

NCCWN Women's Health & Well-being Statement

The National Collective of Community Based Women's Networks (NCCWN) Well-being Statement was developed because we believe that supporting the health and well-being of women is vital in bringing about change and enriching women's lives, families and communities. NCCWN aim to provide empowering activities for the health and well-being of women.

NCCWN holds women's well-being as a core value. NCCWN's 17 women's projects aim to work from this Well-being Statement for the women in their communities.



NCCWN Staff 2019

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national collective of
community based
women's
networks



An Roinn Dlí agus Cirt
Department of Justice
and Equality

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PHYSICAL, EMOTIONAL AND MENTAL

Women have the right to autonomy and self-determination over their own bodies and health. Encouraging and supporting women to have the control over their physical, emotional and mental wellbeing will benefit how they handle stress, relate to others, and make choices. All women should have access to appropriate services and supports in relation to their physical, emotional and mental well-being. These should be delivered in a positive and dignified manner. NCCWN will support women's access to Physical, Emotional and Mental well-being services and supports by providing information, advice and workshops through our projects and linking women with services.

SAFETY & SECURITY

Women's safety and security well-being involves safe spaces, safe society and safe environment. NCCWN recognise the need to counteract any unwelcome threatening behaviour which leads to personal stresses or physical harm, unsafe streets, unsafe public transport and unsafe private dwelling. NCCWN will support legislation, strategies, practices and policies which aim to reduce violence against women, giving them the confidence and security in knowing they will be safe on the streets and in their own homes.

FINANCIAL

Financial well-being for women is about a sense of security. Financial well-being is about being in control of our day-to-day finances and having the financial freedom to make choices that allow us to enjoy life. NCCWN recognise equal pay as one aspect of financial well-being. Equal pay is an entitlement to the same wage as someone doing work of equal value, the same or broadly similar work or work rated as of equivalent value. Women are often paid less than men for doing the same work. NCCWN will recognise and raise awareness of the importance of financial autonomy and freedom and support legislation, strategies, practices and policies which aim to advance women's rights to financial well-being.



COMMUNITY

A healthy community starts with a healthy environment. All women have a right to a clean, sustainable and usable environment. Community well-being is the combination of social, economic, environmental, cultural and political conditions identified by women and their communities as essential for them to flourish and fulfil their potential. NCCWN supports women's full participation in their community and within society and ensure that our activities to support participation are women centred and led. We do this through ensuring we work with women where they are at, embedding them at the centre of our work and bringing their voices to decision making fora at local and national level.

INTELLECTUAL & SPIRITUAL

Intellectual and spiritual well-being involves finding purpose, value and meaning in life with or without organised religion. NCCWN recognise that participating in activities that are consistent with our beliefs and values contributes to well-being. NCCWN respects the diversity of women's lives. NCCWN Projects aim to offer programmes highlighting this diversity. We endeavour to place gender equality at the forefront of our work and in solidarity with each other.

WORK LIFE & CAREER

Work life and career well-being is access to the labour market in a positive and inclusive way. Key aspects of this include: a right to reach our full potential in our chosen area of employment; a right to job security after a leave of absence i.e. maternity, carers leave, sick leave, career break in the knowledge that our specific job is intact upon our return and; confidence that affordable, quality and flexible childcare is accessible to all women. NCCWN recognise that strategies need to be put in place to enable women to attain and maintain a work life balance. NCCWN supports and empowers women by giving them the tools and providing programmes and activities to help gain confidence and skills.

SOCIAL

Social well-being is the extent to which we feel a sense of belonging and social inclusion. Lifestyles, ways of living together, value systems, traditions and beliefs are all important to our social well-being and quality of life. Social well-being is an integral element of our overall well-being. Strong healthy relationships can impact us mentally and physically. They can help us live longer, manage stress, and become a healthier better version of ourselves. NCCWN aim to offer social inclusion programmes including dealing with the normal stresses of life, healthy relationships and having social activities outside of the home.