

# Women's Health

Annual Asian Forum 2015

The Asian Network Inc. (TANI) cordially invites you to the

## **13<sup>TH</sup> ANNUAL ASIAN FORUM**

THEME: WOMEN'S HEALTH & WELLBEING

***"QUIET BUT FLOURISHED"***

**When: Tuesday, 21<sup>th</sup> April 2015**

Time: 9:00am – 3:30pm

(doors open from 8:30am for registration)

**Where: Fickling Convention Centre,**

546 Mt Albert Road,  
Three Kings, Auckland

## Forum Programme

08:30am	<b>Registration</b>
09:00am	<b>Powhiri</b>
09:15am	<b>Welcome by the Chairperson, Mr Virinder Aggarwal</b>
09:30am	<b>Opening speaker: Dr Jackie Blue, Equal Employment Opportunities Commissioner, Human Rights Commission, Te Kahui Tika Tangata.</b>
10:00am	<b>Keynote speaker 1 – Lucy Alcock, Director, Policy, Ministry for Women, Minitatanga mo nga Wahine.</b> Women's roles and their importance in our society partly in relation to ethnic women and share how the ministry strategically responds to their needs.
10:30am	<b>Morning Tea</b>
11:00am	<b>Keynote speaker 2 – Prof. Jenny Carryer, School of Nursing, Massey University</b> <b>What is a women's health?</b> The presentation will talk about the topic in a holistic viewpoint, which will help us to explore on what contributes to women's health and wellbeing.
11:30am	<b>Workshop group setup</b> for presentations and discussions.

**Participants can choose and attend either Group A or B. The topic of each group is different.**

### **Group A: Women's health and community supports**

An overarching review over the history of Asian women's health services in terms of progress/improvement as well as address current gaps and issues including the impact of domestic violence on women's health, and sharing initiatives of how the community/system could support improving Asian women's wellbeing.

### **Group B: challenges: Stress and Self-care**

Cultural challenges of Asian women due to acculturation in a host country that affects their health. Discussions will be developed on how to integrate differences between their traditions and New Zealand culture. Workshop will explore how to cope with the issues to improve women's wellbeing.

11:40am	<b>Presentations, case study/s and discussions in the groups</b> <ul style="list-style-type: none"><li>• Speakers will set up the scene.</li><li>• Presentations reflect on different issues that will be shared at the each workshop.</li><li>• Workshop discussions will be carried out with a dedicated facilitator, in terms of solution focussed approach.</li><li>• The presentation copies and case scenarios for the groups have been provided in the participants' workbook. (A workbook will be provided to only those who register.)</li></ul>
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Concurrent sessions		
11:40am - 12:40pm	<b>Women's health (Group A)</b>	<b>Challenges: Stress and Self-care (Group B)</b>
<b>Facilitator</b>		
<b>Speaker1</b>	<b>Jane O'hallahan, Clinical Director, National Screening Unit, Ministry of Health</b> Showcasing overarching review over Women's screening programs and sharing the strategies for their remarkable progress along with Asian women's participation.	<b>Christine Dong, Research manager, Life line</b> Sharing the research findings and reflecting on Asian women's health issues.

12:40pm **Lunch (Asian cuisine) & Network**  
 1:30pm **Workshops and discussions continued ....**

Concurrent sessions contd..		
1:30-2:30pm	<b>Women's health (Group A)</b>	<b>Challenges: Stress and Self-care (Group B)</b>
<b>Facilitator</b>		
<b>Speaker2</b>	<b>Parul Dude, Healthy Babies Healthy Futures coordinator, The Asian Network Inc.</b> Sharing how the community supports work with South Asian women and families and what makes them to feel confident of being connected and improve their health & wellbeing.	<b>Dr Aram Kim, psychiatrist, WDHB and Dr Hyunok Jeon, Clinical psychologist, ADHB</b> Addressing postnatal depression in relation to the migrants' lifestyle and cultural issues, and self-care of themselves.
<b>Case study /speaker3</b>	<b>Zaif Khan, Programmes Team Leader, Rape Prevention Education,</b> 'Health impacts on women who experience violence in relationships' and how to cope with the challenges.	<b>Hiromi Kominami, social worker, Community Mental Health team, WDHB</b> Reflecting on the Japanese community and sharing the ideas of integration of cultures and cope with the stress.
<b>Workshop discussions</b>	<b>Your contributions to Asian Women's health through fun and community friendly group activities.</b> Prompt questions are in the workbook.	

3:00pm **Sharing the findings from the workshops**  
 3:30pm **Vote of thanks and evaluation**