

# The Australian Women's Register

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**Entry type:** Person  
**Entry ID:** AWE1157

## Porter, Una Beatrice

(1900 - 1996)

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**Born** 17 October, 1900, Melbourne Victoria Australia

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**Died** 24 June, 1996, Melbourne Victoria Australia

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**Occupation** Philanthropist, Psychiatrist

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### Summary

Una B. Porter (née Cato) was a renowned psychiatrist, philanthropist and devotee of the Methodist Church in Melbourne, Victoria. She was the first female member of staff at Ballarat Mental Hospital in 1946. In 1963 she was elected World President of the YWCA and travelled extensively. In recognition of her services to the community she was appointed Officer of the British Empire (OBE) in 1961, and Commander of the British Empire (CBE) in 1968.

### Details

Una B. Porter was the youngest daughter of Fanny (née Bethune) and Frederick John Cato, prominent businessman and co-founder of the Moran & Cato grocery company, known for his generosity and commitment to the Methodist Church. From her parents Una inherited a deep and lasting Christian faith that would become the driving force behind her own career and philanthropic activities.

Though Una was forced to cease her formal education at the age of 14 owing to ill health, she returned to study at the age of 30, matriculating before gaining entry to the University of Melbourne as a medical student. There she specialised in psychiatry and trained at Prince Henry's Hospital, the Royal Park Mental Hospital and the Children's Hospital, before taking a post in 1946 at the Ballarat Mental Hospital where she was the first female member of staff, overseeing 512 female patients. She later worked in private practice and was instrumental in the establishment of a psychiatric clinic at the Queen Victoria Hospital, where she continued work in her retirement as Honorary Consultant Psychiatrist and counsellor for nurses.

In 1946 Una married James Roland Porter, an ex-RAAF squadron leader and lifelong friend.

Throughout her life, Una maintained a strong link with the Young Women's Christian Association (YWCA) and in 1963 was elected World President of this organisation. Her post, which she retained for four years, involved frequent overseas travel (including India, the Philippines, Europe, North and South America, the United Kingdom, Hong Kong, Greece, Africa and Israel), advising and encouraging local YWCA groups. In 1964 she was elected Woman of the Year.

Una's philanthropic work was extensive. In addition to administering the F.J. Cato Charitable and Benevolent Fund together with the Cato Lectureship, and later the James and Una Porter Trust Fund, she made substantial personal donations to hospitals, universities and community organisations, notably the University of Melbourne, Monash University, Epworth Hospital, Methodist Ladies College, Cato College, Queen Victoria Hospital and of course the YWCA.

Una B. Porter was appointed O.B.E. (1961) and C.B.E. (1968) in recognition of her services to the community.

## Published resources

### Resource

Trove, National Library of Australia, 2009

### Book

If God Prospers Me: A Portrait of Frederick John Cato, Blainey, Ann, 1990

### Resource Section

Cato, Frederick John (1858-1935), East, Ronald, 2006,  
<http://www.adb.online.anu.edu.au/biogs/A070598b.htm>

A Great Form of Love: Women Philanthropists in Australian History, Lemon, Barbara, 2008,  
<http://www.abc.net.au/rn/hindsight/>

### Edited Book

Growing Together: Letters between Frederick John Cato and Frances Bethune, 1881 to 1884, Porter, Una B., 1981

### Newspaper Article

Una Porter, CBE, OBE 1900-1996, 1996

The YWCA and the Subject of Great Concern to Women: The Boss Speaks Up for Her Girls, Hamilton, John, 1972

### Thesis

In Her Gift: Activism and Altruism in Australian Women's Philanthropy, 1880-2005, Lemon, Barbara, 2008

### Site Exhibition

Faith, Hope and Charity Australian Women and Imperial Honours: 1901-1989, Australian Women's Archives Project, 2003,  
<http://www.womenaustralia.info/exhib/honours/honours.html>

In Her Gift: Women Philanthropists in Australian History, Australian Women's Archives Project, 2009,  
<http://www.womenaustralia.info/exhib/wiph/home.html>

## Archival resources

### The University of Melbourne Archives

[Porter, Una Beatrice \(1900-1996\)](#)

### State Library of Victoria

[Records, 1912-ca. 1970. \[manuscript\]](#).

### Author Details

Barbara Lemon

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## Digital resources



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**Type:** Image  
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