



Fairfield  
**Women's**  
health service



*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*



**FairfieldCity**  
Celebrating diversity

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



Fairfield  
**Women's**  
health service



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 classes-  
dietitian's talk (option to Zoom in<sup>^</sup>) + \*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*

