

# Waminda's Monthly News

## Waminda's news from: July - August 2013



### WAMINDA



#### WAMINDA'S MAIN OFFICE - NEW LOCATION

Waminda's Main Building that was located on **77 Osborne Street Nowra**

has now changed location to a fresh new clinic office space around the corner at

**47 Worrigeer Street Nowra**

Directly across the road from Binji & Boori

#### WAMINDA'S NAIDOC CELEBRATIONS

Local community organizations from the Shoalhaven put together a family event for:

The Naidoc Celebrations for 2013 which was held on the 10th of July, at the Nowra Showground.

Waminda's Store held:

- Fruit Salad Yogurt cups
- Cultural Art for KIDS
- Colored Hair Spray
- Mary Komomua from Waminda Instructed - ZUMBA for

#### WAMINDA'S DOCTOR CLINIC

Waminda holds appointments for three Female (Doctors)

**Dr Samar Malik**

TUESDAY 9.00 - 4.30pm

**Dr Jenny Woods**

THURSDAY 2.00 - 6.00pm

**Dr Sheila Poudel**

FRIDAY 10.00 - 2.00PM

Clinic's Located at **47 Worrigeer St Nowra**

#### MIDWIVES/NURSE AT WAMINDA

Waminda has 2 full time Midwives/Nurses.

We provide a 'continuity of care' model for women who are pregnant and want to see the same midwife for their antenatal care.

We work closely with the Doctors at Waminda and the midwives and Doctors in the Maternity Unit at Shoalhaven hospital.

We offer our full support and help women to access services in the community that they may need during their pregnancy.

Other things we offer: immunizations, blood collection, STI screening, pap smears, women and children health checks, pregnancy testing, care co-ordination for chronic disease and much more. Feel free to drop in or make an appointment to see us.

By: Waminda's Midwife & Nurse **Carly David**

#### WATER VOUCHERS SUPPORT

Through support of Shoalhaven City Council, Waminda South Coast Women's Health & Welfare Aboriginal Corporation may be able to assist clients with part payment of their excess water account.

To be eligible for this assistance, client's must be receiving a Centrelink payment or be unemployed. Clients must be the tenant of a private rental property (through a Real Estate), Aboriginal Housing Corporation or own their own property.

Access to Water Vouchers is not permitted for client's that reside in social housing, due to water accounts being already at a reduced rate, and not being able to be separated from their rental account.

Please contact Waminda to find out more information

**Phone Waminda 02 4421 7400**

Or drop into our main office **47 Worrigeer Street Nowra**



NAIDOC - Family Cook off



NAIDOC 2013 - Face Painting



NAIDOC 2013 - Food Prep



NAIDOC 2013 - PAINT FUN