



United Nations Association of Australia WA Division



UN Matters

May-June 2019



Photos (L to R): UNA AWA School Programmes Director Rees Barrett receives international recognition in London (Source: Rees Barrett), Volunteers in Vietnam (Source: Kristy Goodchild), Seabirds under threat from plastic.

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Chief Editor: Caleb Gorton

<http://www.unaa.org.au/divisions/western-australia/>

From the President

This year is turning out to be an amazing year for the UNAAWA. We have an amazing team of dedicated volunteers in place who lead the Association via the Executive Committee and our committee structures. They have to date delivered more than 13 events, which have ranged from our ongoing series of SDG forums, through to an excellent art exhibition and our annual student parliament events. We have also seen unparalleled recognition of the activities of UNAAWA, most notably in the education arena, through our recent receipt of the Global Challenges Foundation Education Award in London. All of our committees are really active and have some great events in the pipeline. Some highlights to look out for are summarised below.

National Human Rights Programme and WA Human Rights Committee

Our National Human Rights Programme is progressing well. Our Human Rights position paper is in its final draft and should be finalised in the next few months. Our WA Human Rights Committee is focusing on an art exhibition, which will be held towards the end of the year and which promises to be a leading event recognising human rights challenges and promoting the Universal Declaration of Human Rights.

Gender Equality

In September we are partnering with Curtin University in the women's economic forum and in November we are planning on celebrating the International Day of the Girl Child.

Environment Programme

The Environment team has an exciting programme for the year. At the end of July, we have a SDG forum on sustainable energy in partnership with Synergy. A particularly encouraging development is the planning of a regional UNAAWA initiative later on in the year.

Education Programme

The UNAAWA Global Citizenship programme continues to grow in leaps and bounds. In addition to the recognition received from the Global Challenges Foundation Education Awards, the Global Goals school challenge is well under way, as are the Yolande Frank Art Awards and World Teachers' Day awards processes.

SDG Forums

We have made excellent progress in setting up a series of events that are aimed at enhancing the integration of the SDGs into the awareness and planning processes of various sectors. To date we have held two successful forums and several more are in the planning stages. The template that has been developed is proving to be popular with all stakeholders and provides a great platform for us to get very targeted messages across.

UN Day 2019

Planning for our UN Day event for 2019 is well underway. Please diarise the date of 25th October and make sure you book your tickets early as this year promises to be a great sell-out event.

AGM 2019

The Association's AGM is scheduled for 30th August at 17h30 – please watch out for details of this important event in the annual calendar of the UNAAWA.

General

We would love to hear from members as what we need to do to better engage with our membership whilst furthering the goals, values and programmes of the United Nations. Any members with suggestions please feel free to drop me a note at wapres@unaa.org.au.

Dr Steve Lennon
UNAAWA President

<http://www.unaa.org.au/divisions/western-australia/>

Billions still go without access to safe water, sanitation and hygiene

Despite global progress, 2.2 billion people still do not have access to safely managed drinking water, while 4.2 billion lack safe sanitation services and 3 billion go without basic handwashing facilities, according to a report by the United Nations Children's Fund (UNICEF) and World Health Organization (WHO).

"Mere access is not enough," UNICEF Associate Director of Water, Sanitation and Hygiene (WASH) Kelly Ann Naylor said. "If the water isn't clean, isn't safe to drink or is far away, and if toilet access is unsafe or limited, then we're not delivering for the world's children."

The report reveals that major inequalities exist in achieving universal access to WASH services.

There are significant gaps in the accessibility, availability and quality of drinking water received by people living in rural compared to urban areas, as well as between the richest and poorest in each country.

Eight out of ten people without access to even basic drinking water services live in rural areas and nearly half live in Least Developed Countries. Overall, 144 million people drink from untreated surface water sources.

Similarly, seven out of ten of those who lack basic sanitation services live rurally and one third live in

Least Developed Countries. Globally, 673 million still practice open defecation, while the number of people openly defecating has increased in 39 countries, mostly in Sub-Saharan Africa.



A woman collects water for her home in Timor-Leste. Credit: UN Photo # 482470

"Closing inequality gaps in the accessibility, quality and availability of water, sanitation and hygiene should be at the heart of government funding and planning strategies," Ms Naylor stressed. "To relent on investment plans for universal coverage is to undermine decades worth of progress at the expense of coming generations."

World Migratory Bird Day highlights deadly risk of plastic pollution

Plastic pollution poses serious health risks to seabirds and other migratory birds, conservationists highlighted on World Migratory Day on 11th May.

With the theme 'Protect Birds: Be the Solution to Plastic Pollution', the day was used to call for urgent action to stop plastic pollution.

"One third of global plastic production is non-recyclable and at least eight million tonnes of plastic flows unabated into our oceans and water bodies each year," UN Environment Programme Acting Executive Director Joyce Msuya said. "It is ending up in the stomachs of birds, fish, whales, and in our soil and water."

Problems from plastic pollution for migratory birds include being entangled in fishing gear; ingesting

plastic, which fills the stomach and causes birds to starve; and using plastic for nest-building, which can harm chicks.

Research shows that 40 per cent of seabirds have ingested plastic.

African Eurasian Waterbird Agreement Executive Secretary Jacques Trouvilliez said there were no easy solutions to the plastic problem.

"However, as this year's World Migratory Bird Day underlines – everybody on this planet can be part of the solution and take steps to reduce their use of single-use plastic," he said.

Caleb Gorton
UN Matters Chief Editor

We need a free press now more than ever

Press freedom around the world is in strife. With rising polarisation, civil strife and totalitarianism impacting even the most long-standing democracies, a free media is needed now more than ever.

In his statement on World Press Freedom Day on 3rd May, UN Secretary-General António Guterres emphasised that free press is essential for peace, justice, sustainable development and human rights. “No democracy is complete without access to transparent and reliable information,” he said. “It is the cornerstone for building fair and impartial institutions, holding leaders accountable and speaking truth to power.”

On World Press Freedom Day, we must reflect on where the global community will be heading if the media continues to be constrained by censorship, political attacks and the threat of imprisonment and violence.

Almost 100 journalists were killed and hundreds were imprisoned doing their work in 2018, according to the UN Educational, Scientific and Cultural Organization (UNESCO). More than 1,300 journalists were killed between 1994 and 2018. Those working in locations impacted by conflict and crises are not the only ones at risk – last year, investigative journalists were murdered in Malta, Slovakia and Ghana, while a reporter’s house was set on fire in Serbia.

High profile cases in the past year have shed light on the seriousness of the situation. The world was shocked in October 2018 when Saudi dissident journalist Jamal Khashoggi was murdered in his country’s consulate in Istanbul. UN Special Rapporteur Agnes Callamard, who investigated the incident, concluded that Khashoggi was a victim of “a brutal and premeditated killing, planned and perpetrated by officials of the State of Saudi Arabia”.

But journalists aren’t just threatened by the agents of authoritarian states. In June 2018, a civilian in the US state of Maryland shot and killed five employees of *The Capital* newspaper. Fuelled by the gunman’s history of grievances against the newspaper, the incident highlighted how hatred for media can have tragic consequences. Today, American journalists face more death threats than ever before.

In Australia, we are not immune to the crisis. In June, Australian Federal Police raided the ABC over a series of articles the broadcaster published on alleged unlawful killings by Australian forces in Afghanistan. The AFP also raided News Corp journalist Annika Smethurst’s house over her 2018 report on the government’s plans to increase its surveillance on Australians. Press freedom, it seems, is under threat in the name of national security. Public interest journalism will suffer from this kind of state-imposed censorship.

Reporters Without Borders has been evaluating the state of journalism around the world since 2002 and the results are more than concerning. The 2019 World Press Freedom Index, entitled ‘A Cycle of Fear’, shows that the number of countries considered safe for reporters is in decline. Only 24 per cent of the countries listed are classified as “good” or “fairly good” for the media to work in.

What does this mean for the media, the public, democracy and sustainable development? Press censorship, whatever form it comes in, suppresses the public’s ability to keep those in power accountable. Free press, on the other hand, safeguards the public’s right to know what their government is doing.



Free press is a cornerstone of democracy, enshrined in our Human Rights. Article 19 of the Universal Declaration ensures our freedom of opinion and expression and freedom to seek, receive and impart information and ideas through any media. Similarly, SDG 16 recognises the need for free press for the development of peace, justice and strong institutions. The UN, through the SDGs, acknowledges that the safety of journalists and the public’s right to access information are crucial factors in achieving sustainable development.

For the sake of peace, freedom and justice, let us work to guarantee press freedom all over the world. On World Press Freedom Day 2020, I hope to be able to report that journalists are freer than they are today.

Caleb Gorton
UN Matters Chief Editor

Australia and UN Peacekeeping – What is its future?

Australians should be proud of our record when it comes to its involvement in United Nations Peacekeeping operations.

Our very first such deployment was in 1947 under the banner United Nations Good Offices Committee Indonesia [UNGOC] 1947-1951. In August 1947, four Australians joined the mission as military observers: Army Brigadier L.G. H. Dyke, RAN Officer Commander Henry Chesterman, RAAF Squadron Officer Lou Spence and Army Major D. L. Campbell.

With the end of World War II, the Netherlands attempted to re-establish their authority in what was then called Netherlands East Indies, which was resisted by the newly established Indonesian republic. The Dutch had become impatient with what they saw as protracted negotiations and instituted a military offensive campaign, justified as a 'police action' to restore law and order. The invasion pushed east from Jakarta, then called Batavia, and from Surabaya taking over much of Java and extra territory in Sumatra.



Australian troops talk to locals in Timor-Leste, November 1999. Photo: Warrant Officer Class 2 Alan Green. © Commonwealth of Australia 2015. Defence Public License NCRS.

It is therefore timely to consider what roles, if any, Australia will play in future UN Peacekeeping operations.

As Lisa Sharland wrote in 2017, Australia had ranked in the top ten military and police contributors in the early 2000s with our engagement in East Timor [Timor-Leste]. Today we fall outside the top 80 countries,

contributing neither troops nor police for UN Peacekeeping. In 2017, Australia contributed 32 personnel deployed in missions in the Middle East and Sudan. Only three G20 countries deploy less UN Peacekeepers than Australia - Japan, Mexico and Saudi Arabia.

Since 2001, Australia has been primarily interdicting unauthorised maritime vessels in the operation Suspected Illegal Entry Vessels [SIEVS] introduced by the Howard Government and Operation Sovereign Borders introduced by the Abbott Government in 2013, thus reducing the capacity to make any peacekeeping contribution. No one should be unhappy with efforts to keep our borders secure.

However, as a result, our ability to influence, understand or retain institutional knowledge about UN Peacekeeping may well have been diminished. This situation could indeed come back to haunt us, as Australia may be required to either provide support or indeed lead a UN Peacekeeping mission in our own region in the future. The government of the day could find itself in an embarrassing position, particularly if it struggles to find sufficiently trained personnel.

In conclusion, it is important to recognise those Australian who have lead UN Peacekeeping Operations:

Lieutenant General Robert Nimmo was Chief Military Observer in Kashmir with the UN Military Observer Group in India and Pakistan, from 1950 to 1966

Lieutenant General John Sanderson was Force Commander with the UN Transitional Authority in Cambodia, 1992 to 1993

Major General David Ferguson was Force Commander with the Multinational Force and Observers in the Sinai from 1994 to 1997

Richard Butler led the UN Special Commission in Iraq from 1997 to 1999

Major General Timothy Ford was Chief of Staff with the UN Truce Supervision Organisation from 1998 to 2000

Major General Peter Cosgrove commanded the International Force East Timor (INTERFET) from 1999 to 2000.

Lindsay Dorman
UNAABA Member

Gender Equality Committee

Gender Equality: The 2030 Agenda



Reaching past the halfway point of the year, it is a good time to think of all the things we have done and what we have left to do as we strive for gender equality. Looking back to 2015, the United Nations General Assembly created a set of global milestones to see our world achieve a more cohesive, equal and sustainable future. The 2030 Agenda for Sustainable Development can be better known as the SDGs. With 17 of them across as many issues, they each contain targets to be met globally by 2030. The goal most pertinent to the Gender Equality Committee is SDG 5, to achieve gender equality and to empower all women and girls.



Hannah Brown and Neesha Seeth with attendees at the Future of Board Leadership Forum. Photos: Cloud9Projects

Unfortunately, a recent report in June 2019 by Equal Measures 2030, a data hub organisation that unveiled their SDG Gender Index, an algorithm that utilises global data to measure the state of global gender equality, depicts that zero out of 129 countries are due to achieve SDG 5 targets by 2030. Australia sits at number 10 overall on the Index and 21 in regard to gender equality, with a score of 80.1 out of 100 for SDG 5. The lowest scoring country in regard to SDG 5, the Democratic Republic of Congo, was only 30.8.

There is much that can be said about this disappointing revelation, but a lot that can still be done to get on track to attain these results within the next 11 years.



(L to R): Dr Sandy Chong, Madison Tran, Rees Barrett, Hannah Brown

Simply the fact we now have an index to check our progress could be a push in the right direction for meaningful change. Check out the SDG Gender Index and see for yourself how countries around the world are measuring up with their 17 SDGs in the five years since the 2030 Agenda for Sustainable Development was signed. For more information about Equal Measures 2030 and the index read the report, follow them on Twitter at [@EqualMeasures2030](https://twitter.com/EqualMeasures2030) or go to their website.

In news closer to home, the Gender Equality Committee is taking strides of our own to achieve what we can within SDG 5. On the 4th June 2019, we attended and collaborated on an event with social impact business Inspiring Rare Birds. *Changemakers for Women's Economic Empowerment* was a panel event attended by several inspiring and influential entrepreneurs, academics and advocates, including but most certainly not limited to our own Vice President, Dr Sandy Chong. This event was a chance for likeminded changemakers to network and engage with each other and real strategies to end gender inequality in our community and the world beyond.

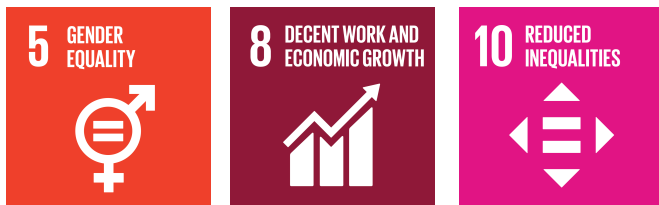
In similar news, keep an eye out for the Gender Equality Committee's upcoming partnership with the Curtin Women in Business Club. Watch this space to see what exciting ways we collaborate to bring education and gender equality to the forefront of as many conversations as we can.

Tahlia Hudson-Campbell

Gender Equality Committee Communications Officer

Event Report

UNAAWA hosts panel discussion on women's economic empowerment with the Inspiring Rare Birds & Curtin Graduate School of Business



UNAAWA, in partnership with the Inspiring Rare Birds and Curtin Graduate School of Business, held a panel dialogue titled *Changemakers for Women's Economic Empowerment* on 4th June at Curtin Graduate School of Business.

The dialogue, which highlighted the importance of women's economic empowerment, started with the introductory keynote by UNAAWA Vice President-elect Dr Sandy Chong. During her keynote speech, Dr Sandy Chong highlighted her recent attendance at the Commission on the Status of Women at the United Nations Headquarters in New York. She mentioned four key discussion points during the forum: Australia's in-depth investigation into sexual harassment, modern slavery (Lichtenstein initiative), the gender pay gap and ensuring there are social protective public services and infrastructures.



Happy attendees of the Changemakers for Women's Economic Empowerment forum. Photo: Cloud9Projects



Panel of the forum event (L to R): Hong Kong Australia Business Association VP Winnie Lai Hadad, Drilling INPEX VP Manuel Sessink, UNAAWA VP Dr Sandy Chong, Inspiring Rarebirds Founder Jo Burston. Photo: Cloud9Projects

The panellists included Inspiring Rare Birds founder and CEO Jo Burston, Hong Kong Australia Business Association Vice President and Source Certain International Non-Executive Director Winnie Lai Hadad, and INPEX Vice President of Drilling Manuel Sessink.

According to Jo Burston, the audience was able to hear a broad perspective due to the diversity of the panel, irrespective of the different backgrounds of the audience members. She further added that the more often these conversations happen, the more people listen to such conversations, enabling each individual to be that person of change to do something.

The event, which was attended by more than 70 people, ended on a causal note with networking over drinks and nibbles.



United Nations
Association
of Australia
WA Division



Curtin University

Event Report

UNAAWA Fundraising Workshop



UNAAWA held a fundraising workshop on Wednesday 29th May 2019 at UNAAWA's head office in Perth.

Hosted by UNAAWA's Vice-President and Chair of the

Partnership & Sponsorship Committee Dr Sandy Chong, the session was to raise awareness on the key fundamentals to fundraising. The topics covered during the 2-hour session were as follows:

- Fundraising basics & etiquette
- How to identify funding sources
- The importance of, and how to create an elevator pitch
- The key pitfalls to avoid to achieve traction
- Brainstorming

Photo [Above]: Matt Jelonek

Attendees present at the workshop were Amelia Price (Gender Equality), Amanda Elizabeth (Environment), Hannah Brown (Gender Equality), Alessandra Divina (SDG Forums), Madison Tran (Human Rights), Henry Thai (UN Day) Vicky Sofield (Chief of Communications), Kay Hallahan (Education), Manita Beskow (Education) and Mark Andrich (Environment).

The workshop was a great success. Feedback from each attendee was positive - with the structure of the workshop and the ability to ask questions, brainstorm and share personal experiences making it most effective.

Overall, attendees valued the opportunity to construct and improve their elevator pitch and source fundraising opportunities.

Based upon attendee feedback, future workshops to consider could be on how to increase funding sources, how to attract more members, engage and nurture existing members, and methods to organise a fundraising event.

Education Programme

Human Rights Art Awards

The **2019 Yolande Frank Art Awards** close at 5pm on **Friday 30th August**. School students are invited to use any visual art media to communicate the following articles of the UN Convention on the Rights of the Child (UN CRC) and Universal Declaration of Human Rights (UDHR). The selected themes for 2019 are:

YEARS 4 to 6: Children have the right to say what they think should happen when adults are making decisions that affect them and have their opinions taken into account. (UN CRC Article 12)

Years 7 to 9: You have the right to take part in your country's political affairs. Governments should be voted for regularly and you should get a vote that is secret and equal. (UDHR Article 21)

Years 10 to 12: Changing the World - 30 years of the UN Convention on the Rights of the Child

Schools select their leading entries (to a maximum of four) for electronic submission with an entry form, including a declaration that it is the student's own work, signed by the Principal.

If you know any students in these year groups ask them if their school is participating. If not, it may be difficult at this stage of the year to add it to the school curriculum. But there is nothing stopping interested students from participating as an extension activity endorsed by their school.

Artworks completed as extracurricular or extension activities are eligible for submission if verified by the teacher as the student's own work (based on process evidence).

For further information contact Anne or Rees Barrett: gcs@unaa-wa.org.au

Top: 2018 Senior Secondary People's Choice Award Winner by Lloniq Lai, Corpus Christi College



Education Programme

Students and the Global Goals

The **2019 Global Goals Challenge** closes at 5pm on **Thursday 12th September**. There are separate categories for primary and secondary students.

Primary school projects engage students in understanding the Global Goals, planning and implementing an activity and making a difference to at least one of the Goals.

Secondary student challenges engage students in developing their own solutions and making a difference to Australia's implementation of one or more Goals.

Collectively the project and challenges are called **Global Goals Missions**, under the following criteria:

- *Innovation*: Did the mission contribute something new and interesting for that school or group of students?
- *Implementation*: Were planned targets and milestones achieved? What happened because of the mission? Partially implemented missions are eligible for entry.
- *Impact*: What was the result of the mission? How was it used to inspire other individuals or the community, including building awareness of the SDGs?



2018 Primary Winner: *Changing the Way We Think*, St Mark's Anglican Community School. Photo: St Mark's ACS

Building a Culture of Peace: Save the Date

Interested in building a culture of peace? Join us for the celebration of the **International Day of Peace** on the afternoon of **Sunday 22nd September** at Fremantle Town Hall.

Our *Partners For Peace Fair* is bigger and better than ever with activities and inspiration at stands run by partner organisations. The following Peace Day Ceremony features diverse speakers and the voice of youth. We'll also announce finalists and prizewinners in the **2019 Yolande Frank Art Awards** and **2019 Global Goals Challenge**. It promises to be a memorable afternoon hosted by our School Programmes team. It's FREE but you will need to reserve a seat: <https://events.humanitix.com.au/2019-international-peace-day-celebration>.

Rees Barrett
UNAOWA School Programmes Director



Peace Crane Project at the 2018 Partners for Peace Fair. Photo: Peter Goodall

<http://www.unaa.org.au/divisions/western-australia/>

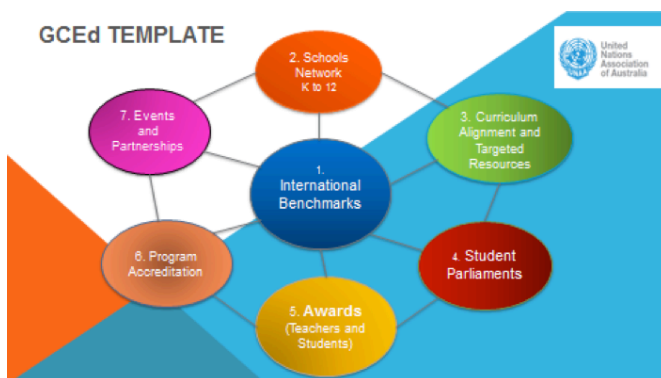
Education Programme

UNAAWA School Programmes receive international recognition

"I feel more optimistic about the future because of events like this where older people take the time to listen to me and care about what I think."

This sentiment, recently expressed by a school student at a UNAAWA event, is what drives the volunteers who have developed the Association's Global Citizenship programmes for primary and secondary schools. These programmes seek to inspire and empower our youngsters and their communities to become active global citizens.

UNAAWA school programmes received international recognition on 15th May at the Global Challenges Foundation Educators' Awards held at the London School of Economics. The Foundation, based in Sweden, sought innovative approaches to improving the communication of global risks and the need for global governance reform. UNAAWA members Rees and Anne Barrett presented a scalable school education template for *Reshaping Global Governance Through Citizen Empowerment*. It was selected as one of the ten winning innovations along with entries from Europe (4), USA (3), Asia and Africa.



The question posed to the Foundation and Awards judges: Why invent new governance structures to address global challenges when we already have the UN framework provided by the SDGs, targets and indicators, which is endorsed by all Member Nations? Rather, we should ask: How do we empower our youngsters, their families and communities to leverage the potential of civil society to ensure implementation of the Goals for a sustainable future?

Based on the UNESCO model for Global Citizenship Education (GCEd), the template [left] comprises seven interwoven components that support teachers in reframing and adding value to existing school curricula. The template features the recently accredited senior secondary UNAAWA programme *Global Citizenship and Sustainability*, in which students use the SDGs to apply learning across the curriculum and design solutions for global risks. Achievement in the program is recognised on the WA Certificate of Education and for entrance into Curtin University.



Winning teams of the ten Global Challenges Foundation Educators' Awards, London 2019 (UNAAWA representatives fifth/sixth from left). Photo credit: Maria Moore for Global Challenges Foundation, Sweden.

Through the template's Awards component, innovative teachers like Lis Mathiasen at Westminster Junior Primary School are recognised. Her pedagogy is based on the Convention of the Rights of the Child. Acting as a facilitator, Lis engages Year 2 and 3 children in the production and publication of booklets presenting their views on the world. On 9th September they will be launching their latest effort *Looking After Our Fascinating Earth* at Mirrabooka Library.

If sustainable development is that which "meets the needs of the present without compromising the ability of future generations to meet their own needs" who better to lead the way than our children?

Rees Barrett

UNAAWA School Programmes Director

Education Programme

Introducing the Valuing Children Initiative

UNAAWA School Programmes seek to inspire and empower our students and their communities to become active global citizens. Future collaboration with the Valuing Children Initiative offers opportunities for increasing reach and impact.

The Valuing Children Initiative is a WA social movement project that aims to raise awareness of and gain support for valuing children, to have a collective impact for our future generations. We know that the statistics for child wellbeing in Australia are poor and continue to worsen year on year. Instead of focusing

on service delivery to meet the need, the Valuing Children Initiative takes a preventative approach to valuing children. Delving into research opportunities, policy, leadership and social impact, it aims to educate and partner with the community to create solutions to value children better in Australia. As responsible adults, we have the ability to make good decisions and provide opportunities so all children in Australia can thrive. Join us as a Valuing Children Advocate in this journey.

Member's Corner

Dr Vicky Absalom-Hornby: Valuing Children in Australia



Dr Vicky Absalom-Hornby leads the Valuing Children Initiative in Australia. Vicky's advocacy for children and young people has been evident through her clinical career in the UK, specialising in child and adolescent mental health.

Following a passion to work with young people and families, Vicky completed a PhD in Forensic Psychology, studying family intervention across prison environments, resulting in six journal publications. In relocating to Australia with her young family in 2012, Vicky was fortunate to work within the not-for-profit sector, providing learning and development management in trauma informed practice.

Further opportunities led to sharing her knowledge and experience in the psychology of relationships to manage marketing, communications and fundraising in the not-for-profit field to inspire major philanthropy support and leadership in child wellbeing in Western Australia. Moving from service provision to social impact with the Valuing Children Initiative, Vicky and her team champion a preventative model to the negative trajectory we currently see in child wellbeing, providing reframing solutions so all children have the opportunity to thrive in Australia. It is the responsibility of adults to value our children. Making positive change

with our thinking and actions now can change the future for our young people.



Valuing Children
INITIATIVE

Vicky and the Valuing Children Initiative became UNAAWA members this year and most recently Vicky was invited as an Associate Member to the Education Reference Committee, to contribute to empowering children as Australian citizens.

For more information on the Valuing Children Initiative see: www.valuingchildreninitiative.com.au or www.facebook.com/valuingchildreninitiative/ or contact Vicky directly: vickyah@valuingchildren.com.au

<http://www.unaa.org.au/divisions/western-australia/>

The Rise of Mental Health Recognition in the Workplace

WellteQ is incredibly proud to have become member partners with UNAABA and is excited to support SDG 3: Good Health and Wellbeing through our employee wellness programmes to make wellness more accessible across new markets. Our involvement with UNAABA came about after WellteQ CEO Scott Montgomery was invited to sit on a panel discussion about achieving a healthy workforce in communities and the wider economy. Being a passionate health and wellbeing advocate, Scott designed and developed employee health improvement programs that were accessible to all industries, and the partnership with UNAABA strengthens the reach and impact our solutions can have on the every day working population to truly make a difference.



Some key facts

- 1 out of 5 Australians take time off work every year due to poor mental health (ABS, 2018)
- The average cost of mental health claim is \$24k, 266% higher than all other claims (SWA, 2018)
- Workplace health programmes have proven to reduce stress at home up to 37% (WellteQ, 2019)
- Workplace health programmes have increased perceived job performance by 54% (WellteQ, 2019)

Understanding and investing in the health of employees is rapidly accelerating around the world. Companies are aware of the impact poor physical and mental health have in their workplace and the influence they may have, good or bad, on the overall health and wellbeing of their staff. Globally, around 264 million people suffer from depression, making it the leading cause of disability, according to the

World Health Organization (WHO). Many of these people also experience symptoms of anxiety.

Poor mental health is costing Australian businesses approximately \$11 billion annually (PwC, 2014). The major mental health concerns vary across industries from substance abuse in FIFO industries to anxiety in IT, media and financial institutions. Australia isn't the only country suffering - WHO believes that working environments unsupportive to mental health is costing the world economy \$1 trillion annually.

It seems that long hours and unpaid overtime are becoming more common in a range of industries. More than 90 per cent of workers' compensation claims for a mental health condition were linked to work-related stress or mental stress (Safe Work Australia, 2018). Burnout is a major factor for turn over of staff as they feel overworked and unrelenting pressures at work.



WellteQ's CEO Scott Montgomery presenting at this year's Future of Work Summit on the importance of data in employee-centred design for optimum employee wellbeing improvements. Source: WellteQ.

So how do we fix this?

It's important to approach health holistically. The most successful programmes include physical, mental, social and financial health. More than nine out of ten employees believe that mental health in the workplace is important, yet only 52 per cent of people feel like it's being addressed (Heads Up, 2014).

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The Rise of Mental Health Recognition in the Workplace

Continued from page 12

Programmes need to be fun, engaging and meaningful to the employee in order to see long term, sustainable behaviour change. The services involved should be strategic with specific Key Performance Indicators to achieve goals. However, leave the strategic goals in the boardroom and outwardly promote the personal benefits of being involved in a health programme. Research has proven mentally healthy workplaces not only improve the mental condition of the employees, but their families as well.



WellteQ's CEO Scott Montgomery and CDO Andrew Kerekes at this year's Future of Work Summit. Source: WellteQ.

There are some great success stories and organisations already tackling mental health. In the blue-collar space, Mates in Mining plays a huge role in reducing the stigma surrounding mental health, normalising the ability to recognise and talk about it. In fact, the impact of Mates in Mining was assessed in a study published last year by the University of Newcastle.

Eight Australian mines engaged in the research with 1,275 miners participating in the programme. It offered both general awareness and connector training to employees and a more in-depth training for supervisors to help them recognise and support someone experiencing poor mental health. The findings supported peer-based programmes tailored to the male-dominated workforce with participants feeling a lot more confident to talk and support their

peers. Beyond Blue has a workplace branch to their organisation, Head Ups, who are also spearheading support and research for mental health, alongside RUOK and the federal and state governments.

WellteQ understands that good mental health is vital in the workplace. It goes beyond providing a return on investment - it generates a positive work culture through creating support systems, trust, staff retention and good morale. As companies mature in their understanding of health at work, WellteQ provides digital health support focusing on team challenges, personal health journeys, increasing physical activity and understanding the mind and body connection. Results from WellteQ's multifaceted programs have included:

- Overall health: 44% improvement
- Energy levels: 29% improvement
- Resilience: 15% improvement
- Perceived job performance: 54% improvement
- Stress at home: 37% reduction
- Stress at work: 10% reduction

Research has proven that good nutrition and regular exercise improves mental health. Therefore encouraging employees to make better food decisions and engage in exercise significantly improves mood as well as approaching mental health head on. Arming employees with tools to manage stress and increasing their health literacy is key to caring more for their health and recognising the signs and symptoms of stress or behaviour change.

Although there is still a long way to go to improve the wellbeing of workers, there is some fantastic research and current programmes showing successful intervention. Remember that variety is key. Consider the demographics of your workforce and peers: gender, age, industry and cultural background, just to name a few. Tailor your programme and ensure you capture data and track changes to best understand your workforce to provide the support they need.

Zoe Cole
WellteQ Head of Customer Engagement

Alka Chetri: From Journalism to Sustainable Development



My Name is Alka Chetri and I am from Bhutan, a small landlocked country in Southeast Asia known for its development philosophy: Gross National Happiness (GHN).

I am currently studying a Master of Sustainable Development at Murdoch University. Before coming to Australia, I used to be a

journalist for one of the private newspapers in Bhutan. I worked as journalist for about five years and then decided to do the Master's, as I felt it was not only necessary to upgrade my academic knowledge, it was also for my career.

I often get asked why I decided to take up Sustainable Development for my Master's degree and here is the reason why: As a journalist, I realised I was more interested in covering stories related to issues such as environment conservation, climate change and human rights and that is how I became interested in the SDGs.

I personally feel the SDGs cover all the global issues and have the power to create a better world.

It was during one of my journalism trainings when I learnt how we as journalists could use our skills to spread awareness on the urgent issues of the world and bring about positive changes. After that training I made up my mind and focused only on writing stories related to global issues such as climate change. In 2017, I resigned from my job and came to Perth to study my Master's.

I joined UNAAWA as a student intern in March this year because I wanted to learn how a UN organisation worked and to also get a closer perspective on the SDGs. These past three months have been a wonderful experience for both my professional and personal growth and I will forever be grateful to have been given this opportunity. Once I finish my degree, I aspire to work in organisations where my education and experience can be used to bring positive changes to this world, because for me a career is not only about becoming financially independent but also about doing our part for the better good of all.

Jo Tighe: National Human Rights Programme Manager

Jo Tighe was first introduced to the UNAA in early 2018 when she undertook an internship through UWA's McCusker Centre. The internship was overseen by Fadzi Whande, then UNAA's National Human Rights Programme Manager. Jo's main task as an Intern was coordinating the development of a Human Rights Position Paper. With Fadzi stepping aside in late 2018, Jo took on the Programme Manager's role. In 2019 the Programme Manager has finalised the Position Paper, worked to secure funding for aspects of the Programme, updated the Programme Prospectus, and attended SDG Forums and Amnesty International action meetings. As part of the UNAAWA Executive she attends board meetings and also sits on the UNAAWA Human Rights Committee as Ex-Officio.

Jo has worked with disadvantaged and marginalised members of the community for over 15 years. Her

project management experience has taken her from the Kimberley in the far North-West to remote corners of Tasmania, and spans mental health, Indigenous, alcohol & other drugs, homeless, youth and the long-term unemployed sectors. Working with not-for-profit, grassroots organisations is her passion.



Development Together: When your help is no longer needed

We received a phone call recently from our not-for-profit partner in Hanoi, Vietnam. At first, I thought the news being delivered was not what I wanted to hear – and it certainly was not expected. The village Chief told us “we don’t need you to come back”. I was in shock. However, by the end of the conversation I was over the moon!



Development Together is a Perth-based organisation that facilitates internship and work experience for university students and professionals to the developing world, where they work in partnership with local not-for-profit groups on community development projects.

For the past two years we have been partnering with the Centre for Sustainable Development Studies in Hanoi to identify rural villages in need of assistance to develop access to clean water. We have sent small groups of engineering and environment students to a remote village in the Da Bac region, around 3.5 hours drive west of Hanoi. This mountainous region is very poor with a large number of people living in poverty.

In December 2017 we were invited to Xom Ke village, which consists of 20 households. In 1994 these families had been relocated to the edge of the largest hydroelectric dam in Vietnam, and the second largest in South-East Asia. This enormous dam on the Da River produces more than 27 per cent of Vietnam's electricity requirements. More than 89,000 people were relocated, and 13,000 hectares of land was submerged to create this dam.



Da Bac Region and Da Dam. Source: Kristy Goodchild

Prior to the dam being built, the local people relied heavily on traditional agricultural practices and grew rice in abundance. However, since the valley floor was flooded to create the dam, they have had to become more creative in their approach and have had to move up the steep mountainous walls. Many locals now conduct small-scale farming and clear large areas of jungle to grow vegetables to feed their own families or have chosen to raise cattle on the steep hillsides. The cattle roam freely, which directly impacts soil erosion and stability, leading to large amounts of cow manure contaminating local water sources. The use of pesticides, herbicides and fertilisers has also led to additional contamination of water sources, directly affecting the health of humans who consume this water.

Our first Needs Assessment was conducted collaboratively with the Chief Matriarch and her community members. One of the biggest problems they face is access to clean drinking water. There was only one small water storage tank that held 1.5kl of water, allowing access to water for only eight households. The remaining households collected water from the stream closer to the village, which carried more contaminants.

The source of the water was located 1.2km from the village, in a small river where the water was deemed to be cleanest. There was no filtration system at the source or on the tank and no maintenance plan to keep it clean – upon inspection it was contaminated with debris, algae and potentially harmful microbe and bacteria. Cattle had extensively damaged the existing water pipe that brought water from the source to the tank. All of the households in the village boiled their water as a treatment method to kill off any pathogens that may be present.

At a community meeting it was decided that we would work in partnership with the local community to build a new water tank that would provide clean water to all of the families, and that the tank would have a filtration system in place. Our volunteers spent time in community consultation identifying the problems and accommodating locals' requests and recommendations.

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Development Together: When your help is no longer needed

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A final design was proposed and approved by the village Chief and community. Due to the low income in this village, we assisted with a financial donation towards the material costs of the project. Each family in the village agreed to provide one person per day to assist with the construction and labour required.



Constructing the water tank. Source: Kristy Goodchild

Over a three-week period, we worked collaboratively with locals and the final product was a tank that allows all village households to access this water, holding close to 6.6kl. We laid 1.2km of new pipe, raised so that cattle could not damage it. A simple filtration system was established at the water source and at the entry point to the tank. An education session regarding maintenance was conducted and villagers agreed to take responsibility to care for and maintain the tank.

We were again back to the village and returned in December 2018. Our Needs Assessment revealed that water from the tank still had some contaminants, mainly sand deposits, and potentially unseen bacteria and microbes. In consultation with the village we determined there was a need for water filtration systems in each of the 22 households. We designed and built a simple carbon/sand/pebble purification system to work alongside the existing water tank.

Over three weeks we constructed 15 new water filters with the villagers assisting. Unfortunately, we were unable to complete all 22 water filters due to time constraints. Once again, due to the low income in this village, we made a financial donation towards the project, and each supplied one person per day to assist with the construction and labour needs. Prior to our group leaving,

we noted a few local families who had not received a water filter had begun constructing their own water filter system using the design and principles that we had used.

Our next volunteer group was due to start in early July 2019. We began planning to return to Xom Ke and finalise the outstanding water filters. However, when our partner group approached the village Chief, we received that phone call - the one where the village chief said "we don't need you to come back".

Our hearts dropped. Not only because of the work that had gone into getting the group there, but also because we had spent so much time teaching them how to work in collaboration and partnership, to make sure we were meeting the village's needs. When I heard those words, I was terrified we had done something wrong, or offended the village Chief in some way, and that was why she didn't want us back.

Much to our delight this was not the case. As it transpired the local villagers had successfully completed the project themselves! They had self-funded and finished the remaining water filter systems using the designs we had left with them. Now all of the families had access to clean water.

This means that there is less chance of illness and more likelihood of people being able to improve their economic outcomes, as they are able to work each day and provide for their families. It also meant that the project we had been working on had proven sustainability, and would positively impact on the health, social and economic wellbeing for this community.

At the request of another village Chief who had heard about our work in Xom Ke, our team was relocated. They have been conducting a Needs Assessment and identified that there are 29 households in this village also facing similar water access problems. We hope that our volunteers will be able to achieve similar results in this village over the month of July, and that we are able to do ourselves out of a job again!

For more information about our programs please go to www.developmenttogether.com, or to get in touch with the author please go to <https://www.linkedin.com/in/kristy-goodchild-551865bb/>

Kristy Goodchild
Development Together Managing Director

Important Dates

2019 Western Australia Infrastructure Sustainability Conference

Wednesday 24th July 18

8am – 6pm

Homebase Subiaco

55 Salvado Rd, Perth 6008

Tickets: <https://isca.org.au/Get-Involved/Events/2019-Western-Australia-Conference>

This one-day conference is an opportunity to engage with Infrastructure Sustainability Professionals, hear learnings, wins and challenges from projects, to advance the discussion around the circular economy, and to explore local and national issues and emerging themes. As always, there is a focus on innovation and impact. Featuring presentations from IKEA, Infrastructure WA, Westport, Sustainability Victoria, Level Crossing Removal Authority, Public Transport Authority, Power Ledger and more. Register today to avoid missing out.

SDG Business Forum: Innovative Solutions for Sustainable Energy



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INNOVATIVE SOLUTIONS FOR SUSTAINABLE ENERGY

Sustainable energy has the opportunity to transform lives and economies while safeguarding the planet. With energy production and use being the single biggest contributor to global warming, and with millions of potential new sustainable jobs at stake, join us to explore innovative solutions to making reliable, clean and affordable energy available to everyone on the planet.

WHERE: The Flux, 191 St Georges Terrace, Perth City.

WHEN: July 30th 2019, 5.30 - 7.30

TICKETS: <https://bit.ly/2YnBejz>

MORE INFORMATION: sandy.chong@unaa.org.au



<http://www.unaa.org.au/divisions/western-australia/>

Important Dates

UN Day Gala Evening 2019



United Nations
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of Australia
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SAVE THE DATE UN GALA EVENING 2019

100th Anniversary of the International Labour Organisation (ILO) - Advancing Social Justice, Promoting Decent Work

Come and join us for an evening of celebration!

DRESS: Smart Casual or Traditional Attire

TICKETS: Inclusive of Cocktail Reception, Dinner, Entertainment and Door Prizes.

REGISTRATION: Registration opens 1st September 2019

TICKETS: <https://bit.ly/2M5mrn1>

CONTACT: 9221 7020 or office@unaa-wa.org.au



25TH
OCT 2019

6 - 8.30 PM

Duxton Hotel
Ballroom



UN Observances

July

- 6. International Day of Cooperatives
- 11. World Population Day
- 15. World Youth Skills Day
- 18. Nelson Mandela International Day
- 28. World Hepatitis Day
- 30. International Day of Friendship
- 30. World Day Against Trafficking in Persons

August

- 9. International Day of the World's Indigenous Peoples
- 12. International Youth Day
- 19. World Humanitarian Day
- 21. International Day of Remembrance and Tribute to the Victims of Terrorism
- 22. International Day Commemorating the Victims of Acts of Violence Based on Religion or Belief
- 23. International Day for the Remembrance of the Slave Trade and its Abolition
- 29. International Day Against Nuclear Tests
- 30. International Day of the Victims of Enforced Disappearances

<http://www.unaa.org.au/divisions/western-australia/>