



STRATEGIC PLAN

Date: September 2019 to 30 June 2021

2019-2021

Strategic Plan



Our Mission

We provide a unique, holistic women-centred preventative and treatment approach to health and well-being. We empower women and children of all ages, cultures, sexual orientation and gender identity to make informed choices throughout their lives.

Our Values

Be non-judgemental and positive.

Act from a feminist philosophy

Respect – Compassion – Empathy - Integrity

Work competently, knowledgeable and effectively, taking responsibility for our decisions and being transparent in our efforts.

Educate, support and encourage women to realise and utilise their own abilities

Work in a dynamic and flexible way to meet community and individual needs.

We will

Deliver high quality services through a skilled, knowledgeable and capable staff team who are collaborative, accountable and innovative.

- ✓ Review HR policies, procedures and processes
- ✓ Review planning, accountability and evaluation systems
- ✓ Have systems and processes in place that enable and ensure a culture of continual improvement and learning across the whole of CWWHC

Develop strong governance and Centre management.

- ✓ Review the Executive Officer role
- ✓ Have a full complement of staff in an org structure that is flexible and scalable
- ✓ Review and implement a full suite of organisational policies
- ✓ Review Board roles and functions
- ✓ Ensure the Centre meets compliance obligations

Explore Centre growth and sustainability.

- ✓ Ensure the Centre's ongoing financial stability through internal generation of income and investigate additional funding sources
- ✓ Identify a range of services to cover women and girls in all stages of their lives
- ✓ Start planning to broaden our operational area to cover beyond the Bathurst area.

Develop the Centre and its reputation toward being a vibrant, dynamic, inclusive and welcoming hub across the whole community.

- ✓ Expand services to cover Bathurst villages
- ✓ Be open five days a week, and all day
- ✓ Engage and consult with our community
- ✓ Be seen as the women's health expert
- ✓ Build relationships and seek partnerships with relevant organisations and professionals



Central West Women's Health Centre Inc Organisational Structure

As at 23/03/2021

Board

President					
Arlia Fleming					
Vice President	Treasurer	Secretary	Ordinary Member	Ordinary Member	Ordinary Member
Selina Brandy	Anna Lewis	Margaret Shearer	Rebecca Baxter	Lisa Coates	Kayana Theobald

Centre Manager and Public Officer

Karen Boyde

Practitioners

Health Promotion

Snr Generalist Counsellor	CATS & Generalist Counsellor	Generalist Counsellor	CATS Counsellor (Casual)	Student Placement	Health Promotion Officer
Lorraine Murphy	Antonia Ravesi	Marie Bourke	Makiko Nakazawa	Breanna Carmody	Ann-marie Brittain

Visiting Practitioners

Finance

Administration

Women's Health Nurse (LHD)	Yoga Instructor	Massuese	Finance	Administration/ Reception
Kathryn Packham	Susan Douglas	Marie Bourke	Faye Starr	Megan Jackson

NSW Women's Health: Framework on a page

Vision: Better health and wellbeing for all women and girls in NSW.

Purpose: To deliver services and foster environments in NSW that help women to meet their physical, emotional, social and economic potential by increasing opportunities for women and girls to experience better health and wellbeing at every stage of their lives.

Scope: This Framework applies across the NSW Health system and across the intersections with the broader health and wellbeing system including private sector organisations, not-for-profit organisations, and other government agencies. It recognises and provides an overarching perspective and principles to combine and apply the wide range of frameworks, strategies, policies, and plans that seek to improve or affect the health and wellbeing of women and girls.

Goals & strategies:

Goals – All women and girls in NSW have:					
healthy relationships	healthy minds	healthy lifestyles	healthy bodies	safety and support	integrating care
Strategies – All women and girls in NSW are:					
<ul style="list-style-type: none"> • <i>informed</i> about healthier relationships • <i>empowered</i> to make healthier choices • <i>engaged</i> with families, peers, and communities 	<ul style="list-style-type: none"> • <i>supported</i> to build resilience • <i>supported</i> through major life changes • <i>empowered</i> to feel more confident and comfortable with their bodies • <i>informed</i> about mental health and wellbeing and support services • <i>supported</i> by appropriate mental health and wellbeing services 	<ul style="list-style-type: none"> • <i>informed</i> and able to access high quality health and wellbeing information • <i>empowered</i> and supported to make healthier choices 	<ul style="list-style-type: none"> • <i>supported</i> to have better reproductive and sexual health • <i>provided</i> with access to contraception and maternal support • <i>engaged</i> in prevention and early intervention to reduce illness • <i>supported</i> to prevent or manage chronic illnesses 	<ul style="list-style-type: none"> • <i>protected</i> and helped to recover from violence and the effects of trauma • <i>able to access</i> sensitive and approachable services • <i>supported</i> with caring responsibilities • <i>informed</i>, confident and safe using technology • <i>able to access</i> stable housing, adequate financial resources and other support services 	<ul style="list-style-type: none"> • <i>able to access</i> services in a convenient time and place • <i>able to access</i> services and information that they can understand and that understand them • <i>able to access</i> services that are safe and trauma informed • <i>engaged</i> with health and wellbeing services