



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

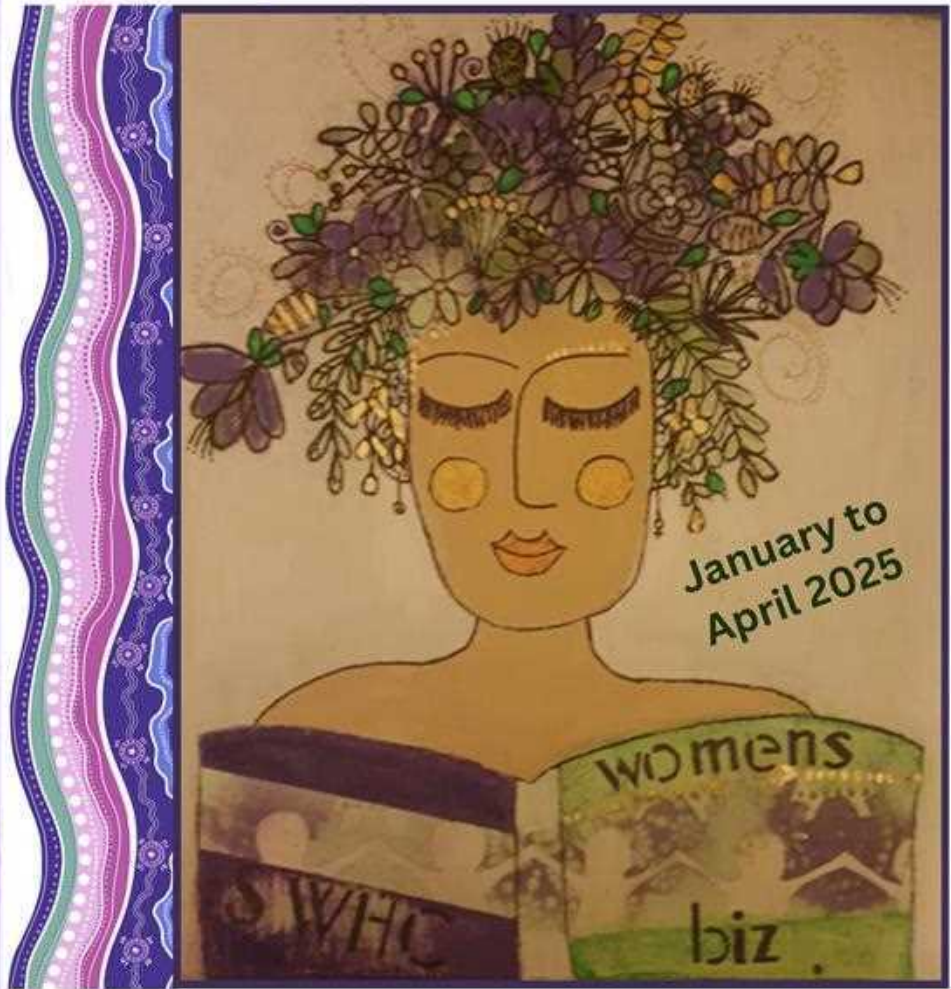
PO Box 314 Nowra NSW 2541

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**

Happy 2025

We are excited to bring you our first Women's Biz for 2025.
We hope you find something of interest.

This year, we are grateful to be continuing our partnership with such wonderful services and to be working with some exciting new ones.

We thank all these inspiring women for supporting SWHC and the Shoalhaven community.

You will notice a variety of new Workshops on offer, as well as the return of some favourites.

To ensure that we can continue to offer these services to our clients, it is essential that you phone us to make a booking, confirm your attendance when prompted and turn up on the day. If you are unable to attend, please let us know, so that we may offer your spot to another woman.

Don't forget, International Women's Day is on 8 March and as always, the IWD Committee have a great programme of events to celebrate the women of the Shoalhaven.

We look forward to seeing you in the Centre soon.



When Women support each other, incredible things happen.

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.

Wednesday 5 March 2025

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 are 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

22 January 2025

12 February or 26 February 2025

12 March or 26 March 2025

9 April or 23 April 2025

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

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





Empowering women to thrive in work and in life.

Dress for Success NSW & ACT supports women entering and re-entering the workforce by providing quality clothing for job interviews and significant life events. Our career support services include help to write a resume and prepare for interviews, plus our Career Hub provides a full range of online resources to support every step of your job search and career journey.

All women are welcome, and all of our services, and clothing are provided free of charge.

What to Expect at your Styling Session

On arrival, you will be matched with a dedicated Volunteer Stylist for a personal one-hour styling session. The Stylist will help you choose a full outfit of clothes, including shoes and accessories, so you can feel prepared and present yourself confidently.



Book a Styling Session

Book for your free Illawarra Styling Session for a job interview, court appearance, or other important occasion.



Get Career Support

Tailored one-on-one advice to review your resume and prepare for job interviews.



Join our Career Hub

24/7 access to online workshops and essential career resources, to help build your skills and confidence.



Learn More About Our Free Services
<https://nswact.dressforsuccess.org>

Our Branches
Illawarra: 2/210 Cowper Street, Warrawong
Sydney: 1/7 Prospect Road, Summer Hill
Newcastle: 82-84 Belford Street, Broadmeadow



‘Get the Job’ Workshop

This one-hour workshop is designed to empower women with essential skills for acing their next interview.

Key topics covered will include:

First impressions

Interview preparation

Communication and presentation skills

Participants will have the chance to discuss effective techniques and approaches for interview success.

Bookings Essential: 4421 0730

Date: Thursday 20 February 2025

Time: 10am-12pm

OR

Date: Thursday 3 April 2025

Time: 10am-12pm

Please complete an online registration form one week before the Workshop.

Following the Workshop, you can attend a face-to-face or virtual styling session and receive a free outfit.

Pelvic Pain Workshop

Unfortunately many women can suffer from pelvic pain, that negatively effects their participation in school, work or sport. We will discuss the causes of this and how it can effect the different pelvic organs, and strategies that may be helpful.

Date: Thursday 20 February 2025 Time: 4pm-5pm

Bookings Essential: 4421 0730

Perimenopause/Menopause Workshop

The perimenopause/menopause period can be quite a journey for many women to navigate. We will discuss the different symptoms that may occur, and discuss ways to address this from a women's health physiotherapy perspective.

Date: Thursday 10 April 2025 Time: 5pm-6pm

Bookings Essential: 4421 0730

The Female Collective is an advance trained physiotherapy practice dedicated to empowering women in the Illawarra and South Coast regions. Our team of skilled female healthcare professionals offers personalised treatment and management for a variety of women's health and general physiotherapy conditions. By providing a safe and supportive environment, we aim to help women take ownership of their health journey, fostering confidence and well-being.

Some of the conditions and issues we treat at TFC are: Urinary Incontinence, Overactive Bladder - Urinary Urgency and Frequency, Pelvic Organ Prolapse including pessary fitting, Pelvic Pain, Dyspareunia, Bowel Incontinence
Pregnancy related conditions - pelvic girdle pain, carpal tunnel, swelling management, Antenatal and postpartum assessments,

Exercise during pregnancy and returning to exercises postpartum
General and sporting musculoskeletal injuries - such as muscle strains and joint sprains, dislocations, back pain etc.

Post Operative Physiotherapy - such as total knee and hip replacements, ACL reconstructions, rotator cuff repair etc.

Jaw pain and TMJ Dysfunction



THE
FEMALE
COLLECTIVE

Kirra Laughlan
Physiotherapist

☎ (02) 4216 5540

@ Kirra@femalecollective.com.au



www.femalecollective.com.au



CARLA BALSAR

Massage & Yoga

YOGA

Yoga is a vital tool to improve physical and emotional health. Through mindful movement, yoga invites us to be attentive to how our body feels, encouraging curiosity about its strengths, challenges, and its potential. We can adapt practice to our individual needs. Yoga nurtures mindfulness, allowing us a pathway to connect with our inner wisdom. It is my hope that by empowering women to make decisions that are right for them on the mat, they take this agency into their choices in day-to-day life.

Let's spend 6 weeks exploring mindful movement through inclusive, accessible, gentle practices. Aimed to empower participants to make informed choices for themselves throughout class and embrace self-acceptance in a non-competitive environment.

6 weekly classes

Fridays from 28 February to 4 April 2025

CWA Rooms, 39 Berry Street, Nowra

Cost: Voluntary Donation

Bookings Essential: 4421 0730

6 Week Mindful Mat Yoga & Meditation

90 minutes duration

Gentle movement on a mat, with use of blocks.

Please bring own mat if you have one.

TIME: 10am-11.30am



6 Week Gentle Chair Yoga

60 minutes duration

Gentle mobility to nurture joints and ease tension using the support of a chair.

TIME: 12pm-1pm

DO YOU NEED HELP TO QUIT?

Get information, support and a free starter pack of free nicotine patches and either gum, lozenges or Quickmist to help you quit smoking or vaping.



**Drop in to
see Connie**

**Thursday
13 February 2025
13 March 2025
2.30pm-3.30pm**

Do you love having the music turned up
loud and singing in the car?
Do you love singing in the shower and
tell yourself 'I sound good'!
Do you just love the feeling of singing a
favourite song at the top of your voice
and let the stress fade away because you
have shouted out loud?

**NO PUB
PUB CHOIR**

Well, if you have answered yes to one or all of the above, it is time to join other women in community on a Saturday afternoon for the No Pub, Pub Choir Workshop. The 'Pub Choir' movement has become one of those fun past times, but SWHC would prefer to enjoy it in an alcohol-free, safe, women only space and free of charge.

The workshops will be led by Trish Delaney-Brown, Singer, Songwriter Vocal Coach & Estill Master Trainer (www.tdbmusic.com.au). Yes, Trish is a bit fabulous, but she encourages, supports and makes her workshops so much fun.

Only qualification you need is to enjoy singing!!!

Absolutely no experience necessary, Trish will guide you through every step!

Attend one or all of the workshops.

So, time to find your voice and sing out loud like 'no one is listening'.

Come on your own or bring a friend – the more the merrier.

Saturdays 2pm-4pm

29 March, 10 May, 7 June, 28 June

Nowra School of Arts – Annex

11 Berry Street Nowra

FREE

Bookings Essential - Phone 4421 0730



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.

Term Dates:

17 January 2025, 21 February 2025
28 March 2025, 2 May 2025

Booking essential

Phone SWHC on 4421 0730



Delivering the NDIS in your community

Natural Beauty Workshop

Nourish & Achieve Healthy Skin Glow

- * Stimulate
- * Repair
- * Balance
- * Rejuvenate

Avoid harsh & expensive chemical-based products that are detrimental to the skin & our health. Learn the principles of basic skincare using the abundant gifts from nature's herbs & aromatherapy-based oils. The workshop will incorporate recipes for calming masks, toners and moisturisers for beneficial hydration & relaxation. Ingredients used are economical, therapeutic and support individual skincare needs.



Date: Monday 17 March 2025

Time: 10am-12pm

Cost: \$5 for materials

Bookings Essential

Ph: 4421 0730

Weekly Check-in



CALM PELVIC & LYMPHOEDEMA

Bladder Health Workshop

Join pelvic health physiotherapist **Julia Urquhart** for an empowering workshop on bladder health designed exclusively for women! In this session, Julia will guide you through understanding and managing bladder health concerns that many women face but seldom discuss.

Topics include normal bladder function, urinary incontinence, bladder prolapse and managing recurrent infections or pain. Through expert advice and personalized tips, you'll gain valuable tools to boost your confidence, comfort, and well-being and understand next steps for seeking help. Whether you're dealing with specific issues or simply want to stay proactive, this workshop offers practical insights to help you take control of your bladder health.

Date: Tuesday 11 March 2025

Time: 12pm-1.30pm

Bookings Essential: 4421 0730

There is an option of filling in a Bladder Diary prior to the Workshop to be analysed by Julia on the day

Enquire when booking.



Everyone has the right to feel safe at home.

SHOALHAVEN FAMILY AND DOMESTIC VIOLENCE SERVICE

Whether you are thinking of leaving, have already left or are unsure of what you want to do, we can help.

We provide support, information and options to help people and their children live a life free from violence.

We are here to help anyone who as experienced family and domestic violence and their children - regardless of gender, sexual orientation or other factors in the Shoalhaven region.

HOW WE CAN SUPPORT YOU:

- Individualised case management
- Safety planning
- Information and education on family and domestic violence
- Advocacy and assistance with navigating and collaborating with other services
- Referrals to legal, counselling and other specialised support services

WE'RE HERE TO HELP

You can come into our office in Nowra, at home (if it is safe to do so) or we can meet somewhere else in community. Our team are available 9am to 5pm, Monday to Friday.

✉ nsw-dvis@ywca.org.au

☎ (02) 4423 8510

📍 3/21-23 Kinghorne Street, Nowra NSW

YWCA.ORG.AU

Women's Wisdom Group

For Women who have experienced a relationship that made 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 in Ulladulla for this 4-week Skills and Personal Development Programme.

Each Tuesday from 18 March to 8 April 2025
10am-1pm

FREE
Bookings Essential
4421 0730



Ulladulla Location

Drumming Workshop

Term 1 commences
Thursday 6 February to
27 March 2025

Bookings Essential
Phone: 4421 0730

We meet each Thursday from
5.45pm-6.45pm over 8 weeks.



\$120 per term including drum hire
\$100 per term if you bring your
own drum (teacher approved).

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



Therapeutic Creative Art Journaling For self-care and mental health



Creative art journaling can be a very freeing way to
express yourself, work through thoughts, feelings and
ideas, and explore your creativity!

Your visual art journal is your own private and personal
space where you can write, draw, and create almost
anything. It can be extremely liberating, because there are
no rules!

Your journal pages can be about anything – from the
playful silly to the contemplative and serious.

If you'd like to come and 'play' and discover your
creativity in a safe and supportive environment, please
sign up for our series of workshops.

DATE: Thursday mornings from 6 March to 27 March 2025
from 9am to 12pm
Cost - \$5.00

Bookings Essential - phone 4421 0730

IWD 2025

Events



INTERNATIONAL
WOMENS DAY
SHOALHAVEN

**28 February - All About Women
Art Exhibition & Competition - Opening Night**

**3 March to 27 March - All About Women
Art Exhibition**



8 March - High Tea

11 March Meditation

15 March - Writers Afternoon

16 March - Bushwalk

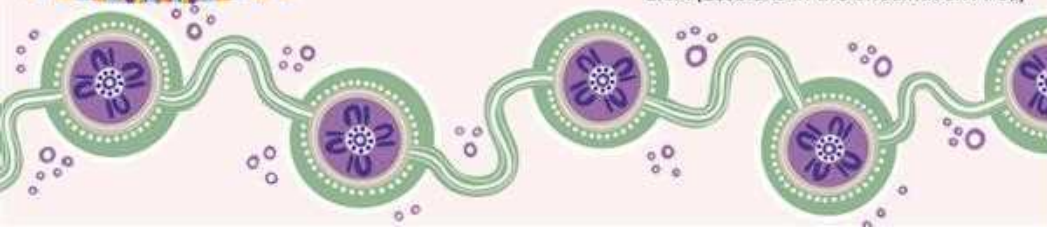
Email: shoalhaven@gmail.com

Website: shoalhaveniwd.org

IWD events proudly supported by:



LISA (Lesbians in the Shoalhaven Area)



It left no marks

itleftnomarks.com.au



Strangulation

Strangulation is a form of violence

Strangulation can be experienced as a form of sexual violence, or as part of a pattern of domestic and family violence. If the person doing the strangling is your intimate partner, strangulation can be a sign that the violence in your relationship is getting worse and that you are at greater risk.

There are health risks to being strangled: even a one-time strangulation can create serious injuries. We recommend you see a doctor as soon as it is safe to do so and be as truthful as possible about what has occurred. You can also attend an emergency department at any NSW hospital following strangulation. Hospitals can also connect you to social workers, Women's Health Centres, as well as domestic and family violence services.

Sexual Choking

Sexual choking is where someone applies pressure to your neck that partially or completely restricts your airflow or blood flow during sex. People generally engage in sexual choking to increase endorphins. Sexual choking is a high-risk activity that may result in serious injury, brain injury and death.

There is no completely safe way to choke or be choked, however some people may use harm minimisation strategies to reduce the risk, such as a making a plan of action if something goes wrong.

IT IS IMPORTANT TO SEEK PROFESSIONAL HELP IF REQUIRED

If you are in immediate danger call '000' and ask for the police or ambulance. For crisis support after strangulation and sexual violence call

1800 FULL STOP (1800 385 578)

For domestic and family violence help call
NSW Domestic Violence Line 1800 65 64 63

If you would like further information or wish to discuss strangulation or sexual choking, please speak to one of the staff at

Shoalhaven Women's Health Centre
who have been trained to support you.

Phone: 4421 0730

Useful information can be found at:
www.itleftnomarks.com.au

Was pressure applied to your neck or were you held in a way that made it hard to breathe... even during sex?

