



April 2015



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website: [www.shoalhavenwomenshealthcentre.org.au](http://www.shoalhavenwomenshealthcentre.org.au)  
facebook: Shoalhaven Women's Health Centre  
Monday to Thursday 9.00am - 4.00pm  
Funded by Illawarra Shoalhaven Local Health District



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

# 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 28th May 2015

10.00am—12.30pm

\$5.00 Donation

\*Bookings Essential\*



everyone's family

Immediate  
Phone  
Interpreting

(24 hours, every  
day of the year)

131 450

TRANSLATING

AND

INTERPRETING

SERVICE

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

Health  
Illawarra Shoalhaven  
Local Health District

acon  
BUILDING OUR COMMUNITY'S  
HEALTH & WELLBEING

Map of the Illawarra/Shoalhaven region.



THANK YOU

As the Manager of SWHC, I would like to thank my wonderful staff, Committee of Women, volunteers and our beautiful clients who have supported me for the last two years but especially the last few weeks, as we have gone through the process of assessment for our Accreditation.....Eeeek!

To say it has been a bit of a stressful time is an understatement but I am so lucky to be supported by so many good women.

Women supporting women..... Amazing what we can achieve!

***Thanks ladies xx Tracy***



## Mindful Meditation and Pain Management

For centuries meditation has been used as a simple yet profound means for developing compassion and self awareness. Today it is widely used in clinical applications for physical and psychological conditions.

Studies have shown meditation to be therapeutic for anxiety and depression, chronic pain, hypertension, sleep problems and chronic illness. It also helps alleviate the impact from stress and trauma.

This 6 week course provides a step by step approach to reaching mindfulness. Week one provides a solid base through preparation, relaxation and inquiry. The following weeks are building blocks where we look at the excessive thinking mind, resistance, emotions, stillness, self-compassion and mindfulness in everyday life. Once mind/body are integrated the complete Mindfulness-Based Stillness Meditation can be practiced.

**Wednesday 29th April to 3rd June 2015**

**1.00pm—2.30pm**

**A 6 week program**

**\$5.00 donation per week**

**\*Waiting list applies\***

### ***Membership of the SWHC.***

Become a member of the SWHC Association.  
Only \$5.00 per annum.



**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.**

**Self Esteem  
Workshop**

Good self esteem underpins all good communication and thus relationships. In the workshop we explore where self esteem comes from and how to improve it.



**Wednesday 3rd June 2015**

**10.00am - 12.30pm**

**Free**

**\* Bookings essential \***



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

**AYURVEDIC  
PRINCIPLES  
WORKSHOP**



This will be a brief introduction into the ancient Indian healing system that works with the 5 elements to understand body types. It will address how the combination of elements form the vital life force which exists in nature. To retain vitality, recover from disease and prevent illness it is essential the prime energy (life force) is in balance. water, air, fire and earth combine to create our constitution.

**Wednesday 20th May 2015**

**10.00am - 12.30pm**

**\$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**

**28th April to 9th June 2015**

**\*Bookings essential\***

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



# **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?

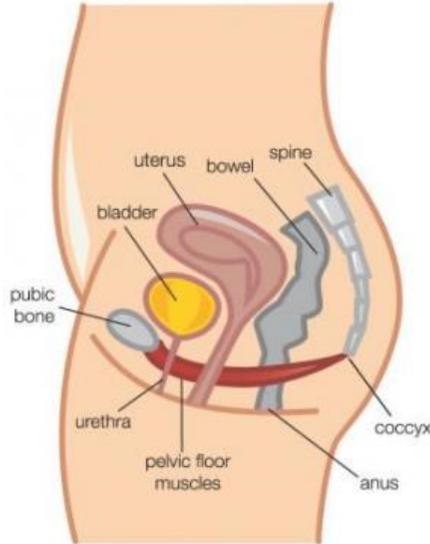
Join **Vanessa**, a physiotherapist, and learn about three common pelvic floor disorders

- 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 13th July 2015**  
**9:30 am - 11.00 am**  
**\$5.00 Donation**

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



# **Brain Health**

Sue O'Brien has worked with clients with dementia for many years; supporting and counselling both carers and person with dementia.

Providing information and pathways that are available in the community.

**Wednesday 17th June 2015**  
**\$5.00 Donation**  
**10.00 am—12.30 pm**  
**\*Bookings Essential\***

# **Boost your energy**

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



**Held Monthly**  
**Monday 13th April, 11th May,**  
**15th June, 20th July 2015**  
**10.30am—12.30pm**  
**\$5.00 Donation**  
**\*Bookings essential\***

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

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