

Supporter Kit

Sept
7 – 11
2020

#WomensHealthWeek
womenshealthweek.com.au





Jean Hailes' Women's Health Week 2020

Who are we?

Jean Hailes for Women's Health is a leader in women's health. We are a national not-for-profit organisation dedicated to improving the knowledge of women's health throughout the various stages of their lives.

We do this by providing clinical care and evidence-based health information to women and girls and the health professionals who care for them.

About Women's Health Week

Women's Health Week is our annual health awareness campaign, held every September since 2013. The week encourages women, communities and workplaces to get involved by holding events, sharing health messages and signing up to receive our free daily health information.

Our goal continues to be to raise awareness of the importance of maintaining good health and wellbeing and preventing future health problems for all women and girls in Australia.

Women's Health Week 2020

Jean Hailes invites women to check in on their health during Women's Health Week. It has been a tough year, so this September it will be an even more important reminder for women to look after themselves and take positive action for their health and wellbeing.

What can you do to support Women's Health Week?

Your support in sharing information and messages is a great way to help us to raise awareness of the importance for women and girls to look after their health and wellbeing. This kit is designed to provide you with everything you need to promote your involvement in the week as a proud supporter of the campaign.

The Women's Health Week logo and umbrella statement, *Women's health. Powerful stuff.*[™], are trademarked, so we have prepared promotional material including social media tiles, posters and messaging that can be used by you without breaching any trademark laws.




Support us on social media

We have developed a range of posts and tiles for you to share on your social media channels.

 Facebook: [@JeanHailesforWomensHealth](https://www.facebook.com/JeanHailesforWomensHealth)

 Twitter: [@JeanHailes](https://twitter.com/JeanHailes)

 Instagram: [@JeanHailes](https://www.instagram.com/JeanHailes)

 LinkedIn: [Jean Hailes for Women's Health](https://www.linkedin.com/company/Jean-Hailes-for-Women's-Health)

Hashtag

#WomensHealthWeek

Tweets*

When it comes to health, check it – don't regret it!
Learn more [@JeanHailes womenshealthweek.com.au](https://www.jeanhailes.com.au/womenshealthweek).
It's FREE & fun to be part of. #WomensHealthWeek
7-11 September.

Checked in with your family & friends recently?
Great. Now it's time to check in on YOUR health.
Sign up to [womenshealthweek.com.au](https://www.jeanhailes.com.au/womenshealthweek) [@JeanHailes](https://twitter.com/JeanHailes).
#WomensHealthWeek

Good health is powerful stuff. This #WomensHealthWeek
join [@JeanHailes](https://www.instagram.com/JeanHailes) & check in on your health. 7-11 September
2020. [womenshealthweek.com.au](https://www.jeanhailes.com.au/womenshealthweek)

Staying connected isn't just good for you, it's good for
your health. This #WomensHealthWeek join [@JeanHailes](https://www.instagram.com/JeanHailes)
& check in on your health. 7-11 September 2020.
[womenshealthweek.com.au](https://www.jeanhailes.com.au/womenshealthweek)

***See 'Downloadable images' (next) for social media**



Downloadable images: social media

↓ [Download this image](#)



Check in on your health this #WomensHealthWeek @JeanHailes. Sign up for information and free resources at www.womenshealthweek.com.au 7-11 September 2020. Time to put your health first.

↓ [Download this image](#)



Women's health is powerful stuff. This #WomensHealthWeek join @JeanHailes and check in on your health. 7-11 September 2020.

↓ [Download this image](#)



When it comes to health, check it – don't regret it! Start here and now by signing up to www.womenshealthweek.com.au to receive free health information, tips and tools. @JeanHailes #WomensHealthWeek 7-11 September.



Downloadable images: social media blank templates

We have provided two downloadable blank social media tiles for you to create your own Women's Health Week messaging. Insert a text box with a transparent background and add your details to help promote your event, or write your own messages of good health. If you prefer, download the 'Heart Line' symbol on the next page. Make sure you use the hashtag #WomensHealthWeek in your messaging.

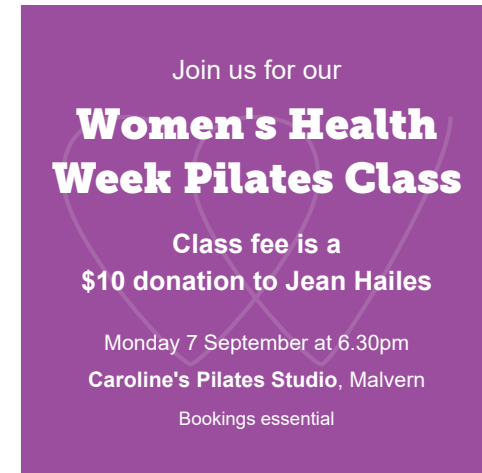
↓ [Download this image](#)



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Example





Facebook filter: the Heart Line

Our Heart Line symbol represents a woman's journey and the powerful role her health plays. It embodies strength, inclusiveness and life experience. We would love you to share how you unlock your own powers for good health through our message 'Women's health. Powerful stuff'.

Step 1. On your smartphone, visit www.jh.today/heartline

Step 2. Allow the frame to open Facebook (you may be prompted to allow camera access)

Step 3. Take your photo/video in the heartline frame, or choose photo/video from your camera roll. Avoid using your device sideways (landscape) - it works best in vertical (portrait) mode.

Step 4. Save to your camera roll and/or click 'Next' to post to your 'News Feed' or 'Story'.





Newsletter

We have provided some suggested text that you are welcome to use in your communications to colleagues and friends when encouraging them to participate in the week.

1 Encourage women you know to sign up to Women's Health Week

We are supporting Women's Health Week 7-11 September! We encourage you to join in and sign up at womenshealthweek.com.au to be part of the week and receive FREE podcasts, quizzes, videos, recipes and practical articles on a range of health topics such as mental and emotional wellbeing, health checks and more.

2 Host a Women's Health Week event and invite women (and men)

We are supporting Women's Health Week by holding a workplace/community event on (insert date, time, venue). We invite you to check in on your health and the health of others by joining us. Don't forget to sign up at womenshealthweek.com.au to receive five days of FREE online practical articles, podcasts, videos, quizzes and recipes.

3 Join us in supporting Jean Hailes' national Women's Health Week

Jean Hailes is a leader in women's health, dedicated to improving the health and wellbeing of all women in Australia throughout their lives. We are supporting their national campaign, Women's Health Week, which encourages women, communities and organisations to focus on all aspects of women's health. Whether at home, at study, in the workplace or the community, it's time for all women to check in on their health. Join us and encourage others to sign up at womenshealthweek.com.au

4 Join us this Women's Health Week because your health has never been so important

More than ever, this Women's Health Week is a timely reminder that we need to take time out to check in on our health. It's been a tough year, but we're getting back to scheduling those important health checks and setting aside time to check in with our physical and mental wellbeing. Don't forget to sign up at womenshealthweek.com.au to receive five days of FREE online practical articles, the latest health information, podcasts, videos, quizzes and recipes.

Further free [event material](#) available here.




Fundraising support

Thank you for fundraising for Jean Hailes for Women's Health during Women's Health Week. You are taking an important step towards making women's health a priority for all women and girls across Australia.

To help you promote your fundraising efforts and inspire others to support our work, we have developed some posts, messages and tiles for you to share on your social media channels.

 Facebook: [@JeanHailesforWomensHealth](https://www.facebook.com/JeanHailesforWomensHealth)

 Instagram: [@JeanHailes](https://www.instagram.com/JeanHailes)

 Twitter: [@JeanHailes](https://twitter.com/JeanHailes)

 LinkedIn: [Jean Hailes for Women's Health](https://www.linkedin.com/company/Jean-Hailes-for-Women's-Health)

Hashtags

#WomensHealthWeek and #MyStepsCount

There are two easy ways to fundraise during Women's Health Week:

Take Steps for Women's Health. Join our virtual walk around Australia. You can walk, dance, cycle, skip or run to help us reach 22 million steps. To find out more and to download resources go to: takesteps.womenshealthweek.com.au

Make your event mean a little bit more. Whether at work, in your community or with family and friends, it's easy to include fundraising at your event. Check out our Community Fundraising Tool Kit for ideas and support. Social media tiles are available for download on the 'Downloadable images: social media blank templates' page.

Visit fundraise.womenshealthweek.com.au to get started.



Social Media Messages

You can help us to help women & girls get the health support they deserve. We are proudly supporting [@JeanHailes](#) this #WomensHealthWeek. Check out our fundraising page & give a gift that means a little bit more.

Suggested copy to promote your event

There's never been a more important time to look after our health, which is why I'm raising funds at my Women's Health Week event to help Jean Hailes continue to help women and girls around Australia. It's easy to support me through my fundraising page (insert your personal fundraising page website link). Together, we can give the gift of good health to women and girls who really need it. #WomensHealthWeek

If you have any questions about fundraising please contact: fundraising@jeanhailes.org.au

We are 'checking in' on the health of women and girls in our community this #WomensHealthWeek and fundraising for [@JeanHailes](#). Check out our fundraising page and see how we are helping women and girls learn more about their health and wellbeing.

Take Steps for Women's Health

Support me as I make #MyStepsCount to support women's health this #WomensHealthWeek 7-11 September (insert your personal fundraising page website link)

We're making our steps count this #WomensHealthWeek, on our way to 22 million steps (insert your personal fundraising page website link)

I'm fundraising for [@JeanHailes](#). Help me give the gift of good health this #WomensHealthWeek 7-11 September (insert your personal fundraising page website link)