

Women's Health Tasmania

ANNUAL REPORT 2025/2026

Our mission

We are Lutruwita/Tasmania's leading voice in advancing women's health and wellbeing.

Our vision

Lutruwita/Tasmania is a place with empowered individuals, supportive communities and equitable systems.

We acknowledge and pay respect to Palawa/Tasmanian Aboriginal people as the original owners of Lutruwita/Tasmania. Women's Health Tasmania is located in Nipaluna/Hobart, Palawa Country. We acknowledge the Muwinina people of this Country and the Tasmanian Aboriginal community of today.

Thank you to Karen Brown Photography.
Printed on 100% recycled paper.

Our values

EQUITY

We are kind and fair, and make sure everyone has opportunities to speak and be heard.

CHOICE

We uphold informed choices, and adhere to a feminist perspective in all that we do.

IMPACT

We make a difference by listening, collaborating with others, using evidence, and being innovative and adventurous.



A year of strength and purpose



Maura Boland, Chair.

Women must have a say in the institutions that impact and shape their health.

Women must have a say in the institutions that impact and shape their health. This is the core principle at the heart of Women's Health Tasmania and one the Board has purposefully worked to strengthen during 2025/26.

Unfortunately, outside the walls of WHT, women's health is rarely the agenda item; it is the thing quietly determined by agenda items about something else.

WHT exists to flip this approach so that women's health experiences shape government decisions about everything from hospital acquisitions to workforce plans and 20-year strategies.

This is demanding work for an organisation with just 6 full-time equivalent staff and the WHT Board works hard to ensure day-to-day activities are supported by a robust governance framework.

During 2025/26, the WHT Board reviewed our governance and processes as well as the WHT Constitution, the essential document which underpins all of our work. This has required us to ask vital questions about how to better engage with the members of WHT and what it takes to keep the voices of Tasmanian women at the centre of all the work we do.

I am confident that the WHT Board is broad, sharp and grounded in the experiences of women across Tasmania because of the diversity and strength of the women sitting around the board table and our intersectional feminist approach

At the 2024/25 AGM we farewelled Board Members who had made substantial contributions to our organisation. They gave us their judgement, their time and their care, largely unseen and entirely unpaid. And since that time, our Treasurer Casey Garrett has also moved on, having contributed so much, including centring the perspective of regional women in this state.

Thank you to our members, our donors, our partners, our funders and the staff who do the work every day. Your dedication and passion continue to have a positive impact on women's health and wellbeing across Tasmania.

Maura Boland, Chair



Respecting, supporting and listening to women

Women's voices must be central to the design of health services.



Kelly Bruce, CEO.

This has been my first year as CEO at Women's Health Tasmania, having been fortunate to follow our previous CEO, Jo Flanagan, in the stewardship of this wonderful and important organisation.

I am so proud to be able to contribute to the almost 40 years of work that WHT has devoted to improving the health, wellbeing and lives of women across this state.

At the heart of this work has always been the powerful principle that women deserve to be heard, respected and supported to make decisions about their own health care.

And core to our mission is that women's voices must be central to the design of health services.

Committed to these principles, we have spent much of this year on a Listening Tour of Tasmania, asking women what is most important to their health care and how it impacts their lives. As part of the tour, the highlight of my year was attending Agfest with the WHT team for the first time in our history and speaking to hundreds of women and their families over those 3 days.

The feedback has been clear. Women want accessible and affordable primary health care close to where they live. They want to feel listened to and have access to doctors who understand the complexity of women's health. They want improvements to mental health care, for themselves and those they care for. And they want good and reliable information to help them navigate the health services system.

These are some of the issues we will focus on over the coming 3 years in our next Strategic Plan. Thank you to everyone who spoke to us from every corner of the state. We are listening and we will make sure your voices are heard by decision makers.

Our dedicated team, Board, volunteers and partners continue to be our greatest strength. Thank you all for the compassion, care and commitment to feminist principles which underpin everything you do, from the services we provide directly to women, to our policy, advocacy, research, governance and sector leadership.

Kelly Bruce, CEO



Our impact

Improving women's health and wellbeing

We support improved health outcomes for Tasmanian women by sharing evidence-based health information, conducting health promoting activities, providing counselling support and linking clients to services.

1,912 women attended WHT's webinars, workshops or training

1,941 (96%) clients reported an improvement in their capacity to manage their health and wellbeing after accessing WHT services

Health information

WHT continues to share evidence-based health information online, in person and through our networks. Our blogs discuss everything from getting better sleep and brain health to menopause in the workplace, heart health during menopause and seasonal affective disorders.

New episodes of the *Speaking of Health* podcast focus on the nexus of menopause, neurodivergence and gender identity and discussions about trans and gender diverse menopause.

Community workshops

WHT provides free community workshops in every corner of Tasmania. This year, we delivered workshops to community members on topics including self-care, menopause, family violence bystander training and how to support people to access reproductive health care.



Health and language project

Women engaging with WHT speak 30 different languages

This ground breaking project works collaboratively with migrant and CALD community members to develop culturally appropriate women's health information in language.

Nepali, Tigrinya, Farsi and Chinese language resources are available on the WHT website in both printable and audio formats. This library will continue to grow over the next 12 months.

Thank you to project funders, the Department of Health and to our partners, Welcome Tasmania and Migrant Resource Centre Tasmania. We also appreciate additional support received from the Multicultural Council of Tasmania (MCOT), the Australian Red Cross and CatholicCare.



Healthy activities

2,288 women attended centre based activities like yoga, tai chi and meditation

Walking group

Every week the WHT walking group ventures into Tasmania's beautiful outdoors. The group provides a welcoming space for diverse women with a range of abilities to connect and find friendship.

In person and online classes

Yoga, tai chi, strength training and meditation activities remain popular both online and in person.





Support

Counselling and crisis services

375 women accessed face-to-face and telehealth counselling services

142 women dropped into our North Hobart office for crisis support or to use our shower – a 27% increase on 2024/25

WHT provides short-term counselling for emotional health and wellbeing, pregnancy options and in preparation for birth, pregnancy and parenting. Our services are available via telehealth or in person at our North Hobart centre.

"[WHT] was there when I needed it … [and] has had a really big impact on my life. I am so grateful that this service exists in Tassie."

– Jane*, counselling client

Case study: Kim

Kim* is a woman in her 70s. She initially booked a counselling appointment to talk about how she could best support her adult children through some difficult times.

As her sessions progressed, Kim eventually articulated that her husband's behaviour was having negative effects on her.

Kim said the counselling conversations helped her understand that she is not alone and that family violence does happen to women her age.

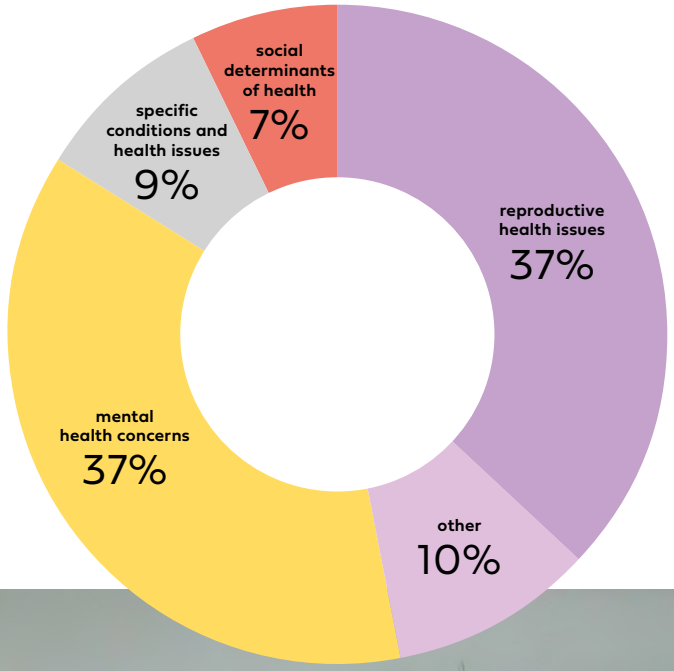
She said it felt important to identify the behaviour as family violence and to understand that it is not her fault and that nothing is wrong with her.

WHT connected Kim with a peer support group and shared information about family violence specialist services for when she felt ready to take some action.

* Not her real name.

1800 675 028 Women's Health Information Line

400 women received information, support and referrals through our Information Line on topics including:



Migrant Mother and Baby Playgroup

Our weekly playgroup continues to bring newly arrived migrant mums and children together. Playgroup leaders Barb and Amirah share information, run activities that support child development and link mums to services (and each other!).





Undies Project

The Undies Project continues with 247 pairs of undies distributed to low income menstruators this year. This project is funded by donations to Women's Health Tasmania and through additional support from Modibodi. Demand remains very strong and we thank Modibodi for continuing to support us to provide this service to women in Tasmania.



Women's Health Fund (WHF)

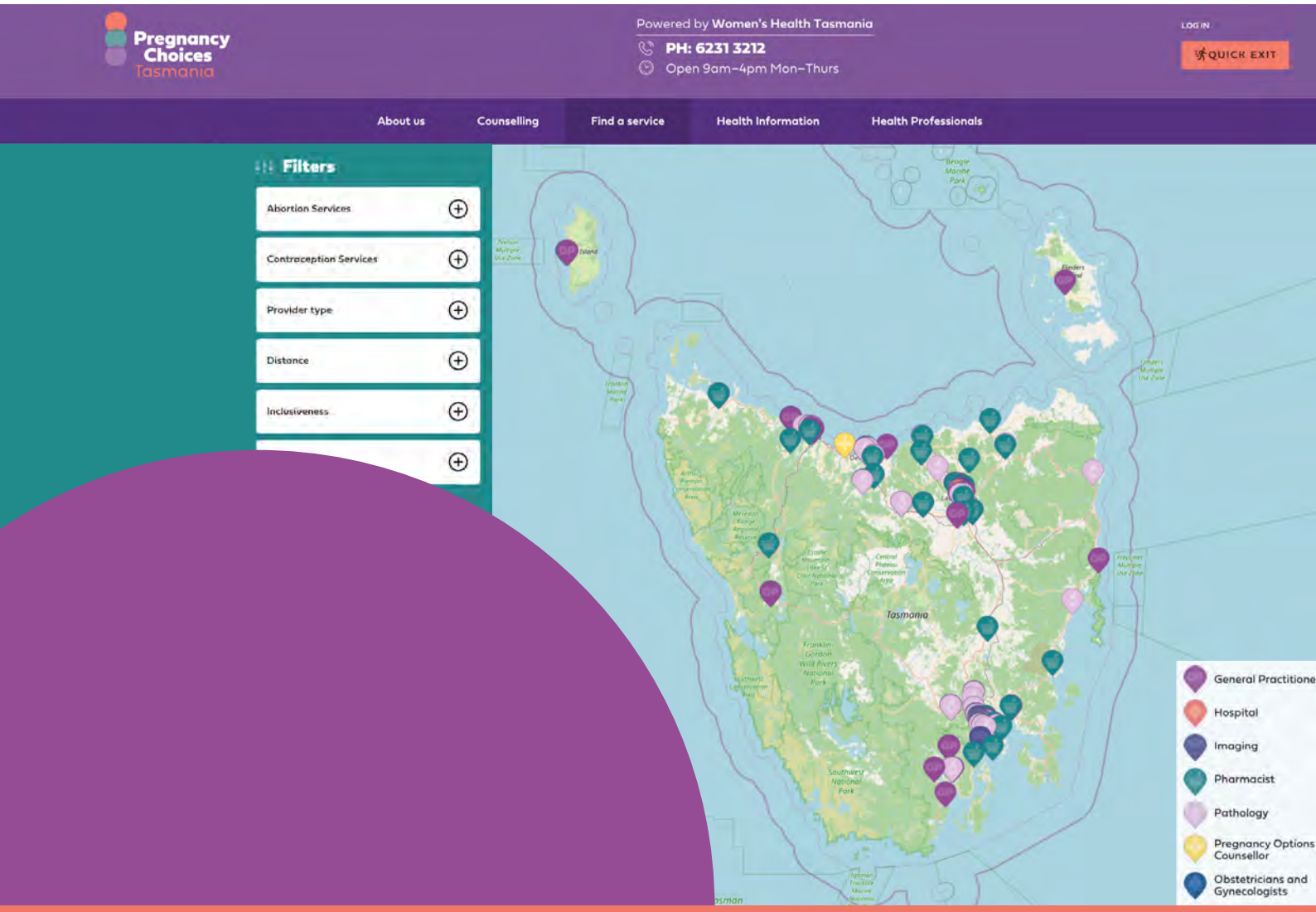
358 women received support to access abortions or long acting reversable contraception (LARCs) through the Women's Health Fund

The WHF is a limited pool of funds used to help women and people on low incomes access specific sexual and reproductive health services. Thank you to the Tasmanian Government who funds this important service through the Department of Health.

pregnancychoicestas.org.au

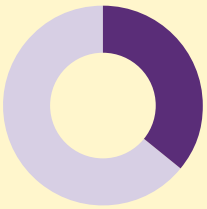
The online network continues to grow with 241 general practices, pharmacies, pathology and ultrasound services from all corners of Tasmania now listed.

During 2025/26, more than 3,900 new visitors were connected with this vital information about reproductive services.

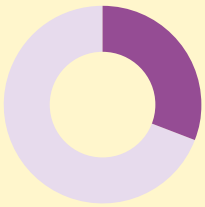


Connecting with all communities

We support women from all backgrounds, in all parts of Tasmania to access appropriate health information and services.



36% of our clients are from **CALD backgrounds**



31% self-identify as having a **disability**



12% self-identify as **LGBTIQA+**



45% live in **rural and remote** areas

12% self-identify as **Aboriginal and Torres Strait Islander people**

Karen language workshop.



Case study: Felicity

Felicity* is from an East Asian cultural background and is a permanent resident. She worked briefly in a business where she experienced unethical practices and risk to her safety.

Felicity left that job and sought counselling from WHT to make sense of what had happened and figure out her future. Her conversation with a counsellor supported her to connect with and trust her own values and knowledge and to decide what she should do next.

Case study: Molly

Molly* came to counselling experiencing anxiety, depression and relationship problems. She had experienced health trauma as a result of homophobic discrimination by a GP which presented a barrier to accessing the services she needed.

A WHT social worker focused on helping Molly feel heard and understood while also offering a hopeful and non-pathologising way to understand her responses. Molly was supported to consider practical next steps, including speaking with a GP and seeking longer-term mental health support.

Eventually, Molly, accompanied by a support person, saw a GP and received a referral for a mental health care plan. Molly said that WHT's counselling helped her believe she could make progress.

Case study: Connected Beginnings

WHT facilitated a series of stress and relaxation workshops with Tasmanian Aboriginal women in early 2026. The workshops aimed to increase the women's knowledge about stress and provide practical tools to lessen their stress levels.

Guided by the wisdom and knowledge of Connected Beginnings Kutalayna, WHT took a trauma informed, psycho-education approach to this work, incorporating health literacy principles and destigmatising language.

Following the initial session, several participants approached WHT about running additional workshops in the community and noted the helpfulness of practical child-focused relaxation techniques they could incorporate easily into their lives.

Connected Beginnings is a Tasmanian Aboriginal Centre (TAC) program focused on improving health, educational, developmental and social outcomes for Aboriginal and Torres Strait Islander children aged 0-5 years.

"I don't feel alone anymore, everyone is going through similar stuff."

– Workshop participant

Improving systems, influencing policy

Ensuring the voices of Tasmanian women are centred in the design of our state's health services is essential to progressing WHT's Vision and Mission.

This year we focused on hearing what women want from their health care. These invaluable insights will guide our ongoing strategic approach and advocacy to government.

Rural Health Conference 2026.



Listening to women

WHT's 2025/26 Listening Tour Research Project reached out to women across Tasmania to deepen our understanding of what is important to them when it comes to health care. Information collected through face-to-face conversations and an online survey will inform development of WHT's strategic priorities for the next 3 years. Thank you to everyone who shared your stories with us.

We were privileged to speak with many women from diverse backgrounds who had a wide range of health needs and experiences of our state's health system. We also gained input and insights from doctors and medical professionals to ensure we understand their perspectives and also consider their knowledge and experiences of systemic barriers to care.

WHT at AGFEST 2026.



Sector training & development

TGD Menopause

The Trans and Gender Diverse (TGD) Menopause Project aimed to improve healthcare access and foster a more supportive environment for LGBTIQA+ Tasmanians by developing resources for use by both TGD individuals and healthcare providers. WHT used a codesign approach to develop inclusive, multimedia resources about the unique challenges of trans and gender diverse people experiencing menopause. This project was funded by DPaC.

Reproductive coercion and abuse (RCA)

Primary care practitioners and sector practitioners can now access screening tools, and information about supporting and referring patients experiencing RCA. WHT developed these resources in collaboration with the Primary Care Family and Sexual Violence Support (PCFSVS) project.

WHT also delivers Pregnancy Options and Reproductive Coercion training for community sector workers. This training is based on the work of Queensland NGO Children by Choice and adapted by WHT for the Tasmanian context.

> "[WHT] is doing fantastic work translating evidence for practice."
>
> – Research Fellow, SPHERE Women's Sexual and Reproductive Health Coalition

Mental Health Practitioners Professional Network (MHPN)

WHT continued to build on our close relationship and facilitation role with the Mental Health Professionals Network (MHPN) in Tasmania.

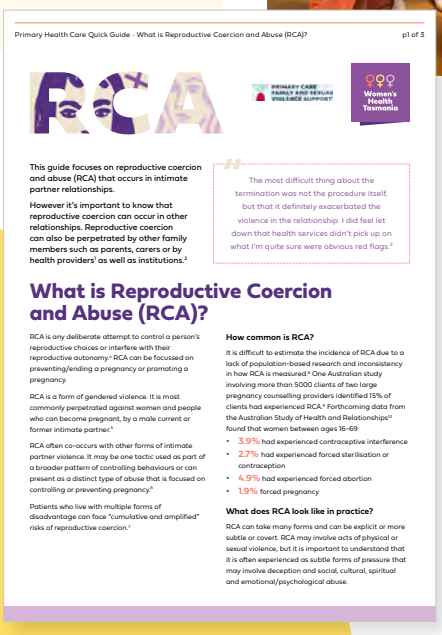
Our Social Worker, Heidi, facilitates the Tasmanian Women's MHPN group. This forum connects practitioners so they can share what they are experiencing in their work, hear about trends and issues their colleagues are noticing and navigating and discuss how gender intersects with mental health in our state.

WHT's Psychologist, Kelly, facilitates the Perinatal MHPN group. This group's quarterly meetings feature guest speakers with a focus on services and topics relevant to delivering care to mothers, fathers, infants and families during the perinatal period.



MHPN Breathwork workshop, May 2026.





Primary Health Care Quick Guide - What is Reproductive Coercion and Abuse (RCA)? p1 of 3

RCA

This guide focuses on reproductive coercion and abuse (RCA) that occurs in intimate partner relationships.

However it's important to know that reproductive coercion can occur in other relationships. Reproductive coercion can also be perpetrated by other family members such as parents, carers or by health providers' as well as institutions.[2]

"The most difficult thing about the termination was not the procedure itself, but that it definitely exacerbated the violence in the relationship. I did feel let down that health services didn't pick up on what I'm quite sure were obvious red flags."[3]

What is Reproductive Coercion and Abuse (RCA)?

RCA is any deliberate attempt to control a person's reproductive choices or interfere with their reproductive autonomy.[4] RCA can be focussed on preventing/ending a pregnancy or promoting a pregnancy.

RCA is a form of gendered violence. It is most commonly perpetrated against women and people who can become pregnant, by a male current or former intimate partner.[5]

RCA often co-occurs with other forms of intimate partner violence. It may be one tactic used as part of a broader pattern of controlling behaviours or can present as a distinct type of abuse that is focused on controlling or preventing pregnancy.[6]

Patients who live with multiple forms of disadvantage can face "cumulative and amplified" risks of reproductive coercion.[7]

How common is RCA?

It is difficult to estimate the incidence of RCA due to a lack of population-based research and inconsistency in how RCA is measured.[8] One Australian study involving more than 5000 clients of two large pregnancy counselling providers identified 15% of clients had experienced RCA.[9] Forthcoming data from the Australian Study of Health and Relationships[10] found that women between ages 16-69:

- 3.9% had experienced contraceptive interference
- 2.7% had experienced forced sterilisation or contraception
- 4.9% had experienced forced abortion
- 1.9% forced pregnancy

What does RCA look like in practice?

RCA can take many forms and can be explicit or more subtle or covert. RCA may involve acts of physical or sexual violence, but it is important to understand that it is often experienced as subtle forms of pressure that may involve deception and social, cultural, spiritual and emotional/psychological abuse.

Shaping Women's Services (SWS)

In late 2025, Lucinda Shannon presented at the AusPATH Conference alongside Yalei Wilson where they shared the Shaping Women's Services story and key takeaways. The audience was comprised of doctors and allied health practitioners who work in trans health care alongside peer workers and lived experience advocates. The SWS story was also shared at the annual TasCOSS Conference.



Yalei and Lucinda at the AusPATH Conference

Working together for better health

WHT collaborates across the community, health and government sectors to improve women's health.

- Change for Health (C4H) Network
- Australian Women's Health Alliance
- SPHERE (NHMRC Centre of Research Excellence) Sexual and Reproductive Health Coalition
- Where's Your Line Partnership
- Health Promotion South Network
- North West Health Promotion Network
- East Coast Service Providers Network
- Huon Valley Service Providers Network
- Department of Health LGBTIQA+ Reference Group
- Department of Justice Gender Respect and Fairness Reference Group
- Department of Health Blood Borne Virus and Sexually Transmitted Infections Collaborative Group

Submissions and advocacy

Continued access to vital services

The proposed sale of the Hobart Private Hospital to Calvary Health Care presented a fundamental challenge to women's health services in Tasmania in 2025/26 and WHT continues to advocate against potential loss of services.

As Hobart Private Hospital was the last non-Catholic hospital in southern Tasmania, its sale could mean an end to private health system access to terminations, gender affirming surgeries and some contraceptive surgeries.

WHT continues to advocate for these services to be made available through our public health system so people across Tasmania can access the health care they need without the barrier of interstate travel.

Sharing our expertise

WHT shared its specialist expertise and the voices of women with state and federal governments through submissions and consultations.

- Impact of the sale of Hobart Private Hospital on abortion access
- The Health Revolution, Tasmania's 20 year health strategy
- Youth Justice Model of Care (MOC)
- Tasmanian Disability Inclusion Plan
- Tasmania's Mental Health Strategy

WHT Board Member Lauren Yates-Jones shared her lived experience as part of the launch of the Tasmanian LARC Centre of Excellence (CoE).



Our people

Our Board



Maura Boland
Chair

Managing Director, The Insight Partnership and Non-Executive Director, Aruma

Maura has more than 20 years' experience in senior and executive level leadership in government and the for-purpose sector. Her breadth of knowledge includes strategic planning, governance, policy development, program design, regulation and change management. Maura is passionate about tackling complex problems to find simple and impactful solutions.



Lauren Yates-Jones
Deputy Chair

Brand Strategist

Lauren is a Hobart-based designer and illustrator, and creative director of Lauren Ipsum, a remote studio of collaborators working in brand strategy and design. She is in her first year teaching senior secondary students, which she loves, and this year published her first children's picture book with hopes of making more.



Georgia Allen
Secretary (joined November 2025)

Senior Legal Counsel, Gresham Partners

Georgia is a corporate lawyer and member of the Australian Institute of Company Directors. She recently returned to Tasmania after living and working in Sydney and the UK for more than a decade. In her current role, Georgia provides legal, compliance and governance support to the Gresham Group.



Bronwyn Tilbury
Treasurer
(joined November 2025)

Industry and Impact Lead, TasCOSS

Bronwyn is a feminist leader with extensive experience in gender equality, including 8.5 years as Feminist Movement Strengthening Advisor with the International Women's Development Agency. In her current role, Bronwyn leads community industry development and sustainability initiatives with strategic expertise, feminist analysis and deep Tasmanian community services industry networks.



Karina Groenewoud
Public Officer (joined November 2025)

Director, Governance and Compliance, University of Tasmania

Karina is an experienced governance and compliance professional in the education, VET and higher education sectors. Throughout her career Karina has worked closely with boards, executives and community stakeholders to strengthen organisational governance and risk-based decision making.



Rachel Johnson
Board Member (joined November 2025)

Head of Corporate Affairs, Hydro Tasmania

Rachel leads strategic communications, marketing, government relations and community engagement in her role with Hydro Tasmania. She brings extensive senior leadership and governance experience, including 3 years as Chair of Volunteering Tasmania. Rachel is passionate about strengthening community connection and improving health and wellbeing outcomes for Tasmanian women.



Anna Collet (Linn)
Board Member
(joined April 2026)

Director, Purpose Accounting

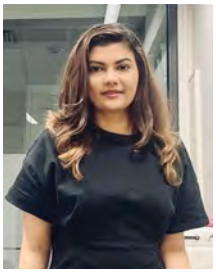
Anna is a not for profit financial management expert with more than 20 years' experience helping organisations in Australia and the UK to strengthen their finance functions to support efficiency, growth and social impact. She specialises in financial strategy, management accounting, reporting, finance systems transformation and supporting boards.



Vikki Iwanicki
Board Member

Councillor, West Coast Council and Centre Leader, West Coast CFLC

Vikki is passionate about health equity for Tasmanians living in remote and regional communities, driven by the belief that health outcomes shouldn't depend on postcode. In her current role with Queenstown CFLC, she brings firsthand insight into the structural disparities faced by remote communities, particularly in relation to women's health.



Bharti Kour
Board Member

Industrial Officer, Australian Education Union (Tasmanian Branch)

Bharti is a lawyer with experience in Australia and Fiji. She has a Master of Laws (LLM) from the University of London specialising in Public International Law and Human Rights. Bharti brings experience in legal advocacy, policy development and human rights to the WHT Board. As an immigrant woman from a small island country, she also brings a unique perspective on gender equality, cultural diversity and equitable access to health services.



Dr Sue Mallett
Board Member

Clinical Director, Launceston Women's Health Clinic

Sue has worked in primary health in Tasmania's northern region for more than 30 years. She began her career as a GP and has been a strong advocate for women's health through her role as Medical Director of Family Planning Tasmania, setting up a women's clinic at the Refugee Health Centre and cofounding Tasmania's first primary health women's health clinic.



Dr Catherine Moult
Board Member

Senior Medical Officer, Family Planning Tasmania

Catherine is a women's health specialist GP with more than 10 years' experience in general practice. She is passionate about improving women's health and access to quality, evidence-based care. Her clinical interests include abortion care, perimenopause and menopause and long-acting reversible contraception.

Our team

- **Kelly Bruce** CEO (from August 2025)
- **Lucinda Shannon** Deputy CEO
- **Maree Ransley** Health Worker / Intake Worker
- **BJ Hook** Health / Intake Worker
- **Elinor Heard** Policy Officer
- **Margie Law** Project Officer
- **Grace Mackenzie** Casual Intake Worker
- **Kelly Madden** Psychologist
- **Heidi Morton** Social Worker
- **Amirah Onwuegbuzie** Playgroup Facilitator
- **Barb Smith** Playgroup Facilitator
- **Julie Cooper** Finance Officer
- **Zoe Elliot** Administration Officer
- **Venus Acuzar** Cleaner
- **Beatrix Shackcloth** Lived Experience Worker
- **Abigayle Tett** Lived Experience Worker

Thank You

Volunteers and Health Promotion Activity Providers

- **Rhonda Anthony**
- **Jane Bell**
- **Valerie Cameron**
- **Jean Gilbert**
- **Maree Grimsdale**
- **Rosemary Kerrison**
- **Jane Mcarthur**
- **Kath Mclean**
- **Andrea Pereira**
- **Jen Van Achteren**
- **Frances Williamson**

Our partners

- Asthma Tasmania
- Catholic Care Tasmania
- Children by Choice
- Connected Beginnings Lutruwita/Tasmania
- COTA Tasmania
- Engender Equality
- Equality Tasmania
- Family Planning Tasmania
- Gidget Foundation Australia
- Health Action Team Central Highlands (HATCH)
- Health Promotion South, Tasmanian Health Service (THS)
- Hobart Women's Shelter
- Hobart Private Hospital
- Laurel House
- Leprena Uniting Aboriginal and Islander Congress Church (UAICC)
- Mary Hutchinson Women's Prison
- Mental Health Providers Network
- Migrant Resource Centre South
- Modibodi
- Multicultural Council of Tasmania (MCOT)
- Peacock Centre / Safe Haven
- Red Cross
- SANE Australia
- Tagara Lia Child and Family Learning Centre
- TasCAHRD
- Tasmanian Aboriginal Centre
- Tasmanian University Students Association (TUSA)
- TasTAFE
- University of Tasmania
- Wayraparattee Child and Family Learning Centre
- Welcome Cultural Services Northern Tasmania
- Women's Legal Service Tasmania
- Working It Out



The WHT team.

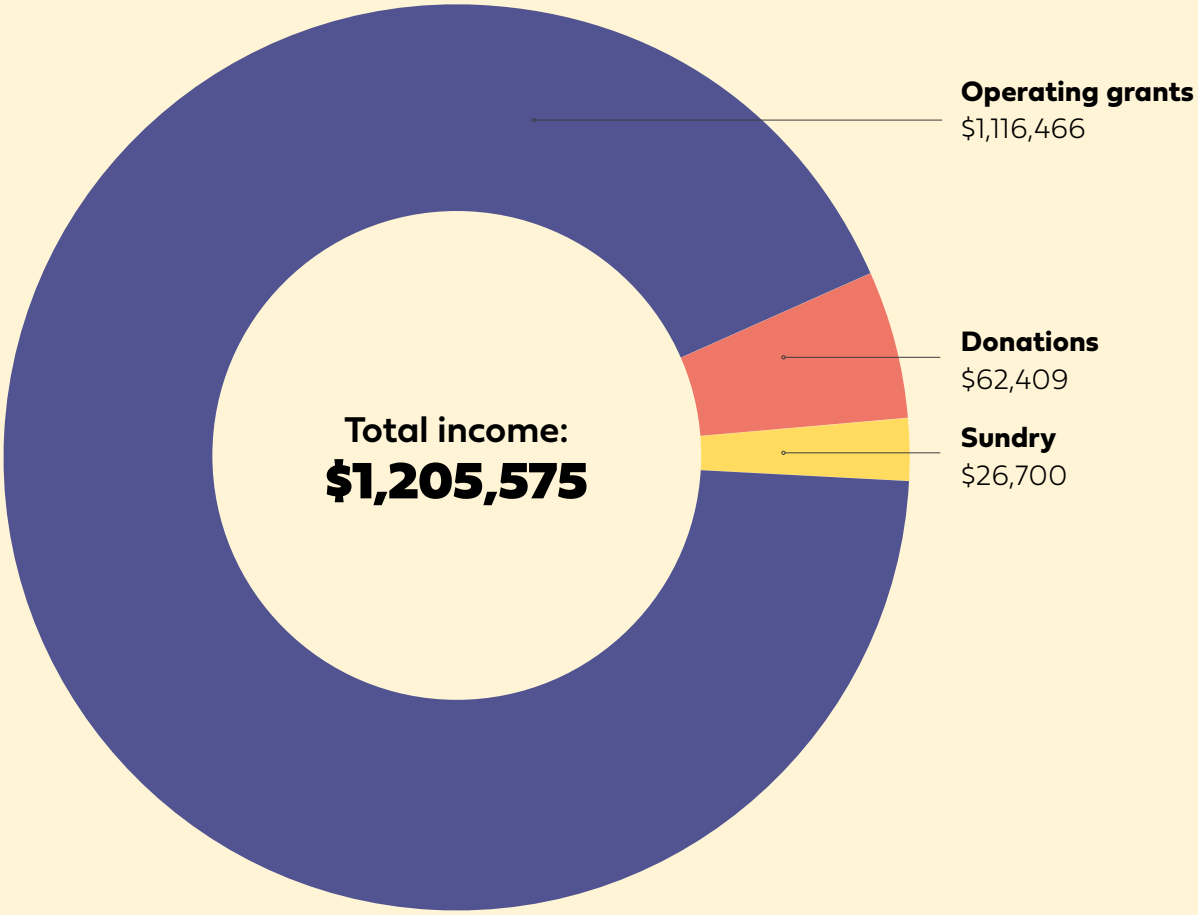


Members of the WHT Walking Group.

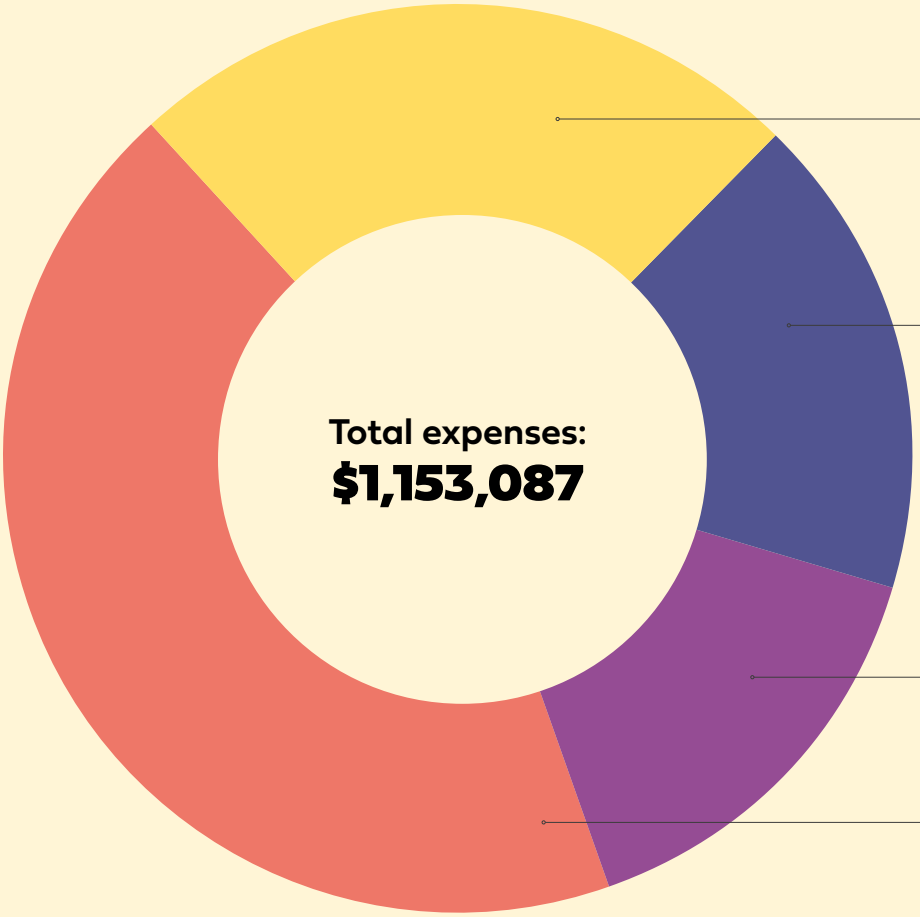
Finances

This is a summary of the Financial Statements for the year ending 30 June 2026. The full reports are available on the Women's Health Tasmania website **womenshealthtas.org.au**

Income



Expenses



Health promotion
$280,653

Research and policy
$198,657

Administration
$171,719

Activities and allied health services
$502,058







Women's Health Tasmania

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