



PACIFIC REGIONAL PROGRAMMES

Australia	Dickson Email: natoffice@ywca.org.au
Encore	An exercise support programme for women who have had breast cancer surgery. The ENCORE programme began in the USA and was brought to Australia in 1983 by the YWCA of Australia. The programme began successfully in Melbourne and is now in over 40 centres Australia-wide. Since its inception, ENCORE has helped hundreds of women return to normal lives. Participants are very enthusiastic about the programmes effectiveness in assisting their recovery. The safe, fun and therapeutic gentle floor and pool exercises and relaxation techniques have been designed specifically for women who have experienced mastectomy, lumpectomy or breast reconstruction surgery at any time in their lives. The ENCORE program is more than an exercise program. It also provides/creates a support system for the women involved. This National YWCA programme operates in local communities around Australia.

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Week without violence	As part of the World YWCA Week Without Violence Campaign the YWCA of Australia challenges Australians to live for one week without engaging in violent behaviour. Throughout October and November each year the YWCA in collaboration with a range of women's and community organisations campaign on the topic of violence against women and in the community. The Campaign against violence puts the issue on the public agenda and asks individuals to take responsible action against aggression. The YWCA organises campaign resources and national media to support activities in local YWCAs.

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Mentoring	The YWCA encourages skilled and experienced women to assist and empower a less skilled or experienced women to develop personally or professionally. The YWCA of Australia has developed A Guide to Mentoring in the YWCA to be used as a tool for local associations in establishing mentoring programmes for their membership. Mentoring offers the organisation many potential benefits, including improved succession planning, faster induction of new members, as well as a widening pool of expertise and experience. The programme targets young women but is applicable to all new members and other interested women. There are several Mentoring programmes run by YWCAs in Australia. The YWCA's Career Mentoring programme gives young unemployed people (18-24) access to a mentor who offers individual practical advice and support to help them find work. The Woolloomooloo Mentoring Mates is another mentoring project similar to the Big Brother Big Sister programme also run by the YWCA.

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Ethical investment trust	The YWCA Ethical Investment Trust was established to provide Australian citizens with the opportunity to match profitable investment with an ethical commitment. The Trust is managed by Global Funds Management Ltd.(Tyndall's), and takes a balanced investment strategy by investing funds into fixed interest securities, together with carefully selected equities and property securities. It uses a pro-active and clearly defined investment strategy which is not just about avoiding tobacco and alcohol, arms and uranium etc., but also involves proactively selecting companies that fit the following criteria: <ol style="list-style-type: none"> 1. Involved in tourism and have activities that are socially responsible 2. Demonstrate concern for the environment 3. Promote and improve lifestyle and cater to the needs of the community in terms of health, and education. 4. Responsive to providing youth employment and promoting equality of human rights.

Fiji	Suva Email: ywcafiji@connect.com.fj
Young Women and health awareness	This programme empowers young women to work together. Youth camps and evening events are organised by the YWCA at which young people are encourage to discuss issues that concern them and plans of action.

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Skills training	To train and teach women sewing skills for income generation The women are taught how to sew in order to be able to make clothes for their families. The machines belonging to the clubs are used during training courses, the women can rent the machines for a small fee which covers maintenance and provides fund for the club. This programme is for women aged 25-60.
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Papua New Guinea	Boroko, NCD Email: ywcapng@datec.com.pg
Microcredit Scheme	Poverty alleviation through training in micro-credit to enable funds for women to set up their own businesses As part of the YWCA's poverty reduction strategy and HIV and AIDS strategy to ensure women and girls find employment without having to resort to selling sex for money, the YWCA called upon the YWCA of Bangladesh to provide training in setting up micro-credit facilities in five local YWCAs. Following an initial survey to establish interest, and workshops in local branches, the trainer from Bangladesh is making an assessment on the possibility of setting up a loan and savings scheme for an initial one year period. Technical assistance will be sought as necessary.

Papua New Guinea	Boroko, NCD Email: ywcapng@datec.com.pg
Pre-school and child care	Pre-school and child care facilities are provided for working parents. The children aged from 3-5 years are prepared for formal elementary school. There are daily morning devotions and bible readings, and the activities for the children include sport, play, singing. This is an income generating programme for the YWCA of Papua New Guinea,

Papua New Guinea	Boroko, NCD Email: ywcapng@datec.com.pg
Literacy and life skills programme (inc. HIV and AIDS awareness)	The YWCA of PNG is recognised nationally as a major player to minimize illiteracy in PNG. Many of their literacy programmes also include health and reproduction education especially in the are of HIV and AIDS. Recently the YWAC developed a new curriculum which has been well received.

Papua New Guinea	Boroko, NCD Email: ywcapng@datec.com.pg
Community programmes	There are various community programmes for disadvantaged groups of women, men and out of school youth in the central province of PNG. Awareness raising and information sharing on drug and alcohol abuse, environmental issues, health issues esp. rural sanitation, breast cancer, and HIV and AIDS, women's rights and violence against women. Income generation programmes and Literacy programmes

Papua New Guinea	Boroko, NCD Email: ywcapng@datec.com.pg
Prevention with sex workers	Two hundred women have left the sex trade as a result of the YWCA HIV and AIDS prevention programme in Papua New Guinea. The YWCA initiated the programme in 1998 after research indicated that 85 percent of sex workers, a high risk group for HIV infection - were illiterate and had no formal job skills. The programme operates in Port Moresby, enabling women to have increased employment options through literacy and income generating skills training. It also offers HIV and AIDS counselling and testing to reduce their risk of infection and spreading the virus. Over 400 sex workers aged between 12-49 have joined in the programme since its inception.

Samoa	Pago Pago Email:
Awareness and prevention	AIDS has just begun to affect people locally in Samoa, and with a small but young population, it is vitally important to raise awareness before infection rates increase.



World YWCA

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	<p>Nevertheless, the YWCA of Samoa has taken up this challenge. Its efforts began in December 2001 with a HIV/AIDS awareness workshop that attracted over 100 young women and men. Since then, the YWCA has held monthly workshops in rural areas for young people in sports associations, church youth groups, women's groups and YWCA branches. The YWCA has also trained young people to be active instigators of change and leaders in the fight against HIV and AIDS with many young people now leading workshops in their communities.</p>
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