

CUMBERLAND WOMEN'S HEALTH CENTRE

NEWSLETTER



JULY-DECEMBER
2023



This Issue...

■ A Message from the Manager	3
■ About Centre and Emergency Contacts	4
■ Women's Conversations	5
■ New Beginnings	6
■ Women's Wellness Day	7
■ Event Calendar	8-9
■ Wellbeing Matters Workshop	10
■ Braided Together	11
■ Outreach Services	12
■ Car Maintenance Workshop	13
■ Certificate III in Community Services	13
■ AGM - Celebrating 30 Years	14
■ WestWords - Poem	15





A Message from the Manager...

Cumberland Women's Health Centre's management committee and I would like to address our deep appreciation to all the staff here at the Centre who have been working so hard to support and meet the needs of women who are experiencing hardship in their life.

I would also like to extend thanks to our service users and service providers we have worked along side and allowed us to be a part of their journey's, as well as the women who have attended groups and workshops.

The centre has had busy start to the year with Cumberland Women's Health Centre continuing to commit to providing individual counselling, therapeutic and supportive groups, health workshops and outreach program in partnership with government and non-government organisations.

For the second half of 2023, the vibrant busy days at the Centre continue offering services such as individual counselling, therapeutic support groups, health groups and outreach program, skill development and other workshops that focus on addressing health and wellness. The workshops and programs will help to build the improved health, wellbeing, and connectivity on a personal and family, social and at the broader community level.

We hope you will enjoy reading through the second edition of our newsletter and on behalf of everyone here at Cumberland Women's Health Centre, we wish you a happy and safe second half of the year. We are looking forward to another busy and exciting term as we continue to provide needed and effective services to our local community. Thank you for your ongoing support and partnership.

Regards,

Salwa Al Baz





About our Centre...

The members of Cumberland Women's Health Centre Inc. are women who live or work in the Parramatta, Cumberland and Hills area. We believe that with information and support, women are in a better position to make choices about their own health and have greater control over their own lives. We hope to do this by working collaboratively with women to create change in their own lives and in the community.



Services we offer at CWHC...

- Counselling, General and Domestic Violence
- Groups and workshops (therapeutic & psycho-educational)
- Short to Medium Term Case Management
- Community Development activities
- Health Promotion activities
- Special Projects
- Information & Referral
- Victims Services Counselling

EMERGENCY CONTACTS

IF YOU ARE IN AN EMERGENCY, CALL **000**

LifeLine:

For 24/7 counselling support

13 11 14

Link2home:

For crisis accommodation

1800 152 152

DV Line:

For 24/7 Domestic Violence support

1800 737 732



Women's Conversations

This group is open to all women over the age of 21 who would like to share stories and information.

ALL WOMEN ARE WELCOME

We encourage women for Aboriginal and Torres Strait Islander and multicultural women to join us.

GROUP RUNS EVERY TUESDAY FROM 10AM TO 12.15PM

REGISTRATION IS PREFERRED. PLEASE CONTACT THE CENTRE (02) 9689 3044

UPCOMING EVENTS



'Sweet and Spicy Stories'

Come and be part of an exquisite group to connect culturally through the taste of different cuisines and share the unique life experiences

Running at the Aquatic Centre, Church Street Lidcombe
TRANSPORTATION IS AVAILABLE FROM CWHC



Learn and share stories of women

From the 1st August to 26th of September
Running at CWHC Harris Park 69 Harris St, Harris Park



Energize and Exercise

From 17th October to 21 November
at the Aquatic centre Church Street Lidcombe
TRANSPORTATION IS AVAILABLE FROM CWHC



Christmas Celebration 2023

28th November and 5th December
An outing will be organized and details to be confirmed closer to the time.



Please contact
Cumberland Women's Health Centre
on **(02) 9689 3044**
for more information



NEW BEGINNINGS EVERY THURSDAY

Term 3: 3rd August - 7th September

Term 4: 12th October - 16th November

TIME: 10am – 12pm

LOCATION:

Cumberland Women's Health Centre
69 Harris Street, Harris Park

CWHC is running a free support group for women who have or are experiencing violence or lack of respect in a relationship.

This group recognises that abuse causes everyone pain whether it's physical, mental, emotional, financial or spiritual. It is time to rebuild your self esteem by valuing your unique qualities.

Call CWHC on 02 9689 3044 to register
Places are limited, registration is compulsory



Women's Wellness Day



Location: Cumberland Women's Health Centre

The event will be held on the 5th of September 2023

Time: 9:30am to 1:30pm

Contact Us: 02 9689 3044



2023 . JULY

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4 WOMEN'S CONVERSATIONS <i>Sweet and Spicy stories</i>	5	6	7	8
9	10 LEGAL CLINIC	11 WOMEN'S CONVERSATIONS <i>Sweet and Spicy stories</i>	12	13	14	15
16	17	18 WOMEN'S CONVERSATIONS <i>Sweet and Spicy stories</i>	19	20	21	22
23	24 LEGAL CLINIC	25 WOMEN'S CONVERSATIONS <i>Sweet and Spicy stories</i>	26 SELF ESTEEM	27	28 BILL ASSIST	29
30	31					

2023 . AUGUST

SUN	MON	TUE	WED	THU	FRI	SAT
		1 WOMEN'S CONVERSATIONS <i>Learn and share stories of women</i>	2 SELF ESTEEM	3 NEW BEGINNINGS Term 3	4	5
6	7 LEGAL CLINIC	8 WOMEN'S CONVERSATIONS <i>Learn and share stories of women</i> CAR MAINTENANCE - Session 1	9	10 NEW BEGINNINGS Term 3	11 BILL ASSIST	12
13	14	15 WOMEN'S CONVERSATIONS <i>Learn and share stories of women</i> CAR MAINTENANCE - Session 2	16	17 NEW BEGINNINGS Term 3	18	19
20	21 LEGAL CLINIC	22 WOMEN'S CONVERSATIONS <i>Learn and share stories of women</i> CAR MAINTENANCE - Session 3	23 ANXIETY SKILLS	24 NEW BEGINNINGS Term 3	25 BILL ASSIST	26
27	28	29 WOMEN'S CONVERSATIONS <i>Learn and share stories of women</i>	30 ANXIETY SKILLS	31 NEW BEGINNINGS Term 3		

2023 . SEPTEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4 LEGAL CLINIC	5 WOMEN'S CONVERSATIONS <i>Learn and share stories of women</i> WOMEN'S WELLNESS DAY	6	7 NEW BEGINNINGS Term 3	8 BILL ASSIST	9
10	11	12 WOMEN'S CONVERSATIONS <i>Learn and share stories of women</i>	13 RESILIENT RELATIONSHIPS	14	15	16
17	18 LEGAL CLINIC	19 WOMEN'S CONVERSATIONS <i>Learn and share stories of women</i>	20 RESILIENT RELATIONSHIPS	21	22 BILL ASSIST	23
24	25	26 WOMEN'S CONVERSATIONS <i>Learn and share stories of women</i>	27	28	29	30

2023 . OCTOBER

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 PUBLIC HOLIDAY	3	4	5	6 AGM BILL ASSIST	7
8	9	10	11	12 NEW BEGINNINGS Term 4	13	14
15	16 LEGAL CLINIC	17 WOMEN'S CONVERSATIONS <i>Energise and Exercise</i>	18 BRAIDED TOGETHER	19 NEW BEGINNINGS Term 4	20 BILL ASSIST	21
22	23	24 WOMEN'S CONVERSATIONS <i>Energise and Exercise</i>	25 BRAIDED TOGETHER	26 NEW BEGINNINGS Term 4	27	28
29	30 LEGAL CLINIC	31 WOMEN'S CONVERSATIONS <i>Energise and Exercise</i>				

2023 . NOVEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
			1 BRAIDED TOGETHER	2 NEW BEGINNINGS Term 4	3 BILL ASSIST	4
5	6	7 WOMEN'S CONVERSATIONS <i>Energise and Exercise</i>	8 BRAIDED TOGETHER	9 NEW BEGINNINGS Term 4	10	11
12	13 LEGAL CLINIC	14 WOMEN'S CONVERSATIONS <i>Energise and Exercise</i>	15	16 NEW BEGINNINGS Term 4	17 BILL ASSIST	18
19	20	21 WOMEN'S CONVERSATIONS <i>Energise and Exercise</i>	22	23	24	25
26	27 LEGAL CLINIC	28 WOMEN'S CONVERSATIONS <i>Christmas Celebration 2023</i>	29	30		

2023 . DECEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
					1 BILL ASSIST	2
3	4	5 WOMEN'S CONVERSATIONS <i>Christmas Celebration 2023</i>	6	7	8	9
10	11 LEGAL CLINIC	12	13	14	15 BILL ASSIST	16
17	18	19	20	21	22	23
24	25 PUBLIC HOLIDAY	26 PUBLIC HOLIDAY	27	28	29	30
31						

Wellbeing Matters



Cumberland Women's Health Centre is offering three sets of wellbeing workshops. You are welcome to attend all three workshops or you can join the one that suits you best

Topics and Date

Self Esteem - July 26 and August 2

Anxiety Skills – August 23 and August 30

Resilient Relationships – September 13 and September 20

Time: 9:30am- 2pm

LOCATION:

Cumberland Women's Health
Centre

69 Harris Street,
Harris Park 2150

Please Contact us on
(02)9689 3044 to register.



Australian Government
Department of Social Services





Braided Together

This exciting new CWHC group will explore how to build healthy communities across differences.

Calling ourselves Australians - what does it mean??

Racism?

Respect?

Harmony?

Date:

October 18, October 25,
November 1st and November 8
Wednesdays

Time: 9:30am – 2pm

Please Contact us on
(02)9689 3044 to register.

Location:

Cumberland Women's Health Centre
69 Harris Street,
Harris Park 2150



Australian Government
Department of Social Services

OUTREACH SERVICES

Bill Assist

EVERY SECOND FRIDAY
STARTING 7th July 2023
9.30am - 2.00pm



Cumberland Women's Health Centre has proudly partnered with Christian Community Aid to assist women experiencing financial hardship with advocacy, food vouchers, and help with electricity, water and telephone bills.

Free DV Legal Clinic

Day: Every second Monday

Time: 9:30am - 12:30pm

Location: Cumberland Women's
Health Centre 69 Harris St
Harris Park 2150

Some of the issues we cover will include, but are not limited to:

- AVO Matters Divorce/Separation
- Victim protection and support
- Parenting disputes
- Minor criminal charges
- Debt matters
- Forced marriage
- Physical/Spiritual/Psychological/
Sexual / Technological Abuse



Our Services are for WOMEN ONLY!

CONTACT US

For further information and to make an appointment

 (02) 9689 3044

 adminworker@cwbc.org.au



BY APPOINTMENT ONLY, REGISTRATION IS COMPULSORY

CAR MAINTENANCE BASICS



01 LEARN
what, when and how
to check the engine



02 EXPLORE
under the bonnet



03 CHECK
oil, coolant, fluids,
battery and hoses

CAR MAINTENANCE WORKSHOP

with Galmatic

3 DAY WORKSHOP

10 AM - 11:30 AM

SESSION 1 - 8 AUGUST, 2023
SESSION 2 - 15 AUGUST, 2023
SESSION 3 - 22 AUGUST, 2023

REGISTER NOW
CALL (02) 9689 3044




CERTIFICATE III IN COMMUNITY SERVICES CHC32015



Nationally Recognised Training. This training is fully government subsidised under JobTrainer. Eligibility criteria applies.

COURSE DESCRIPTION:

This qualification reflects the role of entry level community services workers who support individuals through the provision of person centred services. Work may include day to day support of individuals in community settings or support the implementation of specific community based programs.
2 units - 5 core & 7 electives
This course also provides: Further training opportunities in the Certificate IV in Community Services, CIV in Youth Work and Diploma of Community Services (Case Management).

COURSE OUTCOMES INCLUDE:

This course offers you a pathway into exploring higher qualifications for working in Community Services Sector. Successful completion of the course can lead to a variety of exciting and rewarding career opportunities including Community services support worker, Community services worker, Community care worker, Neighbourhood Centre worker and Youth Housing support worker.

LOCATION: Liverpool Women's Health Centre, 26 Bathurst St, Liverpool NSW 2170

DURATION: 6 Months, 2 days per week (Thursday and Friday)

START DATE: 27th of April 2023



AGM

CUMBERLAND WOMEN'S HEALTH CENTRE

CELEBRATING



Friday 6th October from 4pm-8pm
Invitees will be attending from 5pm-7.30pm

BY INVITATION ONLY

DETAILS TO BE CONFIRMED



VILASINI SHANMUGAM

hunt for myself

I was a little child, spreading hands wider to cuddle the world. Jingling like a bell, cheerfully blushing like a daffodil in the morning. Overflowing with quest and enthusiasm.

Becoming a Girl, gradually shadowed the child in me. Shrunk my world of desires. Escalated my inhibitions and fears, engulfed me with myriad confusions.

Blooming as a woman, family fences were raised against me. Doors of my dreams were slammed. Like the hands of a clock, pointlessly, I kept running, ignoring my emotions and passions.

I was celebrated as a daughter, a wife and a mother, but never as My Self.

Now I set to hunt for:
Who am I?
What belongs to me?



Writing Your Voice Program:

Apples: an unapologetic anthology from the core
p35 printed with the permission of Vilasini Shanmugam





HAVE YOU LIKED US ON FACEBOOK?

SEARCH: Cumberland Women's Health Centre



FOLLOW US ON INSTAGRAM @

CUMBERLANDWOMENSHEALTHCENTRE



ADDRESS:

69 Harris Street, Harris Park NSW 2150

PO Box: 9177 Harris Park NSW 2150

OPENING HOURS:

Monday to Friday (9.00am–4.00pm)

The Centre closes at 12.30pm - 1.00pm for Lunch

PHONE: (02) 9689 3044

EMAIL: adminworker@cwhc.org.au

WEBSITE: www.cwhc.org.au

FACEBOOK: Cumberland Women's Health Centre

INSTAGRAM: @cumberlandwomenshealthcentre



***CWHC PROUDLY SUPPORTS OUR LGBTQIA+ COMMUNITY.
ALL INDIVIDUALS WHO IDENTIFY AS WOMEN ARE WELCOME!***

For all Centre Information, or to subscribe to our newsletter, visit

www.cwhc.org.au