

# Illawarra Women's Health Centre



Monthly Newsletter: October 2025

## UPCOMING EVENTS



### SAHSSI

**DATE:** Monday 27<sup>th</sup> October

**TIME:** 9:00am - 12:00pm

**COST:** Free!

SAHSSI are providing outreach services including housing support, housing forms, housing and rental applications/information and direct referrals. Sahssi will be here on the last Monday of the month

## DIVORCE & PARENTING

**DATE:** Wednesday the 15<sup>th</sup> of October

**TIME:** 10:00am - 12:00pm

**COST:** Free!

Nikolovski Lawyers will present a free information session about the family law divorce process & parenting matters. Call the Centre on 4255 6800 to book your spot.



## CENTRE CLOSURE

**DATE:** Monday the 6<sup>th</sup> October

**TIME:** All Day

The Centre will be closed for the Labour Day Public Holiday.

Have a nice long weekend!



Location: 2/10 Belfast Ave. Warilla

Phone: (02) 4255 6800



## **STRETCH CLASS**

**DATE:** Wednesday the 8<sup>th</sup> October

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

**COST:** Free!

Come and join our free stretch class every second Wednesday of the month. Great for increasing flexibility, preventing injury, improving circulation and so much more.

To register, call the Centre on 4255 6800

## **DRUMMING**

**DAY:** Mondays

**TIME:** Beginners: 6-7pm | Advanced: 7-8pm

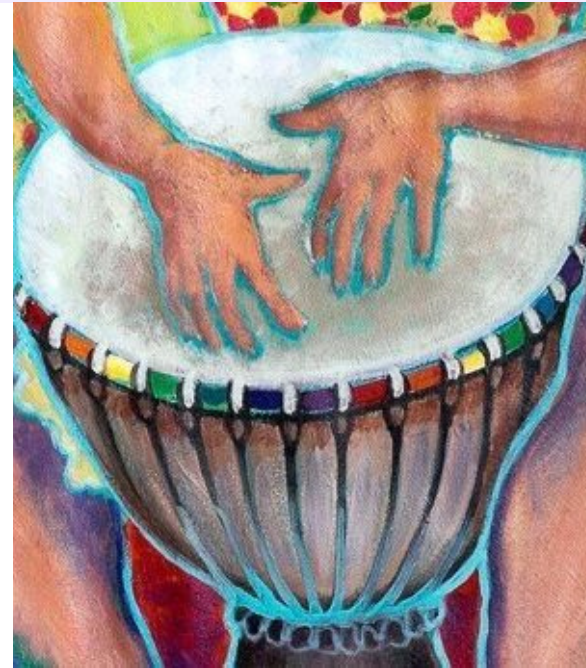
**Cost with own drum:**

\$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](http://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

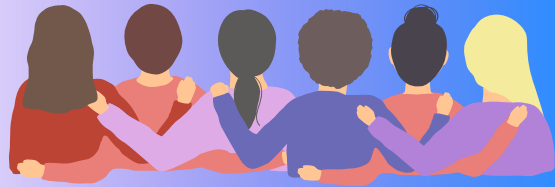
**DAY:** Tuesdays & Thursdays

**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.



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



## BE YOU YOGA

**DAY:** Wednesdays

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

**COST:** \$10 per session

"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.

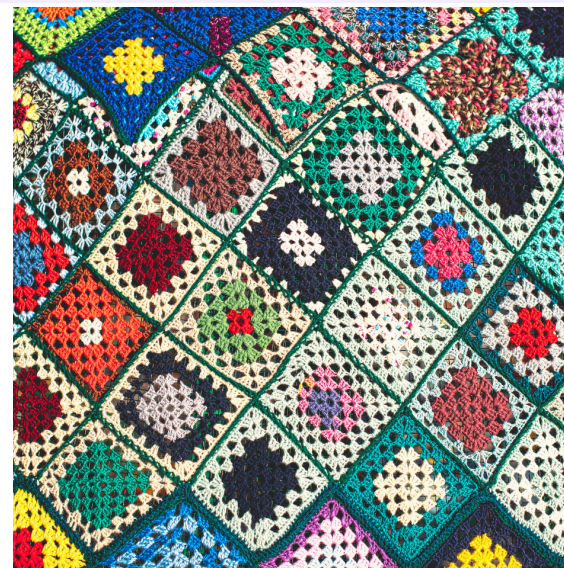
## CROCHETING GROUP

**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

**DATE:** Thursdays

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

**COST:** Free!

Fun, beginners social music group! Bring your own instrument; everyone is welcome!

## PILATES

**DATE:** Wednesdays

**TIME:** 7:30 - 8:30am

**COST:** \$10 per session

Join us for an invigorating, beginner friendly mat Pilates experience that will empower you to reach your full potential. Call the Centre to be placed on the waitlist 4255 6800.





## **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

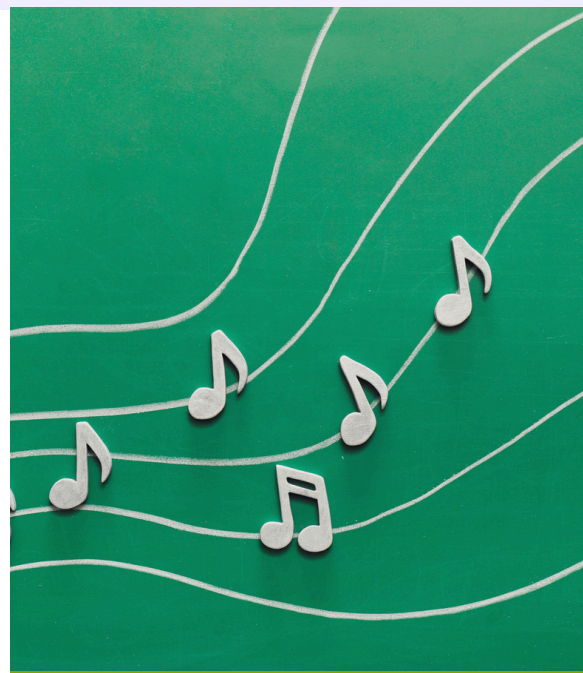
## **MUSICAL MOMENTS**

**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 – 3<sup>rd</sup>, 17<sup>th</sup> and 31<sup>st</sup> 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 – 1<sup>st</sup> and 29<sup>th</sup> this month

**TIME:** 8:45am - 9:45am

**COST:** Free!

Departing from Fairy Meadow Surf Club. Please phone Sharon with any questions 0492 857 827

## **MEDITATION**

**DAY:** First Thursday of the month- 2<sup>nd</sup> this month

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

**COST:** Free!

Join our Counsellor Karen for an introduction into meditation. Be guided through different styles of practice including, visual, moving, grounding, sensory and more. Please call the Centre to register your interest 4255 6800.

## **PLAYING WITH COLOUR**

**DAY:** Fridays, fortnightly

**TIME:** 1:00 - 3:00pm

**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



# 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





# CHRISTMAS

## *Market*

**MUSIC . FOOD . STALLS**

Support local women selling handmade items,  
purchase unique gifts for your loved ones and treat  
yourself!

There will be morning tea, fun Christmas activities  
and a sausage sizzle.

**26  
NOV**

**FREE  
ENTRY**

**10  
AM**

The Illawarra Womens Health  
Centre

2/10 Belfast Avenue, Warilla



# IN CONVERSATION: CARING, DEMENTIA & COMMUNITY

## FREE CARERS WEEK 2025 EVENT

### **Letters for Brian:**

A memoir about caring for her husband Brian, who lived with younger onset Dementia, suspected Chronic Traumatic Encephalopathy. Brian was a Illawarra/St George Rugby League star in the 80's



Photo credit Justin Huntsdale and ABC Illawarra

### **SPECIAL GUESTS**

Karen Johnson - Author of Letters for Brian

Jeremy Lasek - Host/Journalist

Alchemy Choir - Bringing together people living with Dementia

Panel - Weavers Program/Carer Gateway



# TUESDAY 14<sup>TH</sup> OCT

## 4:00 - 6:00PM

## SHELLHARBOUR CLUB, SOCIETY ROOM

### **FOR MORE INFORMATION**

Contact the Centre 4255 6800



**FOR FREE TICKETS SCAN  
THE QR CODE**



# 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: First Thursday of the Month

Time: 9.30am-10.30am

Cost: Free!

Location: UOW Innovation Campus, Squires Way  
Wollongong

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



# CENTRE GROUP TIMETABLE

## OCTOBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Centrelink Support</b> (By appointment)  9am - 12pm	<b>Carers Support Group</b>  10am - 11am	<b>Pilates</b>  7:30am - 8:30am	<b>Meditation (Northern Site)</b>  9:30am - 10:30am	<b>Yoga</b> (Online & in-person)  9am - 10am
<b>SAHSSI</b> 27 <sup>th</sup> October 9am - 12pm		<b>Walking Group (Nothern Site)</b> (Fortnightly)  8:45am - 9:45am	<b>Musical Moments</b>  10:30am - 12:30pm	<b>Centre for Women’s Economic Safety Financial Counselling</b>  9am - 5pm
<b>Menopause Support Group</b> 29th September 10:00am - 11:30am	<b>Craft Connections</b>  11:30am - 2:30pm	<b>Stretch Class</b> 8 <sup>th</sup> October  9:45am - 10:30am	<b>Chronic Pain Support Group</b> (Fortnightly)  12:30pm - 2pm	<b>Crocheting Group</b> (Fortnightly)  10am - 12pm
<b>Shark Cage Program</b> <b>9am - 12pm</b> Beginning 20 <sup>th</sup> October			<b>Divorce/Parenting Information Session</b>  15th October 10:00am - 12:00pm	<b>Irish Music on the Tin Whistle</b>  1pm - 2pm
	<b>Uniting NDIS Support</b> (By appointment)  1pm - 3pm			<b>Fortnightly Social Morning Teas</b> (3rd, 17th and 31st) 10:30am - 11:30am
	<b>Ukelele</b>  2pm - 3pm			<b>Playing with Colour</b> (Fortnightly) 12:30pm - 2pm
	<b>Introduction to Barista</b> 16 <sup>th</sup> October 10am-2pm			
<b>Financial Counselling</b> (By appointment)				<b>Vinnies Van</b>  3:30pm - 4pm
		<b>Gardening Club</b>  10:00am - 12:00pm	<b>Illawarra Legal Centre</b> (By appointment)  2nd & 4th Thursday each month	<b>Qigong with Myra</b>  3pm - 4:15pm
		<b>Be You Yoga</b>  12:30pm - 1:30pm		
		<b>Book Club</b>  1 <sup>st</sup> October  6pm - 7pm		
<b>SATURDAY:</b> <b>Alcoholics Anonymous</b> 2pm - 3pm				