

Illawarra Women's Health Centre



MONTHLY NEWSLETTER: JULY 2026

UPCOMING EVENTS



Baby Massage

DATE: Wednesday 8th July

TIME: 11am - 12pm

COST: Free!

Bring your bub and relax while learning some gentle massage techniques. Perfect for bubs 0-12 months.

Call the Centre to book your spot on 4255 6800

Walk & Talk Warilla

DATE: Thursday 23rd July

TIME: 10am - 11.30am

COST: Free

Join us for International Self-Care Day with a gentle walk, connect with others, and enjoy some time outdoors in Warilla. Stay afterwards for a free morning tea and take home a self-care resource pack.



Walk & Talk North Site

DATE: Thursday 23rd July

TIME: 10am - 11.30am

COST: Free

Join us for International Self-Care Day with a gentle walk, connect with others, and enjoy some time outdoors in North Wollongong.

Stay afterwards for a free morning tea and take home a self-care resource pack.

Location: 2/10 Belfast Ave. Warilla

Phone: (02) 4255 6800



STRETCH CLASS

DATE: Wednesday the 8th July

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.

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. 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 - 2:00pm

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.



CROCHETING GROUP

DAY: Fridays, fortnightly

TIME: 10am - 12pm (3rd, 17th & 31st)

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 welcome!



PILATES

DATE: Wednesdays

TIME: 7:30 - 8:30am

COST: \$15 per session

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





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 – 10th & 24th July

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 - 1st July

TIME: 9:30am - 10:30am

COST: Free!

Join our Counsellor Kristy 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



Gentle Exercise Class

DAY: Monthly, 15th July

TIME: 10am - 11am

COST: Free!

Come along for a free, hour class of gentle
exercise with Personal Trainer Tam.
All levels welcome.

Call the Centre to book your
spot on 4255 6800



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 visits 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.



SASSI

DAY: Last Monday of each month,
27th July

TIME: 9:00am - 12:00pm

COST: FREE!

SASSI are providing outreach service to the Illawarra Women's Health Centre.

SASSI can provide housing support, housing forms, housing and rental information and applications and direct referrals.

No appointment required.

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





NDIS SUPPORT

DAY: 1st Thursday each month, 2nd July

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: Tuesday, 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



MEDITATION

DAY: First Thursday of the month
9th July this month

TIME: 9:30am - 10:30am

COST: FREE!

Join our Counsellor Kristy for an introduction into meditation.

Be guided through different styles of practice including, visual, moving, grounding, sensory and more.

NDIS SUPPORT

DAY: 1st Thursday each month, 2nd July

TIME: 9:00pm - 12:00pm

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.



CHRONIC PAIN SUPPORT GROUP

DAY: First Tuesday of the month, 6th July

TIME: 10:00pm - 11:00am

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.



Come along a celebrate 50 years of Naidoc with Morning Tea & Activities

Friday July 10th
10.30am - 12.30pm

Contact the Centre on 4255 6800 to book your spot
and inform us of any dietary requirements.



**NAIDOC
WEEK**
**50 YEARS
DEADLY**
5-12 JULY 2026

#NAIDOC2026

#FIFTYEARSDEADLY

#NAIDOCWEEK



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Illawarra
Women's
Health
Centre

Established 1986



CENTRE GROUP TIMETABLE

JULY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Centrelink Support (By appointment) 9am - 12pm	Carers Support Group 10am - 11am	Pilates 7:30am - 8:30am	Meditation 9th July (Northern Site) 9:30am - 10:30am	Yoga (Online & in-person) 9am - 10am
		Meditation 1 st July (Warilla Site) 9:30am - 10:30am	Musical Moments 10:30am - 12:30pm	Centre for Women's Economic Safety Financial Counselling 9am - 5pm
		Stretch 8 th July 9:45am - 10:30am	Walk & Talk Warilla 23rd July 10am - 11:30am	Crocheting Group (Fortnightly 3 rd 17 th & 31 st) 10am - 12pm
Menopause Support Group 6 th July 10am - 11:30am	Craft Connections 11:30am - 2:30pm	Exercise Class 15 th July 10am - 11am	Walk & Talk Northern Site 23rd July 10am - 11:30am	Fortnightly Social Morning Teas (10th & 24th) 10:30am - 11:30am
		Gardening Club 10am - 12pm	Chronic Pain Support Group (Fortnightly 9th & 23rd) 12:30pm - 2pm	
	Financial Counselling (By appointment)	Baby Massage 8 th July 11am - 12pm	Irish Music on the Tin Whistle 1pm - 2pm	Playing with Colour (Fortnightly) (10th & 24th) 12:30pm - 2pm
		Christmas in July 22nd July 11am - 2pm	Uniting NDIS Support (By appointment) 2 nd July 1pm - 3pm	
African Drumming Class Beginners: 6pm-7pm Advanced: 7pm-8pm	Dinner Table Project 5pm - 7:30pm	Ukelele 2pm - 3pm	Aromatherapy (Monthly) 3pm - 5pm	
Illawarra Legal Centre (By appointment) 2nd & 4th Wednesday each month				
	Belly Dancing 7pm - 8:30pm	Vinnies Van 3.30pm - 4pm	Qigong with Myra 3pm - 4.15pm	
SASSI 27th July 9am - 12.30pm				Book Club 1 st July 6pm - 7pm
				
40th Anniversary Gala at The Novotel North Wollongong 17th July 6.30pm Tickets available to purchase				
SATURDAY: Alcoholics Anonymous 2pm - 3pm				