

Qualified and experienc Counsellor

(School holidays: Monday & Thursday 12:30-8:30pm) Illawarra & Shoalhaven No referral required



CERTIFICAT

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

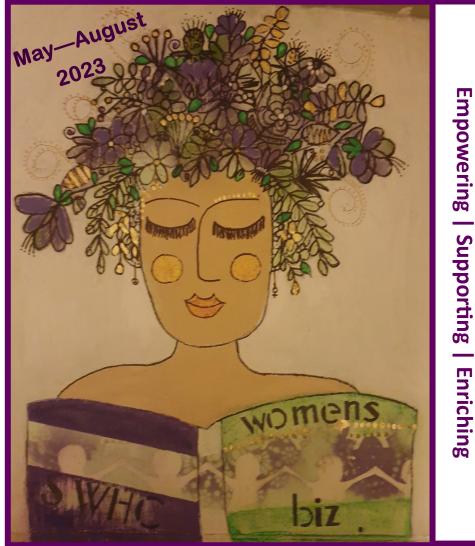


website: www.shoalhavenwomenshealthcentre.org.au facebook: Shoalhaven Women's Health Centre

> Office Hours Monday to Friday 9.00am—4.00pm







Shoalhaven Women's Health Centre (SWHC) empowers women to take control of their own wellbeing by providing multidisciplinary health and intervention services in a caring, feminist environment.

#### 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.



## 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 Phone 4421 0730.



Menopause

Know the Facts!

Education and discussion session run by Lizz Gerlowska Clinical Nurse Specialist in Women's Health for Illawarra and Shoalhaven Local Health District.

Topics include:

- Menopausal symptoms,
- Medical and non-medical treatment options,
- Supporting menopausal mental health, and
- ◆ Q&A.

Monday

29th May or 14th August 2023 10.00a.m.—12.00 noon

Cost \$5.00

### \*Bookings essential\*

For workshop bookings call the Centre on 4421 0730



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.

## Rising from the Ashes

Over the last 3 years we have had fires, floods and a pandemic and many of us have had other personal events that we have had to live through and overcome.

Like Phoenix's and the Australian bush we too can *'rise from the ashes'* and survive through tough times.



(Artwork - M Hedger)

In this series of three (3) workshops we will explore the theme of resilience, transformation and renewal via painting & art making, with a small group of other women.

Create a piece of art symbolising your own resilience.

2nd & 9th & 16th June 2023 10.00a.m.—2.00p.m. Cost \$5.00

\*Bookings essential\*

### **Understanding & Managing Fatigue**



Fatigue is one of the most common symptoms experienced by individuals with cancer and chronic health conditions however unfortunately many individuals are at a loss as to why it occurs and what can be done to help manage symptoms.

This workshop is focused on improving people's understanding of fatigue as well as providing strategies that can assist to manage it so that individuals can boost their quality of life and function.

> Friday 28th July 2023 10.00a.m.—11.00a.m.

Cost \$5.00 \*Bookings essential\*



For workshop bookings call the Centre on 4421 0730



Funded by the Australian Governme



## Community Outreach SHOALHAVEN WOMEN'S HEALTH CENTRE 3rd Thursday every month 2023

10am - 2pm 5 McGrath Avenue Nowra

If you have experienced family violence, or someone says you have used violence and you have a family law issue, come and speak to our Social Support Worker to see how we can assist. This service for women is FREE and can also support family members like grandmothers and aunties. Call 0411 103471 to speak with your local FASS Support Worker or to make an appointment, otherwise drop in on the 3rd Thursday of the month.



## Widow Support 'Meet Up'

The ISLHD Bereavement Counselling Service will be hosting a "meet up" support session for any women who are widowed. The session will provide an opportunity to meet other women experiencing the death of their significant other (husband, partner, wife).

#### Friday

26th May, 23rd June, 21st July and 18th August 2023

> 10.00a.m.—12.30p.m. Morning tea provided



FREE \*Bookings essential\*

For workshop bookings call the Centre on 4421 0730

## 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.

#### Friday

25th August 2023 10.00a.m.—11.00a.m.

Cost \$5.00

**\*Bookings essential\*** 



For workshop bookings call the Centre on 4421 0730

## 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

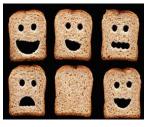


## Can food affect your mood?

#### What food is good for mental health?

Come along to this workshop and explore how diet may help to prevent and improve symptoms of depression and anxiety and improve your overall mood.

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



Thursday 27th July 2023 10.00a.m– 12.30p.m. Cost \$5.00

\* Bookings essential \*

For workshop bookings call the Centre on 4421 0730





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

Discover how to incorporate essential oils into your everyday life.

Monday 22nd May or 19th June or 17th July or 21st August 2023 10.00am—12noon

> **Cost \$5.00** Bottles, jars and oils provided

**\*Bookings essential\*** 

### 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

**31st May or 2nd August 2023** 9.30am—12.30pm

FREE

\*Bookings essential\*



## **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 27th June 2023** 

1.00p.m. to 2.00p.m. Cost \$5.00 \*Bookings essential\*



## 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

10th or 24th May or 14th or 28th June or 12th or 26th July or 9th or 23rd August 2023

By appointment through Reception on 4421 0730.





As women we are complex with many roles and qualities, some we feel comfortable sharing with others and some that we hold on to and keep hidden - sometimes even from ourselves.

In this workshop we will discuss and explore this theme creatively and decorate a mask with images of what we present to others on the outside and what we keep hidden or secret on the inside.

We will discuss ways we can accept the less beautiful or acceptable parts of ourselves and love and accept ourselves just as we are.

Participants can bring photocopied images if they would like to make the art more personal.

Friday 19th May 2023 9.30a.m. –1.00p.m.

Cost \$5.00

\*Bookings essential\*

For workshop bookings call the Centre on 4421 0730

## 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 8th August to 12th September 2023

\*Bookings essential\*

For workshop bookings call the Centre on 4421 0730

# Arthritis



This workshop has a special focus on the holistic management of arthritis.

Topics covered include:

- Strategies for natural pain management
- Stretching exercises
- Understanding commonly used medications
- Developing skills to manage your arthritis.



Wednesday 7th June 2023 9.30a.m.—12.00p.m.

Cost \$5.00

## \*Bookings essential\*

For workshop bookings call the Centre on 4421 0730

## Well Women's Clinic Women's Health Nurse @ 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**.

For workshop bookings call the Centre on 4421 0730