



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

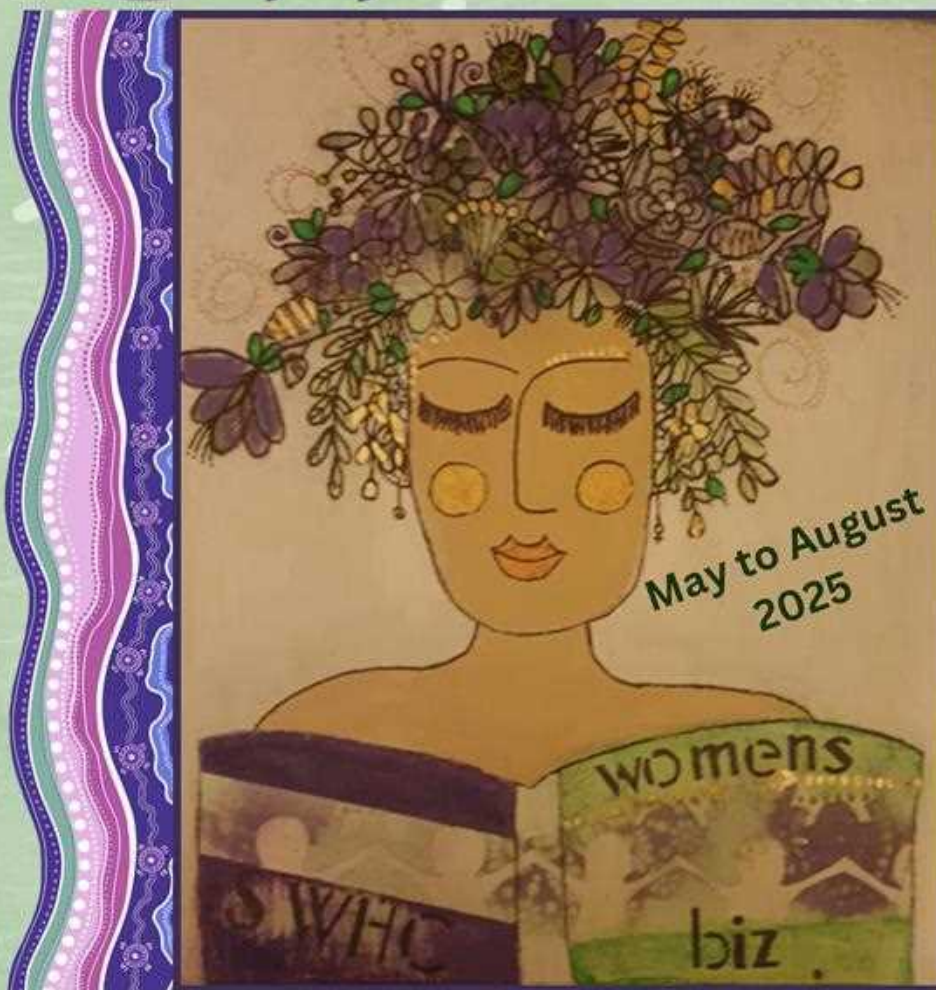
www.facebook.com/shoalhaven.womenshealthcentre

www.instagram.com/shoalhavenwomenshealthcentre



Shoalhaven

Womens
Health Centre



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**

Dear Friends

2025 got off to a busy start here. We began the year with some minor renovations and are now waiting for the painting to be done. Thank you for all the positive feedback. We have enjoyed creating a more welcoming space for our clients.

We introduced some great new workshops. Carla's yoga sessions have been very successful and those who nabbed a spot have enjoyed being able to stretch and relax with other women on a Friday. We are running them again this term on a Thursday. For those women that missed out, it's now your turn!

We put our singing voices to the test for our first No Pub, Pub Choir. It was a huge success, and everyone had a great time! Make sure to book in for the next dates, as they are very popular and fill up fast.

We had an unlikely visitor in our garden, a poor injured kangaroo was seeking a quiet place to rest. Thank you to Wildlife Rescue South Coast whose volunteers came to assist, catching and taking our new friend to the vet. He only had minor injuries and was soon recuperating with carers.

Shoalhaven Women's Health Centre is now on Instagram! Make sure you follow us there and on Facebook.

We hope you like our new program. Phone us on **4421 0730** to book and don't forget to confirm or cancel!



When Women support each other, incredible things happen.

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:

Fridays -

2 May, 30 May

27 June, 25 July, 22 August 2025

Booking essential

Phone SWHC on 4421 0730



Uniting

Delivering the NDIS in your community

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

14 or 28 May 2025

11 or 25 June 2025

9 or 23 July 2025

13 or 27 August 2025

BOOKINGS ESSENTIAL on 4421 0730



Parnell + Brien Solicitors

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

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 13 August 2025

9.30am-12.30pm

****FREE****

Bookings Essential Call 4421 0730



NO PUB PUB CHOIR

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?

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.

This is a women only event.

FREE

Saturdays 2pm-4pm

10 May, 7 June, 28 June 2025

Nowra School of Arts – Annex

11 Berry Street Nowra

Bookings Essential - Phone 4421 0730



Zen Garden Workshop

In a world that often feels chaotic and overwhelming it can sometimes be hard to find even a small space of peace and quiet where you can breathe and unwind.

Creating a mini-Zen Garden is a way to create a small corner of 'Zen' or peace in your home and can be a visual reminder to take the time to relax and focus on the present moment.

In this workshop we will be using some everyday things; containers, forks, sand and rocks to create our own mini-Zen Garden. Although basic materials will be provided, participants are encouraged to bring small objects or pieces collected from nature such as wood, small plants, or shells to personalize their mini garden.

DATE: Friday 16 May 2025

TIME: 10am – 12pm

Cost: \$5

Bookings Essential: 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



Please be advised that we will be closed on 8 and 9 May 2025 for mandatory staff training and 30 July to 1 August 2025 for planning and staff training.

The phones will not be monitored on these days, however you may leave a message to be answered upon our return to the office.



**Shoalhaven NAIDOC
Family Fun Day 2025**

Save the date!

**Wednesday
9 July 2025**

**Celebrating 50
years of NAIDOC**



**THE NEXT GENERATION:
STRENGTH, VISION & LEGACY**
6-13 JULY 2025



**Friday 11 July 2025
10am to 2pm**

Ulladulla's ngulla NAIDOC Festival is an all-ages community celebration of Aboriginal and Torres Strait Islander cultures with free entry and free food, activities and exhibits.



share*the***dignity**

FREE

period and incontinence
products available here.

CALM PELVIC &
LYMPHOEDEMA

Healthy Aging Workshop

Join us for a **Physiotherapy Healthy Ageing Workshop**, designed to help educate you on how to maintain mobility, strength, and overall well-being as you age.

Led by **Jenny Romanczukiewicz, Physiotherapist at Calm Pelvic & Lymphoedema**, this workshop will focus on practical advice and strategies to enhance your physical health and mobility. Learn how to improve sleep quality, improve bone strength, and ways to stay active through simple, effective strategies that support a healthy, independent lifestyle. Empower yourself with the tools to age gracefully and stay strong at any age!

DATE: Tuesday 26 August 2025

TIME: 11am-12pm

Bookings Essential: 4421 0730

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 7 July 2025

TIME: 10am-12pm

COST: \$5

Bookings Essential

Ph: 4421 0730

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.



Save the Date

WOMEN'S HEALTH WEEK

1-5 September 2025

Women's Circle with Suzanne and Leanne
Tuesday 2 September 2025 9am-11.30am

Connect with and learn from other women at our Women's Circle.

Morning Meditation with Kym
Thursday 4 September 2025 10am-11am

Relax and unwind this morning while meditating in the garden with other women followed by a cuppa.

Jean Hailes Women's Health Week®

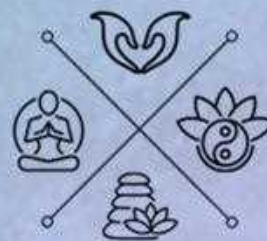
Counselling Outreach

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



CARLA BALSAR
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

Thursdays 22 May to 26 June 2025
CWA Rooms, 39 Berry Street, Nowra
Cost: Voluntary Donation
Bookings Essential: 4421 0730

6 Week Mindful Mat Yoga & Meditation

75 minutes duration

Gentle movement on a mat, with use of blocks.

Please bring own mat if you have one.

TIME: 10am-11.15am

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



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 has 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

It left no marks

itleftnomarks.com.au

women's health nsw

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 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?



Drumming Workshop

Term 2 commences

Thursday 1 May to 19 June 2025

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).



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



Patchwork Bag Making Workshop

There has been a long tradition amongst women from all over
the world of getting together in groups and sewing or patching
things, whether it is just patching up a piece of clothing we
don't want to throw away or making a patchwork quilt for a
special occasion. In colonial America, women made patchwork
quilts to preserve memories and tell stories through their
patterns. This tradition persists to this day, connecting
generations through fabric.

This workshop will be an opportunity to collect pieces of fabric
and 'patch our lives together' and make a useful shopping bag,
whilst sharing stories and preserving memories.

Whilst basic materials will be provided, participants are
encouraged to bring a photo (that will be transferred to a piece
of fabric) and/or pieces of fabric from home that bring back
memories, that you'd like to acknowledge in your bag.
Please contact counsellor2@swhc.org.au if you'd like to discuss
this further.

DATE: Friday 30 May & Friday 6 June 2025

TIME: 9.30am – 12.00pm

Cost \$5

Bookings Essential
4421 0730

Dying to Know Day

Let's talk about death

While we all know it will happen one day..... it's often not our favourite subject. If we face some of our fears and concerns head on, we can have a good death.

Understanding, being prepared, and getting our affairs in order while we are healthy and clear thinking, can remove the stresses from end of life, not only for ourselves, but those we love the most.

Join us at our 'Dying to Know' day event and gain the knowledge and skills to enable us to die well.

Wednesday 6 August 2025

10am-1pm

CWA Rooms 39 Berry Street, Nowra

FREE

Women Only Event

Bookings Essential

Call 4421 0730

Guest Speakers

Liz Parnell

Principal
Parnell+Brien Solicitors
Berry

Elena Bellinato & Sandra Kay

Bereavement Counsellors
ISLHD

Sally Connell

Allied Health Educator -
Palliative Care
ISLHD

Gabe Hart

Open Harts Independent
Funeral Guidance and Support

Death:
IT TAKES ALL OF US

