

Illawarra Women's Health Centre



Monthly Newsletter: November 2025

UPCOMING EVENTS

MENOPAUSE INFORMATION SESSION

DATE: Wednesday the 19th of November

TIME: 6:00pm - 8:30pm

COST: Free!

Symptoms of menopause and hormonal changes. Discussion on treatment options and tips on managing this stage of life. Includes Q&A discussion and light refreshments. Please call the Centre to register your interest 4255 6800



CYBER SECURITY

DATE: Friday 21st November

TIME: 9:30am - 12:30pm

COST: Free!

This engaging 3-hour workshop is an ideal opportunity for individuals aged 50 years plus to build confidence in their Cyber Security Awareness skills. Through interactive activities participants will be shown essential security measures on their devices and where to access information to keep updated and safe.

Please call the Centre to register your interest on 4255 6800



CHRISTMAS MARKETS

DATE: Wednesday the 26th November

TIME: 10am

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.



Location: 2/10 Belfast Ave. Warilla

Phone: (02) 4255 6800



STRETCH CLASS

DATE: Wednesday the 12th November

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

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

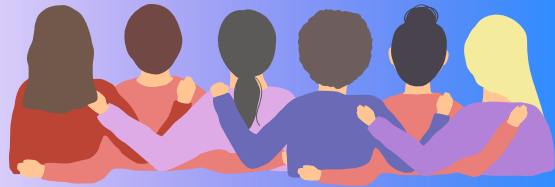
DAY: Tuesdays & Thursdays

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 grounded 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.

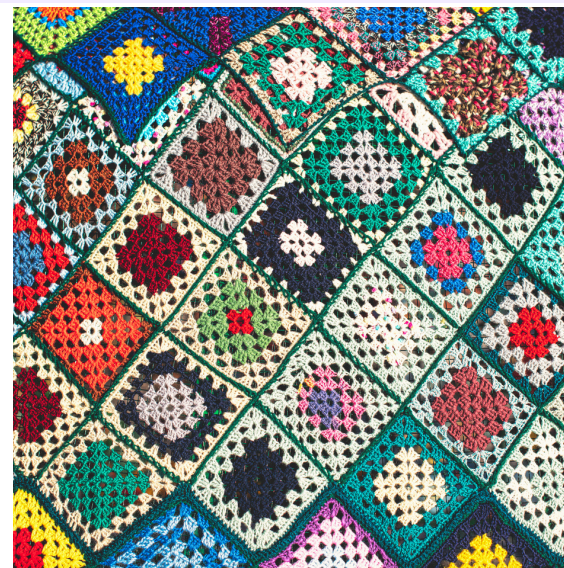
CROCHETING GROUP

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. 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

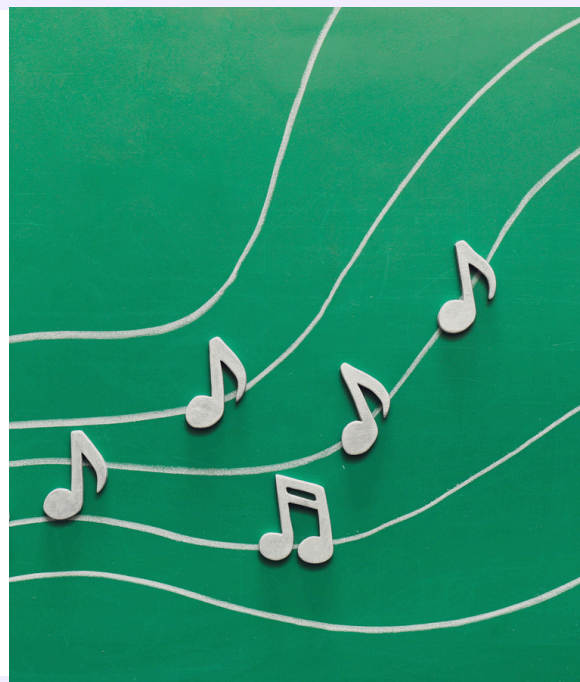
MUSICAL MOMENTS

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 – 14th and 28th 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.



MEDITATION - WARILLA

DAY: 1st Wednesday of the month- 5th 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 Wednesday of each month

TIME: Available in person or phone

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.



SAHSSI

DAY: Last Monday of each month

TIME: 9:00am - 12:00pm

COST: FREE!

SAHSSI are providing outreach service to the Illawarra Women's Health Centre. SAHSSI can provide housing support, housing forms, housing and rental information and applications and direct referrals.

No appointment required.

MEDICARE MENTAL HEALTH- PEER SUPPORT



DAY: First Wednesday of the month, commencing 5th November

TIME: 1:00pm - 3:30pm

COST: FREE!

Drop-in to the Centre for our outreach Medicare Mental Health peer support service

- General Enquiries
- Information on Medicare Mental health services
- Links to other services
- Have a chat with a peer worker
- Mental health support referrals

medicare

**Mental Health Centre
Shellharbour**



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)

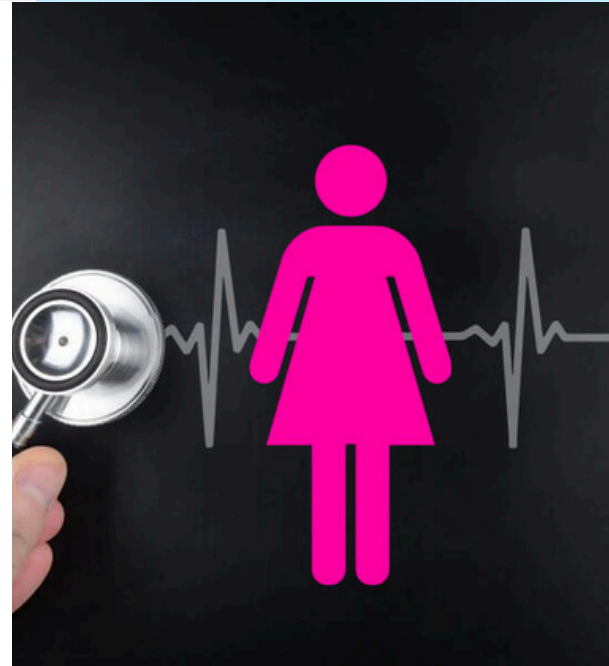
Free counselling services available with our team of qualified social workers/counsellors. No referral or mental health care plan required.

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

NORTHERN SITE: WHAT'S ON

WALKING GROUP

DAY: Wednesdays, fortnightly

TIME: 8:45am -9:45am

COST: FREE!

Departing from Fairy Meadow Surf Club.



MEDITATION

DAY: First Thursday of the 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.

CLOTHING ROOM

DAY: Open Tuesdays. No appointment necessary

Browse through the clothes that have been generously donated to the Centre. All clothing is brand new. Feel free to take home any of the clothes that you like, free of charge.



PICNIC IN THE PARK

DAY: Tuesday 4th of November

TIME: 11:00am-12:00pm

COST: Free!

Join us for a delightful day filled with laughter, delicious food and the beauty of the great outdoors. Meet at Fairy Meadow Surf Club. Please call the Centre to book 4255 6800.

Menopause Information Session



Come along to our menopause information session, facilitated by our nurse practitioner Editt.

Topics include:

- Symptoms of menopause and hormonal changes
- Discussion on treatment options and tips on managing this stage of life

Includes Q&A discussion and light refreshments.

Date: Wednesday 19th November

Time: 6:00pm-8:30pm

Place: 2/10 Belfast Avenue, Warilla

Call the Centre on 4255 6800 to register your interest!

CENTRE GROUP TIMETABLE

NOVEMBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Centrelink Support (By appointment) 9am - 12pm	Carers Support Group 10am - 11am	Pilates 7:30am - 8:30am	Meditation 6 th November (Northern Site) 9:30am - 10:30am	Yoga (Online & in-person) 9am - 10am	
SAHSSI 24th November 9am - 12pm		Walking Group (Nothern Site) (Fortnightly) 8:45am - 9:45am	Musical Moments 10:30am - 12:30pm	Centre for Women’s Economic Safety Financial Counselling 9am - 5pm	
	Picnic in the Park 4 th November 11:00am - 12:00pm	Meditation 5th November (Warilla Site) 9:30am - 10:30am			
Menopause Support Group 3 rd November 10:00am - 11:30am	Craft Connections 11:30am - 2:30pm	Stretch Class 12 th November 9:45am - 10:30am	Chronic Pain Support Group (Fortnightly) 12:30pm - 2pm	Cyber Security Friday 21 st November 9:30am - 12:30pm	
Festive Dress Boutique By Appointment 17 th November			Christmas Markets 26 th November 10:00am	Irish Music on the Tin Whistle 1pm - 2pm	Crocheting Group (Fortnightly) 10am - 12pm
	Uniting NDIS Support (By appointment) 1pm - 3pm			Fortnightly Social Morning Teas (14th and 28th this month) 10:30am - 11:30am	
African Drumming Class Beginners: 6pm-7pm Advanced: 7pm-8pm	Ukelele 2pm - 3pm			Playing with Colour (Fortnightly) 12:30pm - 2pm	
Financial Counselling (By appointment)	Vinnies Van 3:30pm - 4pm			Aromatherapy (Monthly) 3pm - 5pm	
	Gardening Club 10:00am - 12:00pm			Illawarra Legal Centre (By appointment) 2nd & 4th Wednesday each month	Qigong with Myra 3pm - 4:15pm
					
		Menopause Workshop 19 th November 6:00pm - 8:30pm			
SATURDAY: Alcoholics Anonymous 2pm - 3pm					