



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



***Please be advised that Shoalhaven
Women's Health Centre will be closed on
Thursday 14 December for our annual
Planning Day***



Empowering | Supporting | Enriching

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.

**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 1 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, our staff and our 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**

Women's Health Nurse at SWHC

Women can access a range of services including:

- Breast checks
- Cervical Screening
- Pelvic floor muscle assessment advice
- Information on pre-conception
- Pregnancy
- Pregnancy options
- Postnatal issues
- Contraception information
- Menopause
- Osteoporosis



**To make an appointment
with the**

Women's Health Nurse

Phone:

**0401 991 684 or
1300 792 755**

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 of Parnell + Brien Solicitors. Liz, in conjunction with her solicitor, Isabel Arenas Mangan, is offering free legal advice for SWHC clients in the following areas:

- Family Law - Property & Parenting
- Conveyancing
- 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 in a supportive environment. They will help you understand the law and identify the next steps needed to resolve your legal issues.

We offer free estate planning for clients who receive Centrelink benefits.

Wednesdays

13 or 27 September

11 or 25 October

8 or 22 November

13 December

By appointment only on 4421 0730



Parnell + Brien
Solicitors



ANNUAL GENERAL MEETING

Wednesday
25th October 2023 at 12 Noon

*Save the
Date*



Attend via Zoom

Join Zoom Meeting

<https://us06web.zoom.us/j/88677250049?pwd=MWJOLIZOSHJwdHhTQjltwYk5mZU1iZz09>

Meeting ID: 886 7725 0049

Passcode: 137963

This is your opportunity to hear about our services and achievements during the year.

RSVP by Friday 20th October 2023

Telephone: 4421 0730 or

Email: swhc@swhc.org.au



All About Me

It's time to check in on your health and do something positive for your own health and wellbeing!

Five Workshops in five days focusing on the health and wellbeing of women

- Mon 4 Sept** Health advice with Lizz, Women's Health Nurse
- Tues 5 Sept** Chat with Ali our Financial Counsellor
- Wed 6 Sept** Mini Massages with Linda
- Thurs 7 Sept** Walking Meditation in the park with Suzanne
- Fri 8 Sept** Guided Meditation with Kym
- Fri 8 Sept** Zinc Testing with Carolyn
- Fri 8 Sept** Group Collage with Melissa

FREE

All Women Welcome

Come and have a chat, a cuppa and meet new friends.

Plus giveaways!

TIME: 9.30am-11.30am each day



Basketry Workshop

with Mary Preece
Shoalhaven based Artist
and Basketmaker

Tuesday 19 September 2023

10am-4pm

Cost \$5

Bookings Essential



Playing with Clay

In this Workshop we will be using air drying clay to create a simple object such as a tea light holder or mini dish. Our next project will be a mask expressing some of the emotions we feel.



Friday 6 October 2023

9.30am-1pm

Cost \$5

****Bookings Essential****

Call 4421 0730

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.

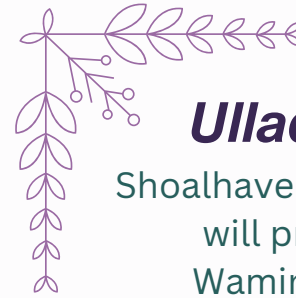
Wednesday 1 November 2023

9.30am-12.30pm

FREE

Bookings essential

Call 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 SWHC
for more information on
4421 0730



Printmaking using Everyday Objects

In this Workshop we will be using everyday objects to print on cards or calico bags. Please bring along your interesting everyday objects to use.

Friday 3 November 2023

9.30am-1pm

Cost \$5

***Bookings Essential* Call 4421 0730**

Aromatherapy Workshop



Monday

18 September 2023

16 October 2023

20 November 2023

10am-12noon

Cost \$5

Bottles, jars and oils
provided

Bookings essential
Call 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



FAMILY
ADVOCACY
& SUPPORT
SERVICES

Funded by the Australian Government



An Australian Government Initiative

Community Outreach SHOALHAVEN WOMEN'S HEALTH CENTRE

1st and 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 aunts. 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.

Women
ILLAWARRA
EST. 1979



Menopause Workshop 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
- Q & A



Date TBA

Cost \$5

Bookings essential

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 Health Care Card Holder

\$30 Non Health Care Card Holder

By Appointment Only 4421 0730



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



*We thank you for your contribution to
attend our Workshops.*

*Your support enables us to continue to
provide services to the women of the
Shoalhaven.*

For Bookings please call 4421 0730

*To ensure Workshops go ahead, please
confirm your attendance.*



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 7 November

1pm to 2pm

Cost \$5

Bookings essential



CALM & CONNECTION
— PHYSIOTHERAPY