



Illawarra Women's Health Centre

Free

Telephone Counselling

1800 82 55 44

Monday & Thursday

8am-4pm

Confidential

Qualified and experienced
Counsellor

(School holidays: Monday & Thursday
12:30-8:30pm)

Illawarra & Shoalhaven
No referral required



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

Office Hours

Monday to Friday

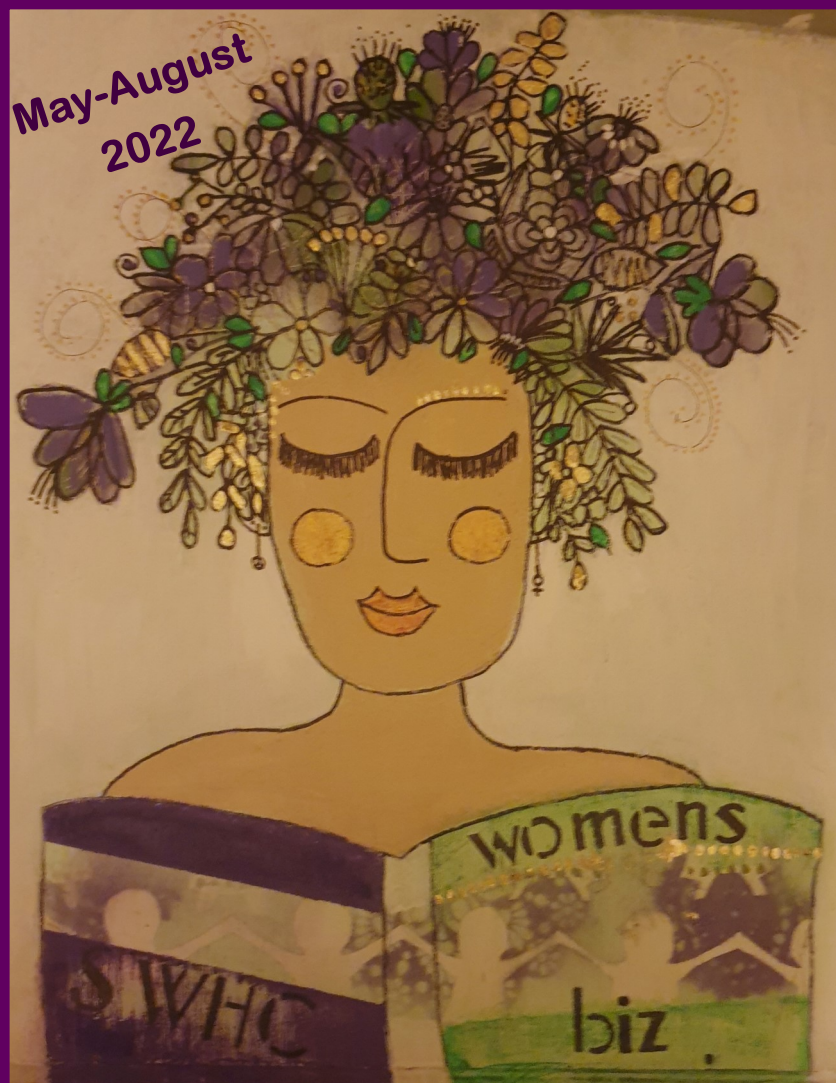
9.00am—4.00pm



Shoalhaven

Womens
Health Centre

**May-August
2022**



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 &
Commonwealth 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



Pelvic Floor Care Throughout the Lifespan

Over our lifetime, our pelvic floor is subjected to many stresses that can contribute to weakness and dysfunction. Lifestyle factors, structural abnormalities, ageing and injury can contribute to bladder and bowel weakness, prolapse

or pain. One in three women who have had a baby have experienced bladder leakage or weakness, and as many as 50% of women suffer from some level of prolapse, according to the Continence Foundation of Australia.

Throughout this workshop, Julia Urquhart (Physiotherapist) will discuss the pelvic floor and what happens to our bodies during the childbearing years, menopause and beyond. Julia will also discuss how to avoid extra stress on the pelvic floor, when to get help and who to talk to.

This workshop is ideal for every woman.

Tuesday
26th July 2022
12.30p.m. to 2.00p.m.

Cost \$5.00

Bookings essential

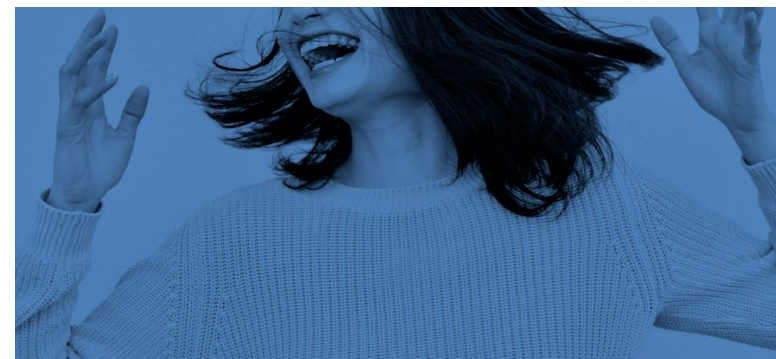


CALM & CONNECTION
—PHYSIOTHERAPY

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
27th July 2022
9.30a.m. - 12.30p.m.

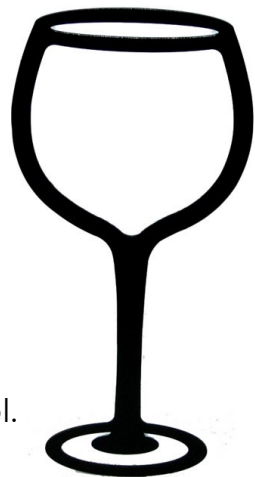
*Held at the Red Cross Meeting Room
Graham Street, Nowra
(on top of Peckish on the Park)*

Cost \$5.00

Bookings essential

What is *Grey Area Drinking?*

Cindy Johnston was a former Grey Area Drinker who understands only too well the addictive nature of alcohol. Cindy wants to help women to make positive changes, create lasting habits for wellness and better health through education and awareness around alcohol.



Her own experience as a daily drinker, but never a 'problem drinker', for a large part of her life led her to finally seek help to get off the alcohol merry-go-round.

Through this experience, she rediscovered living an alcohol free life, Cindy now educates in Grey Area Drinking to help women live without the "mask of alcohol".

Having trained with Grey Area Drinking (GAD) specialist Jolene Park (USA) and now, one of two Australian based Senior Coaches and an Ambassador for Bee Sober (UK), Cindy includes practical resources and tools to create positive change on an emotional and physical level.

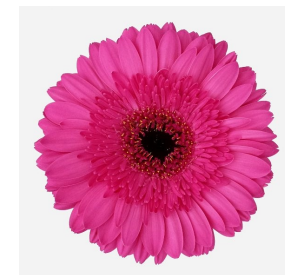
Thursday 23rd June 2022

10.00a.m.—12.30p.m.

Cost \$5.00

*** Bookings essential ***

Understanding Lymphoedema



Come and join us for a 1 hour education and discussion session about lymphoedema with Jennifer Romanczukiewicz from Calm and Connection Physiotherapy.

Lymphoedema is a condition that causes swelling in a part of the body. It can occur in any body area and can happen to anyone. However, it most often occurs when there has been damage to your lymphatic system and is especially common after cancer treatments.

This session will discuss what our lymphatic system does and what lymphoedema is as well as gives practical ideas to help prevent lymphoedema and keep your lymphatic system healthy.

Wednesday

24th August 2022

10.00a.m.—11.00a.m.

Cost \$5.00

Bookings essential



CALM & CONNECTION
—PHYSIOTHERAPY

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

Assertiveness

Assertiveness and good self esteem 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. Assertiveness is the quality of being self-assured and confident.

The goals to assertiveness include:

- Awareness of personal rights and boundaries
- Differentiation between non-assertiveness and assertiveness
- Differentiation between passive-aggressiveness and aggressiveness
- Learning both verbal and non-verbal assertiveness skills.



**Thursday 16th June 2022
10.00a.m.—12.30p.m.**

Free

Morning Tea provided.

****Bookings essential****

Staff Training Day

**SWHC will be
Closed
Thursday 21st July 2022**

Thank you



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

Women can access a range of services including :

- Breast checks
- Cervical Screening
- Pelvic Floor Muscle Assessment Advice
- Information & resources on Pre-conception
- Pregnancy
- Supporting Pregnancy options
- Postnatal issues
- Contraception information
- Menopause
- Osteoporosis

To make an appointment call 1300 792 755.

This is a free service.



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
26th May 2022
10.00a.m.—11.30a.m.
Cost \$5.00**



Bookings essential

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

Invitation to Sing&Grow



Sing&Grow provides Music Therapy services in the community for families with children aged 0-5. Groups usually meet for an hour once a week, for 5 weeks.

We use percussion instruments, drums, ribbons, balls and parachutes. Every family receives some take home resources and access to our online family hub to help them to make music at home.

Families can expect to have fun making music together and learn new ways to support child development.

When:
Tuesdays 9:30-10:30am
5 week group

Dates: 10.5.22, 17.5.22,
24.5.22, 31.5.22 and
14.6.22

This is a free service.

Venue: YWCA, 8
McGrath Ave Nowra

To register contact:
Tracy Phone: 4421 0730
Shoalhaven Women's
Health Centre



Ulladulla Outreach

Shoalhaven Women's Health Centre

*Will provide services from
Waminda's Ulladulla Office.*

Counselling on Fridays.

Appointments essential.

Sanctuary Point Outreach

Shoalhaven Women's Health Centre

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

Financial Counselling on alternate Thursdays.

Appointments essential.

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

For workshop bookings call the Centre
on 44210730

Free Legal Clinic @ SWHC

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

Liz Parnell is the Principal of Parnell + Brien Solicitors. 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.

Wednesdays

**11th or 25th May or
8th or 22nd June or
13th or 27th July or
10th or 24th August 2022**

By appointment through Reception on 4421 0730.



**Parnell + Brien
Solicitors**

Promatherapy 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

**23rd May or 27th June or 25th July or 22nd August 2022
10.00am—12noon**

Cost \$5.00

Bottles, jars and oils provided

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.

Free

Tuesday mornings 10.00am - 12.30pm

Program begins

16th August to 20th September 2022

Nowra office

Bookings essential