

## WHERE TO GET MORE INFORMATION

Here is a selection of organizations, printed materials, and web-based resources that can provide useful information about women's health. We have listed organizations and materials that cover as many of the topics in this book as possible, and that work in many parts of the world. Resources are listed according to topic.

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

You can also download Hesperian books for free and find information about various language editions on our web site: [www.hesperian.org](http://www.hesperian.org).

### Advocacy and Human Rights

**International Gay and Lesbian Human Rights Commission (IGLHRC):**  
**[www.iglhrc.org](http://www.iglhrc.org)**

*International organization dedicated to human rights advocacy on behalf of LGBT people.*

**ISIS International: [www.isiswomen.org](http://www.isiswomen.org)**

Coordination office:

3 Marunong St. Barangay Central

Quezon City, 1100 Philippines

Tel: (63-2) 928-1956; Fax: (63-2) 924-1065

Email: [info@isiswomen.org](mailto:info@isiswomen.org)

*Works with women's groups around the world.*

*Publications, technical assistance and training in communication skills and management.*

**People's Health Movement:**

**[www.phmovement.org](http://www.phmovement.org)**

*An international network of people and organizations led by the Global South and unified by the call for health for all. PHM works to address underlying social, cultural, and economic barriers to good health.*

*This includes insisting that all women have access to appropriate primary health care and that their reproductive rights are respected.*

**Women's Global Network for Reproductive Rights (WGNRR): [www.wgnrr.org](http://www.wgnrr.org)**

Email: [office@wgnrr.org](mailto:office@wgnrr.org)

*Networking with women's groups around the world; collecting and sharing information; international campaigns; monitoring research in reproductive health.*

**WorldYWCA: [www.worldywca.org](http://www.worldywca.org)**

*Umbrella organization of the YWCA, a movement of women around the world working for social and economic change. Advocates for young women's leadership, peace, justice, human rights and sustainable development, both on a grassroots and global scale. It is the largest women's organization in the world, and the second oldest organization of its kind.*

### Cancer

**Reproductive Health Outlook:**  
**[www.rho.org](http://www.rho.org)**

*Information on treatment and prevention of cervical cancer for health workers in poor countries and low-resource settings.*

**Aprovecho Research Center:**  
**[www.aprovecho.net](http://www.aprovecho.net)**

80574 Hazelton Rd,

Cottage Grove, OR 97424, USA

Tel: (1-541) 942-8198

*Information and training about low fuel cook stoves as well as organic gardening, sustainable forestry, and appropriate technology. Produces booklets describing how to build several simple stoves.*

### Community Health / General Health Issues

**Boston Women's Health Book Collective:**  
**[www.ourbodiesourselves.org](http://www.ourbodiesourselves.org)**

5 Upland Road #3,

Cambridge, MA 02140, USA

Tel: (1-617) 245-0200; Fax: (1-617) 245-0201

Email: [office@bwhbc.org](mailto:office@bwhbc.org)

*Publishers of the classic book **Our Bodies, Ourselves** which provides complete information on women's health. Has been adapted into more than 20 languages.*

**Health Books International**

(formerly Teaching-aids at Low Cost — TALC):

**[www.healthbooksinternational.org](http://www.healthbooksinternational.org)**

Barn B, New Barnes Mill, Cottonmill Lane

St Albans, Hertfordshire, AL1 2HA

United Kingdom

Tel: (44-0) 1582-380883

Email: [help@healthbooksinternational.org](mailto:help@healthbooksinternational.org)

*Provides books, videos, teaching materials, and simple health tools, for free or at low cost.*

**World Health Organization:  
www.who.int/reproductivehealth**

For information and print materials on sexual and reproductive health.

**www.who.int/gender** For information on gender, women and health.

**Disability****Disabled Peoples' International (DPI):  
www.dpi.org**

Unit #1, 110 Didsbury Road  
Kanata, Ontario K2T 0C2, Canada  
Tel: (1-603) 702-6605; Fax: (1-709) 747-7603  
Email: secretariat.dpi@gmail.com

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

**Mobility International USA (MIUSA):  
www.miusa.org**

132 E. Broadway, Suite 343  
Eugene, Oregon 97401 USA  
Tel/TTY: (1-541) 343-1284; Fax: (1-541) 343-6812  
Email: clearinghouse@miusa.org

Works to empower people with disabilities through international exchange and development to achieve human rights. Hosts a program to train disabled women from around the world in leadership skills. Website has a comprehensive listing of international disability organizations.

**Drugs and Alcohol****Alcoholics Anonymous:  
www.alcoholics-anonymous.org**

World Services Incorporated, PO Box 459  
Grand Central Station, New York, NY 10163, USA  
Information about alcoholism and materials on how to start community support groups for persons with drug or alcohol problems. Has groups throughout the world.

**Family Planning****Emergency contraception:  
http://ec.princeton.edu**

Information on emergency family planning to avoid pregnancy after unprotected sex. Gives brand names and doses for countries around the world.

**International Planned Parenthood  
Federation (IPPF): www.ippf.org**

4 Newhams Row  
London SE1 3UZ, UK  
Tel: (44-207) 939-8200; Fax: (44-207) 939-8300  
Email: info@ippf.org

IPPF promotes and supports family planning activities worldwide. They also publish information on all aspects of family planning. IPPF has offices around the world.

**Funding****Global Fund for Women:  
www.globalfundforwomen.org**

222 Sutter Street, Suite 500  
San Francisco, CA 94108, USA  
Tel: (1-415) 248-4800; Fax: (1-415) 248-4801  
Email: gfw@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.

**Mama Cash: www.mamacash.org**

P.O. Box 15686  
1001 ND Amsterdam, The Netherlands  
Tel: (31-20) 515-8700; Fax: (31-20) 515-8799  
Email: info@mamacash.org

The oldest grant-making women's fund in the world. Gives grants to women's groups around the world, especially those working in difficult situations and that are led by women and girls. Supports the promotion of women and girl's rights, as well as the human rights movements of transgender people.

**Growing Older****HelpAge International: www.helpage.org**

PO Box 70156  
London WC1A 9GB, UK  
Tel: (44-20) 7278-7778  
Email: info@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.

## HIV and AIDS

### **International AIDS Women's Caucus (IAWC): [www.aidswomencaucus.org](http://www.aidswomencaucus.org)**

An international network that advocates at the international and regional level about the impact of the HIV pandemic on women and girls. IAWC works to fight against gender inequalities that have fueled the pandemic.

### **International HIV/AIDS Alliance: [www.aidsalliance.org](http://www.aidsalliance.org)**

Provides information on their website and print materials to support and strengthen community-based HIV programs around the world.

### **Women, Children and HIV: [www.womenchildrenhiv.org](http://www.womenchildrenhiv.org)**

Resources for the prevention and treatment of HIV infection in women and children for health workers in resource-poor settings.

## Medicines

### **Ecumenical Pharmaceutical Network: [www.epnetwork.org](http://www.epnetwork.org)**

An NGO network that shares information and training on accessing essential medicines, rational use of medicines, and organizing pharmaceutical services.

### **Health Action International (HAI): [www.haiweb.org](http://www.haiweb.org)**

Overtoom 60/II, 1054 HK  
Amsterdam, The Netherlands  
Tel: (31-20) 683-3684; Fax: (31-20) 685-5002  
Email: [info@haiweb.org](mailto:info@haiweb.org)

Works with partners around the world to promote the rational distribution and use of medicines. A newsletter, *Practical Pharmacy*, is published online by HAI-Africa: [www.haiafrica.org](http://www.haiafrica.org).

## Monthly Bleeding

These organizations offer ideas for making low-cost, comfortable, easy-to-clean materials that women can use and reuse for monthly bleeding.

### **AFRIpads: [www.afripads.com](http://www.afripads.com)**

Plot 263, Mutebe Close  
Bukoto, Kampala, Uganda  
Tel: (256)776-834-48); 778-409-538  
Email: [info@afripads.com](mailto:info@afripads.com)

AFRIpads makes low-cost, washable cloth sanitary pads. Currently they are available only in Uganda.

### **Days for Girls International: [www.daysforgirls.org](http://www.daysforgirls.org)**

1610 B Grover Street, Suite B-22  
Lynden, WA 98264, USA  
Tel: (1-360)220-8393; Fax: (1-360)354-8010  
Email: [info@daysforgirls.org](mailto:info@daysforgirls.org)

Distributes washable Feminine Hygiene Kits around the world for use during monthly bleeding. Contact them to see if they are available in your country.

### **GOONJ: [www.goonj.org](http://www.goonj.org)**

J-93 Sarita Vihar  
New Delhi - 110076, India  
Tel: (91-11) 26972351  
Email: [mail@goonj.org](mailto:mail@goonj.org)

GOONJ's 'Not just a piece of cloth' initiative works in remote communities in India to promote appropriate, healthy and sustainable ways for women to manage monthly bleeding. The project includes providing sanitary pads made from recycled cloth and teaching women how to make and reuse their own.

## Reproductive Health

### **Campaign to End Fistula: [www.endfistula.org](http://www.endfistula.org)**

UNFPA Campaign to End Fistula  
605 Third Avenue  
New York, NY 10158, USA  
Email: [fistulacampaign@unfpa.org](mailto:fistulacampaign@unfpa.org)

Information-sharing site for partners working in fistula prevention, treatment and social reintegration. Provides a forum for the exchange of technical resources, current and planned research, and new ideas.

### **Family Care International (FCI): [www.familycareintl.org](http://www.familycareintl.org)**

45 Broadway, Suite 320  
New York, NY 10006, USA  
Tel: (1-212) 941-5300; Fax: (1-212) 941-5563  
Email: [contact@familycareintl.org](mailto:contact@familycareintl.org)

Publishes *Healthy Women, Healthy Mothers*, a book on pregnancy and birth for health workers and others who work with women at the community level. Available for download only. Also from FCI: *Strengthen Communication Skills for Women's Health: A Training Guide*; and *Getting the Message Out: Designing an Information Campaign on Women's Health*.

**Ipas: [www.ipas.org](http://www.ipas.org)**

PO Box 9990,  
Chapel Hill, NC 27515, USA  
Tel: (1-919) 967-7052; Fax: (1-919) 929-0258  
Email: [info@ipas.org](mailto:info@ipas.org)

*Works to prevent death and injury from unsafe abortion through training, research and advocacy aimed at ensuring safe abortion services. Ipas has offices in many countries around the world. Contact them for information or to find a local office.*

**Marie Stopes International:  
[www.mariestopes.org.uk](http://www.mariestopes.org.uk)**

1 Conway Street, Fitzroy Square  
London W1T 6LP, UK  
Tel : (44-207) 636-6200; Fax: (44-207) 034-2369  
Email: [info@mariestopes.org.uk](mailto:info@mariestopes.org.uk)

*Provides information and services for sexual health to people around the world. Contact them to find a local office.*

**PATH: [www.path.org](http://www.path.org)**

PO Box 900922  
Seattle, WA 98109 USA  
Tel: (1-206) 285-3500; Fax: (1-206) 285-6619  
Email: [info@path.org](mailto:info@path.org)

*Creates simple health care tools that are affordable and easy to use, and helps to improve local health systems around the world. Tools include simple test kits for HIV and other STIs and illnesses, easy-to-use scales, delivery kits, and syringes that can be used only one time.*

**Pathfinder International: [www.pathfind.org](http://www.pathfind.org)**

9 Galen Street, Suite 217,  
Watertown, MA 02472, USA  
Tel: (1-617) 924-7200; Fax: (1-617) 924-3833  
Email: [information@pathfind.org](mailto:information@pathfind.org)

*Works with local governments and organizations to make family planning and women's health services available by giving training and helping to create health care systems.*

**World Alliance for Breastfeeding Action  
(WABA): [www.waba.org.my](http://www.waba.org.my)**

PO Box 1200, 10850  
Penang, Malaysia  
Tel: (60-4) 658-4816; Fax: (60-4) 657-2655  
Email: [waba@waba.org.my](mailto:waba@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.*

**Women on Web: [www.womenonweb.org](http://www.womenonweb.org)**

*Online community of women, organizations, and others dedicated to helping women around the world gain access to safe abortion services to protect women's lives and health.*

**Sexual Health****Female Genital Cutting Education and  
Networking Project:  
[www.fgmnetwork.org](http://www.fgmnetwork.org)**

*Online clearinghouse for material related to female genital mutilation that also serves as a community for researchers, activists, attorneys, and health care practitioners involved in FGM-related projects.*

**Pleasure Project, The:  
[www.thepleasureproject.org](http://www.thepleasureproject.org)**

*An educational, advocacy, and research program that promotes safer sex that feels good.*

**Violence****Raising Voices: [www.raisingvoices.org](http://www.raisingvoices.org)**

P.O. Box 6770  
Kampala, Uganda  
Tel: (256-414) 532-183 or (256-414) 531-186  
Email: [info@raisingvoices.org](mailto:info@raisingvoices.org)

*Publishes training manuals on prevention of domestic violence. Could be adapted for any community:*

***Rethinking Domestic Violence: A Training Process for Community Activists; Mobilising Communities to Prevent Domestic Violence.***

**Work****International Labour Organization:  
[www.ilo.org](http://www.ilo.org)**

4, rue des Morillons, CH 1211  
Geneva 22, Switzerland  
Tel: (41-22) 799-6111; Fax: (41-22) 798-8685  
Email: [ilo@ilo.org](mailto:ilo@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.*