

Women's Counselling

& Info Line

Illawarra & Shoalhaven area

Monday & Thursday 10 - 2pm

School Holiday Hours Thursday 12.30pm - 8.30pm

FREE - counselling support and referral service

CONFIDENTIAL - Qualified Counsellor (BSW)



1800 TALK HI
(1800 82 55 44)



5 McGrath Ave, Nowra 2541
PO Box 314 Nowra 2541
phone: 4421 0730
e-mail: swhc@swhc.org.au

facebook

website: www.shoalhavenwomenshealthcentre.org.au

facebook: Shoalhaven Women's Health Centre

Monday to Friday 9.00am - 4.00pm

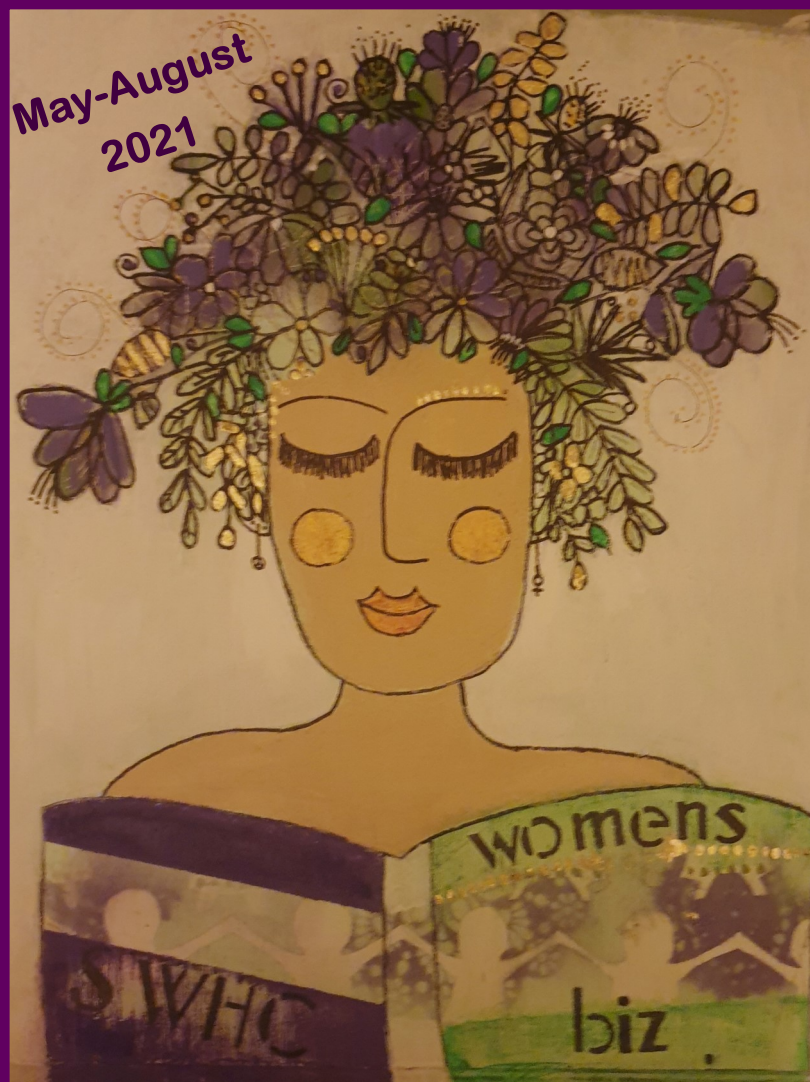
**Funded by Illawarra Shoalhaven Local Health District &
Commonwealth Government Dept. Social Services**



Shoalhaven

Womens
Health Centre

**May-August
2021**



Empowering | Supporting | Enriching

Empowering 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 & Department of Social Services



Membership of the SWHC.

Become a member of the SWHC Association. Being a member of our Association helps to support the valuable work we do with the Women of the Shoalhaven region.

Only \$5.00 per annum and receive your copy of the Women's Biz.



Renewals are due 1st November each year

Attention Clients

**Procedure: Infection Control
SOP5 1.5-V1**

Due to the nature of our work, we wish to protect the health of our clients and also our staff and volunteers.

If you attend an appointment at the SWHC and you are suffering with a **communicable airborne disease** or an **infectious illness**, your appointment for the day may be cancelled at the time of attending.

To avoid this situation, **please advise ahead of time** and we will endeavor to reschedule your appointment.

SWHC seeks to protect the health and wellbeing of all who attend and work in the centre.

Thank you for your understanding and consideration.



**TRANSLATING
AND
INTERPRETING
SERVICE**

**Immediate
Phone
Interpreting**
(24 hours, every
day of the year)

131 450

Complimentary Therapist Naturopath



Come and see our alternate therapist for diet, nutrition and herbal medicine advice.

**One on one appointments
available on a Thursday with
Carolyn Lette DBM, Dip NUT.**

Carolyn is now using her skills in this area to add to the work she already undertakes at our Centre.

This is a great opportunity for our existing and new clients to receive this service all under the one roof.



Consultation Fees

**\$10.00 Health Care Card Holder
\$30.00 Non Health Care Card Holder**

By Appointment Only



Self Massage & 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 has training in massage therapy and energy healing. Her 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.

Wednesday 28th July 2021
9.30am to 12.00noon

*Held at the Red Cross Meeting Room
Graham Street, Nowra
(on top of Peckish on the Park)*

Cost \$5.00

Bookings essential

For workshop bookings call the Centre on 44210730

What's On

*We ask for a contribution for our workshops unless otherwise stated.
Your support enables us to continue to provide services to the
women of the Shoalhaven.*

Jiggle and Giggle



Jiggle and giggle is a workshop that combines the benefits of music, movement and laughter.

Come and learn from Linda about the benefits of movement, balance, stretch and posture whilst having fun to music, dancing and stretching!

No experience necessary,
just a willingness to have fun!!

Wednesday
18th August 2021
9.30a.m. -12.30p.m.

*Held at the Red Cross Meeting Room
Graham Street, Nowra
(on top of Peckish on the Park)*

Cost \$5.00

Bookings essential



Love Our Breast Workshop

A fun and informative workshop all about your breasts and all the different forms they adorn us with!

We will be joined by professionals from the Encore Program at the YWCA who specialize in a free exercise and information program to restore your mobility, flexibility and confidence for those living with the impacts of breast cancer. We will learn how to self check our breasts and learn self massage for Mastectomy scaring, by our massage therapist Penny.

Together we will create a safe space to chat and share, we will re-purpose our old bras, into gorgeous scented wardrobe and draw hangers.

This workshop is for all women, with all types of breasts, so let's all get together and celebrate our chests in all their different shapes and sizes.

We will be hand sewing, but no experience is needed, bring your own old bras, if you have some. (We will have extras for you, on the day).

Monday 3rd May 2021

10a.m.—12noon

Held at the Red Cross Meeting Room

Graham Street, Nowra

(on top of Peckish on the Park)

BYO snacks and a drink.

Cost \$10.00

*** Bookings essential ***

Aromatherapy Workshop



Plant remedies known as essential oils have an important role in everyday living.

Essential oils can be used in a variety of ways.

- ♦ **Skin care**
- ♦ **Cleaning**
- ♦ **Enhancing the air in a room**
- ♦ **Therapeutic benefits**
- ♦ **Supporting emotional & physical requirements**

Discover how to incorporate essential oils into your everyday life.

Monday

28th June or 19th July or 16th August 2020

10.00am—12noon

Cost \$5.00

Bottles, jars and oils provided

Bookings essential

Therapeutic Doll Making Workshop



Throughout this workshop participants will be supported to make a doll that has personal meaning for them that can also be used outside of the workshop for comfort and connection. This workshop will be facilitated by the Women's Health Centre social worker and a visiting artist. The workshop will be delivered through creating a safe and supportive environment and each woman will dress their own fabric doll to take home with them. All materials will be supplied, and there will be support and guidance with sewing if needed.

Monday 21st June 2021

9.30a.m.—12.30p.m.

*Held at the Red Cross Meeting Room
Graham Street, Nowra
(on top of Peckish on the Park)*

\$10.00 for materials

****Bookings essential****

For workshop bookings call the Centre on 4421 0730

Art and Wellness Workshop

We invite you to be part of a 4 week art and wellness workshop.

Together we will explore ways that art and creativity can be a tool to reduce stress and anxiety and used as a pathway for more wellness in your life.

Over the 4 weeks we will meet for 4 hours where we will look at different types of art and creativity from abstract drawing, watercolor, pattern making & air drying clay.

These workshops are designed to promote calmness and a sense of play with easy to follow steps and inspiration. Absolutely no experience or previous art knowledge needed.



Starting Monday 10th May—31st May 2021

10a.m.— 2p.m.

*Held at the Red Cross Meeting Room
Graham Street, Nowra
(on top of Peckish on the Park)*

Please bring snacks, water and lunch.

All material provided.

Cost \$10.00 per session.

*** Bookings essential ***

Kombucha Kraut Workshop



*Do you want to save money
and increase
the 'good guys' in your gut?*

Then this informative and relaxed workshop is for you. Come and learn how to make your own Kombucha and Sauer Kraut. It's easy, it's fun and it will improve your overall health.

Facilitator: Carolyn Lette DBM, DipNUT, DRM with 30 years of experience in the health food industry.

**Thursday
13th May 2021**

10.00a.m.—11.30a.m.

Cost \$5.00



Bookings essential

For workshop bookings call the Centre
on 44210730

Time to Take Control - Reboot Your Budget

Understand your approach to money and create a realistic and sustainable budget.



Many people have tried some sort of budget before, but for one reason or another it hasn't worked out. This workshop takes what you may have already considered, and builds on that to help you create a budget that is realistic and sustainable by thinking about:

- ◆ Your motivation to get your finances in order
- ◆ Your relationship with and attitude towards money
- ◆ Your emotions around money – how and why we spend
- ◆ How having a budget can be helpful and how to go about it

**Wednesday
11.30a.m.—2.30p.m.
16th June 2021 Ulladulla**

Or

**Monday
9.30am—12.30pm
2nd August 2021 Nowra**

FREE

Bookings essential

Ulladulla Outreach

Shoalhaven Women's Health Centre

*Will provide services from the
Ulladulla Community Resource Centre.*

**Financial Counselling on
Mondays & Thursdays.
Counselling on Thursdays.**

Appointments essential.

Sanctuary Point Outreach

Shoalhaven Women's Health Centre

*Will provide services from the
Sanctuary Point Youth & Community Centre*

Financial Counselling on Thursdays.

Group workshops will be available.

Appointments essential.

*Contact the SWHC for more information on
4421 0730.*

**For workshop bookings call the Centre
on 44210730**

Free Legal Clinic at SWHC



Do you have legal issues affecting you and your children but don't know what to do next?

Liz Parnell is the Principal Solicitor of South Coast Law & Mediation. Liz in conjunction with her junior solicitor, Isabel Arenas Mangan is offering free legal advice for SWHC clients in the following areas:

- Family Law – Property & Parenting;
- Conveyancing; and
- Wills & Estates – Wills, power of attorney, enduring guardian and estate disputes.

Each appointment is 1 hour, so this is an opportunity to discuss your legal issues with Liz or Isabel in a supportive environment. They will help you understand the law and help identify the next step needed to resolve your legal issues.

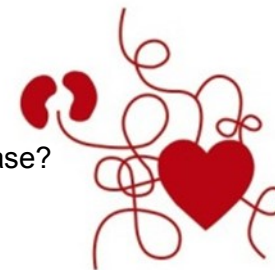
**12th or 26th May or 9th or 23rd June or
11th or 25th August 2021**

By appointment through Reception on 4421 0730.

Kidney Health

The kidneys perform many very important functions to maintain good health and wellbeing. Are you at risk of developing chronic kidney disease?

- ◆ Do you have diabetes?
- ◆ Do you have high blood pressure?
- ◆ Do you have heart problems?
- ◆ Do you have a family history of kidney disease?
- ◆ Are you over 60 years of age
- ◆ Are you a smoker?
- ◆ Are you overweight?
- ◆ Are you of Aboriginal or Torres Strait Islander origin?



If you have answered **yes** to one or more of the above questions you could be at increased risk- **1 in 3 adult Australians are.**

Want to find out more – then do come along and hear how the kidneys work and how they play an important part in keeping you healthy.

**Thursday 10th June 2021
10.00am — 12noon**

*** Bookings essential ***

Money in *MY* Pocket

Are you a Big Spender or
a Successful Saver?

Do you struggle to find excitement when it comes to saving money?

Saving money can be hard, life gets in the way and when you are already on a tight budget, it's not easy to find additional ways to save.

BUT the trick is to Start Saving Now!!

It doesn't matter how much or how little you save. Saving what you can will help **free** you from the **stress** of living from one payday to the next, manage unexpected expenses and reach your goal.

Learn practical ways to be a successful saver today.

9.30am—12.30pm

Monday

21st June 2021 Ulladulla

or

Wednesday

11th August 2021 Nowra

FREE

Bookings essential



For workshop bookings call the Centre on 4421 0730



WOMEN'S AFRICAN DRUMMING CLASS

***Come along and learn
some rhythms.***

Drumming has many benefits such as reducing stress, anxiety and depression. It is like a form of meditation that keeps you present and with the added bonus of learning funky and fun rhythms.

No drumming or music experience is required.

Classes are lead by Elena Bellinato. She is a music therapist and has been playing African Drums for over 10 years. In 2008 she went to Ghana in West Africa and studied for one month the local rhythms, traditions and culture. She provides a welcoming environment that will have you grooving in no time.

Cost: Own drum- \$70 for 7 weeks. (Teacher approved)
Drum hire & class fee \$90 for 7 weeks.

***Class fees must be paid in full to secure a place
before commencement date.***

No refunds will be issued if unable to attend.

**Thursdays commencing 6th May 2021
7 weeks 5.45p.m.-6.45p.m.**

****Expression of interest/waiting list****

Due to COVID masks may be a requirement.