

Women in Science Enquiry Network (WISENet)

WISENet is an national organisation with a local Wollongong branch. WISENet aims to increase women's participation in the sciences and to link people in different branches of science and those working towards a participatory and socially useful science.

WISENet is open to women and men who are interested in the sciences and in working for change in line with the objectives.

Profile of UOW Women

As at the census date of March 2007

>317 female academic staff (38% of academic staff)

>533 female general staff (59% of general staff)

Total women 850 (49% of total)

Healthy women - Brought to you by URAC

Shape Up!

Starting Monday 11th Feb and running for 6 weeks every Monday from 12.45pm to 1.15pm.

Shape up is a 30 minute exercise class designed for women who are new to exercise or returning after a long time away.

Cost: \$40; or Free for URAC Gold Pass or Visit Pass holders

Info: sharync@uow.edu.au Register by Thursday 7th Feb **Location:** URAC

Pilates in Pregnancy

Starting Tuesday 12th Feb and running for 6 weeks every Tuesday from 12.30pm to 1pm

Improve your strength, flexibility, body awareness, breathing and relaxing during your pregnancy.

Cost: \$20; or Free for URAC Gold Pass or Visit Pass holders

Info: kim_mcdonnell@uow.edu.au Register by Thursday 7th Feb **Location:** URAC

Pilates for Women

Starting Tuesday 12th Feb and running for 6 weeks every Tuesday from 1pm to 1.30pm

Improve Posture & Alignment!

Cost: \$20; or Free for URAC Gold Pass or Visit Pass holders

Info: kim_mcdonnell@uow.edu.au Register by Thursday 7th Feb **Location:** URAC

Further Programs

For further programs throughout the year check the Linking Women Network website:

<http://staff.uow.edu.au/eed/linkingwomen>

Feedback:

To contribute ideas for future events please contact:

Lynne Wright lwright@uow.edu.au

Cathy Bale for Mother's Forum ideas csharpe@uow.edu.au

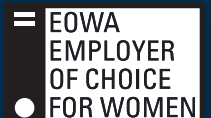
Natalie Black for ideas on exercise classes through URAC nblack@uow.edu.au



LINKING WOMEN NETWORK 2008

The Linking Women Network will help to keep you in touch with the range of activities, programs and resources offered to support women on campus as well as link to networks and resources beyond the University.

<http://staff.uow.edu.au/eed/linkingwomen>



Dates for your Diary – 2008

DATE	EVENT	TIME	VENUE	DESCRIPTION
January 31st	Welcome Elizabeth Farmer Dean GSM	6pm \$30 per head	Aromas – IPAC	Start off the year with a welcome for Elizabeth Farmer and take the opportunity to network with colleagues
February 19th	WISENet	12.30 – 2pm Lunch provided	Function Centre 1	Lee Astheimer will speak about her role on the Universities Australia, Women in Universities Committee.
February 20th	Mother's Forum	12.30 – 1.30 Lunch provided	B40.131	Robin Buckham "Juggling your job and all that jazz". Having a successful career and a family!
March 7th	International Women's Day	8.30 – 9.30 \$5 breakfast + gold coin donation to Salvation Army	URAC Sports Lounge	" 100 years of achievement in paid and unpaid employment ". Bring your photo and stories of paid and unpaid employment
March 27th	Starting your Academic Career	9.30 – 4 Lunch provided	Function Centre 3	Academic women on probation and at level A or B receive support and information on getting started on your academic career
March 31st – April 4th	Diversity Week	Lot's of events – some bookings required	Various	Check the Diversity Week website for more details closer to Diversity Week
April 7th	Mother's Forum	10.30 \$5 – morning tea	Food Re Thought	Chat over coffee and cake - keep those contacts and networks alive
April 21st	WISENet	12.30 – 2 Lunch provided	Function Centre 1	Are you an award winning academic? This workshop will kick start your application for an award nomination – more details to follow...
June 2nd	Tuning your Promotion Prospects	9.30 – 4 Lunch provided	Function Centre 3	Academic women working towards a promotion application in the next 12 months to 2 years – a practical workshop to get a head start on the does and don'ts
June 4th	Caring for ageing family members	12.30 – 1.30 Lunch provided	B40.131	Dr Greg Barclay – Palliative care doctor in the Illawarra Lynne Wright – carer responsibility and the workplace. Take time to understand what support is available
June 23rd	Living with Teenagers	12.30 – 1.30 Lunch provided	B20.5	Allan Barraclough from Centrecare – forum on managing those common teenage phases and stages
July 16th	Mother's Forum	3.30 \$5 - afternoon tea	Food Re Thought	Chat over coffee and cake - keep those contacts and networks alive
July 25th	"What Women Want" to help them succeed	12 – 2pm Lunch provided	Function Centre 1	Lynne Wright – presents her research results from the survey of academic women
August 6th	Career Success for academic women	12.30 – 1.30 Lunch provided	B40.131	Hilary Astor – Professor of Law, University of Sydney
August 14th	International Week	12.30 – 1.30 Lunch provided	To be advised	Women of the World – hear from our internationally diverse women who have come to live and work in Australia
September 25th	Mother's Forum	10-11 Morning tea provided	B19.G026	Diane Olney – coping with the under fives – survival hints and tips
October 15th	Pink Ribbon Breakfast	7.30 – 9am Price to be advised	University Hall	The largest, pinkest breakfast on the South Coast raising money for Breast Cancer Research!!
October 16th	WISENet	12.30-1.30 Lunch provided	Function Centre 1	Judy Raper DVCR – becoming the best researcher in your field
October 29th	Parents EXPO	12 - 2	To be advised	A range of stalls with information catering to the diverse needs of working parents
November 20th	Financial independence for women	12.30 – 1.30 Lunch provided	B40.131	Dianne Chalk from Hillross Financial Services Ltd will outline some of the practical hints and tips for women