

Illawarra Women's Health Centre



Monthly Newsletter: October 2024

UPCOMING EVENTS



DIGITAL BASICS

DATE: Friday 8th November (running for 6 weeks)

TIME: 10:00am - 2:00pm

COST: \$0 - \$250*

This is the perfect short course for building confidence in your digital skills. Participants will learn how to navigate a digital device, the basics of applications and file management, and how hardware and software work together. Contact Kiama Community College on 4232 1050 to enrol!

*This training may be subsidised by the NSW Government. Please call to determine your eligibility.

INTERVIEW TECHNIQUES

DATE: Thursday 14th November

TIME: 9:30am - 11:30am

COST: Free!

Come along to learn about how you can polish your skills and ace your next job interview! Call the Centre on 4255 6800 to register your interest.



Disco Bingo Fundraiser

Join Wollongong TAFE Events students for a night of Disco Bingo while they raise money for the Centre. Date: Wednesday, 30th of October Time: 6:30 PM Tickets: \$10 Get ready to dance, daub, and have a blast while supporting the Illawarra Women's Health Centre. Don't miss out on the fun and excitement! Scan the QR code photo for more information and to purchase your tickets.

*Wednesday
30th of October
at 6:30pm*

SCAN HERE!

\$10 TICKETS



Proudly Supporting
Illawarra
Women's
Health
Centre
Established 1986



Location: 2/10 Belfast Ave. Warilla

Phone: (02) 4255 6800

CENTRE GROUP INFORMATION- Call to book (02) 4255 6800



TAI CHI

DAY: Mondays

TIME: 9:30am - 10:30am

All levels welcome!

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

For cost and to register, call the Centre on 4255 6800

DRUMMING

DAY: Mondays

TIME: Beginners: 6-7pm | Advanced: 7-8pm

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

Find your rhythm, no prior music skills required!

A fun way to express yourself.



CRAFT CONNECTION

DAY: Tuesdays TIME: 11:30am-2:30pm COST: Free!

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 welcome.



CARERS SUPPORT GROUP

DAY: Tuesdays TIME: 10:00am-11:30am COST: Free!

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.

BELLY DANCING

DAY: Tuesdays

TIME: 7:00-8:30pm

COST:\$40 for 4 weeks

Laugh, Wiggle & Giggle!

Have fun and get fit while learning the art of belly dancing.

No experience required!



WORK DEVELOPMENT ORDER

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

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

Contact 4255 6800

 **Office of State Revenue**
State Debt Recovery

Unpaid Fine

Reference Number:	123456789
You owe:	\$999.00
You must pay by:	29 MAY 2012
Payment Reference Number:	123456789
To pay now, call:	1300 130 112

For more information, go to: www.sdro.nsw.gov.au

PAY NOW

MR JOHN CITIZEN
15 SAMPLE STREET
MCMAHONS POINT NSW 2060

Pay your fine now or lose your licence, possessions or money from



WOMEN'S SPIRITUAL GROUP

DAY: Last Friday of every month

TIME: 1:15-2:45pm

COST: Free!

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.

CHRONIC PAIN SUPPORT GROUP

DAY: Thursdays, fortnightly

TIME: 12:30-1:30pm **COST:** Free!

Come along to a peer-led support group, in partnership with Chronic Pain Australia, for people who live with chronic pain. You will get to meet with other people living with chronic pain, share ideas of positive coping skills, find connection and improve your quality of life.



GARDENING GROUP

DAY: Wednesdays **TIME:** 10:00am-12:00pm

COST: Free!

Connect with other women whilst gardening, enjoying our beautiful outdoor space, soak up the sunlight & fresh air! Bring lunch along if you like. No need to worry about the weather, if it's raining the group meets indoors and makes windchimes or suncatchers. Materials supplied or you can bring your own. No experience required, please wear covered shoes, hat & sunscreen.



BE YOU YOGA

DAY: Wednesdays TIME: 12:30pm-1:30pm

COST:\$10 per session

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.

ILLAWARRA ADVANCED BREAST CANCER SUPPORT GROUP

DAY:1st Wednesday of every month
(2nd October this month)

TIME: 10:30am-12:30pm

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.



UKELELE

DAY: Thursdays

TIME: 2:00-3:00pm

COST:Free! (instrument not included)

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



AROMATHERAPY

DAY: Fridays, monthly

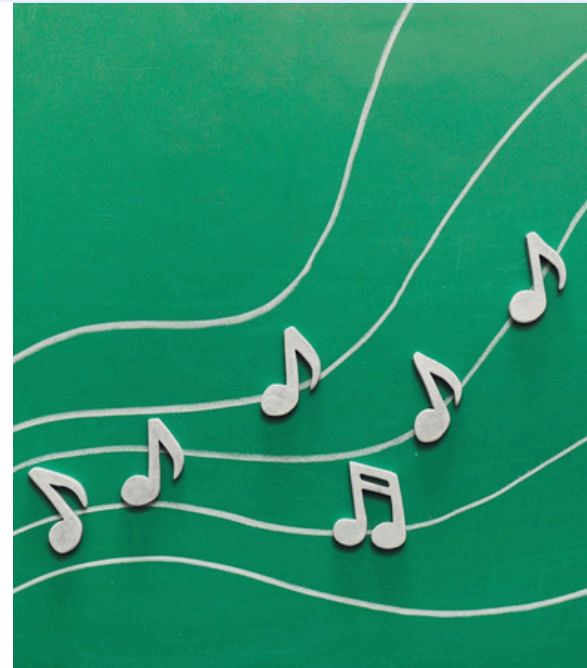
TIME: 3:00-5:00pm **COST:**\$10 (includes take-home items) Learn about the benefits of essential oils in your home or for your health. Learn how to make a different product each month.

*Contact Kim on 0414 918 452 for the next session date

MUSICAL MOMENTS

DAY: Thursdays **TIME:** 10:30am-12:00pm **COST:** Free!

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.



IRISH MUSIC ON THE TIN WHISTLE

DAY: Thursdays **TIME:** 1:00pm-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

DAY: Mondays

TIME: 12:30-2:00pm

COST: Free (bookings only)

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

DAY: Fridays, fortnightly - 18th October

TIME: 10:30-11:30am COST: Free!

Let's relax for a moment! Come along to our 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

DAY: Fridays, fortnightly

TIME: 12:30-2:00pm

COST: Free!

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.

CENTRE GROUP INFORMATION- Call to book (02) 4255 6800



YOGA

DAY: Fridays

TIME: 9:00-10:00am

COST:\$10 per session

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 more information.

QIGONG

DAY: Fridays

TIME: 3:00-4:15pm

COST: \$6

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

Contact Myra on 0412 966 823



ALCOHOLICS ANONYMOUS

DAY: Saturdays

TIME: 2:00-3:00pm

COST: Free!

Building experience, strength and 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



ILLAWARRA LEGAL CENTRE OUTREACH

DAY: 2nd & 4th Thursday of each month

TIME: Available in person or phone | afternoons,
by appointment

COST: Free!

Do you need legal help?

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

To book, contact: 4255 6800

MONEY CLINIC

DAY: By appointment, online & in-person

TO BOOK: Call 4255 6800 or email
moneyclinics@cwes.org.au

COST: Free!

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.



MASSAGE

DAY: Thursdays & Fridays

TIME: 9:00am-5:00pm

COST: 1 hour - \$45 (\$35 concession)
30 mins - \$25 (\$20 concession)

Therapeutic and pregnancy massage with Abby. Be soothed as stress and tension are released and you are ground in your body through massage.





NDIS SUPPORT

DAY: 1st Thursday each month

TIME: 1:00pm-3:00pm **COST:**Free!

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.

FINANCIAL COUNSELLING

DAY: Mondays, fortnightly

TIME:By appointment

COST: Free!

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



CENTRELINK OUTREACH

DAY: Mondays

TIME: 10:00am-12:00pm

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.

CENTRE SERVICES INFORMATION



COUNSELLING

DAY: Mondays & Thursdays

TIME: 8:00am-4:00pm

COST:Free (no limit on sessions)

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. Also available - free confidential telephone counselling, no referral required. Please note: we currently have a 12+ month waitlist.

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



LOCAL & PHONE SUPPORT SERVICES INFORMATION



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 support
- For advocacy/local 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

Join Us for a Pop-Up Stop Smoking Session!

Are you ready to take the first step towards a healthier, smoke-free life? The Illawarra Women's Health Centre is here to support you!

Date: 20th November 2024

Time: Walk ins between 11:30-1:30pm

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

The friendly and experienced team from @Illawarra Shoalhaven Local Health District will provide you with the tools, resources, and support you need to quit smoking for good. Whether you're just starting your journey or need a little extra motivation, this pop up is for you!

Don't miss this opportunity to improve your health and well-being. Bring a friend and let's make this positive change together!

For more information, please call us at 42556800

Let's breathe easier and live healthier, one step at a time!

**WANT TO GIVE UP
SMOKING,
BUT DON'T KNOW
HOW?**

*Nicotine Replacement
Products can help!*

ASK ME HOW!

See Connie

**Wednesday 20 November 2024
11.30am - 1.30pm**

MASTERING DIGITAL BASICS



KIAMA & SHOALHAVEN
COMMUNITY COLLEGES
RTO ID: 90087

This is the perfect short course for building confidence in your digital skills. Participants will learn how to navigate a digital device, the basics of applications and file management, and how hardware and software work together.

You will learn:

- Internet basics and security online
- How to complete online forms
- The basics of emails and attachments
- Microsoft Word

On successful completion of the course, participants will receive a statement of attainment from Certificate II in Applied Digital Technologies ICT20120 in the following units:

BSBTEC101 Operate Digital Devices

Plus, receive a statement of participation in:

ACE3499 Completing online forms



LOCATION Illawarra Women's Health
Centre 2/10 Belfest Ave, Warilla

COMMENCES Fri 8 Nov 2024

SESSIONS Fridays 10:00am-2:00pm
for 6 weeks

COST SO - \$250*



*This training may be subsidised by the NSW Government. Please call to determine your eligibility.

TO ENROL

CONTACT KIAMA COMMUNITY
COLLEGE ON (02) 4232 1050
OR SCAN THE QR CODE



Learn Local. Thrive Anywhere.

Kiama Campus (02) 4232 1050
Shoalhaven Campus (02) 4423 0351

www.kcc.nsw.edu.au

CENTRE GROUP TIMETABLE SPRING 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Centrelink Support (By appointment) 9am - 12pm	Carers Support Group 10am - 11am	Stretch Class with Abby 9th October 9:30am - 10:30am	Healthy Eating 3rd October 10am - 12pm	Yoga (Online & in-person) 9am - 10am
Tai Chi 9:30am - 10:30am	Craft Connections 11:30am - 12:30pm	Gardening Club 10am - 12pm	Musical Moments 10:30am - 12:30pm	Centre for Women's Economic Safety Financial Counselling 9am - 5pm
Art for Wellbeing 12:30pm - 2:00pm	Belly Dancing 7pm - 8:30pm	Cook Chill Chat Starts 16th October 10am - 1pm	Chronic Pain Support Group (Fortnightly) 12:30pm - 2pm	Distress Tolerance Starts 11th October 9:30am - 12pm
African Drumming Class Beginners: 6pm-7pm Advanced: 7pm-8pm	Body Mapping 8th October	Illawarra Advanced Breast Cancer Support Group (monthly) 10:30am - 12:30pm	Irish Music on the Tin Whistle 1pm - 2pm	Fortnightly Social Morning Teas (Next date 18th October) 10:30am - 11:30am
Financial Counselling (By appointment)		Be You Yoga 12:30pm - 1:30pm	Uniting NDIS Support (By appointment) 1pm - 3pm	Playing with Colour (Fortnightly) 12:30pm - 2pm
			Ukelele 2pm - 3pm	Qigong (with Myra) 3pm - 4:15pm
SATURDAY: Alcoholics Anonymous 2pm - 3pm			Illawarra Legal Centre (By appointment) 2nd & 4th Thursday each month	
			Domestic & Family Violence Group (Booking essential)	