



CENTRAL COAST COMMUNITY  
**WOMEN'S**  
**HEALTH CENTRE LTD**  
ABN 82 001 330 472

### ***Case for support***

#### ***Healthy Women, Healthy World***

Healthy women are the cornerstone of healthy societies.

Women's health has never been more important. Women are living longer than ever, and those extra years of life should be healthy and productive.

It is no secret that gender is a powerful determinant of health and wellbeing outcomes. In Australia, compared to men, women are:

- more likely to experience sexual violence
- more likely to have multiple chronic conditions
- at greater risk of mental ill-health<sup>1</sup>
- more likely to have poor nutritional outcomes<sup>2</sup>

For many women and gender-diverse people, the impact of gender inequality is compounded by other forms of disadvantage and discrimination such as racism, ageism, migrant status, and economic inequality.

In addition, global health crises and other disasters affect women more negatively than men in terms of higher unemployment, greater responsibility for caring and unpaid work and significantly poorer mental health outcomes.<sup>3</sup> The frequency and severity of intimate partner violence also increases during and after crises, with confinement to the home creating additional risks.<sup>4</sup> Limited availability of women specific services with long waiting lists for counselling means women are not able to access the support they need.

All these factors lead to emotional, social and financial stress and anxiety, and can exacerbate existing mental health conditions, trigger new conditions and impede recovery.

#### ***Our ultimate goal***

Our ultimate goal is for all women in our community to be empowered to effect change in their lives and local communities. As a centre, we are firmly grounded in feminist values and strive for a society where every woman has the capacity and freedom to make decisions regarding all aspects of her physical, political, economic, social and cultural life.

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<sup>1</sup> Aust. Govt. Dept of Health *National Women's Health Strategy 2020-2030*

<sup>2</sup> Women's Health East, 2019, *Women and Food* [www.whe.org.au](http://www.whe.org.au)

<sup>3</sup> GenVic, 2021, *Gender Disaster and Resilience: Towards a Gender Equal Recovery*.  
<https://www.genvic.org.au/resources/covid-19-resources/>

<sup>4</sup> Women's Safety NSW, 2020, *Continued Impacts of Covid-19 on Domestic and Family Violence*.  
[www.womenssafety.org.au](http://www.womenssafety.org.au)



## ***Our Impact***

“Attending CCCWHC really helped me to get through a very difficult time in my life. It helped me develop skills to manage my anxiety and other emotions, it helped me to identify practical ways to reduce my stress, and set appropriate boundaries during a time when I was extremely vulnerable.”

“I feel I am a stronger person who can handle any situation and make decisions more confidently”  
*Counselling Client*

“The Women’s Health Centre has been the most wonderful support to me. I am so incredibly grateful for the services you provide to women, I’ve been through some really tough times and your centre has been my one constant in regards to support and kindness.”

*Counselling Client*

“This centre has been so supportive to me and my family and I would not be living the life I do today without [your] support. I am so very grateful for this service.”

*GP Clinic Patient*

“This has turned my life around and taught me how to steer my own ship again.”

*Group Participant*

“Recognising domestic violence signs; still got work to do on my self-esteem but the group has given me valuable tools; trauma responses are normal; feelings can hurt but you can heal; knowledge is power. I can be drug free.”

*Group Therapy Client*

## ***What we do***

Our **holistic, feminist services** champion all aspects of health, safety and well-being - transforming the experience of healthcare for women of all ages, abilities, backgrounds and cultures on the Central Coast.

We provide a **safe space** where a woman's story is **respected** and **believed**.

We support women to **act on their own life decisions**.

We promote **gender equity**.

We build **community** by **connecting** women on the Central Coast.

Our three centres on the Central Coast, in Wyoming, Wyong and Woy Woy are safe spaces for all women and girls to access healthcare and integrated services that support their well-being.

## ***Our services for women***

### **Healthcare**

Clinical services, counselling and referrals

Clinical Services include:

- Cervical Screening (Pap Smears)
- Breast checks, referrals and management of breast disease
- Peri-menopause and menopause advice
- Contraception consultations for advice on options and scripts
- Mirena & Copper IUD insertions and removal\*
- Implanon insertion and removal\*
- Menstruation and Premenstrual syndrome problems
- Treatment for gynecological problems
- Pregnancy options consultations, testing & counselling
- Antenatal shared-care and postnatal check-ups
- Medical Termination of Pregnancy (MTP) up to 9 weeks \*
- Testing for sexually transmitted infections and providing safe sex advice
- Provide medical and referral support for women who may be experience domestic violence or other forms of abuse
- Pelvic floor education for stress incontinence and incontinence management
- Pessary ring fittings and insertion
- Nutrition & weight management
- Assist with quitting smoking , drug & alcohol dependency
- Mental & emotional health and wellbeing.

**Information and education**

Group work and courses about managing grief and loss, addressing anxiety and trauma, establishing boundaries and assertiveness, navigating menopause, dealing with domestic violence, financial literacy and knowledge sharing about different community services

**Health and well-being**

Yoga, meditation, massage, acupuncture, exercise

**Drop-in support**

On-demand support for women in crisis, including free legal advice

**Peer support and social groups**

Building social connection and self-esteem

**Parenting support**

Parenting skills classes, postnatal support, and supported playgroups

**Advocacy**

Partnering with other providers and community agencies to advocate on issues central to women's empowerment, safety, health, and rights – including abortion law reform and the decriminalisation of abortion

**Quality childcare**

Available for women while attending the Centre

***Help us put women's health first on the Central Coast***

Through our service, women are supported to make decisions for themselves that support their physical, political, economic, social and cultural needs.

When you support the Central Coast Community Women's Health Centre, you are supporting feminist, holistic healthcare that empowers women.

**Help us** give women the **voice, choice and power** in all aspects of their health and well-being.

We welcome the opportunity to speak with you about how you can be involved in this important work for women on the Central Coast.