



About us...

Staff and Management at the Centre

Are committed to helping to bring about changes which will make the community safer, fairer and more supportive for women and children.

Mission

To be a leader in providing opportunities to women and children, other health providers and the community through holistic health services, information, advocacy and social action.

We are a feminist, community based non-government organisation run by and for women.



Opening hours...

9.30am - 12.30pm

1.30pm - 4.30pm

Monday to Friday

Closed on Tuesdays



Where to find us...

Central West Women's Health Centre

20 William Street

BATHURST NSW 2795



Contact details...

Phone: 02 6331 4133

Fax: 02 6332 4310

Email: information@cwwhc.org.au

Services are provided with funding assistance from Greater Western Area Health Service, Department of Community Services and donations from the Bathurst Regional Council and the community

01/08

Central West Women's Health Centre Inc.



Our Vision

Women being heard,
having choices, creating
health and well being



Hello...

Welcome to Central West Women's Health Centre, a community based service run by women for women. Women of all ages and cultures are welcome. We believe every woman has the right to make her own informed decisions about her health and her life.

Our trained team have a wide range of skills that caters for your health care needs. We aim to improve women's mental and physical well being by promoting healthy lifestyles and access to reproductive health services. We also provide services for women that are experiencing depression and affected by violence.



Services we offer...

Women's Health Nurse services include pap tests, emergency contraception, breast checks, STI checks, pregnancy testing, menopause advice and friendly, caring advice on other women's health issues. Outreach clinics and education programs also are provided.

Generalist Counselling on a range of issues. Common concerns for women in rural areas are those of sexual assault, domestic violence, survivor issues, depression, self-esteem, identity, isolation and reproductive health.

PETALS counselling service for children and adolescents who have been sexually assaulted and their non-offending carers. This service includes court

support and preparation, protective behaviours education, community education and support groups. Outreach services to outlying areas available.

Health Education sessions and groups are offered covering a range of women's health issues including: puberty, domestic violence, stress, anxiety, self esteem, menopause, older women's health, grief and loss. We also provide therapy and support groups at the centre.

Well Women's Clinic provides a visiting Women's Health Doctor. This clinic includes pap tests, Breast checks, contraception, STI checks, pregnancy testing and counselling, menopause counselling.

Yoga Classes are held throughout the year. New Yoga classes begin every eight weeks. Women of all ages and cultures welcome to join.

Herbalist Clinic offers iris analysis, life style guidance and herbal mixes to suit individual needs.

Massage Therapy Clinics can help to alleviate backache, low vitality, fluid retention and stress.

Outreach counselling services to women and children who are isolated by distance or ill health

Meeting Room is available for women's groups to use. Phone the Centre for booking details.



We will also...

- Provide speakers for women's groups and other service providers.
- Arrange clinics or health education sessions in your community or workplace.
- Assist community organisations to develop health programs for their client groups.
- Train other workers in women's health and related issues.
- Make available our resources - pamphlets, books, videos and audio tapes.
- Provide a JP Service



Costs...

- There is a small fee for our general counselling and education services.
- Medical consultations and pathology are bulk billed.
- Other Services are free, or invite a small donation.
- No woman will be turned away because she cannot afford to pay.

Donations

Many of our services are provided without charge; however we ask women who can afford it to make a donation. The money you donate helps us continue to provide services to those who can't afford to contribute.