



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**

Hello Spring

And just like that it's September! I think we are all ready for some warmer weather.

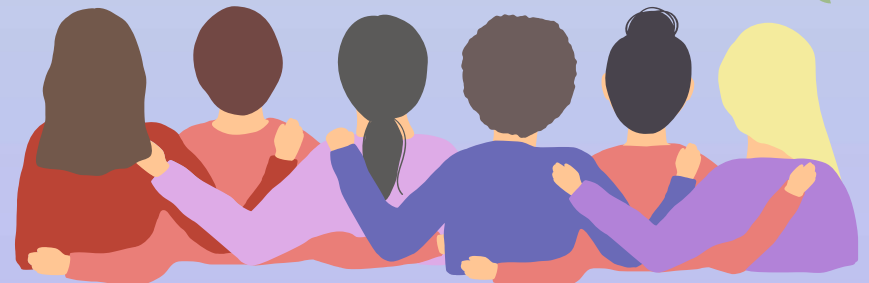
Jean Hailes' Women's Health Week runs from 1 to 5 September this year. We are holding a Women's Health Circle on Tuesday and a Mindfulness Meditation on Thursday. Drop in and connect with other women, find out about our services and pick-up a free bag and goodies. Jean Hailes is a great evidence-based resource for all things women's health related, so make sure you check out their website for factsheets (www.jeanhailes.org.au). Hearing Australia will also be doing free health checks on Friday by appointment.

In exciting women's health news, we now have a Menopause Clinic at the Centre held on the 1st and 3rd Monday of each month run by Georgia Watson, Physiotherapist. All of us "women of a certain age" are grateful to have this service and feel it's about time!

Staff were grateful to attend the Aboriginal & Torres Strait Islander Reconciliation and Truth Telling Conference at Kembla Grange. Stan Grant was the keynote speaker and we were all enthralled as he shared his story.

Our roles as wildlife experts has continued with us welcoming a resident Bower Bird into the backyard. Linda has taken on the role of match maker, and we all enjoy watching the comings and goings of his visitors and see what new blue treasure he has found for his bower!

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-

19 September 2025

17 October 2025

14 November 2025

12 December 2025

Booking essential

Phone SWHC on 4421 0730



Uniting

Free Legal Clinic at SWHC

Liz Parnell is the Principal of Parnell + Brien Solicitors. Liz, in conjunction with her solicitor, Isabel Arenas-Mangan 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

24 September 2025

8 or 22 October 2025

12 or 26 November 2025

10 December 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.

Tuesday 11 November 2025

9.30am-12.30pm

****FREE****

Bookings Essential Call 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 Lizz, Women's Health Nurse
Phone: 0401 991 684

Menopause Service

Women who are experiencing challenging symptoms of menopause and perimenopause can get support at our Menopause Service. You will have a comprehensive and holistic assessment, including guidance and support for:

- manage challenging symptoms of menopause
- bone health for the management of osteoporosis and prevention of fractures
- lowering the risk of cardiovascular disease and stroke
- supporting mental health and well-being
- management of weight and lifestyle
- managing urinary problems

Appointments available
1st and 3rd Mondays of
the month

Bookings Essential
Call **4421 0730** to make
an appointment



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 November 2025

TIME: 10am-12pm

COST: \$5

Bookings Essential

Ph: 4421 0730

1-5 September 2025

WOMEN'S HEALTH WEEK

Health & Wellbeing Circle with Suzanne, Leanne, Lizz & Georgia

Tuesday 2 September 2025 9am-11.30am

Connect with other women as we talk women's health & wellbeing and what it means to you. We will be joined by Lizz, our Women's Health Nurse and Georgia, our new Menopause Clinic physiotherapist. Enjoy morning tea together and collect some Jean Hailes' goodies on the day.

All women over 18+ welcome.

Drop-In Events



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

Relax and unwind with this morning meditation, followed by a cuppa.

Free Hearing Checks by Hearing Australia

Friday 5 September 2025

BY APPOINTMENT- CALL 4421 0730

Join us and the Senior Community Hearing Advisor from Hearing Australia, Tania is offering free 15-minute hearing checks and advice to our local community. Don't miss out on the opportunity to prioritise your hearing health. Available to women 18yrs+. Times available from 10:00am - 1:00pm

 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 - please commit to the 6 weeks

CWA Rooms, 39 Berry Street, Nowra

Cost: Voluntary Donation each week

Bookings Essential: 4421 0730

6 Week Gentle Chair Yoga

60 minutes duration

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

Wednesdays 29 October to 3 December 2025

TIME: 10.30am-11.30am



Pelvic Pain Workshop

Unfortunately, many women suffer from pelvic pain that negatively effects their participation in school, work or sport.

Pelvic pain can range from: -bowel pain - rectal or tailbone pain associated with constipation - bladder pain- pain with urination, frequent UTIs, pain associated with urgency and frequency - menstrual cycle pain - debilitating pain that means the sufferer takes days off work/school/sport - pain with sex (including pain with penetration, pain with any type of touch or stimulation, pain after intercourse).

1 in 5 women will experience pelvic pain in their lives.

1 in 7 women are diagnosed with endometriosis which can drive multiple different symptoms that are mentioned above.

Pain is not normal and can be managed.

Join Kirra Laughlan, Physiotherapist from The Female Collective who will discuss the causes of this, how it can effect the different pelvic organs, and strategies that may be helpful.

Date: Monday 15 September 2025 Bookings Essential:
Time: 4.30pm-6pm 4421 0730

Perimenopause/Menopause Workshop

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



Date: Monday 10 November 2025 Bookings Essential:
Time: 4.30pm-6pm 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.

Jaw pain and TMJ Dysfunction



THE
FEMALE
COLLECTIVE

Kirra Laughlan
Physiotherapist

☎ (02) 4216 5540

@ Kirra@femalecollective.com.au



🌐 www.femalecollective.com.au

RASPBERRY, OAT & HAZELNUT BREAKFAST MUFFINS

Jean Hailes
Women's Health Week®

With a base of fruit, yoghurt, oats and nuts, these muffins provide a good start to the day, helping to fuel the body, brain and bowel.

Ingredients

1 cup rolled oats, processed or ground to make oat flour
½ cup hazelnuts, freshly ground to a meal
1 teaspoon baking powder
1 teaspoon baking soda
1 teaspoon ground cinnamon
60g butter
¼ cup maple syrup
1 egg, beaten
1 cup frozen or fresh raspberries
⅔ cup vanilla yoghurt
(For a nut-free version, substitute hazelnuts with hemp seeds).



Method

Preheat oven to 170°C. Line a muffin tray with baking paper or baking cups.
Place all dry ingredients into a bowl, mix and set aside. In a small saucepan, melt the butter over a low heat. Once melted, turn off heat, add maple syrup and stir to combine.
Add egg to dry ingredients, mix in well (this will help stop the egg from cooking in next step). Add butter/maple syrup mixture and mix well. Add yoghurt and raspberries and fold through.
Spoon into prepared muffin trays. Bake for 25 minutes. Cool in trays for 5 minutes. Eat warm.

By Jean Hailes naturopath and herbalist Sandra Villella

Oats are a low-GI grain providing sustained energy. Their soluble fibre also feeds the gut microbiota and helps to keep our bowels regular. Maple syrup is lower-GI. Yoghurt provides some calcium and protein, and raspberries are rich in antioxidants. Hazelnuts also provide protein to help keep the appetite satisfied.

Spring Paper Flower Making Workshop

Spring is usually a time of new beginnings, blooming flowers and warmer weather. It is a time when the earth awakens from a period of hibernation during the winter months and unleashes vibrant colours through new growth in the plants and flowers. It reflects important aspects of the human experience in several ways and offers a powerful source of inspiration and hope.

This workshop offers an opportunity to have a chat about these topics in a friendly atmosphere, whilst making some beautiful crepe paper flowers.

Come along on Friday and create some spring flowers.

DATE: Friday 19 September 2025

TIME: 9.30am-12pm

COST: \$5

Bookings Essential
Phone 4421 0730



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

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 4 runs

Thursday 9 October to 11 December 2025

(note: no classes on 30 October or 13 November)

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



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

20 September 2025

22 November 2025

Nowra School of Arts – Annex

11 Berry Street Nowra

Bookings Essential - Phone 4421 0730



Why is your hearing important?

Education Session

Hearing Australia is coming to Shoalhaven Women's Health centre to talk all about why your hearing health is important! Join us and the Senior Community Hearing Advisor from Hearing Australia Tania and learn why it's important to look after your hearing and discover that there is more to hearing than just hearing.

DATE: Monday 13 October 2025

TIME: 10:00am - 11:00am Education Session

11:00am onwards discussion and Q&A

Don't miss out on the opportunity to prioritise your hearing health.

See you there!

This offer is available to all Women 18 yrs+



**\$0* fully subsidised
hearing aids for eligible
pensioners**

from Reader's Digest #1 Trusted
Hearing Services Provider

 Hearing Australia



FREE

Bookings Essential

Call 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.



Please be advised that we will
be closed on Thursday 11
December 2025 for our staff
training and planning day.

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