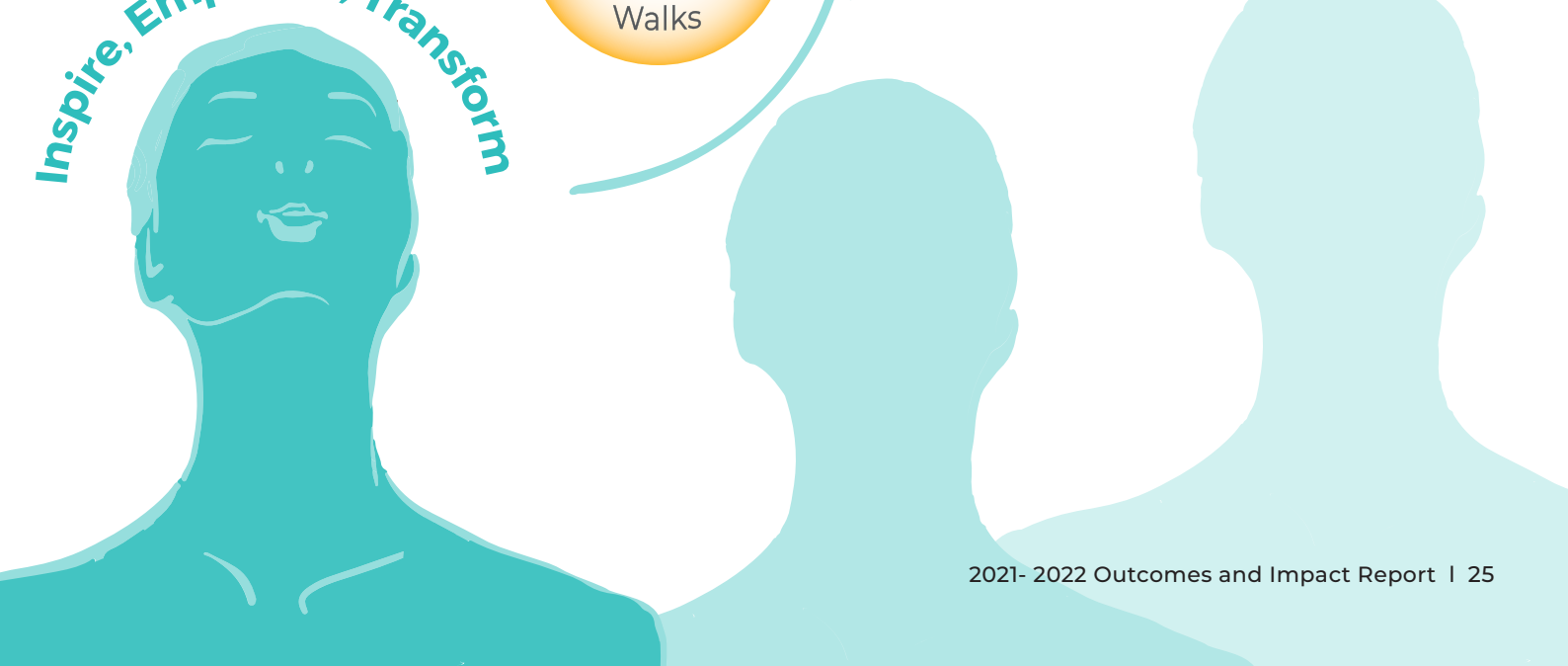
Continue to strengthen the WSP profile and brand awareness.

5 Collaborate, Stakeholder Relations and Partnerships

Establish new and strengthen existing partnerships to support and extend program delivery



Inspire, Empower, Transform




Our Incredible Volunteers

Governance and Operations	General Volunteers	Catch Up and Connect Walks
<p>Kit McMahon Chair, Director</p>	<p>Christina Sawaya Fitness Instructor</p>	<p>Ali Lordanidis Walk Support</p>
<p>Jodie Belyea Managing Director</p>	<p>Dave Reynolds RAW Travel</p>	<p>Andrea Thompson Walk Leader</p>
<p>Catherine Baird Director</p>	<p>Diana O'Malley SOT Administration & Recruitment</p>	<p>Charlotte Carey</p>
<p>Geraldine Bilston Director</p>	<p>Dr Cheryl Campbell</p>	<p>Celine Bouttecon Catchup & Connect Walks</p>
<p>Rachel Rice Director /Treasurer</p>	<p>Jackie Mitchell Brandstorm</p>	<p>Lesley St Claire Paul Walk Support</p>
<p>Birte Moliere Project Manager</p>	<p>Jo French Communications</p>	<p>Sarah Sharman Walk Leader</p>
<p>Kate Park Bookkeeper</p>	<p>Jo Pascoe</p>	
<p>Melissa Flores Secretary & Administration</p>	<p>Juanita Sanger</p>	
<p>Emma Rigby General Member & Walk Support</p>	<p>Neil Prosser Peninsula Bike Skills</p>	
<p>Kerry Strickland Cultural Lead</p>	<p>Peter Dannock IT Support</p>	
<p>Kim Taylor General Member</p>	<p>Sarah Waters</p>	
<p>Greer Watson Brand Design</p>		
<p>Erin Derkley</p>		
<p>Lorraine Riddoch</p>		
<p>Louise Allwright</p>		
<p>Maree McKeown</p>		
<p>Penny Clutton</p>		




“As a Volunteer in the Women's Spirit Program, I gained leadership skills and invaluable experience in working as a team... I hope the Women's Spirit Project continues to grow and develop so many more women can benefit from this unique program.”

DIANE O'MALLEY – VOLUNTEER




"I now have a group of
friends. something I have
wanted for 20 years."
CW



"It took some time however
I have finally recovered my capacity
to trust a little more, and smile.

This was missing due to
experiences of severe family
violence and being
very isolated with no supports.


This program has enabled me to
reach out for help and get the
supports I need to be able to deal
with the trauma of family
violence." KW






"It has been amazing, the best thing I've ever done." AP


"Feeling grateful and looking forward to more adventures as I start to prepare for the walk."
SM



"I feel safe and able to be vulnerable and that I won't be judged for showing my grief."
JM



"I have found the resources and supports I needed to be able to seek help to deal with separating from my partner due to family violence." BW



What Can You Do?

Support us to continue to inspire and empower disadvantaged women and grow our programs across the region.

Sponsorship Enquiries

jodie@womensspiritproject.org

General Enquiries

birte@womensspiritproject.org

Visit Our Website

www.womensspiritproject.org

Connect With Us

TheWomensSpiritProject

Together, we can inspire, empower and support women in our community to transform their lives.



 **Women's Spirit Project**

Inspire, Empower, Transform

