

Women Empowering Communities

Deepening the Dialogue in Mental Health and Wellbeing

Snapshot Presentations

Empowering Women - Hearing from Grassroots Perspectives



Nicki Johnson

Artistic Program Manager at Community Music Victoria

Soothing the Savage Beast: Anecdotes from the Community Music-Making World

Nicki Johnson is a community music activist with a deep appreciation of the power of participatory music-making to heal, connect and ignite change. Nicki currently leads 4 Melbourne choirs with a focus on inclusion and social justice, and in her role at Community Music Victoria is responsible for the design of programs and events supporting music group leaders and their communities. Nicki also sings with the Songrise quartet, and is one songwriting-ukulele-playing-mouth-trumpeting half of contemporary folk duo All the Way Home.



Fazlinda Faroo

Community Programs Manager, Australian Muslim Women's Centre for Human Rights Conversational Journeys with Muslim Women

Fazlinda Faroo is a social worker with close to 30 years of experience in working with Muslim families and youths. Her passion lies in family work in particular supporting clients experiencing grief, loss and trauma. She currently works with the Australian Muslim Women's Centre for Human Rights overseeing a wide spectrum of preventive programs and services for Muslim women in Melbourne.

To register, or for more information: https://vtmh.org.au/events/vtmh-forum-2023-women-empowering-communities-deepening-the-dialogue-in-mental-health-and-wellbeing/



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Rocca Salcedo Founder, Dance N Roll

Rocca migrated from Colombia to Australia around 20 years ago to pursue studies in International Law at the University of Melbourne. Little did she know that her life would take a new turn in Melbourne after being hit by a car which caused her to become paraplegic owing to a spinal cord injury.

To live the life she is living now, she has faced many challenges but have always overcome them with great determination. She has previously worked as radio host on community radio 3ZZZ and has also worked at various NGOs and is still currently involved in the disability sector working for the Disability Services Commissioner.

On top of these commitments, she still takes some time to play tennis and badminton where her team, Ability Para-Badminton Club, were finalists in the Disability Sports & Recreation awards. Rocca set up a para-dance group called Dance N Roll with the purpose of encouraging people with physical disabilities to dance, enjoy music and be physically active. She has also been learning and playing the violin for the past five years and is a member of the Eltham Orchestra.

She is an ambassador of This Girl Can Vic. The first woman in a wheelchair, promoting physical activity and exercise for women regardless of their ability, age, and ethnicity.

She is a Victorian Disability Award 2021 awardee and was nominated in the Brendan Gabe leadership Award 2021, an award from the Women with Disabilities Victoria.

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