

What's on @ Illawarra Women's Health Centre: April 2015



The NSW State Election: what it meant for our Centre

We were very happy (and relieved) with the public commitments made during the election campaign by both the Baird Government and the Labor Party, regarding women's health.

The Baird Government announced that **we will not be subject to contestable funding** (ie an open competitive tender) for renewed funding post 2016. The NSW Government is implementing new funding arrangements for health non-government organisations and we have said from the outset that we don't believe competitive tendering is suitable for Women's Health Centres. Recent competitive tenders have had a devastating impact on women's refuges and our community could not afford for our women's health centre to experience the same fate.

We thank the Health Minister Jillian Skinner and local MP Gareth Ward for working with us and being receptive to our concerns. This commitment from the Government is very good news for women.

Similarly, the Labor Party, had it been elected, agreed to maintain funding for the next 5 years for women's health centres (a commitment of approximately \$50million) and in addition, increase funding for counselling services. We thank Luke Foley and local MPs Anna Watson, Ryan Park and Noreen Hay for this commitment, which recognises the vital work we do.

We also are very thankful to our wonderful community of women for so beautifully articulating the importance of our centre on 100's of postcards as part of the 'save our local community services' campaign run by the ASU during the election.

International Women's Day 2015

We celebrated International Women's Day on Friday 6th March with a High Tea at the Centre. It was an absolutely fantastic day with Gloria Nascimento (Barnardos Mother of the Year, 2014) as our guest speaker. Gloria spoke about her experiences caring for her daughter Cass, her family during Cass's illness, and other young people who have brain cancer. She was an absolute inspiration. Ladies attending enjoyed some much deserved pampering and a yummy high tea.



New Fun and Friendly Exercise Group

Women only. Classes are held in Wollongong at St John's Lutheran Church Hall, Burelli Street Wollongong (Near Win Stadium)

Cost: \$2 per class

Time: Every Tuesday 10.30- 11.30am

For more information please call Gabi on 42556800 or email gabim@womenshealthcentre.com.au

Girls and Young Women's Drop-in Clinic

Come to our FREE drop-in clinic for a chat with our youth social worker, Denika.

Every Tuesday between 2.00pm and 4.30pm.

Access to nurse, health checks, contraception/pregnancy advice and counselling.

For more info contact Denika on 42556800 or denikat@womenshealthcentre.com.au

Women's Support Group

An on-going support group to increase self-esteem and self-confidence for women who are, or have been subject to domestic or family violence.

Cost: FREE

Time: 10.30 - 11.30am 1st and 3rd Thursday of each month in school terms.



Bike Riding Group

Next Ride 3rd May

Where: meeting at Lake Illawarra (please call for location)

Time: 10.00am for approx. 2 hours

Stopping for a coffee break along the way.

Please call Dianne on 42556800 to register your interest.



New Pelvic Floor Exercise Course

In this 6 week course we will cover anatomy and physiology exercises to strengthen the muscles in the pelvic floor and surrounding muscles that include the core and lower back. It is recommended that participants undertake the full 6 weeks to gain full benefits of understanding the exercises and physiology.

Starting 22nd April - 27th May (6 weeks)

Time: Wednesday 12.15 - 1.00pm

Cost: \$8 per week or
\$40 if paid in advance.



Introduction to Yoga

Not too sure what Yoga is all about? Why not come along and try our introduction to Yoga class.

When: Thursday 30th April

Time: 9.30 -10.30

Cost: \$5

Please call 42556800 to book your spot



Telephone Counselling Hours

Our confidential Women's Counselling & Info Line is available Monday & Thursdays 10am-2pm and in School Holidays Monday 12.30pm - 8.30pm. This service is FREE and offers counselling support and referral service with a Qualified Counsellor (BSW).



1800 TALK HI (1800 82 55 44)

Flying Solo - Resilient Parenting For Singles - Free

This half-day seminar supports single parents in building healthy, positive relationships with their children; explores parenting strategies with other solo parents and offers practical parenting skills for the solo flyer.

Topics include:

- Importance of self-care and accessing support;
- The unique parenting challenges for singles;
- Practical tips for enhancing family connections & communication;
- Building resilience and promoting self esteem

Coming in Term 3. Call 4221 2000 to book your place now or for more information.



Free Legal Advice

We are offering FREE, no obligation legal advice appointments.
A senior solicitor is available to give advice on most general legal matters including:

- Family Law
- Credit and Debt Law
- Wills and Estate Law
- Criminal and Traffic Law
- Domestic Violence Law and AVO's
- Mental Health Law
- Older person's issues
- Witnessing documents
- Our solicitor is happy to apply for legal aid where eligibility is met.

Wills, Powers of Attorney, Enduring Guardianship and Advanced Care Directives drafted at a **reduced rate for IWHC clients.**

Phone or sms Glenda on 0488 717 173 for an appointment.



Illawarra Legal Centre here on the 2nd and 4th Tuesday of the month.
They are available for legal matters regarding Centrelink, welfare rights, discrimination and financial matters.
Please call 42556800 to book an appointment.



Women's Carer Support Group

Are you caring for someone

- with a disability
- is frail aged
- has dementia
- a drug, alcohol or gambling problem
- living with a mental illness

Join us to share tips with other carers and look after your health and wellbeing.

Venue: Illawarra Women's Health Centre 2/10 Belfast Ave Warilla

Date: 3rd Tuesday of each month

Time: 11.00am - 12.30pm

Cost: FREE

For more information or to register for this group please contact Gabi on 4255 6800 or email gabim@womenhealthcentre.com.au



Illawarra Koori Women's Group

You are invited to attend our Koori Women's group. We value your knowledge and ideas and encourage you to join other Koori Women to support and heal ourselves and our community through uniting with other Women.

Meet fortnightly on Thursday 10-12

For more information call

Aunty Bev Armer 0422 424 515

Agnes Donovan 0466 933 202

Denika Thomas 0431 095 530



Women's Health Services

Come and see our Women's Health Nurse Practitioner for a 45min comprehensive women's health check-up. Services available

- Pap Smear
- Contraception
- Stī's screening
- Pregnancy planning/postnatal check
- Breast exam
- Period problems
- Sexual problems
- Menopause
- Incontinence
- Chronic disease prevention: blood pressure, cholesterol, blood sugar
- Stress or mental health issues.



We now have a doctor at the centre that can insert and **remove IUDs (Mirena and copper)**. Implanon insertion is also available (bulk billed). Our doctors can also provide antenatal care. Our doctors are available on a Tuesday and Thursday and our Nurse Practitioner is available Monday to Thursday. All appointments are bulk billed. Please call 42556800 to book.

Pelvic Floor Chair

The Illawarra Women's Health Centre has a Pelvic Floor Chair Program. This program includes a medical check up.

The Pelvic Floor Chair creates a therapeutic magnetic field that produces powerful stimulation to vital muscles that cannot be activated through pelvic floor muscles alone. Incorporated in the program is correct pelvic floor exercise information and bladder retraining.

At the end of the program, leakage and bladder problems may be improved or made more manageable. **For more information please call 42556800**



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Want to QUIT smoking? Call Gabi at the IWHC on 4255 6800 for a personal appointment and support.

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The IWHC is running the **LOVEBITES program** free of charge on request. LOVEBITES is a healthy relationships program focusing Domestic Violence and Sexual Assault Prevention for 14-16 year old girls and boys. The program can be implemented at the IWHC or in community/high school setting. For more information please email Dianne on diannef@womenshealthcentre.com.au or call on 4255 6800

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Peer Education on Women's Heart Health We have a group of inspirational peer educators ready to give an interactive presentation on heart health to your group. The interactive presentation is about heart disease and modifiable risk factors such as exercise, nutrition, alcohol and smoking. Heart disease is the number one killer of Australian women.

More Information? Call Gabi Martinez on 42556809 or email gabim@womenshealthcentre.com.au

Would you like to use our rooms for your own group that will support women's health and well being? Please call Dianne, our Centre Coordinator on 4255 6800. Rooms are free of charge.

Regular activities @ IWHC

Mondays:

10am-1.00pm: **Women's Circle** – meditation, group discussions, card readings, mini Reiki sessions (\$5)

10.00am - 12.00pm **Single Mothers Support Group**

6.00-7.00pm: **Drumming** – beginners (*for more information contact Elena 0408 111 093*)

7.00-8.00pm: **Drumming** – advanced (*for more information contact Elena 0408 111 093*)

Tuesdays:

10-11am: **Yoga** – great for seniors (*\$8 a class*)

11.30-2.30pm: **Craft Connections** FREE

7-9pm: **Modern Belly dancing** (*\$12.50 a class*)

Free legal advice Provided by a lawyer from the Illawarra Legal Centre. 2nd & 4th Tuesday of each month, specialising in tenants service, financial counselling and welfare rights

10am-12pm *Appointments essential – call 42556800*

Wednesdays:

11am-12pm: **Tai Chi** for beginners (*\$7 a class*) (*Classes will return 6th May*)

11am -12pm **Boxing** (*\$7 a class*)

10.30am -11.30am **Fun exercise group.** *\$2 (held in Wollongong)*

Thursdays:

10-11am: **Seniors Exercise** class \$7 (*Classes will return 7th May*)

1-2pm - **Guided Relaxation** class (*including Meditation*) – FREE

3.45-4.45pm - **Strength & Conditioning** (*call Tamara Carmody on 0451955609*)

Fridays:

10.00am - 12.00pm **Berkeley Single Mothers Support Group (Fortnightly)**

7-8.30pm: **Sing for your Soul** (Friday's 20th March, 24th April, 22nd May, 19th June, 17th July, 14th August, 11th September, 9th October, 13th November, 11th December)

Sundays:

12-1pm: **Alchemy Crystal Singing Bowls, crystal sound therapy.** 2-3pm, 2nd and 4th Sunday every month \$10. Contact Elizabeth 0430 999 570

For further information on any of the above classes please call 4255 6800 or email info@womenshealthcentre.com.au
Our rooms are available for free of charge for women's groups to meet – please contact us if you have further inquiries.

Health care services @ IWHC

Women's Health **Doctor** will be available for consultations every Tuesday and Thursday.

Women's Health **Nurse Practitioner** Clinic is available Monday, Tuesday and Thursday.

We also have the following health providers available at the centre.

Please contact us for information on making an appointment and costs.

Dietitian

Psychologist

Naturopath

Massage

Counsellor

Phone Counsellor

Bowen Therapy

Reflexology.

Illawarra Women's Health Centre is located at 2/10 Belfast Ave, Warilla.

p: 4255 6800