



This service is jointly auspiced by Bankstown and Liverpool Women's Health Centres

Please check with your GP before booking in.

All participants must follow our COVID Safe Plan.

Children may not attend unless otherwise stated.

Funded by



Providing FREE health and wellbeing services to women living in the Fairfield areas particularly:

- culturally and linguistically diverse
- refugee and
- newly-arrived

*Please note that some of our one on one services may charge through Medicare. Fee exemptions may be granted on a case-by-case basis.

Venue Details

 Lost in Books- Shop 2 / 40 Harris St, Fairfield
 Car: FREE parking on-street or Downey Lane Car Park (off Kenyon Street; 3 hours), or corner Barbara/Harris Street carparks (3 hours).

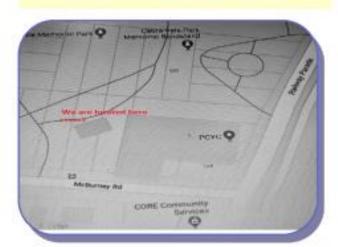
Train (Main South Line): T2 (Inner West & Leppington); T5 (Cumberland) services.

 Fairfield Women's Health Service- Arthur West Memorial Hall, 7 McBurney Road, Cabramatta (behind PCYC)

Car: FREE onsite or street parking (2-3 hours).

Public Transport: walking distance from
Cabramatta station.

Fairfield Women's Health Service map



Group Activities Term 2 2021 April – June a safe space for women





Arthur West Memorial Hall, 7 McBurney Road, Cabramatta (behind PCYC)

For further info or to book:

Call

(02) 9794 0150

Email SWSLHD-FairfieldWomensHealthService@

health.nsw.gov.au

Booking is essential LIMITED SPACES DUE TO COVID

FREE Group Activities

Mondays 9.30 to 10.30 starting from 3 May Calm and Quiet (Yoga/Meditation) at Lost in Books

mental health, social and wellbeing support

Relaxing yoga and meditation activities in a multicultural bookshop setting Funded by Fairfield City Council



Tuesdays 10.15 to 11.15* starting from 27 April Healthy Lifestyle

at Fairfield Women's Health Service managing chronic health conditions

Weeks 1, 3, 5, 7: 10.15-11.15 am classesdietitian's talk (option to Zoom in) + *Zumba *link sent closer to the date

Weeks 2,4,6: 10.45-11.15 am classes (Zumba only)

Booking is essential.

Grab your feminine toiletry bag now





Alternating Wednesdays 10.00 to 11.30 starting from 28 April Vietnamese Cultural Group

at Cabramatta Library

Vietnamese women for their health & wellbeing

Informal group session with Vietnamese and English speaking worker for:

- Information sharing
- Social support
- Health and wellbeing education including mental health
- Relaxation activities- meditation, breathing and gentle exercise
- Select guest speakers





Various Health & Info Talks with Morning Tea at Fairfield Women's Health Service

FRIDAY, 30 April 9.45-10.15 am - Clients' Rights & Responsibilities at the Hospital- NSW Health

AND

10.30-12 pm - Navigating the Health Care System (for Arabic speaking women) - NSW Refugee Health Service

THURSDAY, 6 May 9.30-10 am- Getting Your Child Ready for School and Using Starting Blocks-Start School Strong

FRIDAY, 7 May 10.30-12 pm- Oral Health (for Arabic speaking women)- NSW Refugee Health Service

FRIDAY, 14 May 10.30-12 pm- Understanding the COVID Vaccines + Q&A- NSW Refugee Health Service

> Fridays 1.30 to 3.00 starting from 30 April Social Media Club

at Fairfield Women's Health Service learn social media tools to stay connected and access services; for different levels of abilities

