Illawarra Women's Health Centre

Monthly Newsletter: NOVEMBER 2026

UPCOMING EVENTS



40th Anniversary Garden Party

DATE: Thursday 5th November

TIME: 11.30am

COST: Free

Help us celebrate the 40th Anniversary of the Illawarra Women's Health Centre. Expect food, entertainment, drinks, raffle and a great vibe. Please contact the Centre to register your interest 4255 6800

Festive Dress Boutique

DATE: Monday 30th November

TIME: 10am - 1pm

COST: Free

Are you in need of an outfit for the upcoming festive season? Call the centre to secure an appointment on 4255 6800.





Christmas Card Workshop

DATE: Friday 20th November

TIME: 12pm - 2pm

COST: Free

Join us for a fun afternoon of learning how to make homemade Christmas Cards. Call the Centre to book your spot on 4255 6800.

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



STRETCH CLASS

DATE: Wednesday the 11th 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

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.

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



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 (12th and 26th)
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.

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

CROCHETING GROUP



DAY: Fridays, fortnightly
TIME: 10am - 12pm (6th and 20th)
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!

CENTRE GROUP INFORMATION- Call to book
(02) 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.

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

SOCIAL MORNING TEAS



DAY: Fridays, fortnightly (13th and 27th)

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 (4th)

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!

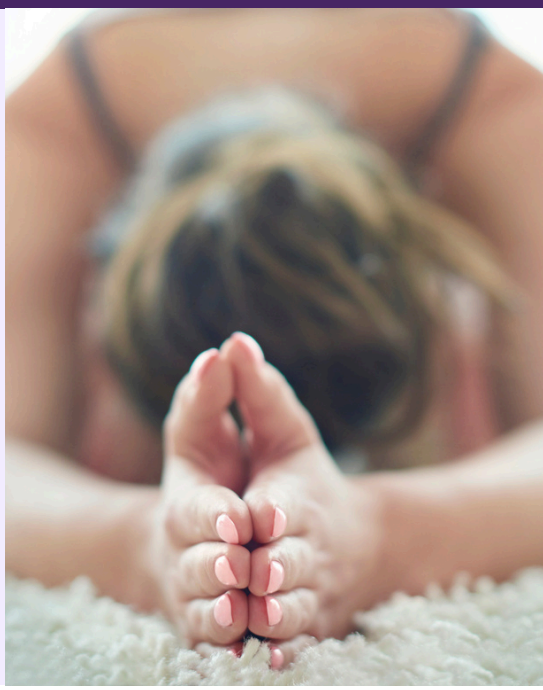
Social art group for women with disability; suitable for all skill levels.
Runs fortnightly; contact the Centre on 4255 6800 for next date and to join the waitlist.

WAIT LIST



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

WOMENS WELLBEING GROUP

DAY: Mondays (2nd and 16th)

TIME: 2nd: 10am - 12pm. 16th: 1pm - 3pm

COST: Free

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

Contact the Centre on 4255 6800 to register your interest





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 (30th)

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 (5th)

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 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)

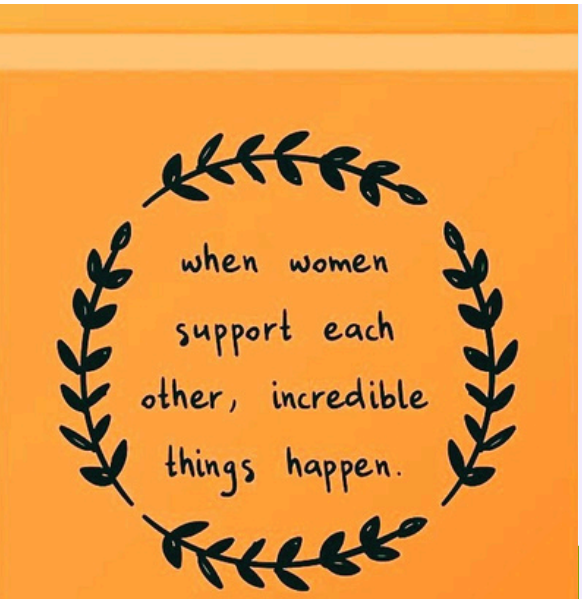
Free counselling services available with our team of qualified social workers/counsellors. No referral or mental health care plan required.
Cost is free and there is no limit on sessions. Also available - free confidential telephone counselling, no referral required.
Please note: The waitlist is currently closed.

WAIT LIST

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

WAIT LIST

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



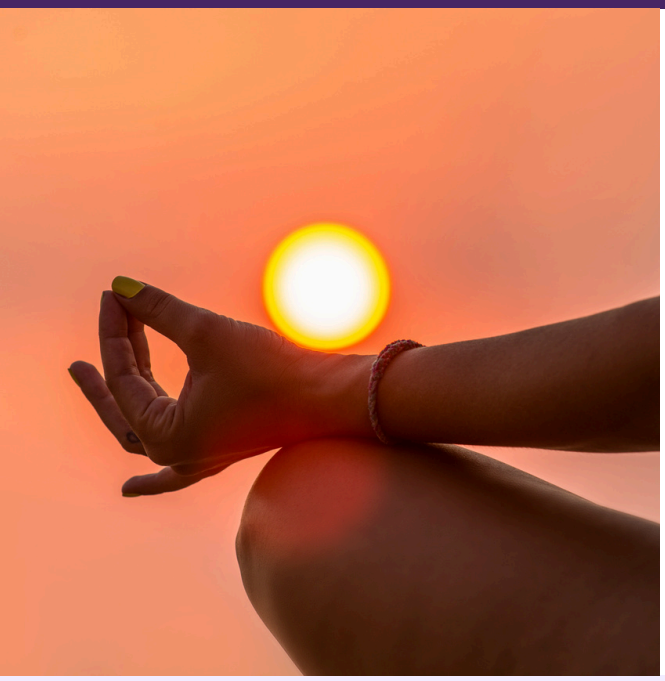


HOUSING

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: Second Thursday of the month (12th)

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 (5th November)

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 (3rd November)

TIME: 10:00am - 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.

Illawarra Women's Health Centre

Outdoor Christmas Market

FOOD | GIFTS | CONNECTION



When: Thursday 3rd December

Where: IWHC 2/10 Belfast Ave Warilla

Time: 10:30am-2:30pm



Join us for our Christmas Morning Tea!

When: Friday 11th December

Time: 10:30-11:30am

Where: 2/10 Belfast Ave Warilla



Call the Centre to book

4255 6800



CENTRE GROUP TIMETABLE
NOVEMBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Centrelink Support (By appointment) 9am - 12pm	**Carers Support Group** 10am - 11am	**Meditation** 4th November **(Warilla Site)** 9:30am - 10:30am	**Meditation** 12th November **(Northern Site)** 9:30am - 10:30am	**Yoga** (Online & in-person) 9am - 10am
		Cook, Chill, Chat 10:30am - 1:30pm	**Musical Moments** 10:30am - 12:30pm	**Centre for Women's Economic Safety Financial Counselling** 9am - 5pm
SASSI 30th November 9am - 12.00pm		**Stretch** 11th November 9:45am - 10:30am	**40th Anniversary Garden Party** 5th November 11:30am	**Christmas Card Workshop** 20th November 12pm - 2pm
Festive Dress Boutique 30th November 10am - 1pm			**Chronic Pain Support Group** (Fortnightly 12th and 26th) 12:30pm - 2pm	**Fortnightly Social Morning Teas** (13th &27th) 10:30am - 11:30am
	Craft Connections 11:30am - 2:30pm	**Gardening Club** 10am - 12pm		
			Irish Music on the Tin Whistle 1pm - 2pm	**Crocheting Group** (Fortnightly, 6th and 20th) 10am - 12pm
Women's Wellbeing Group 2nd November: 10am -12pm 16th November: 1pm - 3pm			**Uniting NDIS Support (By appointment)** **5th November** 1pm - 3pm	**Playing with Colour** (Fortnightly, 6th & 20th) 12:30pm - 2pm
	Financial Counselling (By appointment)	**Illawarra Legal Centre** (By appointment)	**Ukulele** 2pm - 3pm	**Aromatherapy** (Monthly) 3pm - 5pm
African Drumming Class Beginners: 6pm-7pm Advanced: 7pm-8pm	**Belly Dancing** 7pm - 8:30pm	**Book Club** 4th November 6pm - 7pm	**Vinnies Van** 3.30pm - 4pm	**Qigong with Myra** 3pm - 4.15pm
			Women's Song Circle 19th November 5:30pm - 7pm	

SATURDAY:
Alcoholics Anonymous
2pm - 3pm