

Illawarra Women's Health Centre



Monthly Newsletter: May 2025

UPCOMING EVENTS



MOTHER'S DAY MORNING TEA

DATE: Friday 2nd May

TIME: 10:30am - 12pm

COST: Free!

Join us for morning tea to celebrate Mother's Day. We will be drawing our Mother's Day Raffle on the day, where there are two hampers to be won! Tickets are \$1 each. Ring the Centre on 4255 6800 to register your interest and dietary requirements

STRETCH CLASS

DATE: Wednesday 14th May

TIME: 9:30am - 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! Call the Centre on 4255 6800 to register.



SERVICE NSW POP-UP

DATE: Friday 23rd May

TIME: 10am - 12pm

COST: Free!

Make the most of this opportunity to receive one-on-one assistance with your questions and queries with Service NSW. To register your interest, call the Centre on 4255 6800.



**Service
NSW**

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: 7:00pm-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.

NSW Office of State Revenue
State Debt Recovery

MR JOHN CITIZEN
18 SAMPLE STREET
MCMAHONS POINT NSW 2060

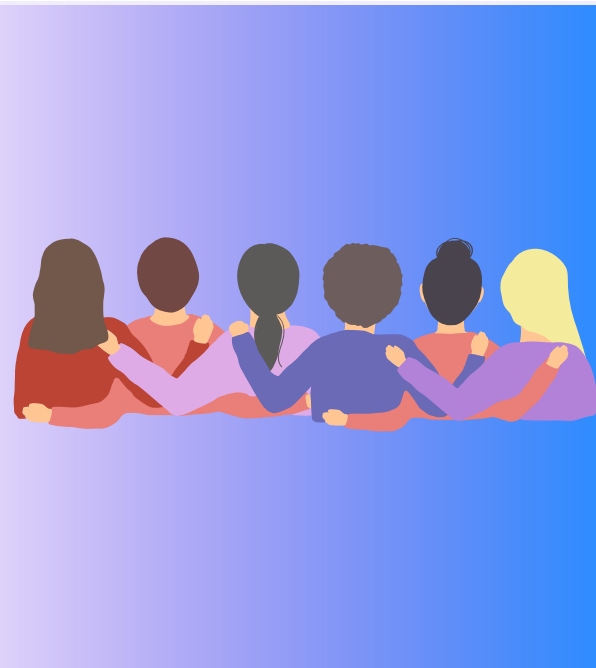
Unpaid Fine

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

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: 12:30pm-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.

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



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, fortnightly

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: 3:00pm-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

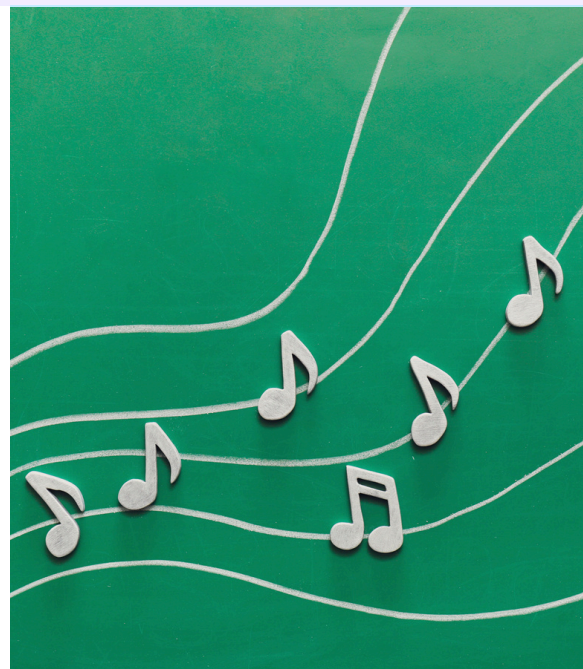
MUSICAL MOMENTS

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 – 2nd, 16th & 30th May this month

TIME: 10:30am-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.



NORTHERN SITE MORNING TEA

DAY: Mondays, fortnightly – 12th & 26th this month

TIME: 10:30am-11:30am

COST: Free!

Come along to our social morning tea at the Northern Site - enjoy delicious food, share and connect.

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



PLAYING WITH COLOUR

DAY: Fridays, fortnightly

TIME: 12:30pm-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: 9:00am-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: 3:00pm-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: 2:00pm-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: Tuesdays & Thursdays

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 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: 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



NORTHERN SITE MORNING TEA

Start your Monday right with our fortnightly social morning tea at the Northern Site! Indulge in delicious food and connect with other women. Ring the Centre on 4255 6800 to register your interest and your dietary requirements.

DAY: Mondays, fortnightly

TIME: 10:30am-11:30am

COST: Free!



SUITE 4, LEVEL 1, THE CENTRAL, INNOVATION CAMPUS

Navigating the emotional and physical ups and downs of perimenopause or menopause, this group offers a space to share, learn, and support each other through the challenges – and unexpected gifts – of this stage of life.

What to expect:

- A warm, trauma-informed, confidential space
- Guest speakers including a menopause-specialist nurse, a doctor, and an art therapist.
- Peer-led conversations about mood, identity, hormones, and more



Where:	Illawarra Women's Health Centre 2/10 Belfast Ave Warilla
When:	First Monday of each month from July 2025
Times:	10 am – 11:30am
Facilitated by:	Kylie Carberry – Peer Work Lead with Guest Speakers

Bookings: Call 4255 6800 or email
info@womenshealthcentre.com.au





Mosaic-Making with Terry

Come along for some mosaic-making with Terry! Tiles and other supplies will be provided to make a trivet, just bring along your lunch. If you would like to decorate a terracotta pot, feel free to bring one with you if you'd like.

DATES: Monday 5th May
Monday 12th May

TIME: 10am - 2pm

COST: \$5


WHERE: 2/10 Belfast Avenue, Warilla

To register your interest, email info@womenshealthcentre.com.au or ring the Centre on 4255 6800.

CENTRE GROUP TIMETABLE

MAY 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Centrelink Support (By appointment) 9am - 12pm	Carers Support Group 10am - 11am	Stretch Class 14th May 9:45am - 10:30am	Musical Moments 10:30am - 12:30pm	Yoga (Online & in-person) 9am - 10am
Tai Chi 9:30am - 10:30am	Craft Connections 11:30am - 2:30pm	Gardening Club 10am - 12pm	Chronic Pain Support Group (Fortnightly) 12:30pm - 2pm	Centre for Women's Economic Safety Financial Counselling 9am - 5pm
Customer Service Training 9:30am - 2:30pm	Belly Dancing 7pm - 8:30pm	Be You Yoga 12:30pm - 1:30pm	Irish Music on the Tin Whistle 1pm - 2pm	Service NSW Pop-Up 23rd May 10am - 2pm
Mosaic Workshop 5th & 12th May 10am - 2pm		Book Club 7th May 6pm - 7pm	Uniting NDIS Support (By appointment) 1pm - 3pm	Crocheting Group (Fortnightly) 10am - 12pm
Art for Wellbeing 12:30pm - 2:00pm		Tech Savvy 9am - 11am	Ukelele 2pm - 3pm	Fortnightly Social Morning Teas (2nd, 16th & 30th this month) 10:30am - 11:30am
African Drumming Class Beginners: 6pm-7pm Advanced: 7pm-8pm			Illawarra Legal Centre (By appointment) 2nd & 4th Thursday each month	Playing with Colour (Fortnightly) 12:30pm - 2pm
Financial Counselling (By appointment)			Vinnies Van 3:30pm - 4pm	Qigong (with Myra) 3pm - 4:15pm
SATURDAY: Alcoholics Anonymous 2pm - 3pm				Aromatherapy (Monthly) 3pm - 5pm