

Philosophy

Services provided by Women's Health and Specialist Centres will be provided within a feminist context which:

- Recognises the social, environmental, economic, physical, emotional and cultural factors, which influence women's health
- Recognise and challenges the effects of sex-role stereotyping and gender discrimination on women's health and wellbeing
- Reflects the whole of a women's lifespan, her various and changing roles and responsibilities, not just their reproductive life
- Recognises the importance of maintaining wellbeing by focusing on preventative practices
- Actively encourages the empowerment of women in both the personal and social aspects of their lives.
- Values women's own knowledge and skills and their rights.

WHNSW

Women's Health Centres

Albury	02 6041 1977
Bankstown	02 9790 1378
Blacktown	02 9831 2070
Blue Mountains	02 4782 5133
Central Coast	02 4324 2533
Central West	02 6331 4133
Coffs Harbour	02 6652 8111
Cumberland	02 9689 3044
Hunter	02 4968 2511
Illawarra	02 4296 7077
Leichhardt	02 9560 3011
Lismore	02 6621 9800
Liverpool	02 9601 3555
Penrith	02 4721 8749
Shoalhaven	02 4421 0730
Wagga Wagga	02 6921 3333
Campbelltown	02 4627 2955

Specialist Centres

Bessie Smyth Foundation	02 9649 9744
Dympna House	02 9797 6733 or call 1800 654 119*
TTY	02 9716 5100
Immigrant Women's Health	02 9726 4044
NSW Rape Crisis Centre	1800 424 017
Sydney Women's Counselling	02 9718 1955
Waminda (Aboriginal)	02 4421 7400

*NSW Rural Callers

WHNSW Women's HEALTH NSW

Statewide Peak body
for Non-Government
Women's Health Centres

WHNSW

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What is **Women's Health NSW**?

Women's Health NSW (WHNSW) is an association of 23 state-wide women's health centres and specialist crisis centres based in NSW.

All the Centres are non-government, community-based, feminist services that provide choices for women's individual health needs. The Centres work from a social model of health that acknowledges health and well being.

Background

In 1973, around the time of International Women's Day, a forum was held that covered significant issues for women. This spurred women on to establish services for women and by 1974 Leichhardt Women's Health Centre and NSW Rape Crisis Centre had begun working with clients.

By 1981 more women's health centres and specialist centres had opened all over NSW. To create ongoing networks and support, it was decided that an association would be formed that became WHIRCCA (Women's Health Information Resource & Crisis Centres Association).

WHIRCCA as an association embarked on many innovative projects. These projects not only benefited each Centre and its clients, but also radically influenced mainstream health practices.

In 2000 WHIRCCA changed its name to Women's Health NSW.

The services and contact details of the Women's Health Centres in NSW can be found on our website: www.whnsw.asn.au

What does **WHNSW Health Office** provide?

- Women's Health Data
- Assistance and support for WHNSW members
- Policy & Planning Development
- Media and Public Relations
- Health Promotion
- Training
- Information
- Representation on committees
- Resources
- Best practice/Quality Improvement tools

If you are interested in becoming an associate member, please contact the WHNSW office.

Women's Health Centres provide a wholistic approach to women's health. Services may include: naturopathy, massage, medical services, counselling, groups and other services to meet the needs of women in the local community.

Specialist Centres provide services for specific issues including:

- Aboriginal women's health
- Women who have experienced child sexual assault
- Women who have been raped
- Migrant women's health
- Specialised counselling

Our **Aim**

All WHNSW services have a common aim to improve the health status of Women through the provision of preventative health care services, community education, community development and advocacy. They also provide women with the knowledge, skills and resources to enable them to take more responsibility over factors that adversely affect their health.

Member services operate from a feminist perspective and link the cause of ill health in women to a multiplicity of factors including biological, social, cultural, environmental and economic. These factors influence women's health status, their need of health services and their ability to access appropriate services

Resources

Clinical Services

- Naturopathy • Reflexology
- Massage • Aromatherapy
- Podiatry • Herbalism
- Acupuncture • Outreach
- Family Planning Clinic • Medical

Non Clinical Services

- Information • Referrals • Resources
- Counselling • Books • Pamphlets
- Workshops • Community Education
- Library • Groups • DV Court Support
- Advocacy