

WHERE TO GET MORE INFORMATION

Here is a small selection of organizations, printed materials and internet resources that can provide useful information about women's health care. We have tried to list organizations and materials covering as many of the topics in this book as possible, and to include groups working in all areas of the world. Many of the printed materials are easy to adapt and often include other helpful resource lists.

Alcoholics Anonymous

World Services Incorporated, PO Box 459,
Grand Central Station, New York, NY 10163, USA
Web: www.alcoholics-anonymous.org/en_find_meeting.cfm?PageID=31

Information about alcoholism and materials on how to start community support groups for persons with drug or alcohol problems. Has groups throughout the world.

Aprovecho Research Center

80574 Hazelton Rd, Cottage Grove, OR 97424, USA
Tel: (541)942-8198; Fax: (541)942-0302
Web: www.aprovecho.net

Information and training in organic gardening, sustainable forestry, and appropriate technology. Publishes Capturing Heat—illustrated, easy to follow instructions for making 5 cooking stoves that use less fuel and produce less smoke.

Arab Resource Collective

Lebanon: PO Box 13-5916, Beirut, Lebanon
Tel: (9611)742075; Fax: (9611)742077

Visiting Address: 5th Floor, Dkeik Building,
Hanra, Beirut, Lebanon
E-mail: arclcb@mawared.org

Cyprus: PO Box 27380, Nicosia 1644-Cyprus
Tel: (357)22776741; Fax: (357)22766790
Email: arccyp@spidernet.com.cy
Web: www.mawared.org/english/

Written and audio-visual materials in general health care, community development, and skills training for grass-roots organizations in the Middle East.

Disabled Peoples International (DPI)

902-388 Portage Avenue
Winnipeg, Manitoba, R3C 0C8 Canada
Tel: (204)287-8010; Fax: (204)783-6270
Email: info@dpi.org; Web: vl.dpi.org/lang-en

Information on issues and concerns for persons with disabilities, including women's health care, human rights, independent living, and social justice. Special focus on grass-roots development. Has local offices in many countries.

International Prostitutes Collective

PO Box 287, London, NW6 5QU, UK
Web: www.allwomenscount.net/EWC%20Sex%20Workers/SexWorkIndex.htm

Information and health education materials for women who exchange sex for money or services. Headquartered in England, it has links to sex worker organizations internationally.

Gender and Learning Team

Oxfam House, John Smith Drive,
Cowley, Oxford OX4 2JY, England
Tel: (44-1865)473727; Fax: (44-1865)313133
Email: ssmith@oxfam.org.uk

Advice and support on gender and learning issues, including health, natural resources, capacity building and rights. Publishes a newsletter called "Links" available on the web at: http://www.oxfam.org.uk/what_we_do/issues/gender/links/index.htm

Global Fund for Women

1375 Sutter Street, Suite 400,
San Francisco, CA 94109, USA
Tel: (415)202-7640; Fax: (415)202-8604
Email: gfw@globalfundforwomen.org
Web: www.globalfundforwomen.org

Gives small grants to community-based women's groups, especially those working on controversial issues and in difficult conditions. Areas of special interest are human rights, communications technology, and economic independence. Contact them for grant request information.

Health Action Information Network (HAIN)

26 Sampaguita Avenue, Mapayapa Village II,
Brgy. Holy Spirit, Quezon City, 1127 Philippines
Tel: (63-2)952-6312; Fax: (63-2)952-6409
Email: hain@hain.org, hain@mydestiny.net
Web: www.hain.org, www.kalusugan.org

General health care information. Networking with many general and women's grass-roots health groups, especially in Pacific Island countries.

Health Action International

Jacob Van Lennepkade 334T,
1053 NJ Amsterdam, Netherlands
Tel: (31-20)683-3684; Fax: (31-20)685-5002
Email: info@haiweb.org
Web: www.haiweb.org/index.htm

Network of 200 consumer, health, development, and other public interest groups involved in health issues and the rational use of drugs. Has contacts in over 70 countries. Contact Amsterdam office for local groups that can help.

Healthlink Worldwide (formerly AHRTAG)

56-64 Leonard Street, EC2A 4JX, UK
Tel: (44-2075)490240; Fax: (44-2075)490241
Email: info@healthlink.org.uk
Web: www.healthlink.org.uk

Publishes newsletters, training materials and booklets on using health information to empower people working on HIV/AIDS, disability, development and communications.

Inter-African Committee on Traditional Health Practices Affecting Women

c/o Economic Commission for Africa,
ATRCW, PO Box 3001, Addis Ababa, Ethiopia
c/o Inter-African Committee,
147, rue de Lausanne, CH-1202 Geneva, Switzerland
Tel: (41-22)731-2420; Fax: (41-22)738-1823
E-mail: Cominter@iprolink.ch

Monitors world-wide practices harmful to girls and women, including female circumcision.

International Community of Women

Living with HIV/AIDS

Unit 6, Building I, Cononbury Yard
190a New North Road, London N1 7BJ, UK
Tel: (44-2077)040606; Email: info@icw.org
Web: www.icw.org/tiki-index.php?page=Contacts

ICW links HIV+ women through many national and regional organizations and initiatives regarding sexual and reproductive rights, access to treatment and treatment literacy, advocacy, etc.

International Development Research Center (IDRC)

PO Box 8500, Ottawa, Ontario, K1G 3H9 Canada
Tel: (1-613)236-6163; Fax: (1-613)238-7230
Email: info@idrc.ca
Web: www.idrc.ca/index_en.html

Magazines, brochures, films, and other publications on health, agriculture, and development. Materials in English, Spanish, French, and Arabic, some at no cost.

International Labour Organization

4, rue des Morillons, CH 1211, Geneva 22, Switzerland
Tel: (41-22)799-6111; Fax: (41-22)798-8685
Web: www.ilo.org

A U.N. agency that promotes workplace standards for: equality, justice, human rights, worker safety and health, and protection for pregnant women and children. Offices worldwide.

International Planned Parenthood Federation

4 Newhams Row, London SE1 3UZ, UK
Tel: (44-2079)398200; Fax: (44-2079)398300
Email: info@ippf.org
Web: www.ippf.org

IPPF promotes family planning worldwide. They also publish information on all aspects of family planning.

ISIS International

Asia: 3 Marunong St. Barangay Central, Quezon City, Philippines 1100
Tel: (632)928-7785, (632)928-7992; Fax: (632)924-1065
E-mail: admin@isiswomen.org
Web: www.isiswomen.org

Africa: ISIS-WICCE, Plot 23 Bukoto Street, Kamwokya
PO Box 4934, Kampala, Uganda, East Africa
Tel: 256-41-543953; Fax: 256-41-543954

Has contact with women's groups worldwide. Publications, technical assistance and training in communication skills and management.

Latin American and Caribbean Women's Health Network

Simon Bolivar 3798, Ñuñoa, 685082
Casilla 50610, Santiago 1, Santiago, Chile
Tel: (56-2)223-7077; Fax: (56-2)223-1066
Email: secretaria@reddesalud.org
Web: www.reddesalud.org

Promotes women's health and women's human rights through cultural, political and social transformation.

Musasa Project

Physical address: 64 Selous Ave, Cnr 7th Street, Harare, Zimbabwe
Postal address: PO Box A712, Avondale, Harare, Zimbabwe
Tel: (263-4)725881, (263-4)734381; Fax: (263-4)794983
Email: musasaproj@africaonline.co.zw
Web: www.musasa.org

Provides information and support to abused women. Also provides education programs to women, girls and others on domestic violence and rape.

TALC (Teaching Aids at Low Cost)

PO Box 49, St. Albans, Herts, AL1 4AX, UK
Tel: (44-1727)853869; Fax: (44-1727)846852
Web: www.talcuk.org

Supplies low-cost healthcare, training and teaching materials, including free CD-ROMs, to raise the standards of health care and reduce poverty worldwide.

Voluntary Health Association of India (VHAI)

40, Institutional Area, South of IIT, New Delhi 110016, India.
Tel: (91-11)668071, (91-11)668072; Fax: (91-11)6853708
Web: www.vhai.org

Publishes Health for the Millions, a journal about low-cost health care. Also has teaching materials in English and local Indian languages.

Women in Law and Development in Africa (WILDAF)

PO Box 4622, Harare, Zimbabwe
Tel: (263-4)751-189; Fax: (263-4)733-670
Web: www.wildaf.org.zw

Umbrella organization for many people and organizations using law to promote women's rights.

Women's Global Network on Reproductive Rights

Vrolikstraat 453-D, 1092TJ Amsterdam, The Netherlands
Tel: (31-20)620-9672; Fax: (31-20)622-2450
Email: office@wgnrr.org

Networking; collecting and sharing information; quarterly newsletter; international campaigns; monitoring research in reproductive health.

Women's Health Project

PO Box 1038, Johannesburg, 2000, South Africa
Tel: (011)489-9917; Fax: (011)489-9922
Email: womenhp@sn.apc.org
Web: www.wits.ac.za/whp/index.htm

Provides training, research, resource materials, networking, policy development and promotion, and a newsletter on issues concerning women's health. Materials can be adapted for other communities.

World Alliance for Breastfeeding Action (WABA)

PO Box 1200, 10850 Penang, Malaysia
Tel: (604)658-4816; Fax: (604)657-2655
Email: waba@streamyx.com
Web: www.waba.org.my

A global network of NGOs and individuals whose common goal is to promote, support and protect breastfeeding. Contact WABA for local groups that can help.

Printed Materials

You will find many of the other books published by the Hesperian Foundation helpful for finding more detailed information than we were able to include in this book. Please see the listing and contact information on page 588 for: *Where There Is No Doctor; A Book for Midwives; HIV, Health and Your Community; A Health Handbook for Women with Disabilities*; and other useful titles.

AgeWays and Aging and Development

Gill Garrett, HealthAge International, 67-74 Saffron Hill, London EC1R 0BE, UK
 Fax: (44-1714)047203; Email: helpage@gn.apc.org
 PO Box 32832, London N1 9ZN, UK
 Tel: (44-2072)78777; Fax: (44-2077)137993
 Web: www.helpage.org

Free journals printed 2 times a year. HelpAge has a network of over 50 organizations worldwide, working to achieve a lasting improvement in the quality of life for older persons.

AIDS Home Care Handbook

World Health Organization,
 Global Programme on AIDS, 20 Avenue Appia,
 CH-1211 Geneva 27, Switzerland
 Tel: (41-22)791-4651 or -4745; Fax: (41-22)791-4187
 Email: UNaids@who.ch

Good information about caring for someone sick with AIDS at home. Designed for health workers and trainers, but useful for anyone caring for someone with AIDS. Written for Africa, but easy to adapt for any community. Available online at: <http://sleekfreak.ath.cx:8113wdev/CD3WD/HEALTH/UNDP001E/INDEX.HTM>

Arab Women: A Profile of Diversity & Change

The Population Council
 West Asia and North Africa Regional Office:
 Cairo, PO Box 115, Egypt
 Tel: (20-2)570-1733; Fax: (20-2)570-1804

New York Office: One Dag Hammarskjold Plaza
 New York, NY 10017, USA
 Tel: (212)339-0500; Fax: (212)755-6052
 Email: pubinfo@popcouncil.org
 Web: www.popcouncil.org

This book focuses on women's social and political position in Arab countries. It is a source book for women in the region and a tool for advocacy and change. Available for download in Arabic at: <http://www.popcouncil.org/arabic/publications.html>

Contact

Christian Medical Commission, PO Box 2100,
 CH-1211 Geneva 2, Switzerland
 Tel: (41-22)791-6111; Fax: (41-22)791-0361

Newsletter about appropriate health care, published in French, Spanish, English and Portuguese. Available for download: www.wcc-coe.org/wcc/news/contact.html

Gender and Women's Health

Resource Centre for Primary Health Care,
 PO Box 117, Bagbazar, Kathmandu, Nepal
 Tel./Fax: (977-1)225675

A manual describing a workshop in Nepal that takes a holistic approach to women's health. Useful for group discussions and workshops on women's health care. Could be adapted for any community and region.

Health Alert

Health Action Information Network,
 26 Sampaguita Avenue, Mapayapa Village II,
 Brgy. Holy Spirit, Quezon City, 1127 Philippines
 Tel: (63-2)952-6312; Fax: (63-2)952-6409;
 Email: hain@hain.org ;
 Web: www.hain.org/PUBLICATION/publication.htm

Journal that provides news on health-related issues, as well as economic and political developments that shape the health care situation.

Healthy Women Counselling Guide, and Health Workers Training Guide

Gender and Health Research Group, World Health Organization, CH-1211, Geneva 27, Switzerland

Written together with women and health workers in Kenya, Nigeria, Sierra Leone and South Africa. Includes topics in all areas of women's health and gender relations. Useful for any community.

Healthy Women, Healthy Mothers

A.A. Arkutu, Family Care International, Inc. (FCI),
 588 Broadway, Suite 503, New York, NY 10012, USA
 Tel: (212)941-5300 Fax: (212)941-5563
 Email: info@familycareintl.org
 Web: www.familycareintl.org/pubs/publications_SM.php

A book on pregnancy and birth for health workers and others who work with women at the community level. Easy to read and well illustrated. Written for Africa, but useful for all communities.

*Also from FCI: **Strengthening Communication Skills for Women's Health: A Training Guide**, by Jill Tabbutt, and **Getting the Message Out: Designing an Information Campaign on Women's Health**, by Ann M. Starrs and Rahna R. Rizzuto.*

Helping Mothers to Breastfeed

Felicity Savage King, available from:
 TALC, PO Box 49, St Albans, Herts, AL1 5TX, UK
 Tel: (44-1727)853869; Fax: (44-1727)846852
 Email: info@talcuk.org
 Web: www.talcuk.org

Summarizes information on breastfeeding, including a section on breastfeeding and family planning.

Managing Drug Supply: The Selection, Procurement, Distribution and Use of Pharmaceuticals (2nd Edition)

Edited by J.D. Quick, et al (Management Sciences for Health)
 Order from: Kumarian Press,
 1294 Blue Hills Ave, Bloomfield, CT 06002, USA
 Tel: (860)243-2098; Orders: (800)289-2664
 Fax: (860)243-2867; Email: kpbooks@kpbooks.com
 Web: www.kpbooks.com

Information on essential drugs management in developing countries. Illustrated with over 300 figures, tables, 'how-to boxes', sample forms, and address lists, this is an excellent resource for anyone who prescribes and dispenses medicines.

Montreal Health Press

PO Box 1000, Station Place du Parc,
Montreal, Quebec, H2W 2N1, Canada
Tel: (514)282-1171; Fax: (514)282-0262
Email: mhpmontreal@msn.com
Web: www.worldsfinest.com/mhpf

Publishes several excellent guides about menopause, birth control, STIs, and sexual assault.

Our Bodies, Ourselves

34 Plympton Street, Boston, MA 02118, USA
Phone: (617)451-3666; Fax: (617)451-3664
Email: office@bwhbc.org;
Web: www.ourbodiesourselves.org

This classic book provides complete information on women's health issues.

Primary Clinical Care Series

Order through: Heinemann Publishers
Grayston Office Park, 128 Peter Road,
PO Box 781940 Sandown, Johannesburg,
South Africa 2146
Tel: (27-11)322-8660; Fax: (27-11)322-8715 or -8716
Email: cust_services@heinemann.co.za

A series of manuals to train primary health care workers in rural and developing areas. Topics include: urinary and genital problems, sexually transmitted diseases, infectious diseases, family planning, and basic medical sciences. Written for Africa, but useful for any community.

Reproductive Health in Refugee Situations

United Nations High Commissioner for Refugees Programme and Technical Support Section,
UNHCR Headquarters, Case postale 2500,
CH-1211 Geneva 2 Depot 2, Switzerland
Fax: (41-22)739-7371; Email: gharzeddine@unfpa.org
Web: www.unfpa.org/emergencies/manual/

Manual to assist any interested person in promoting reproductive health services in refugee and other emergency situations (available for download).

Safe Motherhood Newsletter

World Health Organization
1211 Geneva 27, Switzerland
Email: safemotherhood@who.ch

Published 2 times a year in English, Arabic, Chinese and French. Information on pregnancy, the health of mothers and newborns, and general health concerns of women. Contains good resource section. For subscription information write or see: http://www.safemotherhood.org/smrg/journal/jour_safe.htm.

South African Women's Health Book

Order through: Heinemann Publishers
Grayston Office Park, 128 Peter Road
PO Box 781940 Sandown
Johannesburg, South Africa 2146
Tel: (27-11)322-8660; Fax: (27-11)322-8715 or -8716
Email: cust_services@heinemann.co.za

Comprehensive information on women's health in South Africa including stories from women in local communities. Includes chapters on gender, culture, healthy living, violence, work, sexuality, and reproductive health.

South Pacific Community Nutrition Training Project

The Director; Extension Services,
The University of the South Pacific,
PO Box 1168, Suva, Fiji
Email: cs-international@sfu.ca
Web: www.sfu.ca/cstudies/international/pintp.htm

Publishes a series of books on food and nutrition for Pacific Islanders, but useful everywhere. The books include stories, drawings, summaries, and questions to help educate people on making good choices about food and living healthy lives.

Internet-based resources

The World-Wide Web is an incredible resource for those who have access to it. Besides the very useful websites listed for the organizations and print materials on the previous pages, here we list just a few of the websites we use most frequently when we look for women's health information.

Reproductive Health Outlook

www.rho.org

International HIV/AIDS Alliance

www.aidsalliance.org/sw1280.asp

Emergency contraception:

www.not-2-late.com
ec.princeton.edu/ecmaterials/default.asp

The Canadian Women's Health Network

www.cwhn.ca
Health topics: www.cwhn.ca/resource/index.html

Community training resources for violence against women and children in Eastern and Southern Africa:

www.raisingvoices.org/publications.php

World Health Organization

www.who.int/reproductive-health/index.htm