

# Illawarra Women's Health Centre



Monthly Newsletter: December 2025

## UPCOMING EVENTS



### CHRISTMAS MORNING TEA

**DATE:** Friday the 12<sup>th</sup> December

**TIME:** 10:30am - 11:30am

**COST:** Free!

Join us for our final social morning tea for the year. A wonderful chance to catch up before the Christmas break and reflect on the year that was.

### MEDITATION - WARILLA

**DATE:** Wednesday the 3<sup>rd</sup> December

**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



### CHRISTMAS CLOSURE

**DATE:** Saturday the 20<sup>th</sup> of December to Sunday the 4<sup>th</sup> of January

The Centre will be closed for the Christmas Break. The last day of operations will be Friday the 19<sup>th</sup> of December and we will return on Monday the 5<sup>th</sup> of January. We wish you a Merry Christmas and a safe and happy New Year ahead.

Location: 2/10 Belfast Ave. Warilla

Phone: (02) 4255 6800



## **STRETCH CLASS**

**DATE:** Wednesday the 10<sup>th</sup> December

**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

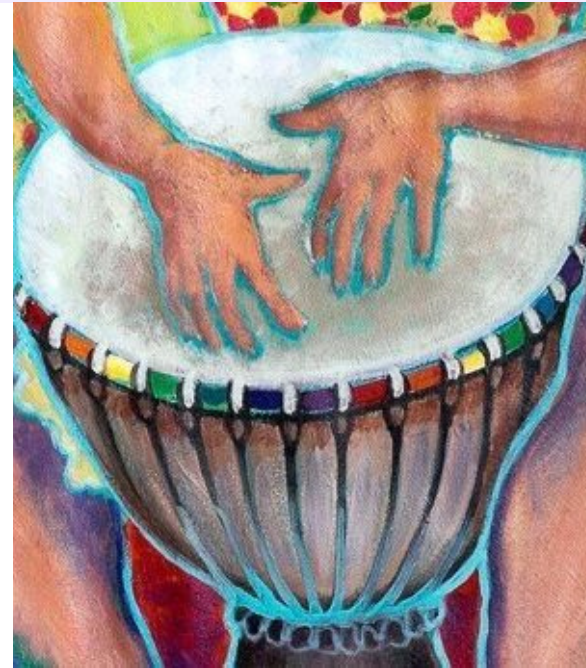
**Cost with own drum:**

\$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

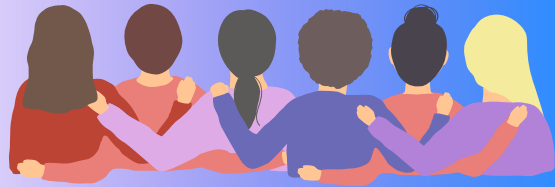
**DAY:** Tuesdays & Thursdays

**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 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.

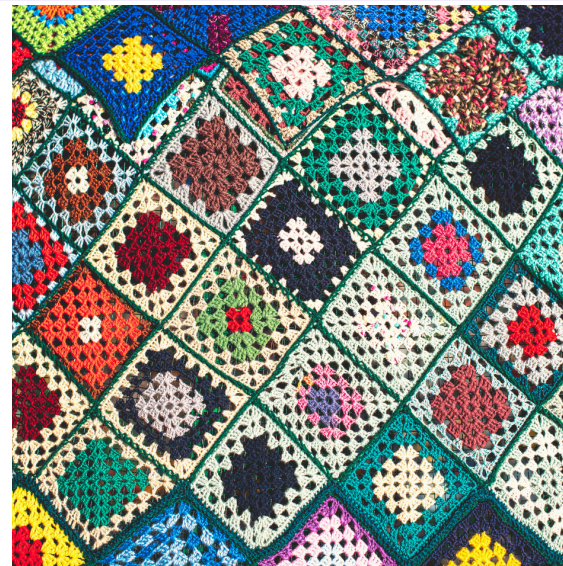
## CROCHETING GROUP

**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

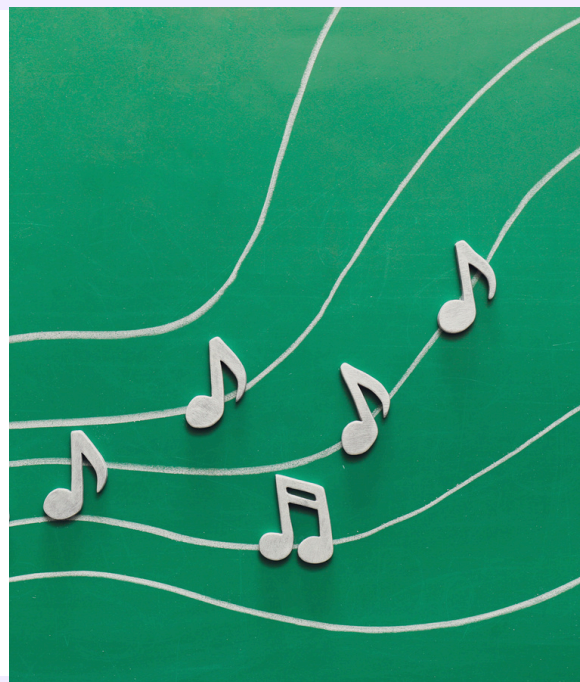
## **MUSICAL MOMENTS**

**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 – 12th 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-3<sup>rd</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 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. 3<sup>rd</sup> of December this month

**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)

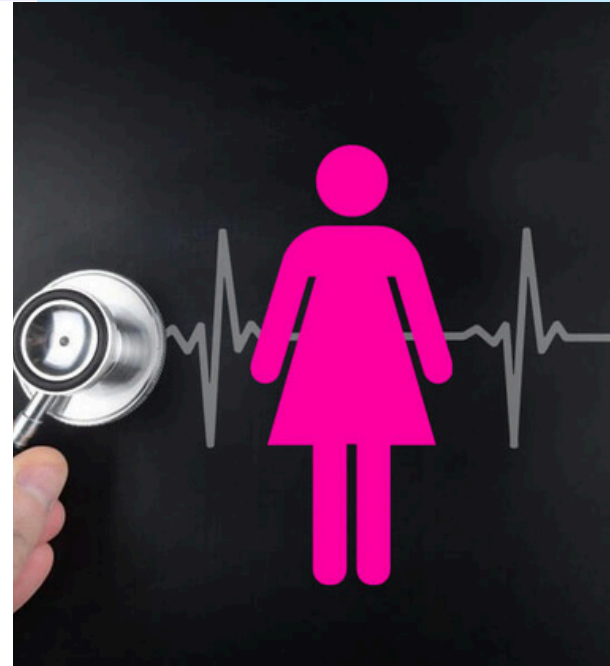
Free counselling services available with our team of qualified social workers/counsellors. No referral or mental health care plan required.

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  
4th of December

**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 2<sup>nd</sup> of December

**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.





# CHRISTMAS *Morning Tea*

FRIDAY 12<sup>TH</sup>  
DECEMBER  
10.30AM–11.30AM



TO BOOK YOUR SPOT PLEASE CALL  
THE CENTRE ON 4255 6800



# CENTRE GROUP TIMETABLE

## DECEMBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Centrelink Support (By appointment) 9am - 12pm	Carers Support Group  10am - 11am	Pilates 7:30am - 8:30am	Meditation 4 <sup>th</sup> December (Northern Site)  9:30am - 10:30am	Yoga (Online & in-person) 9am - 10am
		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 2 <sup>nd</sup> December 11:00am - 12:00pm	Meditation 3 <sup>rd</sup> December (Warilla Site) 9:30am - 10:30am	Chronic Pain Support Group (Fortnightly)  12:30pm - 2pm	Crocheting Group (Fortnightly)  10am - 12pm
Financial Counselling (By appointment)	Craft Connections  11:30am - 2:30pm	Stretch Class 10th November  9:45am - 10:30am	Irish Music on the Tin Whistle  1pm - 2pm	Fortnightly Social Morning Teas (12th this month) 10:30am - 11:30am
		Belly Dancing  7pm - 8:30pm	Gardening Club  10:00am - 12:00pm	Uniting NDIS Support (By appointment)  1pm - 3pm
	Ukelele 2pm - 3pm			Aromatherapy (Monthly) 3pm - 5pm
African Drumming Class Beginners: 6pm-7pm Advanced: 7pm-8pm	Vinnies Van 3:30pm - 4pm			Qigong with Myra  3pm - 4:15pm
	Illawarra Legal Centre (By appointment)			
		Be You Yoga  12:30pm - 1:30pm	2nd & 4th Wednesday each month	
		Book Club  3 <sup>rd</sup> December  6pm - 7pm		
SATURDAY: Alcoholics Anonymous 2pm - 3pm				