

Illawarra Women's Health Centre



Monthly Newsletter: OCTOBER 2026

UPCOMING EVENTS



Living Books

DATE: Wednesday 7th October

TIME: 11am

COST: Free

We invite you to a morning of talks with Wollongong Council's living books. Come along and listen to some inspirational women speak about their journey's. Please contact the Centre to register your interest 4255 6800

Menopause Support Workshop

DATE: Wednesday 14th October

TIME: 5.30pm - 7.30pm

COST: Free

In conjunction with World Menopause Day we invite you to our informative, free workshop, Please contact the Centre to register your interest 4255 6800.



Cook, Chill, Chat

DATE: Wednesday 21st October for 6 weeks

TIME: 10.30am - 1.30pm

COST: Free

Come along for a casual get-together where you can cook and share a meal together. Chat, laugh and get to know each other. Relax and unwind. Make new friendships without any pressure. Call the Centre to book your spot on 4255 6800.

Location: 2/10 Belfast Ave. Warilla

Phone: (02) 4255 6800



STRETCH CLASS

DATE: Wednesday the 14th 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.

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 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. The group, will provide monthly connection chats, provide helpful resources regarding specific groups and activities in our communities.

Contact the Centre on 4255 6800.

CHRONIC PAIN SUPPORT GROUP

DAY: Thursdays, fortnightly (1st, 15th and 29th)

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 (9th and 23rd)

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!



UKULELE

DATE: Thursdays

TIME: 2:00 - 3:00pm

COST: Free!

Fun, beginners social music group! Bring your own instrument; everyone 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 – 2nd, 16th and 30th

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 - 7th

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.





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: Wednesday, 14th October

TIME: 11am - 12pm

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: Fortnightly

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,
26th October

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, 1st October

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: Tuesdays

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: 9:00am - 5:00pm

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
1st October

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,
1st October

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 October

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.



JOIN US FOR

Women's Wellbeing Group

WEDNESDAY THE 7TH OF OCTOBER

2PM-4PM

&

MONDAY THE 19TH OF OCTOBER

10AM-12PM

A welcoming social group for women to connect, unwind and enjoy an activity in a relaxed and supportive environment.

- Connect with other women
- Take time out for yourself
- Enjoy relaxed social and creative activities
- Focus on self-care and wellbeing
- Build confidence and learn new skills
- Connect with other support services
- Different activities each group session

Call the Centre on 4255 6800 to register your interest

**Illawarra
Women's
Health
Centre**

Established 1986





JOIN US FOR

Garden Party

*Expect food, Entertainment,
drinks, raffle, and a great vibe!*

5 November / 11:30am

Illawarra Women's Health Centre

2/10 Belfast Ave, Warilla

RSVP on 4255 6800

The poster is decorated with various elements: green leaves and branches at the top and sides, purple musical staves with notes at the top right and bottom left, and a variety of colorful flowers (orange, purple, red) at the bottom. A large purple circle with a dotted inner line frames the central text.

Women's SONG CIRCLE

Step into a warm, welcoming circle of women with facilitator Ganga Ashworth, where every voice matters.

- Safe and supportive atmosphere
- Fun, soulful easy-to-learn songs
- No auditions or pressure
- Rich harmonies & meaningful connection

No singing experience required. Every voice is welcome.

Thursday 15 October
Thursday 19 November

5.30pm - 7pm

Illawarra Women's Health Centre
North site Level 1 The Central building
Innovation Campus

Bookings 4255 6800



CENTRE GROUP TIMETABLE

OCTOBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Centrelink Support (By appointment) 9am - 12pm	Carers Support Group 10am - 11am	Meditation 7th October (Warilla Site) 9:30am - 10:30am	Meditation 1st October (Northern Site) 9:30am - 10:30am	Yoga (Online & in-person) 9am - 10am
		Cook, Chill, Chat 21 st October 10:30am - 1:30pm	Musical Moments 10:30am - 12:30pm	Centre for Women’s Economic Safety Financial Counselling 9am - 5pm
SASSI 26th October 9am - 12.00pm		Stretch 14 th October 9:45am - 10:30am		
Public Holiday 5th October Centre Closed		Exercise Class 14th October 11am - 12pm		
		Craft Connections 11:30am - 2:30pm	Gardening Club 10am - 12pm	Menopause Support Group 16th October 10.15am - 11:30am
Living Books 7 th October 11am			Irish Music on the Tin Whistle 1pm - 2pm	Crocheting Group (Fortnightly, 9th & 23rd) 10am - 12pm
			Uniting NDIS Support (By appointment) 1 st October 1pm - 3pm	Playing with Colour (Fortnightly, 9 th & 23rd) 12:30pm - 2pm
	Financial Counselling (By appointment) 13 th October			
	Belly Dancing 7pm - 8:30pm	Illawarra Legal Centre (By appointment)	Ukulele 2pm - 3pm	Aromatherapy (Monthly) 3pm - 5pm
African Drumming Class Beginners: 6pm-7pm Advanced: 7pm-8pm		Book Club 7 th October 6pm - 7pm	Vinnies Van 3.30pm - 4pm	
SATURDAY: Alcoholics Anonymous 2pm - 3pm				