

Women's Health Service

Women's Health Clinical Nurse Consultants are based at Community Health Centres and Non-Government Organisations across South West Sydney. These include:

Bankstown Community Health Centre

Ph: 9780 2777

Rosemeadow Community Health Centre

Ph: 4633 4100

Narellan Community Health Centre

Ph: 4640 3500

Ingleburn Community Health Centre

Ph: 8788 4200

Wollondilly Community Health Centre

Ph: 4683 6000

Prairewood Community Health Centre

Ph: 9616 8169

Wingecarribee Community Health Centre

Ph: 4861 8000

WILMA Women's Health Centre

Ph: 4627 2955 (Campbelltown)

Benevolent Society Centre for Women's Health

Ph: 1800 077 760 (Campbelltown)

Immigrant Women's Health Centre

Ph: 9726 1016 (Cabramatta)

Liverpool Neighbourhood Connections

Ph: 9600 0600 (Warwick Farm)

Warragamba Silverdale Neighbourhood Centre

Ph: 4774 1273

The Women's Health Team

South Western Sydney Local Health District

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AVS 71625

Women's Health Service

Providing quality services
to improve health and
well-being of women



Division of
Community Health Specialist Services

www.sswahs.nsw.gov.au



Health

South Western Sydney
Local Health District

Women's Health Service

The Women's Health Service aims to improve the health of women by providing quality services that value diversity and women's life experiences. Woman centred quality services are provided in partnership with women, communities and other agencies.

The role of Women's Health includes a range of policy, program, health promotion and community development work, as well as direct clinical services through women's health clinics across South Western Sydney.

Women's Health Service works closely with Women's Health Centres and local services to improve women's health status and promote awareness on health issues which can be addressed collaboratively.

Well Women's Clinics

Free and confidential clinics are conducted by experienced Women's Health Clinical Nurse Consultants. Services include: pap smear tests, breast checks, pregnancy tests, post-natal checks, screening for heart disease, Chlamydia tests and pelvic floor assessment. Information and referral on domestic violence, sexual assault and other women's health issues is also provided.

By appointment only



Our three Clinical Nurse Consultants



Clinical Nurse Consultants also provide education sessions to women's groups on a range of women's health issues upon request.

Heart Smart for Women

As cardiovascular disease (CVD) is the most common cause of death in women between 45 to 64, this project has been developed to address the risk factors particularly for women living in disadvantaged areas in Sydney's south-west where the rates of CVD are higher than the NSW rates. Some highlights include:

- A cardiovascular screening tool has been established where women can access it as part of the Well Women's Clinic services
- Supportive environments established where women participate in physical activity
- Health information forums take place to increase awareness and develop skills in prevention and management.

**Be Smart, Let's Start,
Take Part, Look After Your Heart**



Bilingual Community Education Program (BCE)

This community education program is specifically designed for women from Culturally and Linguistically Diverse (CALD) backgrounds and is facilitated by trained bilingual community educators. Organisations working with CALD women can access this program in delivering Women's Health programs which includes:

- New Healthy Women; women's health care
- Changing Lives Keep Your Balance; dealing with stress
- Living with Choices; self-esteem
- Women and Children Growing Together in a New Country; parenting skills
- Living Well In The Middle Years; managing menopause
- Nutrition; healthy eating for the whole family
- Family harmony & Healthy Relationships
- Women Growing Older; caring for ourselves through change
- Diabetes
- Breast Health & Cervical Screening

All programs are available in a number of community languages.

Limited child minding can be arranged if required.

