

Frankfin Women

September 2018 Newsletter

September is always the birthday edition of our newsletter. This year marks our 4th birthday (Hoorah!). It still feels like yesterday that we had our first event, so it is hard for me to come to terms with four years having passed already. It reminds me of the CS Lewis quote: “Isn't it funny that day by day nothing changes, but when you look back, everything is different.” When I look back, a lot is different – our initiatives now include a cross-organisation [Mentoring Program](#) and Equity Think Tanks, we have eight leading organisations in the sector getting behind us as our [Academic Partners](#), and we are in the process of organising our first non-Sydney event with our friends in Newcastle. But many things have stayed the same – the same talented researchers (with a few more kids, PhD graduations/promotions and job changes) are leading FW through the [Peer Advisory Group](#), our events continue to be dedicated to learning important career skills outside of the technical sciences and, even though our community is growing, it still has the same feel as the day we started. A fresh, fun, inspiring and welcome feel that I hope will never change.

I hope you enjoy reflecting on the last 4 years with us in this newsletter, and I look forward to sharing whatever unfolds over the next 4 years with you too.

Happy reading!

Melina and the FW team



What happened this month

- The NHMRC released their [2018–19 corporate plan](#)
- Chief Scientist Dr Alan Finkel has been [reappointed](#) for a further 2 years
- The 2018 [Women's Agenda Leadership Award](#) finalists have been announced, including a few friends of FW ☺ – congratulations to all!
- Research Australia released [Australia Speaks](#), their 2018 opinion poll for health and medical research
- The Association of Australian Medical Research Institutes (AAMRI) released their [research institutes snapshot](#)
- Women in STEM have been all over the news! ABC Science featured an article on [sexual harassment in science](#) and The Australian discussed the [STEM pay gap](#)

- Self-nominations are now open for [2019 NHMRC peer review panels](#), closing 17 October
- Members of the new [Council of the NHMRC](#) have been announced, with two thirds of the appointees being female!



Career Profile

Meet [Dr Anne Bunde-Birouste](#), Senior Lecturer at UNSW's School of Public Health and Community Medicine (one of our inaugural [Academic Partners!](#)), and Founder and CEO of [Football United](#). Earlier this month she was named one of the [Financial Review's 100 Women of Influence](#) – congratulations!!



What is your training in the health or medical science field? I have a PhD in health promotion with a focus on sport for social change, and an MPH specialising in health promotion.

Tell us about your work roles (all of them!) and how you came to them?

I have multiple roles! I always say that the role that pays my salary is my role as senior lecturer and convener of health promotion at the UNSW School of Public Health and Community Medicine. Within

that role I also am the Director of the Yunus Social Business for Health Hub, a member of the Nobel Prize Laureate Mohammed Yunus' academic network. I was asked to take this on due to two other roles I have. One is the Founding Director of [Football United](#), a program to support refugee and disadvantaged youth through football (soccer). I founded Football United in 2006 during my doctoral work, and it has been running ever since. We run programs in the greater Sydney, Illawarra and Central Coast areas as well as expanding programs in Myanmar. To ensure sustainability and to widen the impact of our positive youth development and lifeskills approaches, we created the [Creating Chances](#) social enterprise, of which I am one of the Directors. My work in this area has earned me recognition and opportunities both in Australia and internationally and I also sit on the Board of the [streetfootballworld network](#), an organisation regrouping over 130 groups working in football for good across the globe. I was nominated and awarded the honour of being named one of the Australian Financial Review's 100 Women of Influence for the combined work of these activities.

What is one of your favourite projects you are currently working on? I love the work we do with young people, enabling them to find their pathways through the magic of football. I have seen so many youths discover their passions, gain confidence and branch out into the world. The particular work I am very passionate about now is the work we are doing promoting social cohesion and peace through football in Myanmar. We have been fortunate to receive funding from the UEFA Foundation for Children to set up a community centre for

football for peace in the post-conflict region of Kayin state. Most recently I was asked by the Myanmar Minister of Social Welfare to expand this work to integrate a football-based youth development approach into the National Strategic Plan of Implementation of National Youth Policy, and to design a football-based integrated approach for disaster awareness, rehabilitation, youth development and social cohesion. Another key project I'm working on is that of development tools and support mechanisms to enable streetfootballworld members to achieve financial sustainability through social enterprise, which is key to their capacity to continue their vital work long term.

What are some of the major 'outputs' from your work? The most important output from our work is the vast numbers of youth whose lives we have reached and whose futures we have helped through our programs. There are countless examples of young people who have thrived, some in big ways such as gaining university scholarships, even a Cannes Film Festival first place award! I was thrilled one day to be invited to inaugurate a new sports complex at one of our local schools – there is even a plaque with my name on it. We also had the great fortune of having a film made about our trip to South Africa and broadcast on Foxtel Bio – it received the 2010 Australian Human Rights award. Sure I have given talks, written papers and reports, but the best thing about this work are the thousands of inspiring youth and children I get to work with, and the equally inspiring adults we team with. None of the accolades I have received are mine alone – everything I have ever done has been team work with friends and colleagues, and the accolades belong to all of them.

How do you think your work contributes to the field and/or the overall health of the community? In all my years as a professional in health promotion and development, I have never seen such tremendous positive impact as the power of sport-for-good programs – and in particular football-for-good. The common passion for the game of football, the joy it brings and the possibility to engage well beyond the playing field is overwhelming and the positive impacts abound. The approach is used for holistic impacts such as positive youth development and community cohesion, peace building, HIV prevention, gender equity and preventing gender-based violence, addressing youth and adult vulnerability, homelessness and reinsertion into society. The positive impacts abound – a look at the above-mentioned sites, and some of our YouTube videos can provide a taste of the inspiration, power and fun of the approaches.

Who do you collaborate with and how did those work relationships come about? Collaboration is diverse, ranging from teachers in schools, community-based organisations, academic colleagues and, most importantly, youth from our communities, many of whom have grown up with our projects and are now taking leadership roles.

Do you have any side interests or passions that you are looking to develop? I love the work I am doing – my first and foremost passion is this and I am seeking to continue and grow the possibilities. I would love to source support to create a Centre for Translational Research in Sport for Social Change where I could devote my entire working life to continuing and expanding these programs.

What food have you eaten too much of in your life? Pizza and ice cream 😊

Franklin Women by numbers

To help celebrate our 4-year anniversary, here are just a few numbers that summarise some of what we have achieved. And who doesn't love a good infographic right?!



Personal stories on FW's impact

One of the priority outcomes from our recent Strategic Planning Day (you can read about it in our [July newsletter](#)) was to collect data on the impact that Franklin Women is having in a more purposeful way. In addition to a follow-up of our 2017 [Mentoring Program](#) participants, we put a call out to you, our members and readers, to send us your own Franklin Women Impact Statement. Here's what happened:

Firstly, we were blown away by the response and also by the different ways FW is reaching and impacting those in our field (and beyond).

From our Peer Advisory Group reflecting on what they have learnt in the past 4 years, to previous event attendees who wrote about the practical skills they've learnt and the networks they've made. Even previous event speakers wrote to us complimenting the authenticity of the Franklin Women community. Many of our inaugural members also wrote to us saying how they have been inspired by watching us grow and also new members who told us how excited they were to find us filling an unmet need in their professional journey. Last, but not least, our loyal newsletter subscribers (thank you!) shared how much they look forward to the monthly reminder that there is a constant network of support out there for them.

All those who submitted an Impact Statement went in the draw for a 12-month Franklin Women Membership, and the lucky recipient was [Erica Crome](#)! Erica has kindly agreed to share her personal Impact Statement with the FW community below and it is a great example of what the kindness of others can lead to. Thanks to all who sent in their Impact Statements. As we reflect on our 4-year anniversary these powerful stories really mean the world to us, and will help us communicate our value and prioritise future activities. Of course it's never too late, if you also have a FW impact story you would like to share, please send us a brief email to hello@franklinwomen.com.au.

'I've had many positive experiences through Franklin Women, including meeting amazing women and learning some great tips about mentoring.



Possibly my biggest impact story from Franklin Women was meeting a mentor at the Franklin Women mentoring breakfast (Annette Schmiede) who very generously met with me and discussed pathways outside research. She linked me in with Karyn Joyner who also generously met with me for a mentoring meeting.

Following discussion of this advice with my wonderful supervisor Andrew Baillie, I signed up to a Health Management Masters to round out my governance training and management training. This degree placed me well for a step out of academia. Now I'm the COO of a

growing company (SleepFit) that is developing a range of digital sleep programs delivered through workplaces. I worked into this role through digital health roles and heading up the Research and Quality stream at SleepFit.

This has been an amazing experience where I've been learning something new every day – even how to code. And most of my job is about translating research directly into products and programs, or solving complex problems.

Thanks for all the work that made this possible.'

Erica is the Chief Operating Officer of SleepFit, a growing company designing digital sleep programs for workplaces. Her research mainly focused on mental disorders and how to improve the uptake of evidence in clinical care. She also has two mini-Franklin Women, Abigail (7) and Ivy (5)! Hoorah!



We are loving right now...

Celebrating!! Yes anniversaries are a time for reflection, but they are also a time for celebration! Here are some of our current favourite tips and tricks for all your celebratory needs:

- If some celebration-worthy inspiration is needed, check out this list of [60 everyday victories](#), all of which are worth celebrating
 - Invited to a celebration and can't interpret the dress code? Try this helpful [dress code guide](#)
 - Planning the party yourself? [Paperless Post](#) is a great way to send personalised invites and keep track of all your RSVPs
 - What celebration would be complete without a little bit of [gin](#) on the menu? (and this one is a tribute to my hometown)
 - Or try some [celebratory mocktail](#) recipes from one of our favourites, [Maggie Beer](#)
 - And don't forget, sometimes simply making it to [Friday](#) is a thing to celebrate too! 😊
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We want to include your contributions in our newsletter. If you are doing something, or know about something, that you think other women in our field would be interested in, drop us a [line](#). We are all about sharing, promoting and collaborating between women in our field. Don't be shy, it might bring about a great opportunity! Want to receive our newsletters directly to your inbox? [Subscribe here](#).