

16. SHOALHAVEN WOMEN'S HEALTH CENTRE

NAME Shoalhaven Women's Health Centre

SHOALHAVEN WOMEN'S HEALTH CENTRE is an incorporated association and registered with the Australian Charities and Not-for-profits Commission (ACNC) as a Charity with Public Benevolent Institution status. Established in 1983, we empower women to take control of their health and wellbeing through the provision of accessible, multidisciplinary integrated health services within a safe, caring, supportive environment.

ABN	71 272 156 547
WEBSITE	https://shoalhavenwomenshealthcentre.org.au
FINANCIAL REPORTS	https://www.acnc.gov.au/charity/charities/44baccfd-38af-e811-a960-000d3ad24282/documents/
Local Health District	Illawarra Shoalhaven LHD
Primary LGA(s) Serviced	Shoalhaven LGA
NSW Electorate(s)	Kiama; South Coast
Federal Electorate	Gilmore
Site(s)	Nowra

Local Population & Health Indicators

The Shoalhaven LGA makes up one-quarter of the population of the Illawarra Shoalhaven LHD, but covers a large geographic area from Berry and Nowra in the north, to Ulladulla, Mollymook and other south coast townships. The LGA has experienced consistent growth over the past 10 years and is projected to grow by another 16.8% over the next decade. Shoalhaven LGA is relatively socioeconomically disadvantaged, with areas of more acute disadvantage in Bomaderry, Nowra, Ulladulla and Sanctuary Point. Overall, 58% of women in the LGA are on low incomes and almost 6% have chronic and long-term health conditions; 1.8 times the NSW state average. Reported rates of domestic and family violence and sexual assault are above the state average across the Shoalhaven LGA, and rates are significantly higher in Nowra. Across the Illawarra Shoalhaven LHD, rates of women presenting to emergency for mental health related conditions exceeds the state average. More than 61% of women in the area are overweight or obese and adults have poorer levels of nutrition compared with the rest of NSW.

Responding to Emerging and Unmet Needs

Shoalhaven Women's Health Centre currently provides health services and support to over 2300 women each year through the Women's Health Program. Sustainable investment in the program is reflected in Scenario 1 with a recalibration of costs to deliver currently contracted services and Scenario 2 reflecting the level of services and activities currently being delivered by the Centre to meet community needs. Enhanced investment in the Women's Health Program, envisaged in Scenario 3, would enable the Centre to expand its services and support a greater number of women. In particular, the Centre would seek to:

- Significantly expand counselling capacity to address the extensive waitlists of women who are experiencing mental illness, and trauma related to domestic and family violence and sexual assault;
- Expand assessment, integrated care and financial counselling capacity to support women and children with immediate and acute needs impacting on their health including homelessness, domestic and family violence, financial and legal issues, and food security. Integrated care and other support to address the social determinants of health is in high demand and holistic support increases the effectiveness of other health interventions and improves overall outcomes for women;
- Provide additional massage and complementary therapies to women experiencing chronic pain resulting from trauma, mental illness and other long-term health issues. The Centre currently has a 6 week wait for appointments;
- Enhance the current suite of therapeutic, health education and physical activity group programs, with a focus on domestic and family violence trauma recovery, mental health, nutrition and maintaining overall physical health and wellbeing;
- Expand nursing capacity in the Well Women's Clinic to provide reproductive health consultations. The Centre receives daily referrals for these services, but is currently only able to provide one clinic per fortnight.

Shoalhaven Women's Health Centre would also seek to establish a new site in Ulladulla, with outreach services to Sanctuary Point. The additional site is much needed in this large, regional area with limited transport options. The service in Ulladulla would provide women in the southern area of the Shoalhaven with equitable access to the suite of counselling, therapeutic and clinical services available to disadvantaged women in Nowra.

KEY INDICATORS	NSW	Shoalhaven LGA	Illawarra Shoalhaven LHD
Population & Growth			
2021 Population – Women	4,087,995	54,813	217,075
Recent Population Growth Women - 2011 to 2021	13.60%	12.80%	11.70%
Projected Population Growth Women - 2021 to 2031	9.70%	16.80%	14.20%
Priority Groups			
SEIFA Index of Relative Socio-Economic Disadvantage	1001	964	
Aboriginal & Torres Strait Islander Women	3.40%	5.40%	
Women who Speak a Language other than English	25.70%	4.50%	
Women with Limited English Proficiency	5.00%	0.50%	
Women Earning <\$800 per week	50.00%	58.00%	
One Parent Families	15.80%	16.20%	
Health Indicators			
Women with 3 or more long-term health conditions	3.30%	5.9%	
Mental Health			
Women Reporting High or Very High Levels of Psychological Distress (2018-20)	19.40%		14.50%
Mental Health Related Emergency Presentations Females rate per 100,000 population (2020-21)	1607.3		1,762.30
Intentional Self Harm Hospitalisations Females rate per 100,000 population (2019-20)	109.8		108.2
Domestic and Family Violence & Sexual Assault			
Interpersonal Violence Related Hospitalisations of Females rate per 100,000 population (2019-20)	35.6		23.4
Domestic Violence Related Assaults reported incidents per 100,000 population (2021)	393.4	417	
Domestic Violence Related Assaults: 3 year change (2018-21)	3.1% increase	stable	
Sexual Assault reported incidents per 100,000 population (2021)	89.2	137.1	
Sexual Assault: 3 year change (2018-21)	4.8% increase	stable	
Nutrition & Physical Activity			
Females - Overweight or Obese (2021)	51.80%		61.50%
Adults - Min Daily Fruit Intake (2020)	40.30%		37.90%
Adults - Min Daily Vegetable Intake (2020)	5.90%		3.50%
Adults - Insufficient Physical Activity (2020)	38.30%		38.20%

Data Sources: ABS Census 2021 & 2016, NSW HealthStats, NSW Department of Planning, NSW BoCSAR

Proposed Investment in the Women's Health Program

Scenario 1 – Shoalhaven Women's Health Centre

Sustain activities, service levels and outcomes for the Women's Health Program which are currently contracted by the Local Health District.

Scenario 1 recalibrates costing for the current Women's Health Program to reflect the major structural adjustments that have occurred since 1986.

This represents the minimum level of Women's Health Program funding required by this Women's Health Centre to remain viable and continue operating the program.

SCENARIO 1	% of Total	Full Cost (2022-23 Rates) \$	Proposed 2023-24 \$	Proposed 2024-25 \$	Proposed 2025-26 \$
EXPENSES					
Salaries & Wages					
Direct Service Delivery	47%	\$281,895	\$297,202	\$298,451	\$299,704
Management, Community Partnerships & Capacity Building	22%	\$129,791	\$136,839	\$137,413	\$137,990
Administration & Support	7%	\$40,726	\$42,938	\$43,118	\$43,299
Total Salaries & Wages	76%	\$452,413	\$476,979	\$478,982	\$480,994
Total Program Costs & Operating Expenses	24%	\$143,002	\$150,152	\$150,152	\$150,152
SCENARIO 1: TOTAL SUSTAINABLE COST		\$595,414	\$627,130	\$629,134	\$631,145
Less:					
Current Women's Health Program Grant		\$323,700	\$339,885	\$339,885	\$339,885
SCENARIO 1: Additional Investment Required		\$271,714	\$287,245	\$289,249	\$291,260

Notes

Sustainable delivery costs have been calculated based on 2022-23 rates, with indexation of 5% applied to both costs and the current Women's Health Program grant to show funding required for 2023-24. Forward year estimates are shown in 2023-24 dollars, without indexation. As per current practice, it is assumed that proposed funding in the forward years would be escalated at an appropriate rate determined by NSW Government.

Legislated increases in Superannuation Guarantee payments have been applied to salaries and wages estimates in all years.

Scenario 2 - Shoalhaven Women's Health Centre

Sustain activities, service levels and outcomes for the Women's Health Program which are currently being delivered by the Women's Health Centre.

Scenario 2 is the estimated level of Women's Health Program funding required by this Women's Health Centres to remain viable and sustain the levels of service delivery and outcomes that they are currently providing to meet community needs.

This provides a strong indication of immediate and acute health needs in the local community and it is strongly recommended that the Ministry of Health consider funding the Centre's Women's Health Program at this level.

SCENARIO 2	% of Total	Full Cost (2022-23 Rates) \$	Proposed 2023-24 \$	Proposed 2024-25 \$	Proposed 2025-26 \$
EXPENSES					
Salaries & Wages					
Direct Service Delivery	48%	\$295,322	\$311,358	\$312,666	\$313,979
Management, Community Partnerships & Capacity Building	21%	\$129,791	\$136,839	\$137,413	\$137,990
Administration & Support	7%	\$40,726	\$42,938	\$43,118	\$43,299
Total Salaries & Wages	76%	\$465,840	\$491,135	\$493,197	\$495,269
Total Program & Operating Expenses	24%	\$145,088	\$152,342	\$152,342	\$152,342
SCENARIO 2: TOTAL SUSTAINABLE COST		\$610,928	\$643,477	\$645,540	\$647,611
Less:					
Current Women's Health Program Grant		\$323,700	\$339,885	\$339,885	\$339,885
SCENARIO 2: Additional Investment Required		\$287,228	\$303,592	\$305,655	\$307,726

Notes

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Legislated increases in Superannuation Guarantee payments have been applied to salaries and wages estimates in all years.

Scenario 3 - Shoalhaven Women's Health Centre

Expand and enhance activities and service levels for the Women's Health Program to address population growth, unmet needs and emerging local health issues identified by the Women's Health Centre.

Subject to negotiation with the Ministry of Health and Local Health Districts, this level of investment would enable the Women's Health Centre to sustainably expand service delivery in response to local needs.

SCENARIO 3	% of Total	Full Cost (2022-23 Rates) \$	Proposed 2023-24 \$	Proposed 2024-25 \$	Proposed 2025-26 \$
EXPENSES					
Salaries & Wages					
Direct Service Delivery	65%	\$898,369	\$947,151	\$951,129	\$955,123
Management, Community Partnerships & Capacity Building	9%	\$129,791	\$136,839	\$137,413	\$137,990
Administration & Support	3%	\$40,726	\$42,938	\$43,118	\$43,299
Total Salaries & Wages	77%	\$1,068,886	\$1,126,927	\$1,131,660	\$1,136,413
Total Program & Operating Expenses	23%	\$312,344	\$327,962	\$327,962	\$327,962
SCENARIO 3: TOTAL SUSTAINABLE COST		\$1,381,231	\$1,454,889	\$1,459,622	\$1,464,375
Less:					
Current Women's Health Program Grant		\$323,700	\$339,885	\$339,885	\$339,885
SCENARIO 3: Additional Investment Required		\$1,057,531	\$1,115,004	\$1,119,737	\$1,124,490

Notes

Sustainable delivery costs have been calculated based on 2022-23 rates, with indexation of 5% applied to both costs and the current Women's Health Program grant to show funding required for 2023-24. Forward year estimates are shown in 2023-24 dollars, without indexation. As per current practice, it is assumed that proposed funding in the forward years would be escalated at an appropriate rate determined by NSW Government.

Legislated increases in Superannuation Guarantee payments have been applied to salaries and wages estimates in all years.

Proposed Women's Health Program Services

Shoalhaven Women's Health Centre

The proposed scope and estimated volume of health services to be delivered by the Women's Health Centre under each funding scenario is shown below.

Service Types	Estimated Number of Sessions per Annum		
	SCENARIO 1	SCENARIO 2	SCENARIO 3
CORE SERVICES			
Intake & Assessment	25	25	50
Trauma-Informed Counselling	552	644	2700
Emergency Assistance, Integrated Care & Referral	180	180	320
CORE HOLISTIC HEALTH SUPPORT SERVICES			
Complementary Therapy - Massage	420	420	600
Complementary Therapy - Other	208	208	408
Therapeutic Groups	20	20	60
Health Education, Skills Development & Support Groups	40	43	43
Physical Activity & Wellness Groups	-	-	-
CORE CLINICAL SERVICES			
Women's Health Clinical Consultations	-	-	800
Women's Health Complex Clinical, Health Screening & Reproductive Health Consultations	-	-	-
Allied Health – Psychology	-	-	-
Allied Health - Other	-	-	-

In addition to the sessional services outlined above, each Scenario incorporates resources for the Centre's critical community engagement, health education and promotion, and health system development work. This includes working with other Government, non-Government and community partners to:

- improve women's health literacy and capacity to make informed decisions about the health;
- reduce the disease burden by raising awareness of factors that contribute to illness;
- provide outreach in community settings to priority groups of women who might not attend a Women's Health Centre; and
- develop and maintain collaborative approaches to improve health care, support and outcomes for women and children in the community.