

HEAR MY VOICE

— WOMEN'S NETWORK —

Quarterly Newsletter January– March 2022

January 2022

We kicked off the year by launching our new website and a Twitter account

Our website has full details of all our programming, all Women of the Week posters and much more. Check it out - www.hearmyvoice.info

We joined the world of Twitter! We have had an excellent engagement rate so far this year, building a community of supporters and organizations that share our passion to work towards ending gender inequality. Its been amazing to see the support and interest we have received from this Twitter community. Join us on Twitter and be a part of the movement. [@hearmyvoice_wn](https://twitter.com/hearmyvoice_wn)



Strengthening the Alumni Community

On January 25, 2021, we hosted our first Alumni Networking event of 2022. This event brought together alumni from all of HMV-WN's past programming, which now includes over 160 graduates from 40 countries. Participants who attended the Networking Event had the opportunity to meet each other and connect virtually to discuss their work and goals for 2022.

February 2022

Viewing Social Justice Through a Feminist Lens:

On February 20, 2022, we celebrated the World Day of Social Justice by hosting a panel discussion explaining the concept of social justice, specifically social justice, through a feminist lens. HMV-WN invited four women, Amile Dlamini, Liliane Mohamad, Kesang Wangmo, and Helen Yandell, each advocating for social justice in their communities, as panelists for this event. The discussion focused on explaining social justice using one common approach, which breaks the concept down into four pillars; access, human rights, participation and equity. The panelists also discussed why social justice is essential when working towards creating gender equality in the current global context. If you missed the event, don't worry, you can find the recording on our YouTube Channel.

"There is no absolute social justice without the protection and advocacy of human rights...human rights are the standard that recognizes and protects the dignity of all human beings. They govern how we operate as a society."
- Amile Dlamini



"As long as we are committed to the cause of social justice, progress is possible. The focus should be on providing a much more equal playing field for everyone, and hence increasing and restoring access and giving everyone an equal opportunity for a good life." - Kesang Wangmo

Talking about Sexual Rights & Reproductive Health

In February, we hosted a 4-week sexual rights and reproductive health (SRHR) training facilitated by expert Meggie Dumas for 10 HMV-WN alumni. During their 4-weeks together, participants discussed reproductive choice, including access to contraceptives; the connection between gender-based violence and SRHR; menstrual health and period poverty; and consent, pleasure and SRHR education.

Delivering our first Annual Report:

The 2021 HMV-WN annual report documents our work to foster women's empowerment and gender equality around the world. It highlights some of the organization's initiatives during the year and a list of all programs conducted. Check out the report here [2021 Annual Report \(hearmyvoice.info\)](https://hearmyvoice.info)

March 2022

Women's Empowerment and Community Action Program. March- May 2022

On March 6, we launched our Women's Empowerment and Community Action Program, for the next 12 weeks, 21 feminist changemakers will come together to learn from one another and increase their knowledge of social justice and women's rights, to empower them to use their voices in their community to speak out for their rights and the rights of other women. As part of the Community Action component of the Program, participants will run their own community action initiative that they design and implement, under the mentorship of the HMV-WN team. Each element of the Program is designed to increase participants' skills and confidence, so that they are able go back into their communities and take direct action to create gender equitable change.

Spreading the word

Women Living in Thailand (WLIT) hosted HMV-WN Founder and Director, Lauren Donnison, to speak on their podcast. The session was held to honor International Women's Day and was titled "A Feminists Journey Developing a Women's Global Network". Take a listen to hear about the inspiration behind the organization and the dreams for the future.

Mental Health Wellness in GBV Prevention and Response Training:

On March 22, in partnership with Counselling Thailand, we hosted a 2-part workshop series exclusively for HMV-WN alumni, that focused on Basic Stress Management and Vicarious Trauma Training. The workshop series will be facilitated by Sustriana Saragih, a Counsellor & Psychotherapist from Counselling Thailand. Counselling Thailand is a well-respected private practice providing counselling and therapy services throughout Thailand.

