



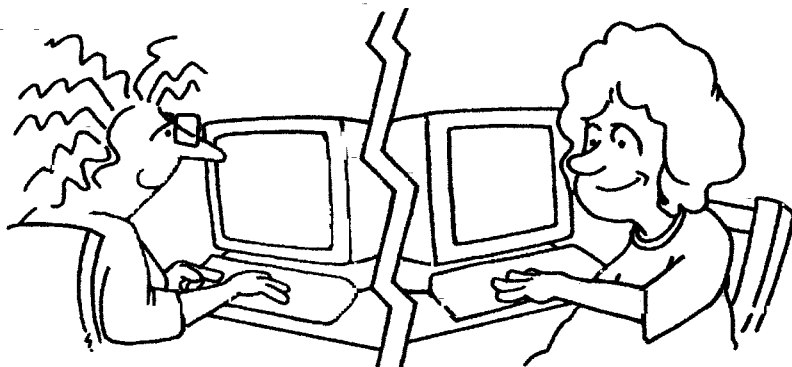
# Info-Link Sheet

## Transport & Technology

### Women's Information and Referral Service

1800 817 227

Older Women Out There is a wellness project for women living in rural and remote areas. It is coordinated by NSW Agriculture's Rural Women's Network and funded by the NSW Department of Health



### Women of the West

They left the vine-wreathed cottage  
& the mansion on the hill,  
The houses in the busy streets  
where life is never still,  
The pleasures of the city, & the  
friends they cherished best:  
For love they faced the wilderness  
– the Women of the West.

The roar, & rush, & fever of the  
city died away,  
And the old-time joys & faces –  
they were gone for many a day;  
In their place the lurching  
coachwheel, or the creaking  
bullock chains,  
O'er the everlasting sameness of  
the never-ending plains.

The red sun robs their beauty, & in  
weariness & pain,  
The slow years steal the nameless  
grace that never comes again;  
And there are hours men cannot  
soothe, & words men cannot say –  
The nearest woman's face may be  
a hundred miles away.

The wide Bush holds the secrets of  
their longings & desires,  
When the white stars in reverence  
light their holy altar-fires,

And silence, like the touch of god,  
sinks deep into the breast –  
Perchance he hears & understands  
the Women of the West.

*Excerpts from 'Women of the West'  
by George Essex Evans*

Lack of transport or limited finances can be barrier to older women getting together and supporting each other. Older women can easily become isolated especially if they live in rural or remote areas. We need to think outside the square and think of creative ways to either get-together or network.

Everyone networks. It is nothing new. Effective networking however is learning how to use your connections in order to achieve your goals - whether to find an Internet provider, learn yoga or how to get a lift to town.

Technology (*see the Internet info-link sheet for more info*) can really help with networking if you live in a rural or remote area. Of course you need a computer and a bit of know-how to get you set up. Once all that is done then you will be

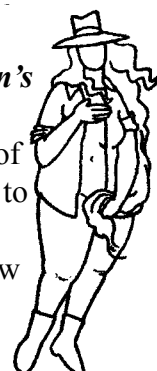
able to communicate with other women, family and friends across the globe...and you won't even need to step outside the house!

Networking gets people together to share & access information, skills, knowledge, interests, resources & support.

A few ideas to get you thinking

\* Write down **three life goals** & then brainstorm them with a friend. They may be short or long term but make sure they are achievable! Ask yourself where you want to be in 10 years time, five years, three months etc. When you know where you want to go you can then start setting the wheels in motion. It is essential that goals are written down, so once you are clear on your goal, write down how you are going to achieve it & who can help you.

\* Go to a rural **Women's Gathering**. These Gatherings are lots of fun and a good way to connect with 'like minds' and learn new skills. For more



information contact the Rural Women's Network 02 6391 3620. [www.agric.nsw.gov.au](http://www.agric.nsw.gov.au)

- \* Learn some **new skills** through the local community college or U3A (see below).
- \* Start up **child care** in your home and put those skills you have to good use. You will not only make some money but meet other women from lots of different backgrounds.
- \* **Welcome newcomers** to your village, street or area. Just pop in and introduce yourself. Tell them about local information.
- \* Visit your local council offices or library and ask if they have information on **local services**, organisations and activities.
- \* Join a **group** such as an Aboriginal Reconciliation group, church groups, VIEW Club or CWA, or start your own!
- \* Get connected to the **Internet** and you'll never be alone again!

## Assistance and Resources

### *University of the Third Age*

U3A ~ is a world wide autonomous educational movement for older people. It is a self-help, voluntary organisation with members who are encouraged to participate by teaching, learning or assisting with planning or administration. There are over 20 U3A groups in regional NSW. Betty Heaton, Bathurst University of the Third Age (U3A) Ph 02 6331 1226 (ah).

### *Older Women's Network*

OWN is an association of older women supporting the rights and interests of all older women. Branches throughout Australia. OWN 87 Lower Fort St, Sydney, NSW Millers Point, Sydney, NSW 2000 Ph 02 9247 7046 Fax 02 9247 4202. [ownnsw@zip.com.au](mailto:ownnsw@zip.com.au) [www.zip.com.au/~ownnsw](http://www.zip.com.au/~ownnsw)

## More Information:

*Women's Information and Referral Service (WIRS) freecall 1800 817 227*

WIRS is a free & confidential telephone service for all women in New South Wales and is part of the Department for Women. WIRS can help you find information that you, your family or friends may need from anywhere in NSW from Monday to Friday between 9.00am and 5.00pm. If you ring after hours or on the weekend you can leave a message and someone will phone you back.

If you are deaf or hearing impaired you can contact WIRS on their TTY number 1800 673 304. For their translating and interpreting service call 131 450.

*This info-link sheet has been compiled by NSW Agriculture's Rural Women's Network as part of the Older Women Out There project. For more information contact the Rural Women's Network on Ph (02) 6391 3620, Fax (02) 6391 3650, Email <[allison.windus@agric.nsw.gov.au](mailto:allison.windus@agric.nsw.gov.au)>*

