

On Our OWN Terms

The best way to predict the future is to take an active role in creating it

For the first time in history, older people are in the majority. We are consequently presented with a tremendous opportunity to effect social change.

The Older Women's Network's (OWN) goals are to promote the rights, dignity and wellbeing of older women. Since our founding in 1985, we at OWN have embraced the opportunity to define our future in our OWN terms. OWN believes in a society rich in social capital, where mutual respect and trust are paramount, where diversity and debate are valued and where people are citizens within a society.

Through consultation, advocacy and policy advice OWN volunteers develop, plan and manage a wide range of projects and activities in 20 regional groups across NSW. This work enables us to participate actively in decision making at all levels of government, and to gain greater independence and more control over the management of our lives. In addition, OWN has created unique models of Wellness, promoting a peer-support concept for healthy ageing.

Women now in their 50's are facing a range of issues that involve careful negotiation and planning. Our lives must be coordinated around work, family, ageing and caring, finances, retirement and Super, health and wellbeing, and we must find and foster networks to meet diverse and evolving needs.

Being a multifaceted network, OWN is committed to supporting the next generation - *Younger Older Women* - to grow aware of the significance and potential of their existing community networks.

Maintaining social relevance as we age involves maintaining the critical links with a society that both recognizes our contributions and offers us support when we need it.

The recent publication of a 10 year study by Flinders University in Adelaide, revealed that it is our friendship networks that are crucial to sustaining our personal satisfaction, happiness and longevity as we age.

OWN can present a starting point for older women to discover their common ground. It can help reduce isolation, form friendships, networks and maintain health and wellbeing. Women have always been concerned with strengthening the social fabric by preserving family networks. Swapping experiences and stories with other women helps us uncover, share and problem solve the real issues. OWN gives women the opportunity to take an active role in creating the

future, to have a voice in an organisation with the power to bring about real change - to be seen not as some dreaded 'problem', but as part of the solution. This is surely a significant step towards creating a healthier, more caring society for us all.

Valuing ourselves, maintaining our own happiness and wellbeing enables us to participate more effectively in the community, and to continue to live full and meaningful lives.



The Older Women's Network (OWN) Sydney

invites women over 50 to join them in a Forum:

TALKIN' 'BOUT OUR GENERATION

*Capturing the Issues and Interests of over
50's Women*

Friday, 5.30pm, 2 December 2005

To receive Forum Programs, OWN Brochures, to request further details or to register for attendance, please ring the OWN office on:

(02) 9251 9333 or (02) 9247 7046

or email: ownnsw@zip.com.au

and leave your name, contact details and your request for information. Bookings Essential.

This Program is funded by
the City of Sydney