

DO YOU IDENTIFY AS  
**lesbian, dyke,  
bisexual, queer,  
or a same sex  
attracted woman?**  
WE WANT TO HEAR FROM YOU

the **Labrys** project

Exploring the health and wellbeing  
of lesbian and same sex attracted  
women in the Illawarra Shoalhaven

FOR MORE INFO VISIT:  
[www.acon.org.au/labrys](http://www.acon.org.au/labrys)

Di Drew: 0418 658 420

#labrysproject  
@ACONhealth

/ACONhealth

NSW Health  
Illawarra Shoalhaven  
Local Health District

acon  
BUILDING OUR COMMUNITY'S  
HEALTH & WELLBEING

Map of the Illawarra/Shoalhaven region.

January 2015



Empowering | Supporting | Enriching

Shoalhaven Women's Health Centre (SWHC) empowers women to take control of their health and wellbeing through the provision of accessible, integrated health and intervention services within a caring, feminist environment.

Funded by Illawarra Shoalhaven Local Health District



facebook

**5 McGrath Ave, Nowra 2541**  
**PO Box 314 Nowra 2541**  
**phone: 4421 0730**  
**e-mail: [swhc@swhc.org.au](mailto:swhc@swhc.org.au)**  
**website:**

**[www.shoalhavenwomenshealthcentre.org.au](http://www.shoalhavenwomenshealthcentre.org.au)**  
**facebook: Shoalhaven Women's Health Centre**

# What's On

We ask for a gold coin donation for our workshops unless otherwise stated.

Your support enables us to continue to provide services to the women of the Shoalhaven.



## Saver Plus Develop your money skills for free

Do you need help in saving money? Are you looking to create a budget, reduce your debt or save more regularly?

Then this money skills workshop can help you get there.

Get practical tips and ideas on how to spend wisely and start saving.

Pauline, a past participant says it best!

*As a single mum I know how much of a struggle it is not to have any (money), I have found the tips and information that I gained has improved my money skills and has given me power over my money and not the other way around. I am now saving up for a holiday with my girls for the first time ever!*

Come and join us for an informal, fun and informative session. Find out about financial support and services in the local community that can help you.

**Thursday 26th February 2015**

**10.00am—12.30pm**

**\$5.00 Donation**

**\*Bookings Essential\***



*everyone's family*

## Assertiveness Workshop

Good self esteem and assertiveness is the basis of good communication and relationships. In this workshop we look at the role of boundaries in our lives, how to say no, how to ask for what we want and what makes this difficult.

**Thursday 26th March 2015 10.00am - 12.30pm**

**\*Bookings essential\***



## International Women's Day

## Women's Wellness Festival

**20th March 2015**

**Lady Denman Museum Complex Huskisson**

**SAVE THE DATE**

**WORKSHOPS &  
PERFORMANCES  
INFORMATION & MARKET  
STALLS  
FOOD, GIVEAWAYS AND  
MORE!!!!**

*For women, their  
families & friends.*

**For more information please contact**

[shoalhavenwwf@gmail.com](mailto:shoalhavenwwf@gmail.com)

**Don't miss out on Registration!**

**Please contact SWHC or email**

**[shoalhavenwwf@gmail.com](mailto:shoalhavenwwf@gmail.com)**



**Well Women's Clinic  
Women's Health Nurse at SWHC**

Women can access a range of services including :

- Breast checks
- Pap smears
- Pelvic Floor Muscle Assessment
- Advice
- Information and resources on Pre-conception Pregnancy
- Postnatal issues
- Contraception information
- Menopause
- Osteoporosis



**Call us to make an appointment**

**Tuesday is Clinic Day  
This is a free service.**

**Menopause Workshop**

Managing menopause may be part of a number of adjustments that women make in midlife.

The workshop aim is to guide women through the physical and emotional changes that can accompany menopause, lifestyle advice to help manage these changes and options for treatment such as complimentary therapies and hormone replacement. Lifestyle advice includes

information on bone health, nutrition, physical activity, aging well and heart health.

**Wednesday 25th February 2015**

**9.30am to 12.30pm**

**\$5.00 Donation**

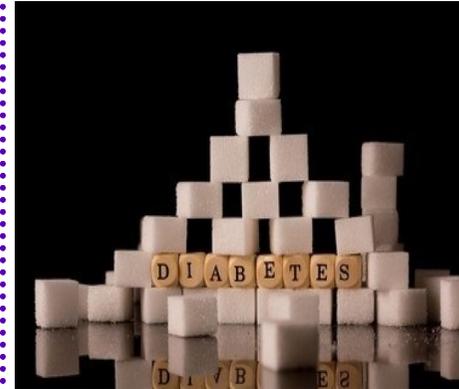
**\*Booking Essential\***



**Are you on our Mailing List?  
Call the Centre to receive a copy of the  
Women's Biz.**

# Understanding Diabetes

Diabetes is a complex condition, which can affect the entire body. Understanding Diabetes is important even if you don't have it. These days you most likely know someone who has diabetes; maybe a family member or a friend. This is because Diabetes has reached epidemic proportions in Australia and globally.



Community awareness of the difference between Type 1 and Type 2 Diabetes is still surprisingly limited. As a community, we need to foster a culture of shared understanding of what Diabetes is and be part of the solution that turns the diabetes epidemic around.

## Facts about Diabetes

- 280 Australians develop Diabetes every day.
- Over 100,000 Australians have developed Diabetes in the past year.
- Diabetes is the fastest growing chronic condition in Australia
- Almost 1.1 million Australians currently have diagnosed Diabetes.

***To find out more come along and meet Helen Tangen  
a specialist Diabetes Clinical Nurse Consultant.***

**Wednesday 25th March 2015**

**10.00am to 11.00am**

**\$5.00 Donation**

**\*Booking Essential\***

## Arthritis & Fibromyalgia

This workshop has a special focus on the holistic management of arthritis and fibromyalgia. Topics covered include, anti-inflammatory foods as medicine, foods to avoid, strategies for natural pain management, stretching exercises and strategies for pharmaceutical medicine management.



*Facilitated by Linda & Carolyn*

**Wednesday 18th March  
9.30a.m —12.30p.m**

**\$5.00 Donation  
\*Bookings essential\***



## Women's Wisdom Group

**For women who have experienced  
a relationship that makes them  
feel bad .....**

Would you like to learn skills to help you feel happier, choose healthier relationships, communicate better and manage depression, guilt and anxiety? Come and join us at the Centre for this 6 week Skill and Personal Development Program.

**Tuesday mornings 10.00am - 12.30pm  
Program begins  
3rd February to 10th March 2015**

**\*Bookings essential\***

**For workshop bookings call the Centre on 4421 0730**



## *New to Town Or not so new...*

New to Town is a group that will help support women in the Shoalhaven who would like to increase their social and support networks.

The New to Town group gives participants the opportunity to meet others in similar circumstances and to access information as to what services are available.

If you would like more information or to book a place, please call the Centre.

**The group will meet weekly for 5 weeks.**

**Monday 16th February to 16th March 2015  
1.30pm to 3.00pm  
\$5.00 Donation  
\*Bookings essential\***



## Self Massage and Gentle Stretching

The self massage and gentle stretching workshop is designed to provide skills and techniques to help with body congestion and muscle tightness.

Linda and Sally have training in massage therapy, energy healing and yoga teaching. Their combined abilities will provide you with valuable information for self care.

Addressing the mind and body's needs on a daily basis can help prevent tension and muscle restriction. This program will run through a series of gentle stretches for upper and lower body and routine for self massage. The workshop will conclude with a deep relaxation to rest the body and calm the mind.

**Tuesday 21st April 2015  
9.30am to 12.30pm  
Held at the Library Meeting Room Berry Street, Nowra  
\$5.00 donation  
\* Bookings essential \***

## ***Pelvic Floor Health***

### **A muscle not to neglect.**

Do you leak on coughing or sneezing? Do you find there are times where you have to run to make it to the toilet? Do you suffer from pelvic organ prolapse?

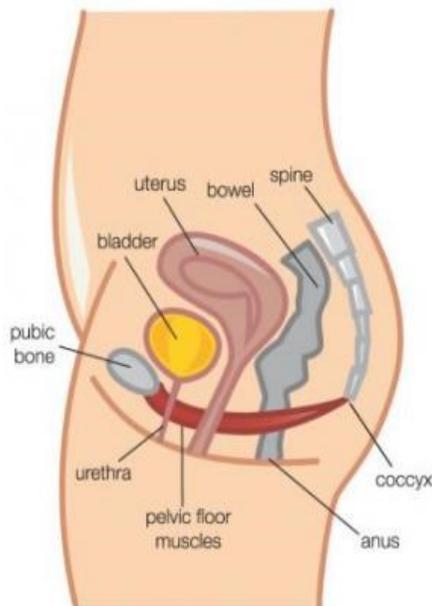
**Join Vanessa** , a physiotherapist, and learn about three common pelvic floor disorders

- Stress incontinence
- Over active bladder
- Prolapse.

Learn how the pelvic floor is involved and how to improve your condition. Also learn how to manage symptoms and strengthen your pelvic floor muscles.

**Ignoring the problem wont make it go away!**

Come with a friend and break down the barriers around discussing these conditions.



**\*Bookings Essential\***

**Monday 23rd March 2015**

**9:30 am - 11.00 am**

**\$5.00 Donation**

**For workshop bookings call the Centre on 4421 0730**

## **Stress Management**

Stress management is a key learning area for us all in this busy world. This workshop looks at how stress affects our daily lives, physically, psychologically, emotionally and socially.

By increasing our understanding we can develop strategies such as relaxation, meditation and exercise to manage it in our daily lives. Doing the workshop itself is one of the strategies!



**Wednesday 18th February 2015**

**10.00 am - 12.30 pm**

**\*Bookings Essential\***

## **Boost your energy**

**The liver is the major organ that cleanses and filters your blood.**

If your liver is overloaded & exhausted it will struggle to detoxify your body, resulting in ill health.

To support and nourish our health and well being, we need to look after our liver.

Come and meet Valerie who will discuss and explain these vital liver health tips.

**Increase energy levels, weight issues, reduce allergies, improve hormonal health, enhance memory and recall.**



**Held Monthly**

**Monday 9th February , 9th March & 13th April 2015**

**10.30am—12.30pm**

**\$5.00 Donation**

**\*Bookings essential\***