



Get involved, develop your networks,
make a difference and strengthen
your community.





Who are we?

The National Rural Women's Coalition (NRWC) is a collaborative national voice for women living in rural, regional and remote Australia.

The NRWC is the umbrella organisation of seven powerful, national rural women's organisations, including:

Country Women's Association of Australia,
Australian Local Government Women's Association Inc,
Australian Women in Agriculture,
Foundation for Australian Agricultural Women,
Indigenous Rural Women Representatives,
National Rural Health Alliance, and
Women's Industry Network - Seafood Community.

Through our member organisations, we represent some 250 000 Australian women.

We are one of six Alliances funded by the Australian Federal Government through the Office for Women, and have been working tirelessly since 2002 to inform government policy and create better outcomes for the regional, rural and remote women of Australia, their families and communities.

What do we do?

We are dedicated to sustaining and enhancing the wellbeing of women in rural, regional and remote areas and to acknowledge their contribution to Australian life.

The objectives of the NRWC are to:

- Represent the diverse views of women in rural, regional and remote Australia;
- Provide advice to the Australian Government on policy issues relevant to the views and circumstances of rural women; and
- Contribute to building a positive profile of rural women, their achievements and issues.

Issues of special interest to the NRWC are health, drought policy, family violence, transport and cross-cultural awareness between Indigenous and non-Indigenous women and their communities.

We are the voice for all rural, regional and remote Australian women. Visit www.nrwc.com.au to learn more about us, our projects and the new *National Rural Women's Network* – don't forget to

SIGN UP FOR OUR NEWSLETTER!

What is the National Rural Women's Network?

The *National Rural Women's Network* is an exciting new NRWC initiative connecting rural, regional and remote Australian women in ways never before possible.

Wherever they live, whatever their background – the *National Rural Women's Network* will help women to connect, support and work together to strengthen their communities and build a better future.

The *National Rural Women's Network* belongs to every woman living in rural, regional and remote Australia.

Join the Network today, spread the word, meet new people, get connected – get involved!

Visit the *National Rural Women's Network's* state-of-the-art member website, join today and get connected!

Go to www.nrwn.org.au today - don't forget to **SIGN UP FOR OUR NEWSLETTER** to receive our latest news and events.





Rural women creating strong alliances, strengthening communities...



...and building a better future.

The National Rural Women's Coalition is a collaborative national voice for women living in rural, regional and remote Australia. We work tirelessly to sustain and enhance the wellbeing of women in these areas and to acknowledge their contribution to Australian life.

www.nrwc.com.au



Women in rural, regional and remote Australia can now get connected and network in ways never before possible with the National Rural Women's Coalition's latest initiative – the National Rural Women's Network.



Get involved, develop your networks, make a difference and strengthen your community.



JOIN TODAY!

www.nrwn.org.au



The National Rural Women's Coalition - Recent Projects

The National Rural Women's Coalition regularly undertakes project-based work of particular relevance to rural, regional and remote Australian women.

Some of the projects that the NRWC is currently working on are:

The National Rural Women's Network

The National Rural Women's Network is an exciting new NRWC initiative connecting rural, regional and remote Australian women in ways never before possible. Wherever they live, whatever their background – the National Rural Women's Network will help women to connect, support and work together to strengthen their communities and build a better future.

Featuring a state-of-the-art member website with social media interaction, learning centre, burning issues forum and many other features, the National Rural Women's Network is available 24/7 for rural, regional and remote women to access, connect, network and support each other.

Drawing on the already established and hard working state Rural Women's Networks, the National Rural Women's Network is establishing strong offline components to engage, network and better support those women who have limited access to online technology.

The National Rural Women's Network belongs to every woman living in rural, regional and remote Australia. Every woman in these areas is encouraged to join the National rural Women's Network, to make it their own and help it develop as an ongoing project, which will be an essential part of their lives.

Visit the national rural women's Network's website at www.nrwn.org.au for more information, or to join.

Helping Prevent Family Violence in Rural Australia

This project used the enormous diversity and breadth of rural women's networks and contacts across rural and remote Australia to help to prevent family violence. This prevention model is built on developing the community's understanding of what family violence is and encouraging the commitment to its abolition. A strong focus is on increasing the skills of rural young people to better identify and develop healthy relationships.



The initial phase of the project involved the training of a core group of representatives from a number of rural and women's organisations so they can communicate effectively with other women on this issue.

In the next phase of the project, these women consolidated and spread their training by running small training or information sessions in their own communities or organisations. This core group also used their knowledge of their own organisations and experience in rural Australia to develop a strategy to effectively spread information and resources throughout rural and remote areas.

Two key resources were identified by the NRWC to support this:

- A 24 page interactive pocket-sized booklet titled Relationships developed by the Domestic Violence and Incest Resource Centre in Melbourne. This booklet has been very well received by young people and adults, and will be reprinted and altered to identify it as rural and national.
- The pamphlet What to do when she tells you was produced by the PADV unit. This publication assists women in considering how to respond helpfully to a disclosure of family violence.

Women used their existing contacts and relationships to spread the information and resources into their communities. They then determined how the information would be best placed in their communities, and used schools, doctors' waiting rooms, youth groups and neighbourhood houses to distribute them.

The project was undertaken using participatory action research principles, with the qualitative and quantitative data providing useful processes and content data including:

- A documented community awareness model that others may wish to use
- A rich database of stories and strategies to inform future decisions about resource provision and community education strategies, not confined to the issue of domestic violence.

Sustainable Communities Project

A key project for the NRWC in 2009/10 has been to identify projects and activities that have supported some communities to become thriving and successful by identifying stories and best practice examples from those communities. The NRWC know that there are great things happening in rural, regional and remote Australia, and that some communities have been able to reinvent themselves - we want to share those stories.

The project aims to inform communities in rural and regional locations about what has worked in other areas and link those communities together and will be conducted according to the following:

- We will collect a series of good news stories,
- Develop templates and tools that other communities can practically use or modify to suit their particular needs.
- Circulate information widely through our networks.
- Continue to update and develop this information over time.
- Encourage other communities to add their stories to the website.



Acknowledging the stress that many rural communities are under, we will use the stories we receive as source inspiration information for other communities who are concerned about their viability.

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an initiative of the National Rural Women's Coalition

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