

ILLAWARRA WOMEN'S HEALTH CENTRE

Monthly Newsletter: January 2024

Events Happening This Month



DIGITAL SKILLS COURSE FOR OLDER WOMEN

**Tuesdays 6th February - 9th March
2:30pm-4:30pm | Cost: FREE**

A fun, free 8 week digital skills course delivered by Kiama Community College for women over 60 to help gain confidence using technology and to stay connected online. Weekly topics include Smartphones, Cyber Safety, Computers and the Internet, Intro to Email, Online Shopping and Social Media.

ILLAWARRA ADVANCED BREAST CANCER SUPPORT GROUP

**Starting 7th February (1st Wednesday of every month) | 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.



SOCIAL MORNING TEAS

**Fridays, fortnightly - starting 2nd February
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.



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: 9:30-10:30am; 10:30am-11:30am & 12:00-1:00pm

All levels welcome!

For cost and to register: contact Marta on 0415 321 497

THE YOUNG WOMEN'S CREATIVE SPACE

**Mondays | 3:15pm - 4:30pm, drop in
Cost: FREE**

Creativity in a safe environment can be good for your mind, body and soul. Learn new creative skills and techniques plus creative tools to support wellbeing, self care and mental health. Afternoon tea and all materials provided; facilitated by Young Women's Program Facilitator.



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 CONNECTIONS

Bring along whatever craft project you are working on at the moment and connect with other women. Social group to share your knowledge or learn a new skill. All abilities and levels welcome; no experience required!

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





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. Weekly group-led activities and discussion on various topics.

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

Wednesdays | 1:15-2:45pm

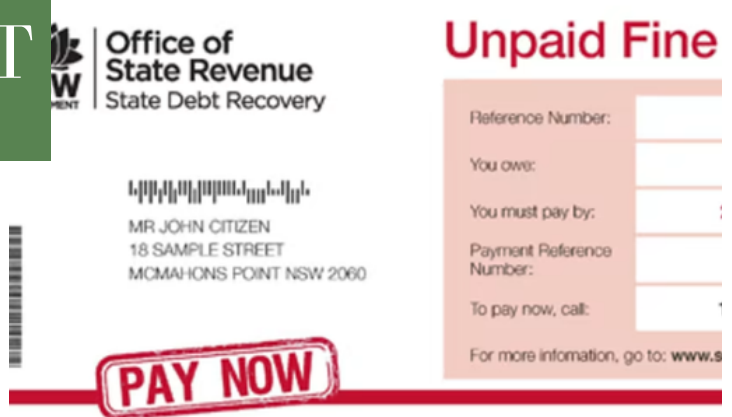
Cost: \$5 per session

WORK DEVELOPMENT ORDER

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

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

Contact 4255 6800 or email: mirandab@womenshealthcentre.com.au



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



CHRONIC PAIN SUPPORT GROUP

Thursdays, fortnightly | 1:00-2:00pm

Cost: FREE

Come along to a peer-led support group, in partnership with the Australian Pain Management Association, 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

Beginning Wednesday the 16th of March, 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



QIGONG

Improve your health and wellbeing through mindful movements and relaxation techniques.

Reduce stress and improve mental health.

Class is facilitated by Terri.

Sundays | 9:00-10:00am

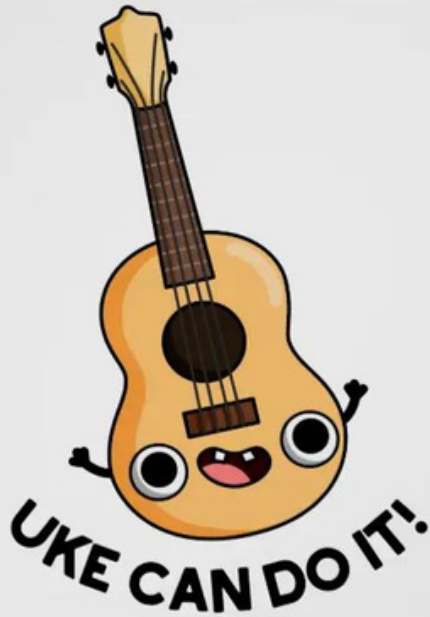
Cost: donation



Our Centre is situated on the land of the Wodi Wodi people of Warilla, part of the Dharawal Nation.

We acknowledge the traditional custodians of this land and we pay our respects to Elders past, present and those of the future, for they hold the memories, traditions and hopes of Aboriginal Australia. This land is, was, and always will be traditional Aboriginal land. We commit to actively supporting and promoting the voices of Aboriginal people and organisations in our work.





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: 10:00am-12:00pm

Cost: Free



IRISH MUSIC ON THE TIN WHISTLE

When: Thursdays | 1:30-2:00pm

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, starting 20th November

12:30-2:00pm, drop in | 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 - starting 2nd February | 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, weekly | 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



ALCOHOLICS 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



ONE
DAY
AT A
TIME

CRYSTAL BOWLS MEDITATION

Sessions work by sending sound waves throughout your body, which brings harmony through oscillation and resonance. This helps restore your body's balance which in turn helps you heal. Contact Elizabeth on 0430 999 570 for cost and to register.

3rd Sunday of every month | 2:00-5:00pm



MASSAGE

Relaxation massage by Sue, **Tuesdays & Thursdays** by appointment (contact 4255 6800). Cost: \$55 per hour (\$35 for concession).

Corrective and relaxation by Linda, our Massage Therapist. Cost: \$40 per hour (\$30 for concession)| **Fridays** by appointment only; contact the Centre on 4255 6800.



Body



Relax



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.

First Friday of every month | by appointment | Cost: FREE | To book, contact: 4255 6800 or email: moneyclinics@cwes.org.au



COVER LETTER & RESUME WRITING

Wednesday 13th December | 9:00am-12:00pm, Drop-In | 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 drop-in service on the 2nd Wednesday of every month.

NDIS OUTREACH



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 starting 6th November |
by appointment | Cost: FREE**



CENTRELINK OUTREACH

**Thursday mornings |
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.**

Appointments are available

Monday-Friday; contact 4255 6800

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

Mondays & Thursdays:

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



WOMEN'S HEALTH

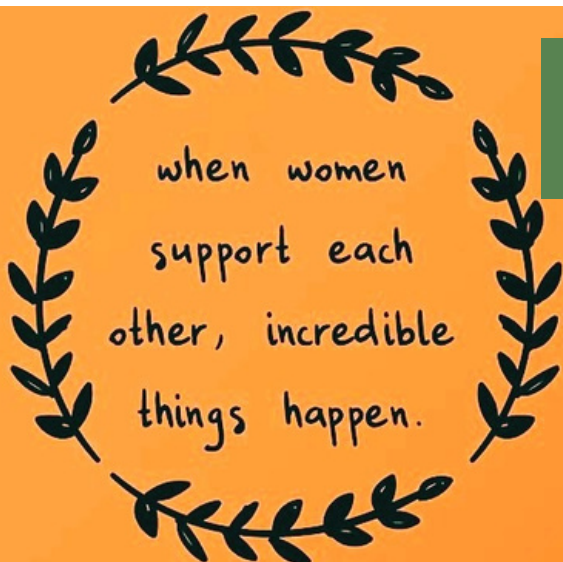
Range of bulk-billed sexual and reproductive health services: cervical screening, STI checks, contraception, continence management, pelvic floor health, breast checks & menopause support.



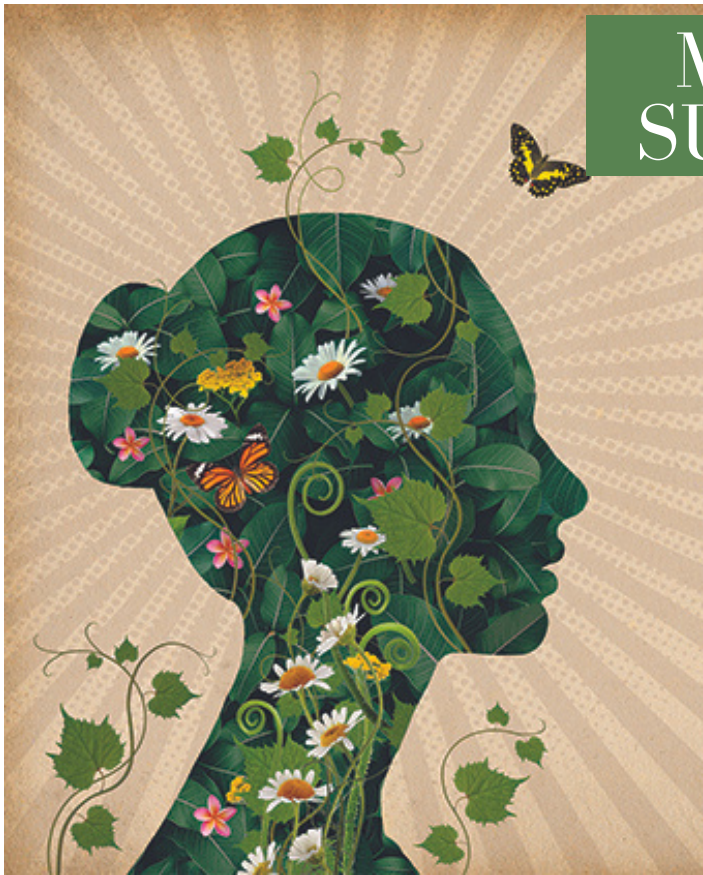
SUPPORT

Caseworkers and support workers are available Monday-Friday:

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



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

Centre Group Timetable

January 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Tai Chi 9:30am-10:30am 10:30-11:30am 12:00-1:00pm	Carers Support Group 10:00am-11:30am	Cover Letter & Resume Writing Help 14th February 9:00am-12:00pm	Musical Moments 10:00am-12:00pm	Yoga (online & in person) 9:00am-10:00am
Financial Counselling Outreach By appointment	Craft Connections 11:30am-2:30pm	Gardening Club 10:00am-12:00pm	Centrelink Outreach (By appointment) 9:00am-12:00pm	Fortnightly Social Morning Teas Starting 2nd February 10:30am-11:30am
Art for Wellbeing 12:30-2:00pm	Digital Skills Technology Course for Older Women Starting 6th February 2:30pm-4:30pm	Illawarra Advanced Breast Cancer Support Group 1st Wednesday of every month, starting 7th February 10:30am-12:30pm	Illawarra Legal Centre Outreach (2nd & 4th Thursday of month, by appt.) By appointment	Centre for Women's Economic Safety Financial Counselling Outreach 1st December 9:00am-5:00pm
The Young Women's Creative Space 3:15-4:30pm		Be You Yoga 12:30pm-1:30pm	NDIS Uniting Outreach (By appointment) 1:00pm-3:00pm	Playing with Colour 12:30pm-2:00pm
African Drumming Class Term 1: 5th Feb - 25th March 6:00pm-7:00pm: beginners 7:00pm-8:00pm: advanced		Belly Dancing 7:00pm-8:30pm	Women's Spiritual Group 1:15-2:45pm	
SATURDAY Alcoholics Anonymous 2:00pm-3:00pm	SUNDAY Crystal Sound Therapy Meditation (3rd Sunday of month) 2:00pm-5:00pm	Aromatherapy Classes (monthly) 6:00pm-8:00pm	Irish Music on the Tin Whistle 1:30-2:00pm	Qigong (with Myra) 3:00pm-4:15pm
			Ukulele 2:00pm-3:00pm	SUNDAY Qigong (with Terri) 9:00-10:00am