

ILLAWARRA WOMEN'S HEALTH CENTRE



Monthly Newsletter: July 2024

Upcoming Events



MOTHERS AND DAUGHTERS WORKSHOP

Friday, 19th July, 10:00am-2:30pm

Cost: \$10 each (\$20 for mother and daughter)

Light lunch provided

A special event for girls aged 10-14 and their mothers. A day of art-based workshops and well-being sessions. Explore important topics such as body image, mental health and relationships. Call 4255 6800 to book.

HESTA SUPERANNUATION WORKSHOP

Session 1: Tues, 16th July 6:00pm

Session 2: Wed, 17th July. 10:00am, followed by 1:1 sessions.

Cost: Free (light refreshments included)

Join us for an empowering freedom and independence talk by HESTA Super. Gain valuable insights into managing your superannuation and securing your financial future. Call 4255 6800 to book.

HESTA



FIRE & ICE FUNRAISING DINNER

Saturday, 3rd August, 6:30pm

Cost: \$130pp (includes 3 course meal, drinks and entertainment)

Come along to our annual fundraising dinner supporting the health of women and girls in the Illawarra with special guest Gina Chick.

Bookings through Humanitix.





TAI CHI

Tai chi is a gentle form of exercise which is good for arthritis, balance and for improving concentration. It involves a series of movements performed in a slow, focused manner and accompanied by deep breathing.

Mondays

9:30am-10:30am

All levels welcome!

For cost and to register: contact the Centre on 4255 6800.

DRUMMING

Find your rhythm, no prior music skills required. Fun way to express yourself.
Cost with own drum: \$100 upfront for 8 weeks or \$15 casual lessons
Cost with drum hire: \$120 upfront for 8 weeks or \$18 casual lessons
Mondays: Beginners 6-7pm & Advanced 7-8pm. Contact Elena on 0408 111 093



CRAFT CONNECTION

Bring along whatever craft project you are working on at the moment and connect with other women. All abilities and levels welcome; no experience required! All ages welcomed.

Tuesdays: 11:30am-2:30pm

Cost: Free



CARERS SUPPORT GROUP

Are you providing care for a family member, friend or neighbour who has a disability, mental illness, chronic illness or is frail? Come along to our Carer Support & Social Group and meet others, share stories and find out what is out there for you.

Tuesdays 10:00-11:30am

Cost: Free



BELLY DANCE

Laugh, Wiggle & Giggle!
Have fun and get fit while learning the art of belly dancing.
No experience required.

Tuesdays: 7:00-8:30pm

Cost: \$40 for 4 weeks

WORK DEVELOPMENT ORDER

Have you recently received a fine and are unable to pay it?

Make an appointment with Mackenzie to discuss how we can support you.

Contact 4255 6800



MR JOHN CITIZEN
18 SAMPLE STREET
MCMAHONS POINT NSW 2060



PAY NOW

Unpaid Fine

Reference Number:

You owe:

You must pay by:

Payment Reference Number:

To pay now, call:

For more information, go to: www.s

Pay your fine now or lose your licence, possessions or mortgage account.



WOMEN'S SPIRITUAL GROUP

Engage in a community of like-minded souls with deep spiritual conversations in a supportive and safe space for women to talk, learn and grow. Monthly group-led activities and discussion on various topics.

Facilitated by Barbara, qualified Social Worker and has been interested in spirituality for over 25 years.

Last Friday of month | 1:15-2:45pm

Cost: £5 per session



GARDENING GROUP

Join our newest social group!
Connect with other women whilst gardening, enjoying our beautiful outdoor space, soak up the sunlight & fresh air!

No experience required, please wear covered shoes, hat & sunscreen.

Wednesdays | 10:00am-12:00pm

Cost: Free

BE YOU YOGA

Come along to our newest yoga class! "You don't have to be good at yoga for yoga to be good for you." A safe, inclusive space for all abilities and skill levels. Practicing Yoga and Meditation is not only fun, but a way of nurturing yourself physically, emotionally, mentally and spiritually.

Wednesdays | 12:30-1:30pm

Cost: \$10 per session



ILLAWARRA ADVANCED BREAST CANCER SUPPORT GROUP

1st Wednesday of every month

10:30am - 12:30pm- This month 3rd July

Cost: FREE (morning tea provided)

The Advanced Breast Cancer Support Group at the Illawarra Women's Health Centre allows group members to connect with each other and share their experiences in a safe therapeutic group environment.



UKULELE

Fun beginners social music group!
Bring your own instrument;
everyone is welcome!

Thursdays: 2:00-3:00pm

Cost: Free

(instrument not included)



AROMATHERAPY

Learn about the benefits of essential oils in your home or for your health.

Learn how to make a medicated pain balm. Contact: Kim 0414 918 452

Wednesdays, monthly | 6:00-8:00pm

Cost: \$10 (includes take home items)

*Contact Kim for next session date



MUSICAL MOMENTS

Social music group for women with disability; this group has many beneficial effects. It provides sensory stimulation and can help to improve an individual's physical, mental, social and emotional well-being. Music is powerful, provides numerous health and wellness benefits, is far reaching and accessible.

Thursdays: 10:30am-12:00pm | Cost: FREE

IRISH MUSIC ON THE TIN WHISTLE

When: Thursdays | 1:00-2:00pm

Cost: FREE

This fun, social group teaches Irish music on the tin whistle and other instruments using traditional methods of learning by ear and modelling.



ART FOR WELLBEING WOMEN'S GROUP

Mondays | 12:30-2:00pm, bookings only Cost: Free

Creativity in a safe environment can be good for our mind, body and soul. Come learn new creative skills and techniques plus creative tools to support wellbeing, self care and mental health.



SOCIAL MORNING TEAS

**Fridays, fortnightly - 12th and 26th July
10:30-11:30am | Cost: Free!**

Let's relax for a moment!

Come along to our newest social gathering group - fortnightly morning teas to indulge in delicious food, share and connect.

*Please notify of dietary requirements when booking; contact us on 4255 6800.



PLAYING WITH COLOUR

Social art group for women with disability; suitable for all skill levels. Runs fortnightly; contact the Centre on 4255 6800 for next date and to join the waitlist.

**Fridays, fortnightly | 12:30-2:00pm
|Cost: Free**



YOGA

In person AND online via zoom; all levels and abilities welcome. Yoga mats available for use at no charge. Contact the Centre on 4255 6800 for zoom link and information.

Fridays | 9:00-10:00am | Cost: \$10 per session



QIGONG

Join Myra for a light exercise and meditation class to help in relaxation and breathing.

Fridays | 3:00-4:15pm | Cost: \$6
Contact Myra - 0412 966 823

ALCHOLICS ANONYMOUS

Sharing experience, strength and hope. Connect with other women and get support. The group follows the book "One Day at a Time" and includes afternoon tea.

Contact Debbie on 0421 283 313 or Danielle 0400 273 685

Saturdays | 2:00-3:00pm

Cost: Free





ILLAWARRA LEGAL CENTRE OUTREACH

Do you need legal help?

- Free legal advice with female solicitor
- Domestic and Family Violence
- Information, Support and Referral

2nd & 4th Thursdays of the month

Available in person or phone | mornings, by appointment | Cost: FREE

To book, contact: 4255 6800

MONEY CLINIC

Centre for Women's Economic Safety Money Clinics are for women who are concerned about money in their relationship, or who have experienced family or domestic violence and want to talk about money issues, no matter how big or small. Appointments can be in person, over the phone or online.

Online and in person | by appointment | Cost: FREE | To book, contact: 4255 6800 or email:

moneyclinics@cwes.org.au



COVER LETTER & RESUME WRITING

2nd Wednesday of every month | 9:00am-12:00pm, Bookings | Cost: FREE

Come along to our newest outreach service for one-on-one help with resume and cover letter writing along with practical tips for job searching and interviewing. Facilitated by Sureway Employment Services, this is a free service on the 2nd Wednesday of every month.

NDIS SUPPORT



Uniting NDIS Local Area Coordinators provide outreach services for women seeking support with NDIS. The service is able to provide support for women who are wanting help with applying for the NDIS as well as for women already with the NDIS who would like further support, information and advocacy.

**1st & 3rd Thursday of the month |
1:00pm-3:00pm | Cost: FREE**

FINANCIAL COUNSELLING

Free, personalised, independent and confidential face to face support for women in financial difficulty by a financial counsellor.

**Mondays, fortnightly |
by appointment | Cost: FREE**



CENTRELINK OUTREACH

**Monday mornings | 10-12pm
by appointment | Cost: FREE**

Do you need help with Centrelink or information on support you may be eligible for? Book in to meet with the Community Engagement Officer from Services Australia on 4255 6800.



COUNSELLING

Free counselling services available with our team of qualified social workers/counsellors. No referral or mental health care plan required.

Cost is free and there is no limit on sessions.

Please note: we currently have a 12+ month waitlist.

Also available - free confidential telephone counselling, no referral required.

Mondays & Thursdays:

8:00am-4:00pm; contact 1800 82 55 44



WOMEN'S HEALTH

Range of bulk-billed sexual and reproductive health services: cervical screening, STI checks, contraception, continence management, pelvic floor health, breast checks & menopause support.

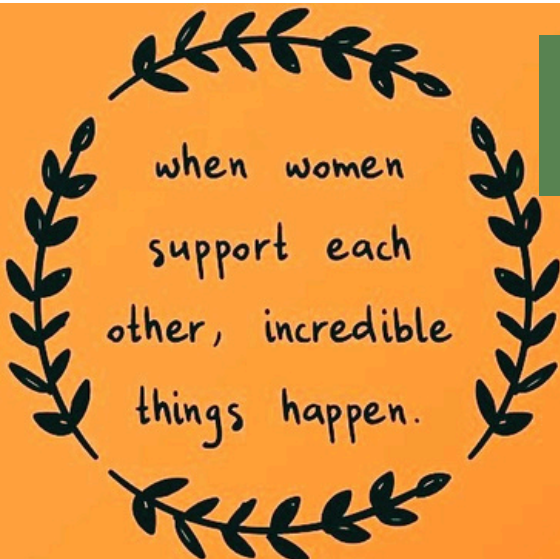


SUPPORT

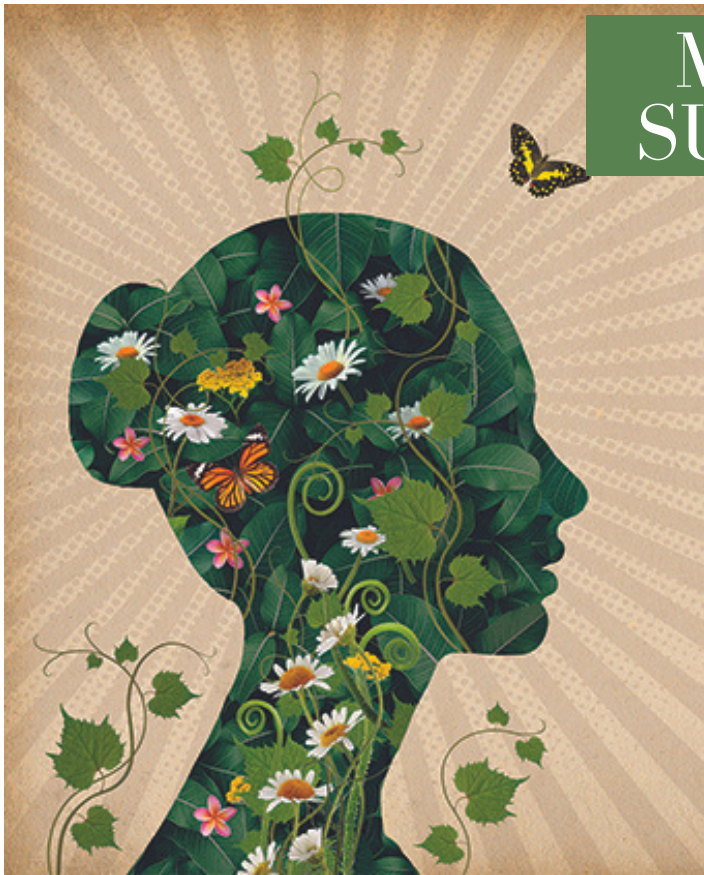
Caseworkers and support workers are available Monday-Friday:

- Domestic, family and sexual violence/abuse
- Crisis/emergency support
- Information, support, referral & advocacy
- Pregnancy options counselling

when women
support each
other, incredible
things happen.



MENTAL HEALTH SUPPORT SERVICES



- Lifeline-provide 24/7 crisis support and suicide prevention services:
 - 13 11 14
- Beyond Blue is the national initiative to raise awareness of anxiety and depression, providing resources for recovery, management and resilience: 1300 22 4636
- Head Space is a government established National youth mental health foundation, providing mental and health wellbeing support, information and services to young people: 1800 650 890

ABORTION ACCESS

For help and advice:

- Family Planning NSW on 1300 658 886
- Marie Stopes on 1300 658 886
- For advocacy/local support options: call the Centre on 4255 6800



HOUSING



Link2home is the state wide homelessness information and referral telephone service. It is available 24 hours a day, 7 days a week, every day of the year. For information, assessment or referral to homelessness services and support in NSW, call: 1800 152 152

- Domestic Violence Line 1800 656 463

WHATS HAPPENING!!

Staff Spotlight

Meet Ali Anderson, our General Manager who joined the Centre in February. Ali has a strong background in education and training, especially focusing on women and marginalised groups. She brings extensive knowledge, leadership, and experience to our team.

Coming from a family of feminists and health professionals, Ali quickly felt at home in her role here. Despite her busy schedule, she always brings plenty of laughter and fun to the day.

If you haven't already, take a moment to say hi to Ali and make her feel welcomed!



Centre Group Timetable

Winter 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Tai Chi 9:30am-10:30am	Carers Support Group 10:00am-11:30am	Gardening Club 10:00am-12:00pm	Musical Moments 10:30am-12:00pm	Yoga (online & in person) 9:00am-10:00am
Financial Counselling By appointment	Craft Connections 11:30am-2:30pm	Sureway Cover Letter & Resume Writing Help (2nd Wednesday of every month) 9:00am-12:00pm	Chronic Pain Support Group (Fortnightly) 1:00-2:00pm	Centre for Women's Economic Safety Financial Counselling 9:00am-5:00pm
Centrelink Support (By appointment) 9:00am-12:00pm	HESTA Super Workshop 16th July 6:00pm	Illawarra Advanced Breast Cancer Support Group 1st Wednesday of every month 10:30am-12:30pm	Illawarra Legal Centre (2nd & 4th Thursday of month, by appt.) By appointment	Mothers and Daughters Day 19th July 10:00am-2:30pm
Art for Wellbeing 12:30pm-2:00pm	Belly Dancing 7:00-8:00pm	HESTA Super Workshop 17th July 10:00am	Uniting NDIS Support (By appointment) 1:00pm-3:00pm	Fortnightly Social Morning Teas (next date: 12th July) 10:30am-11:30am
African Drumming Class 6:00pm-7:00pm: beginners 7:00pm-8:00pm: advanced	 SATURDAY ALCOHOLICS ANONYMOUS 2:00PM-3:00PM	Be You Yoga 12:30pm-1:30pm	Irish Music on the Tin Whistle 1:00pm-2:00pm	Playing with Colour Fortnightly 12:30pm-2:00pm
		Aromatherapy Classes (Monthly) 6:00-8:00pm	Ukulele 2:00pm-3:00pm	Qigong (with Myra) 3:00pm-4:15pm