

Membership and Subscription

Membership is \$5 per year, due on 1 July.

Subscription to *OWN Matters* is \$22* per year and falls due on 1 July each year. * includes \$2 GST

Membership Fee \$
Subscription \$
Donation \$
Total enclosed \$ _____

First Name _____

Surname _____

Address _____

Postcode _____ Tel: _____

Email: _____

Payment method

I enclose a cheque/money order for \$ _____
made payable to OWN NSW

Please debit the following credit card for \$ _____

Visa Mastercard Bankcard

Card number ____ / ____ / ____ / ____

Exp. date __/__/__

Name on card (please print) _____

Signature _____

I am vision-impaired and would prefer
OWN Matters in Audio Cassette format.

**Membership of OWN is open to women who
describe themselves as older women.**

Beginnings ...

The Older Women's Network in Australia goes back to 1985 when older women and project workers in the NSW Combined Pensioners Association made a bold decision to establish a network focused solely on the needs and concerns of older women.

OWN has since grown into a strong and dynamic organisation, managed and run on a day-to-day basis by older women volunteers with support from two part-time paid workers.

OWN Sydney

The Older Women's Network, Sydney, one of twenty groups in NSW, was formed in November 2001 following the establishment of the Older Women's Network NSW.

OWN Sydney is managed by a Working Committee which meets monthly to develop and support an environment in which the social, political and friendship needs of older women are met.

OWN NSW

OWN NSW is the peak body for groups in NSW. It represents the interests of OWN members at a state level. Phone OWN NSW 02 9247 7046 for more information.

OWN Australia

There is also a national organisation, OWN Australia, and OWN groups in most states and the ACT. Phone OWN Australia 07 4954 6233 for more information.

Why focus on older women?

Although we are the majority of the ageing population, older women are frequently marginalised and made invisible by those who speak for and about us.

We are also often subject to ageist and sexist stereotyping and to forms of discrimination.

Through our energy, competence, skill and wisdom – and readiness for fun – members of OWN Sydney can make a difference socially, politically, and personally.

We offer ...

OWN Sydney offers a wide range of interest groups and activities designed by and for older women.

Workshops, seminars and training with a focus on skill development and on current issues of interest and concern to members.

Interest groups and networking which can include advocacy, social action, music, and liaison with other older people's and community organisations.

Wellness Activities, which can include:

- Discussion groups and guest speakers which focus on topics of interest to older women.
- Social events, for instance, ferry trips, picnics and celebratory lunches.
- Physical activities, which might include creative movement, gentle exercise, and drumming.

Older Women's Network Sydney



Our aim

To promote the rights, dignity and wellbeing of older women.

Our Guiding Principles

OWN Sydney, like all OWN groups in NSW, operates from a set of Guiding Principles, which express OWN's core values and beliefs.

Our Goals

As a self-help group run by volunteers, our goals are to:

Promote enrichment, mutual support and companionship/friendship amongst older women.

Challenge negative attitudes about ageing.

Promote healthy ageing, which includes social, intellectual, physical and emotional factors.

Influence the outcome of policy decisions affecting our lives.

Participation in OWN NSW

Individual members of OWN Sydney are encouraged to participate in OWN NSW state-wide projects such as the Theatre Group, *OWN Matters* newsletter production, coordination of Wellness programs, Aboriginal Support Circle and a range of consumer advocacy committees.

OWN Matters – Newsletter

Members of all OWN groups in NSW are encouraged to contribute articles, reports, stories and poetry to the State-wide newsletter, *OWN Matters*, which is published each month. Subscription to *OWN Matters* is \$22 per year.

Older Women's Network SYDNEY

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Sydney



Older Women's Network