

Illawarra Women's Health Centre



Monthly Newsletter: August 2025

UPCOMING EVENTS



HEARING AUSTRALIA

DATE: Friday 8TH August

TIME: 9:30am - 12:30pm

COST: Free!

Take the first step to rediscovering the sounds you love. Come in for a free hearing check with Hearing Australia. Ring the Centre on 4255 6800 to register your interest.

RENTAL WORKSHOP

DATE: Monday the 11th August

TIME: 11:00am - 12:30pm

COST: Free!

Be informed about how to complete a Rental Application that stands out and gain better understanding about the Rental Legislation changes. Workshop will be run by Shellharbour Marina Real Estate. Ring the Centre on 4255 6800 to register your interest.



WILL WORKSHOP

DATE: Wednesday 6th August

TIME: 10:00 am - 12:00pm

COST: Free!

Join Nikolovski Lawyers for an informative session on creating a will, power of attorney the importance of planning ahead for the future! Ring the Centre on 42556800 to register your interest.



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.

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



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

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 us on 4255 6800.

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!



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.

MASSAGE

DAY: Tuesdays & Thursdays

TIME: 9:00am-5:00pm

COST: 1 hour - \$45 (\$35 concession)

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





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.



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

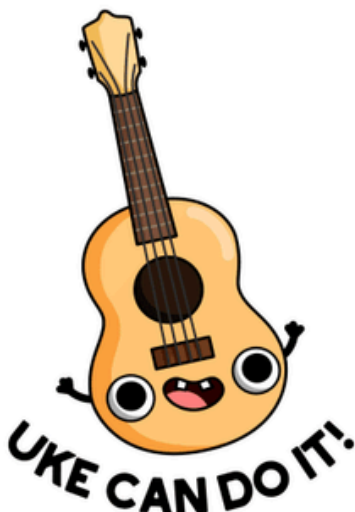
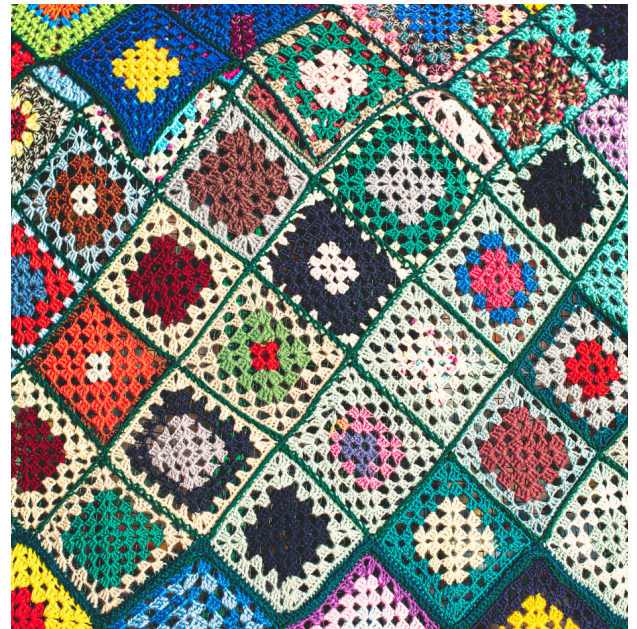
DAY: Fridays, fortnightly

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!



UKULELE

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

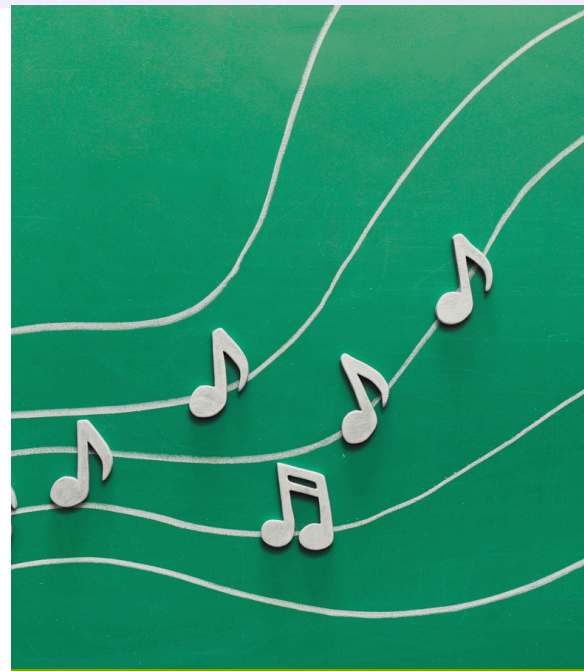
MUSICAL MOMENTS

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 – 8th and 22nd 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: WHAT'S ON

WALKING GROUP

DAY: Wednesdays, fortnightly – 6th and 20th this month

TIME: 8:45am - 9:45am

COST: Free!

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.



VINNIES VAN

DAY: Thursdays

TIME: 3:30pm - 4pm

COST: Free!

The Vinnies Van will be visiting the Illawarra Women's Health Centre every week! Vinnies Vans are outreach services that provide meals and snacks, blankets, toiletries, hot beverages and, most importantly, companionship and referrals.



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

Introduction to Meditation



Join our Counsellor Karen for an introduction into meditation. Be guided through different styles of practice including, visual, moving, grounding, sensory and more.

Date: Wednesday 20th August

Time: 10am-11am

Cost: Free!

Location: 2/10 Belfast Ave Warilla

Call the Centre on 42 556 800
to book your free spot.



FREE RENTAL INFORMATION SESSION

- HOW TO
COMPLETE A
RENTAL
APPLICATION
THAT STANDS OUT
- UNDERSTANDING
THE RENTAL
LEGISLATION
CHANGES

Monday the 11th August
11am - 12.30pm
2/10 Belfast Avenue Warilla

Please call [4255 6800](tel:42556800) to Book



SAVING & BUDGETING PROGRAM



Join our Saving & Budgeting Program, take control of your finances and make confident, informed choices around food and spending.

This program is perfect for anyone wanting to learn simple, practical ways to stretch your dollars without sacrificing your health or happiness. Whether you're cooking for one or feeding a family, we'll show you how to:

- Plan affordable, nutritious meals
- Shop smart and cut grocery costs
- Reduce waste and make food last longer
- Set up a budget that works for you
- Save more without giving up what you enjoy

On successful completion of this course, participants will receive a certificate of participation in:

- Healthy meals on a budget
- Saving and budgeting techniques

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

ENROLMENT Friday 15 August from 9:30 am

COMMENCES Friday 29 August

SESSIONS Fridays, 9:30 am - 12:30 pm
for 2 sessions

COST SO* - \$360



*This training is subsidised by the NSW Government's ACE initiative. Please enrol online or call us to confirm your funding eligibility.

TO ENROL

Please contact Bonnie Comber at the Illawarra Women's Health Centre or Call 1300 191 100 or online via QR code below




Learn Local. Thrive Anywhere.

Kiama Campus 1300 191 100
Shoalhaven Campus 1300 191 100

CENTRE GROUP TIMETABLE

August 2025



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|--|---|
| Centrelink Support (By appointment) 9am - 12pm | Carers Support Group 10am - 11am | Northern Site Walking Group (Fortnightly) 8:45am - 9:45am | Musical Moments 10:30am - 12:30pm | Yoga (Online & in-person) 9am - 10am |
| Tai Chi 9:30am - 10:30am ON HOLD | | Stretch Class 13th August 9:45am - 10:30am | Chronic Pain Support Group (Fortnightly) 12:30pm - 2pm | Centre for Women’s Economic Safety Financial Counselling 9am - 5pm |
| Menopause Support Group 4th August 10:00am - 11:30am | Craft Connections 11:30am - 2:30pm | Gardening Club 10am - 12pm | Irish Music on the Tin Whistle 1pm - 2pm | Crocheting Group (Fortnightly) 10am - 12pm |
| Rental Workshop 11 th August 11am - 12:30pm | | Uniting NDIS Support (By appointment) 1pm - 3pm | Hearing Australia 8th August 9am - 12pm | |
| African Drumming Class Beginners: 6pm-7pm Advanced: 7pm-8pm | Belly Dancing 7pm - 8:30pm | Wills Workshop 6 th August 10am - 12pm | Ukelele 2pm - 3pm | Savings & Budgeting Program 29th August 9.30am - 12.30pm |
| Financial Counselling (By appointment) | | | Vinnies Van 3:30pm - 4pm | Fortnightly Social Morning Teas (8th and 22nd this month) 10:30am - 11:30am |
|  | | Be You Yoga 12:30pm - 1:30pm | Illawarra Legal Centre (By appointment) 2nd & 4th Thursday each month | Playing with Colour (Fortnightly) 12:30pm - 2pm |
| | | Introduction to Meditation 20 th August 10am - 11am | | Qigong with Myra 3pm - 4:15pm |
| | | Book Club 6th August 6pm - 7pm | | Aromatherapy (Monthly) 3pm - 5pm |
| SATURDAY: Alcoholics Anonymous 2pm - 3pm | | | | |