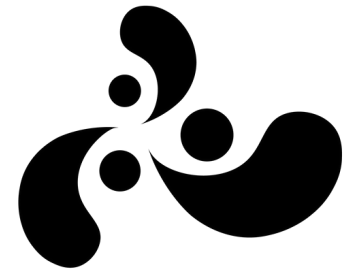


# Illawarra Women's Health Centre



Monthly Newsletter: March 2025

## UPCOMING EVENTS



### INTERNATIONAL WOMEN'S DAY

**DATE:** Wednesday 5th March

**TIME:** 10am - 3pm

**COST:** Free!

Celebrate International Women's Day at the centre! There will be free Pilates and Yoga & Stretch classes run by Planet Fitness, a free healthy lunch, and free meditation facilitated by Karen. Ring the centre on 4255 6800 to book in your spot for these sessions.

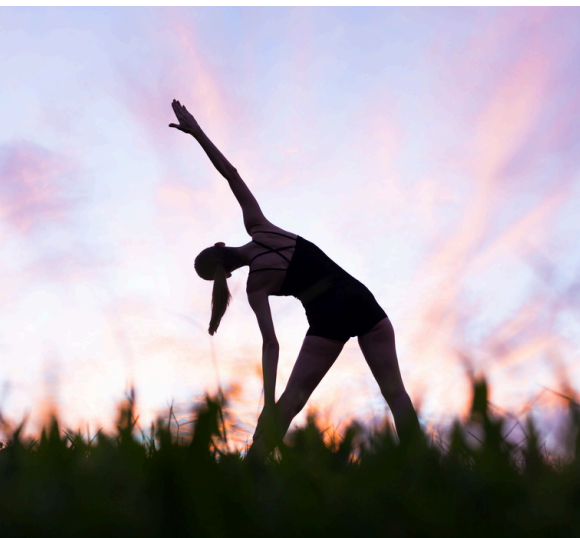
### MENOPAUSE WORKSHOP

**DATE:** Thursday 27th March

**TIME:** 5:30pm - 8:30pm

**COST:** Free!

Come along to our menopause information session, facilitated by our nurse practitioner Editt. Includes Q&A discussion and light refreshments. Topics include the symptoms of menopause, the effects of menopause on the brain and body, and tips on managing this stage of your life. Ring the centre on 4255 6800 to register your interest.



### STRETCH CLASS

**DATE:** Wednesday 12th March

**TIME:** 9:45am - 10:30am

**COST:** Free!

Start your morning right with a free stretch class with Abby, our massage therapist. You'll feel revitalised and ready for the day ahead!

# 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, focused manner and accompanied by deep 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

MR JOHN CITIZEN  
18 SAMPLE STREET  
MCMAHONS POINT NSW 2060

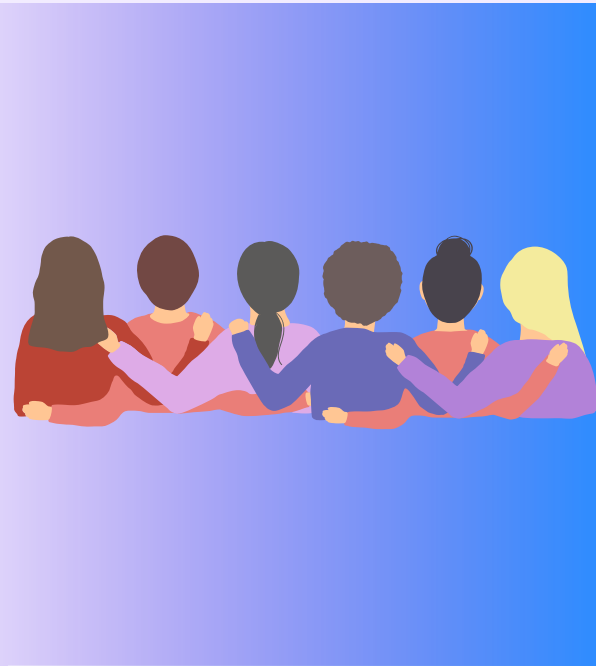
### **Unpaid Fine**

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

**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.

## **CROCHETING GROUP**

**DAY:** Fridays

**TIME:** 10am - 12pm

**COST:** Free!

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!



## **UKELELE**

**DAY:** Thursdays

**TIME:** 2:00pm-3:00pm

**COST:** Free!

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

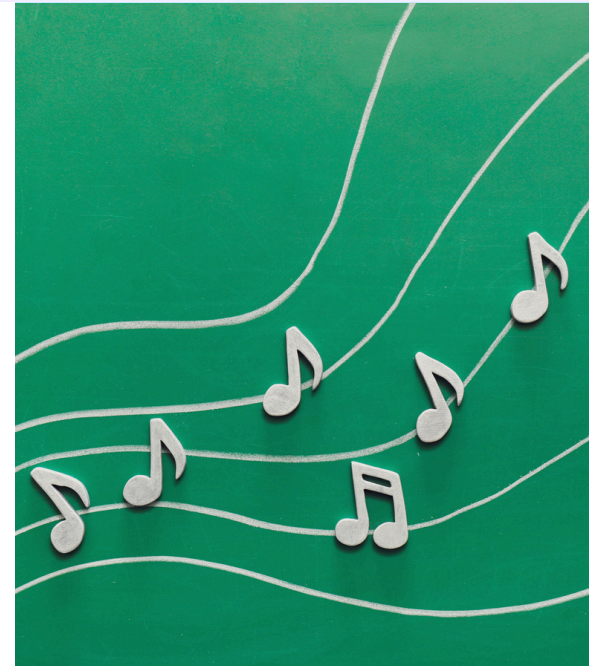
## **MUSICAL MOMENTS**

**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.



## **SOCIAL MORNING TEAS**

**DAY:** Fridays, fortnightly - 7th March & 21st March 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

**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!

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)

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





# Skincare

## WORKSHOP

**DATE:** Wednesday 26th March

**TIME:** 9:30am - 11:30am

**COST:** Free!

Come along to the Illawarra Women's Health Centre to learn about all things skincare at this free event by Priceline! Call the Centre on 4255 6800 to book in your spot.



# CENTRE GROUP TIMETABLE AUTUMN 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Centrelink Support</b> (By appointment)  9am - 12pm	<b>Carers Support Group</b>  10am - 11am	<b>Priceline Skincare Workshop</b>  26th March 9:30am - 11:30am	<b>Musical Moments</b>  10:30am - 12:30pm	<b>Yoga</b> (Online & in-person)  9am - 10am
<b>Tai Chi</b>  9:30am - 10:30am	<b>Craft Connections</b>  11:30am - 2:30pm	<b>Stretch Class</b>  12th March 9:45am - 10:30am	<b>Chronic Pain Support Group</b> (Fortnightly)  12:30pm - 2pm	<b>Centre for Women's Economic Safety Financial Counselling</b>  9am - 5pm
<b>Domestic &amp; Family Violence Group</b>  10am - 1pm	<b>Belly Dancing</b>  7pm - 8:30pm	<b>Gardening Club</b>  10am - 12pm	<b>Irish Music on the Tin Whistle</b>  1pm - 2pm	<b>Navigating Big Emotions</b>  9:15am - 12:15pm
<b>Art for Wellbeing</b>  12:30pm - 2:00pm		<b>International Women's Day Event</b>  5th March 10am - 3pm	<b>Uniting NDIS Support</b> (By appointment)  1pm - 3pm	<b>Crocheting Group</b>  10am - 12pm
<b>African Drumming Class</b>  Beginners: 6pm-7pm Advanced: 7pm-8pm		<b>Be You Yoga</b>  12:30pm - 1:30pm	<b>Ukelele</b>  2pm - 3pm	<b>Fortnightly Social Morning Teas</b> (Next date 7th February)  10:30am - 11:30am
<b>Financial Counselling</b> (By appointment)		<b>Dinner Table Project</b>  Running until 26th March  5pm - 7:30pm	<b>Illawarra Legal Centre</b> (By appointment)  2nd & 4th Thursday each month	<b>Playing with Colour</b> (Fortnightly)  12:30pm - 2pm
<b>SATURDAY:</b> <b>Alcoholics Anonymous</b>  2pm - 3pm			<b>Menopause Information Workshop</b>  27th March  5:30pm - 8:30pm	<b>Qigong (with Myra)</b>  3pm - 4:15pm