



SWHC/We would like to acknowledge Aboriginal and Torres Strait Islander peoples as Australia's First People and Traditional Custodians. We value their cultures, identities, and continuing connection to country, waters, kin and community.

We pay our respects to Elders past and present and are committed to making a positive contribution to the social and emotional wellbeing of Aboriginal and Torres Strait Islander women, by providing services that are welcoming, safe, culturally appropriate, and inclusive.

5 McGrath Avenue, Nowra 2541

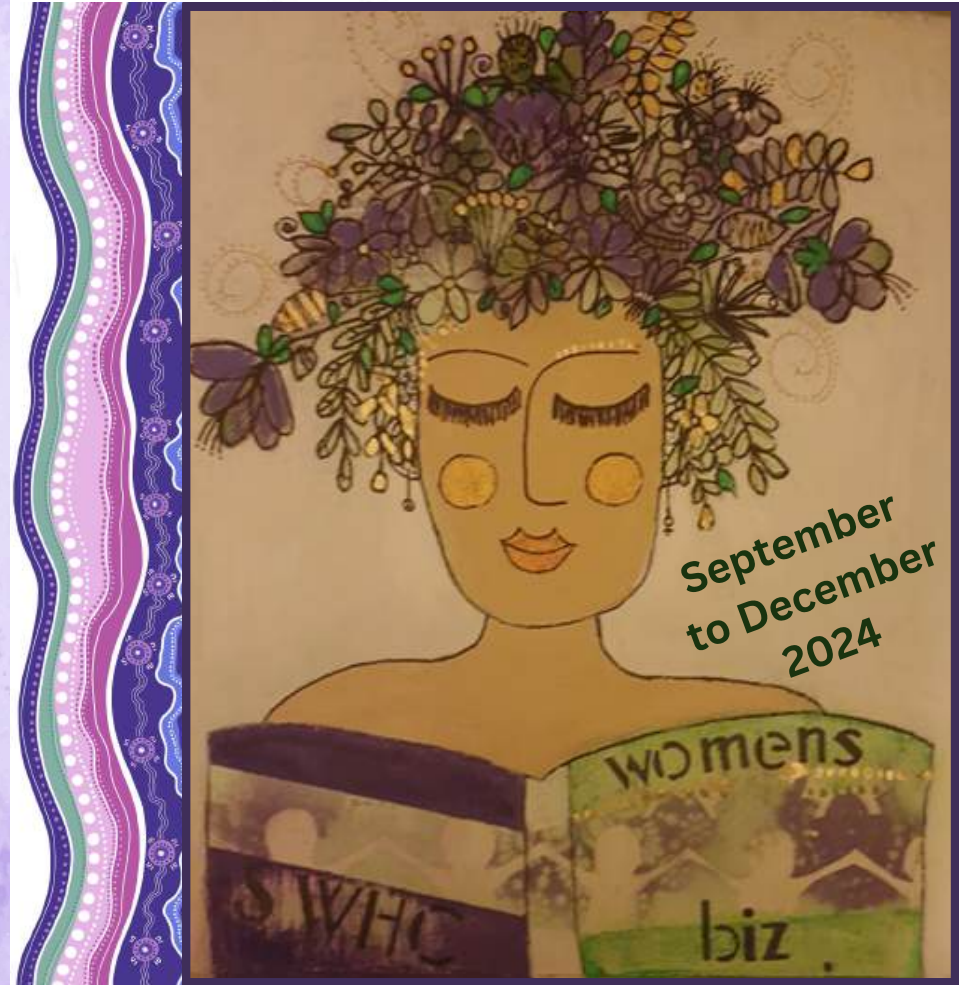
PO Box 314 Nowra NSW 2541

Telephone: 02 4421 0730

Email: swhc@swhc.org.au

www.shoalhavenwomenshealthcentre.org.au

www.facebook.com/shoalhaven.womenshealthcentre



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**



ANNUAL GENERAL MEETING
Wednesday 30 October 2024
12:00 PM
Canberra, Melbourne, Sydney

*Save the
Date*



Join Zoom Meeting

<https://us06web.zoom.us/j/83515270075?pwd=uKmvT8zSjKEP9afjiDhasJpJQJ8IFK.1>

Meeting ID: 835 1527 0075
Passcode: 347066

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

RSVP by 25 October 2023
Telephone: 4421 0730 or
Email: swhc@swhc.org.au



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 has not 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.

Tuesday 12 November 2024

9.30am-12.30pm

****FREE****

Bookings Essential Call 4421 0730



Free Legal Clinic at SWHC

Liz Parnell is the Principal of Parnell + Brien Solicitors. Liz, in conjunction with her solicitors, Isabel Arenas-Mangan and Kylie Barrett 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.

Free will and estate planning documents for women facing financial challenges (women receiving a full aged pension, disability support/disability pension or Newstart allowance).

Wednesdays

11 or 25 September

9 or 23 October

13 or 27 November

11 December

BOOKINGS ESSENTIAL on 4421 0730



Parnell + Brien
Solicitors



Counselling Outreach

Ulladulla Outreach

Shoalhaven Women's Health Centre
will provide services from
Ulladulla Community Health Centre.

Counselling on Fridays
Bookings essential

Contact SWHC
for more information on
4421 0730

NEW

Art to You OUTREACH SERVICE

Melissa, our Art Therapist, will soon be running
Art Groups at different locations across the
Shoalhaven.

They will vary from one-day events to 8-week programs.

This new service is FREE

However, participants may like to make a small
donation on the day.



What is Art Therapy?

Art Therapy involves making art in a therapeutic,
supportive environment to support emotional needs,
express feelings, thoughts and experiences and
develop personal coping strategies.

You don't need to be good at art.

It is suitable for all ages, abilities and backgrounds.

It is beneficial for those who may be experiencing life
changes, challenges, trauma, illness or disabilities.

It is holistic and attends to emotional, cognitive, physical
and spiritual well-being.

It provides social connection and interaction and reduces
the sense of isolation.



Please phone us on 4421 0730
for more information about
upcoming workshops.

Financial Counselling Outreach

Sanctuary Point



Shoalhaven Women's Health Centre
will provide services from the
Sanctuary Point Youth & Community Centre.

Financial Counselling on alternate Thursdays
Appointments essential

Bomaderry

Shoalhaven Women's Health Centre, with support
of SALT Care, is now providing free financial
counselling services to women at the

Bomaderry Community Centre,
5-19 Birriley Street, Bomaderry.

Financial Counselling on alternate Wednesdays
Appointments essential

Contact SWHC
for more information on
4421 0730



Affirmations Card Set Workshop

What Are Affirmations?

Affirmations are phrases that, when
repeated regularly, can change negative
thoughts and behaviour patterns.
Affirmations are intended to help shift
thinking from negative to positive,
motivate an action, reduce stress,
persevere through difficult times, and
increase self-confidence and well-being.

You are invited to come and make your
own beautiful set of Affirmations cards, to
either use yourself, or give as a present.

Bookings Essential
Please phone 4421 0730

Date: Friday 22 November
Time: 9.30am-12pm
Cost \$5

Introduction to Meditation

Come and take some time out
and learn simple mindful
practices to help still your mind
and create calm.

**Thursday 19 September
2024**

9.30am-11am

Bookings Essential Phone: 4421 0730



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.

This is a great opportunity for our existing
and new clients to receive this service.

Consultation Fees

\$10 Health Care Card Holder

\$30 Non Health Care Card Holder

By Appointment Only 4421 0730

Free Zinc Status Evaluation

Are you Zinc deficient?

Zinc is a trace mineral essential for good health.

If you are not getting enough zinc in your diet, or you are
not absorbing zinc you may have low levels of zinc.

Low levels of zinc may show as decreased taste and smell,
immune deficiency leading to frequent colds and flu, low
mood, slow wound healing, white spots and/or ridges on
your nails, digestive problems, diarrhoea,
hair loss and skin problems.

**Call to book your timeslot for a free,
fast and easy Zinc level test**

**Thursday 19 September
11.30am -1.30pm**

Are you
deficient
in Zinc?



Women's Health Nurse

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

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.

National Disability Insurance Scheme (NDIS)

Outreach at SWHC

Uniting LAC NDIS Connection Desk

Come along and have any NDIS related questions
answered by a representative of the NDIS.

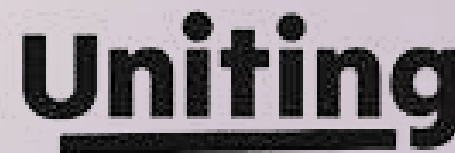
- Learn more about the NDIS and how to apply.
- Understand what options are available to you if you do not meet the NDIS eligibility access criteria.
- Discover how to use your NDIS plan to its full potential.
- Opportunity to speak with an industry expert about any of your NDIS or disability related questions.

Fourth Friday of every Month

30 August 2024 or 27 September 2024 or
25 October 2024 or 22 November 2024.

Booking essential

Phone SWHC on 4421 0730



Delivering the NDIS in your community



WOMEN'S HEALTH WEEK

2-6 September 2024

womenshealthweek.com.au

Artwork by Tam Bower



Women's Health Week Smoothie



Ingredients

150-200mls milk of your choice (cow, soy, almond, rice)

1/2 cup yoghurt of your choice (cow, sheep or coconut)

1/2 cup mix of frozen strawberries and raspberries

1 dessertspoon each of unhulled sesame seeds, almonds and linseeds (depending on the blender, the linseeds may need to be pre-ground)

Pinch of nutmeg

Method

Combine all ingredients in blender and blend until smooth.

Serve in a tall glass.



Nutritional information

By Jean Hailes' naturopath and herbalist Sandra Villella
The antioxidant-rich raspberries and strawberries give the colour to this smoothie, which you can enjoy as a healthy breakfast, or as a protein-rich afternoon pick-me-up.

Unhulled sesame seeds are about 10 times higher in calcium than regular sesame seeds, while the linseeds are rich in soluble fibre, omega-3 fatty acids and the phytoestrogens called lignans.

Almonds are the best all-rounder nut for nutrients. Use probiotic-rich yoghurt for gut health, and your favourite milk of choice to top up the protein.

More great recipes for women can be found at <https://www.jeanhailes.org.au/resources/recipes>



Women's Wellbeing Morning Thursday 5 September at 9.30am

Drop into SWHC this morning, meet our wonderful staff, find out about our services and how we can support you to take control of your health and wellbeing.

Stay for a chat and a cuppa with other women from our community.