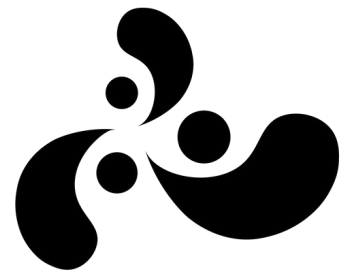


# Illawarra Women's Health Centre



Monthly Newsletter: January 2025

## UPCOMING EVENTS



### CROCHETING GROUP

**DATE:** Fridays starting 17th January

**TIME:** 10am -11am

Join Our New Crocheting Group! Looking for a creative outlet or a way to connect with like-minded women? Our group is the perfect place to unwind, get crafty, and make friends!

Beginners and experienced crocheters are welcome, bring your projects or start fresh. No experience needed. Come and discover the fun of crocheting!

### SOCIAL MORNING TEA

**DATE:** Friday 10th January

**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 any dietary requirements when booking; contact us on 4255 6800.



### JOB COACHING

**DATE:** Wednesday 12th February

**TIME:** 9:30am - 2:30pm

**COST:** Free!

APM are offering hour long one-on-one job coaching sessions; whether you are looking to re-enter the workforce, or advance your career these sessions can be tailored to focus on job coaching, job searching and building job profiles. Don't miss this opportunity to receive free expert assistance!



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



## TAI CHI

**DAY:** Mondays, starting back 10th February

**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, focused manner and accompanied by deep breathing.

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

## DRUMMING

**DAY:** Mondays, starting back 10th February

**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, starting back 14th January

**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, starting back 6th February

**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.

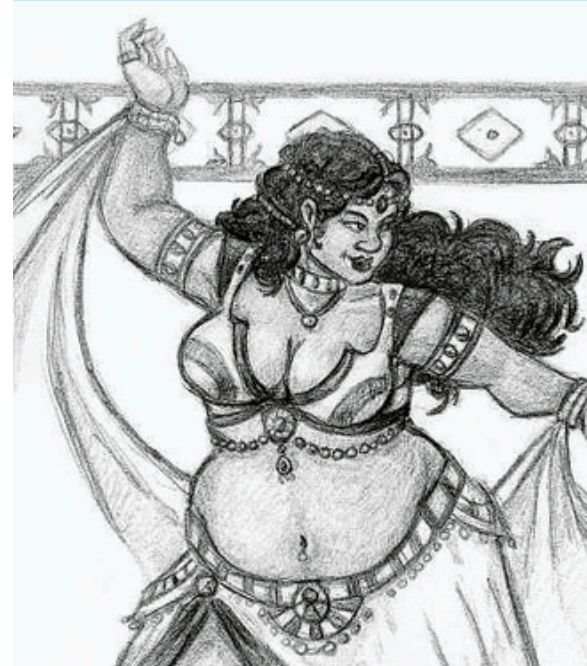
## **BELLY DANCING**

**DAY:** Tuesdays, starting back 11th February

**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

MR JOHN CITIZEN  
18 SAMPLE STREET  
MCMAHONS POINT NSW 2060

### **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](http://www.sdro.nsw.gov.au)

**PAY NOW**

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

## **WEAVERS PROGRAM**

Our Weavers Program offers free support for women of all ages caring for someone living with dementia. A woman-to-woman connection can provide support, friendship and a caring pathway companion. Our facilitator Sharon, will provide monthly connection chats, provide helpful resources regarding specific groups and activities in our communities. Contact the Centre or Sharon on 0492 857 827.

## **CHRONIC PAIN SUPPORT GROUP**

**DAY:** Thursdays, fortnightly, starting back 9th January

**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, starting back 8th January

**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, starting back 12th February

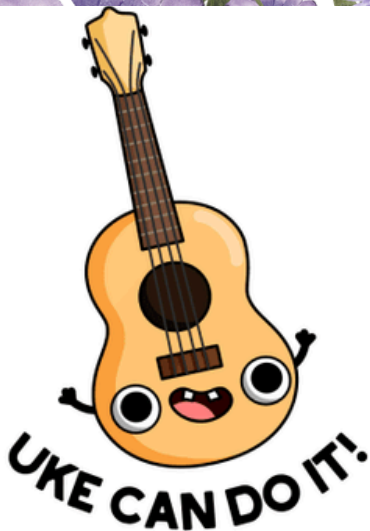
**TIME:** 12:30pm-1:30pm

**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.



## **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

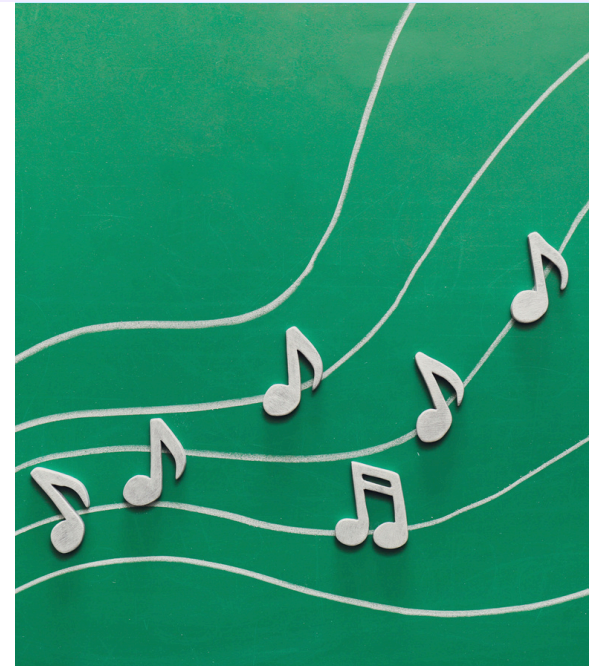
## **MUSICAL MOMENTS**

**DAY:** Thursdays, starting back 9th Jnuary

**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.



## **SOCIAL MORNING TEAS**

**DAY:** Fridays, fortnightly - 10th Jan & 24th Jan  
this month

**TIME:** 10:30-11:30am

**COST:** Free!

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, starting back 24th January

**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, starting back 10th January

**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!

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





## **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)  
45 mins - \$25 (\$20 concession)

Therapeutic and pregnancy massage with Abby. Be soothed as stress and tension are released and you are grounded 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:** Monday - Friday

**TIME:** 8:00am-4:00pm

**COST:** Free (no limit on sessions)

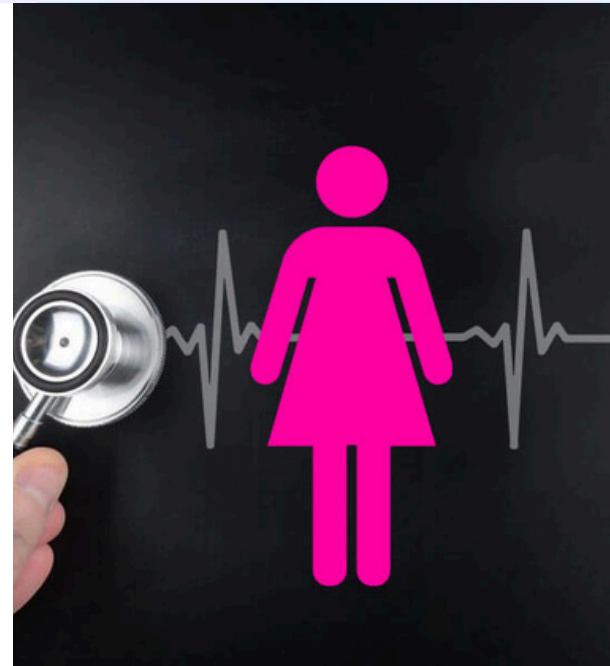
Free counselling services available with our team of qualified social workers/counsellors. No referral or mental health care plan required.

Cost is free and there is no limit on sessions. Also available - free confidential telephone counselling, no referral required.

Please note: The waitlist is currently closed

## 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

Please note: The waitlist is currently closed



# 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
- 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



# Learn to cook together and eat together.

The Dinner Table Project is a 6-week family cooking program where adults and kids cook healthy home-cooked meals and share dinner together. Come and join us for a fun time learning to cook tasty recipes and meet new people.

## Illawarra Women's Health Centre

2/10 Belfast Ave, Warilla

Every Wednesday for 6 weeks starting 19 February - 26 March

Time: 5-7:30pm | Cost: FREE | For families with at least one child aged 8 years plus (younger siblings welcome).

women & kids only  
(sorry fellas)



Scan QR Code to register  
Information: Linda t: 02 4283 8111  
linda@healthycities.org.au

Communities for Children  
Shellharbour

Barnardos  
Australia


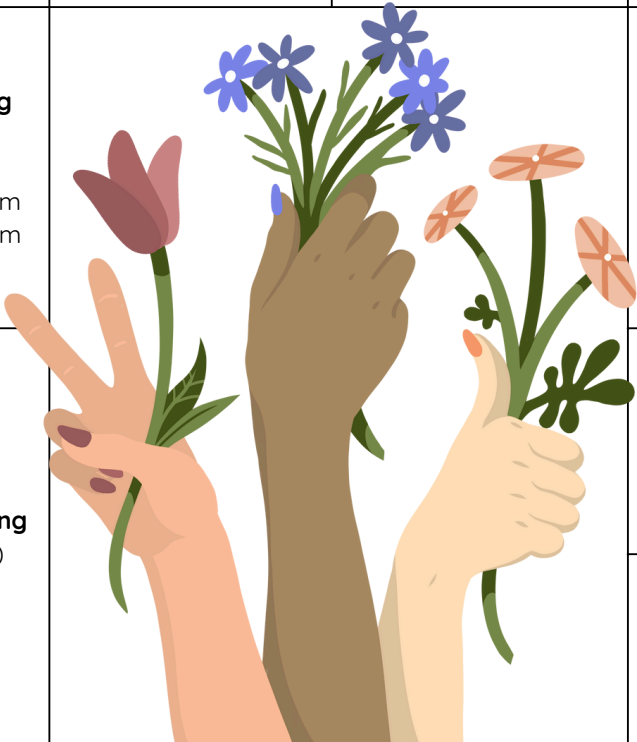


**The  
Dinner  
Table  
Project.**

Healthy Cities. Healthy People.

# CENTRE GROUP TIMETABLE SUMMER 2024



| MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY  |
|--|---|---|--|---|
| <b>Centrelink Support</b><br>(By appointment)<br><br>9am - 12pm              | <b>Carers Support Group</b><br><br>10am - 11am                                      | <b>Gardening Club</b><br><br>10am - 12pm  | <b>Musical Moments</b><br><br>10:30am - 12:30pm  | <b>Yoga</b><br>(Online & in-person)<br><br>9am - 10am                                       |
| <b>Tai Chi</b><br><br>9:30am - 10:30am                                       | <b>Craft Connections</b><br><br>11:30am - 12:30pm                                   | <b>Be You Yoga</b><br><br>12:30pm - 1:30pm  | <b>Chronic Pain Support Group</b><br>(Fortnightly)<br><br>12:30pm - 2pm                | <b>Centre for Women's Economic Safety Financial Counselling</b><br><br>9am - 5pm            |
| <b>Art for Wellbeing</b><br><br>12:30pm - 2:00pm                             | <b>Belly Dancing</b><br><br>7pm - 8:30pm  |  | <b>Irish Music on the Tin Whistle</b><br><br>1pm - 2pm                                 | <b>Crocheting Group</b><br><br>10am - 12pm  |
| <b>African Drumming Class</b><br><br>Beginners: 6pm-7pm<br>Advanced: 7pm-8pm |  |   | <b>Uniting NDIS Support</b><br>(By appointment)<br><br>1pm - 3pm                       | <b>Fortnightly Social Morning Teas</b><br>(Next date 10th January)<br><br>10:30am - 11:30am |
| <b>Financial Counselling</b><br>(By appointment)                             |   |   | <b>Ukelele</b><br><br>2pm - 3pm  | <b>Playing with Colour</b><br>(Fortnightly)<br><br>12:30pm - 2pm                            |
|  |   |   | <b>Illawarra Legal Centre</b><br>(By appointment)<br><br>2nd & 4th Thursday each month | <b>Qigong (with Myra)</b><br><br>3pm - 4:15pm   |
| <b>SATURDAY:</b><br><b>Alcoholics Anonymous</b><br><br>2pm - 3pm             |   |   |  |   |