



ANNUAL REPORT

- 2022 / 2023 -



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We acknowledge the Cabrogal Clan of the Darug Nation as the traditional custodians of the land and waterways upon which we live and work.

We pay respects to the Elders, both past and present, and recognise their strong and continuing connection to the land, culture and spirit.



ABOUT US

Liverpool Women's Health Centre has been delivering quality health services to improve the lives of women in South Western Sydney for over forty years.

We offer a broad range of client-centred, evidence-based, primary and preventative health care services and programs. These services aim to improve the health and wellbeing of women, particularly women experiencing disadvantage, primarily residing in the Liverpool Local Government Area. Our services and programs are offered free or at low cost and are provided by professional, qualified and experienced practitioners.

Liverpool Women's Health Centre operates from a feminist perspective under a social model of health. Our service provision is based on principles of social justice and an understanding of a gendered approach to health.

We are well recognised within our community as a safe space for women. Our Centre is wheelchair accessible and located within the Liverpool Central Business District, easily accessed by public transport.

We are accredited at certificate level of the Australian Service Excellence Standards (ASES) and we are a member organisation of Women's Health NSW, the peak body for all non government Women's Health Centre's in NSW.

Liverpool Women's Health Centre has a long and proud history and we celebrate our reputation as a trusted and dynamic provider of women's health care services.

STRATEGIC PLAN 2019-2024

OUR VISION

Women in our region are safe, healthy and thriving.

OUR PURPOSE

Provide professional, holistic, ethical and non-discriminatory, high-quality services to empower women to improve their health, personal and social wellbeing, and safety.

OUR VALUES

Hear women's voices; Work ethically, respectfully and with kindness; Build partnerships and work collaboratively; Champion social justice and equity; Embed feminist principles in all our work

OUR INCOME & FUNDING

Liverpool Women's Health Centre is an incorporated association and registered with the Australian Charities and Not-for-profits Commission (ACNC) as a Charity with Public Benevolent Institution status. The majority of income received by Liverpool Women's Health Centre is through funding provided by the NSW Ministry of Health which is administered by South Western Sydney Local Health District.

Medicare bulk-billing funds a proportion of our women's health clinics undertaken by our Doctors and Nurse Practitioner. Acupuncture, naturopathy, and massage therapy appointments are offered at a co-contribution cost to clients of \$40, or \$10 for Health Care Card holders. Tai Chi and Yoga classes are offered at a co-contribution cost to clients of \$20 per term.

Counselling services and most group programs are offered free of charge, though contributions by participants are welcomed. We receive a small amount of income from donations, fundraising, occasional room hire, and periodically, we are successful in applying for grants to undertake specific projects and initiatives.

OUR FUNDED SERVICES



WOMEN'S HEALTH CLINICS
Doctors & Nurse Practitioners



GENERALIST COUNSELLING



HEALTH PROMOTION INITIATIVES



COMPLEMENTARY THERAPY
Massage, Acupuncture, Naturopathy



CASE MANAGEMENT
Advocacy, Information & Referral



HEALTH EDUCATION PROGRAMS



THERAPEUTIC PROGRAMS



COMMUNITY ACCESS WORKERS
Focused on both ATSI & CALD women

OPERATIONAL REPORT



"I would like to thank all the staff, partners and management committee at Liverpool Women's Health Centre for their dedication and commitment to the work we do, all contributing to another successful year.

We are excited and proud to continue to rise to meet the needs of women in our community into the future!"

This year has been an exciting one for Liverpool Women's Health Centre with a clear focus on partnership, advocacy and as always, service to the women of Liverpool.

LWHC welcomed Victims Services counselling services and the Justice Support Centre's Staying Home Leaving Violence and Financial Counselling programs on site. Access to Full Stop Australia's HeRS program doubled and LWHC held a whopping 43 groups with over 4000 women accessing LWHC this year!

We worked with our peak body, Women's Health NSW to advocate for much needed funding reform for our sector.

The Sustainable Investment in NSW Women's Health Centres Business Case was published in October 2022 clearly and resolutely outlining the need to increase funding for Women's Health Centres, something that had not occurred since 1986!

This advocacy paid off in spades with a pre election commitment to improve access to health care for women, followed by an announcement in the 2023-24 NSW State Budget that allocated an additional \$34.3 million for the Women's Health Care Program over the next four years! Thank you to Denele Crozier, CEO of WHNSW for leading our sectors success!

LWHC proudly continues to provide quality holistic health, wellbeing and support services to the women of Liverpool and the future is bright!

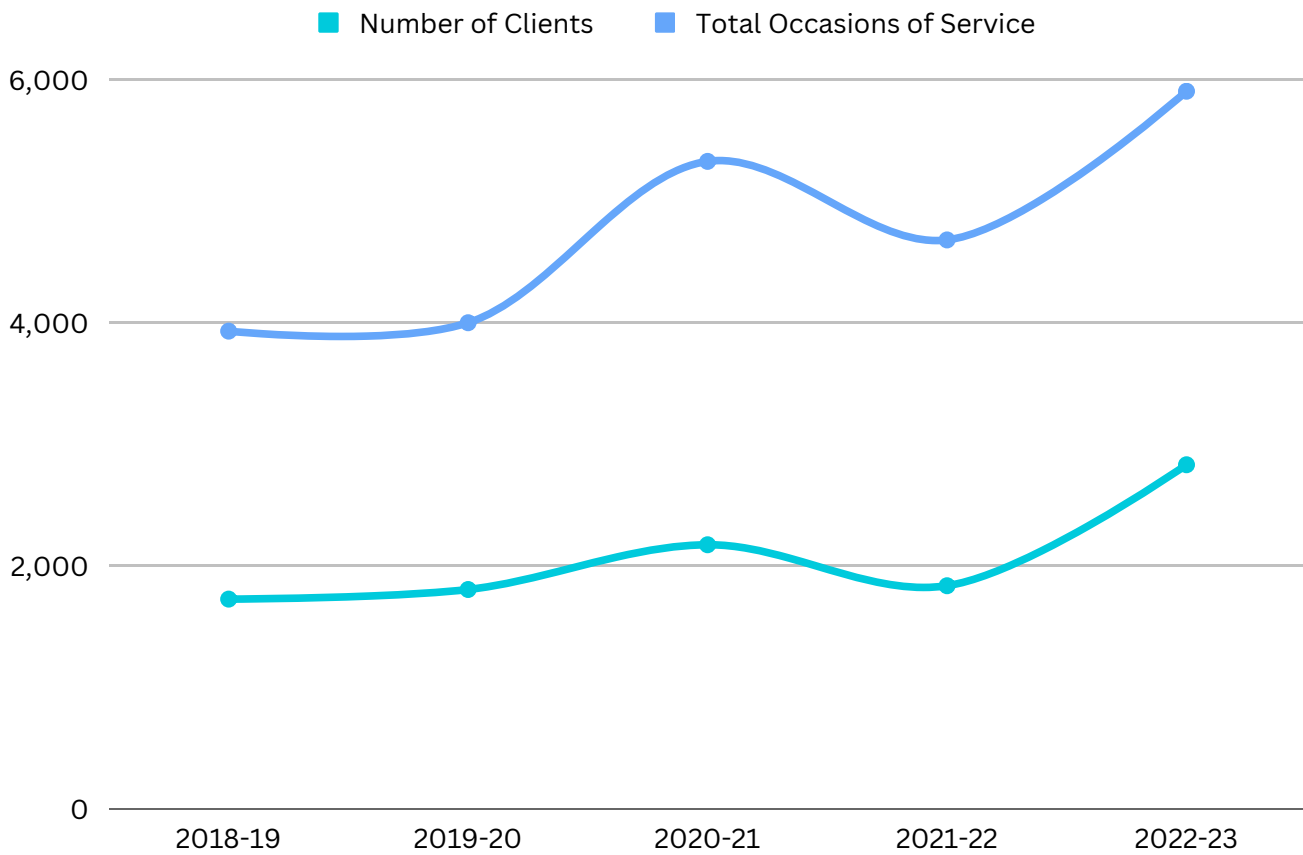
Kate Meyer
Executive Officer

MANAGEMENT COMMITTEE

Liverpool Women's Health Centre's Management Committee comprises up to ten women, elected annually by the members of the association at the Annual General Meeting.

- **Chairperson:** Lauren Brown
- **Treasurer:** Betty Speros
- **Secretary:** Casandra Traucki
- **Committee Members:** Ruth Maginness, Shayda Fanaeyan, Jean Alim

LWHC FIVE YEAR GROWTH TREND



TOWARDS FUTURE GROWTH OUR STRATEGIC INITIATIVES

INNOVATIVE AND RESPONSIVE

ENSURE OUR PROGRAMS DELIVER EFFECTIVE OUTCOMES

Strategies:

- Deliver effective and responsive health services meeting community need.
- Deliver innovative primary and preventative health care services for disadvantaged women.
- Deliver holistic health, counselling and support services to women who experience or are at risk of domestic and family violence.
- Identify and respond to emerging needs and issues.

CREDIBLE AND RESPECTED

BUILD OUR INFLUENCE THROUGH ADVOCACY, RESEARCH AND COLLABORATION

Strategies:

- Expand our influence as a leader in women's health care.
- Advocate and take action on the issues that affect women.
- Engage and partner with the communities we service.
- Deliver high quality and accredited services.

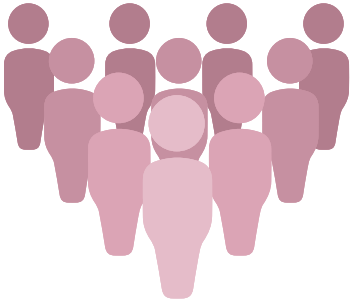
SUSTAINABLE AND DYNAMIC

THRIVES AS AN ORGANISATION WITH AUTHENTIC LEADERSHIP

Strategies:

- Build and further develop a financially strong and sustainable service.
- Deliver effective corporate governance.
- Engage and cultivate a capable and committed workforce.

OUR YEAR IN REVIEW



1,744

women accessed our service in 2022-23

46%

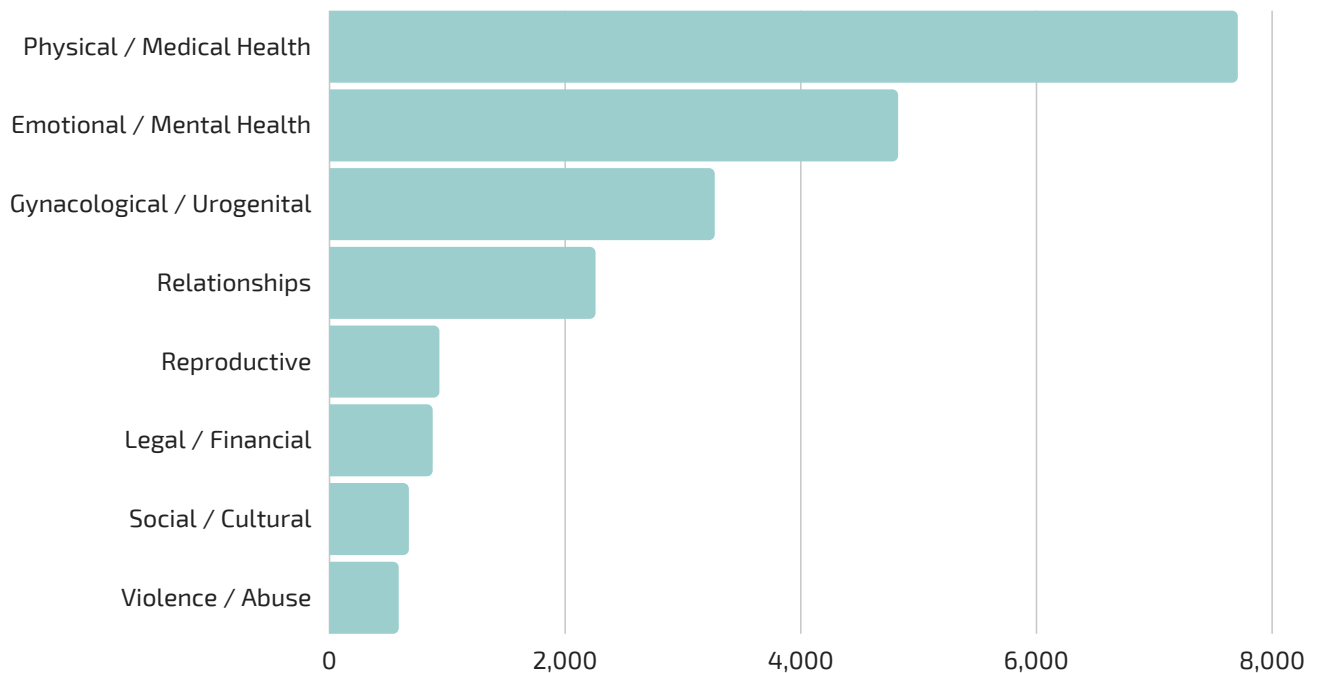
accessed our service for the first time in 2022-23

5,902

occasions of service provided by our staff in 2022-23

TOP 8 PRESENTING ISSUES

IDENTIFIED DURING OCCASIONS OF SERVICE IN 2020-2021



8%

of our clients are Aboriginal or Torres Strait Islander

56%

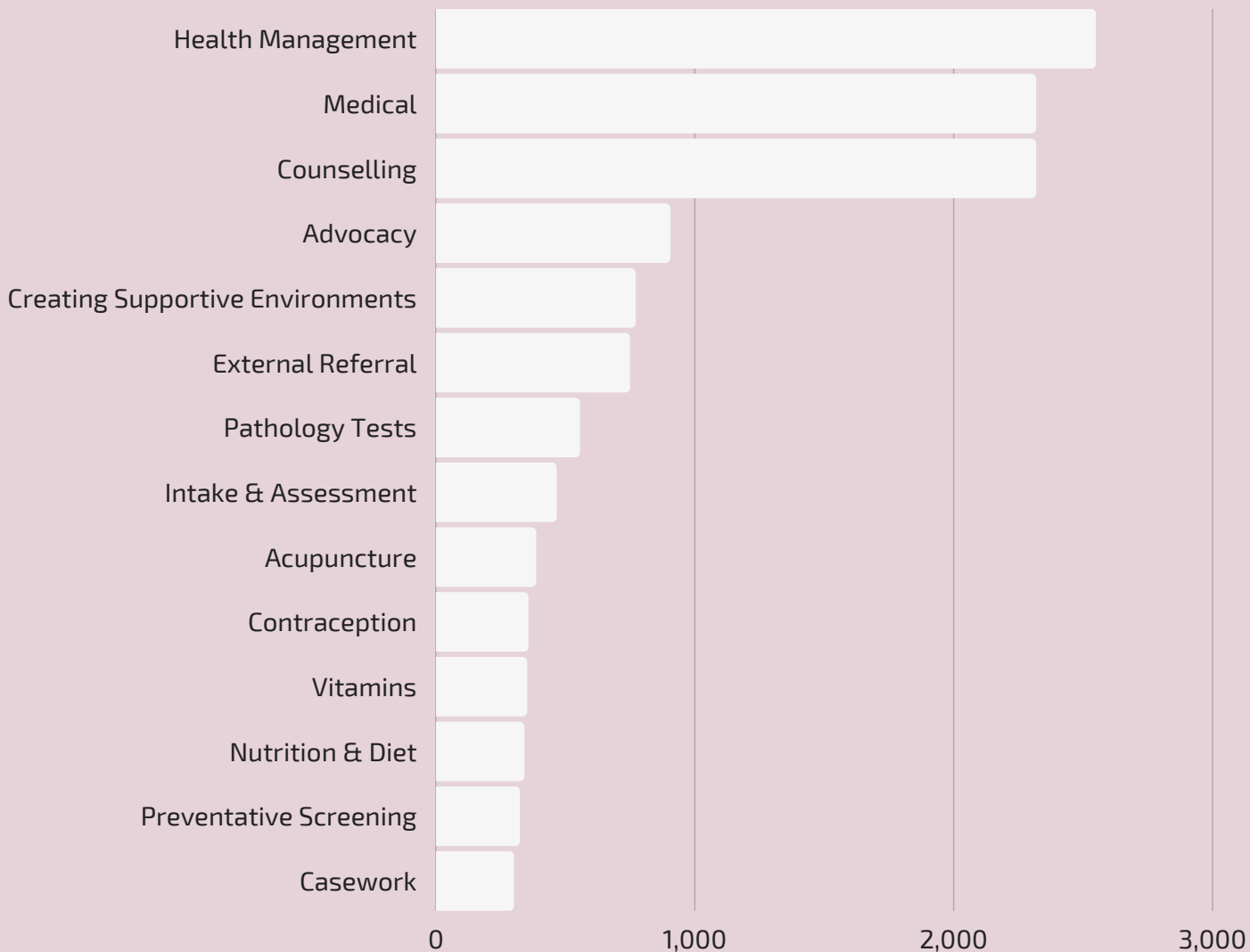
of our clients are culturally and linguistically diverse

50%

of clients self-report receiving a pension or no income

TOP 14 SERVICES PROVIDED

DURING OCCASIONS OF SERVICE IN 2020-2021



557

session of groups or workshops held by LWHC in 2022-23

5,488

occasions of attendance to groups & info sessions in 2022-23

96%

of clients report improved outcomes attending physical groups



FAIRFIELD WOMEN'S HEALTH SERVICE

FAIRFIELD WOMEN'S HEALTH SERVICE (FWHS) was established in 2018 and is co-auspiced by Liverpool Women's Health Centre and Bankstown Women's Health Centre. It is funded under the NSW Health NGO Grant Program to provide health and wellbeing support to women residing in Fairfield Local Government Area (LGA), with a focus on those from migrant and refugee backgrounds. Fairfield City is one of the most multicultural diverse communities in Australia and is a major settlement city for migrants and refugees. Fairfield city consists of 56% of residents that were born overseas and 69.7% of residents that speak a language other than English at home (Australian Bureau of Statistics, 2021 Census).

FWHS YEAR IN REVIEW

1032

**client contacts
in 2022/23**

183

**group sessions
held in 2022/23**

2497

**total attendance to
group sessions**

Case Study

Client A was referred to FWHS for mental health support and accessed our counselling service. She presented with symptoms of depression, anxiety, stress and complex trauma. Client A is a single mother with a young son who has severe Autism and other development issues. Client A was a victim of domestic family violence with a history of suicidality.

Our counsellor had given Client A a range of support from person-centered trauma-informed counselling and providing A with food vouchers. Our counsellor also encouraged Client A to seek additional mental health support due to client A's complex issues. Client A is now seeking therapy and treatment through a forensic psychologist and psychiatrist. Client A is now in a healthy relationship and has the willingness to seek employment. Client A thanked FWHS' counsellor for helping her in times of need.

Top 4 Services Provided

- 1** Mental Health (589 occasions)
- 2** Advocacy, Casework & Support (298 occasions)
- 3** Information & Referral (60 occasions)
- 4** Violence Prevention (57 occasions)



A LETTER FROM FWHS SERVICE COORDINATOR

At FWHS, we are fully committed to help women by acknowledging the importance of health and wellbeing. Using feminist, holistic, preventative and trauma-informed approaches, our multi-lingual and multidisciplinary team offers women a wide range of free services at our Cabramatta site (Arthur West Memorial Hall, Mcburney Road, Cabramatta 2166): Intake and Referrals, Generalist Counselling, Generalist Casework, Dietetics, Health Education, Health and Wellbeing Group Activities. FWHS also provide outreach services in various locations in Fairfield LGA to support women who are unable to come to our Cabramatta site.

Over the past 12 months, we have expanded our services to ensure that we reach to the wider community in Fairfield LGA. After the COVID lockdown period, we were able to provide our services face to face whilst having the COVID safe measures in place. We also continue to provide telehealth appointments to flexibly meet the clients' needs. We were fortunate to receive training on Domestic Violence, Family Law and Apprehended Violence Orders (AVOs) from Legal Aid which expanded our staff members' knowledge in order to assist our women on these matters.

We continued to form more partnerships and raised our profile and credibility through collaborating with other services, attending various networks, providing outreach services to different organisations around Fairfield LGA. We received grants from Fairfield City Council to raise Domestic Family Violence Awareness in the community and organised Mindfulness Groups for women to understand and manage their stress and anxiety. We received Donation from the Mayor of Fairfield to continue provide yoga classes for women in the community. A significant new partnership formalized this year was with Bonnies Support Service to provide a Khmer Women's Support Group every week at the Centre. We also partnered with Fairfield Cabramatta Police, Justice Support Centre, Hearing Australia, Prairiewood HS, Canley Vale PS, Centrelink Cabramatta, Hippy Group, FECCA, Jean Hailes, Prairievale PS, Bonnie Support Services, Anglicare. We continue our partnership with Legal Aid to provide legal services for women in the area at FWHS every second Monday. Our Women's Health Week Event organised in September 2022 was chosen as one of the highlight activities around the country by Jean Hailes in their Women's Health Week Report 2022.

On behalf of the team at FWHS, I would like to extend our appreciation to our Steering Committee, our Auspicing bodies - Liverpool Women's Health Centre and Bankstown Women's Health Centre, and especially to Kate Meyer (EO - LWHC), Mariam Mourad (CEO-BWHC) and Kerrie Newcombe (Operations Manager - BWHC) for their generosity, time and expertise to support us.

Finally, I would like to thank our dedicated team at FWHS for their diligence and professionalism.

We are looking forward to another year of exciting programs, events and partnerships as we will continue to provide quality and tailored services to women residing in Fairfield Community.

Elly Dang - Service Coordinator at Fairfield Women's Health Service



LWHC SERVICES: STATISTICS & REPORTS

MEDICAL CLINICS

Our medical services are bulk-billed and comprised of Doctor and Nurse Practitioner Clinics.

Our clinicians are experienced and have a strong focus on women's health issues including; cervical screening, breast health and checks, pregnancy, contraception, STI's, menstruation and menopause, urinary incontinence, depression & anxiety, domestic violence & sexual assault, and heart health & diabetes prevention.



Key Statistics 2022/23

1,607

medical appointments attended

739

complex appointments requiring extensive consultation

463

client contacts relating to contraception

382

cervical screening tests conducted

NATUROPATHY

Naturopathy is an evidence-based complementary therapy that supports the health of the whole person – body, mind and spirit.

Naturopathy aims to improve health through healthy diet and lifestyle, plus the use of natural remedies such as herbal and nutritional medicine.

Naturopathy has assisted women with improving energy, weight loss, sleeping difficulties, anxiety, depression, chronic conditions, bowel/digestive issues and allergies/intolerances.

Key Statistics 2022/23

305

naturopathy appointments attended

278

occasions of nutrition raised as a presenting issue

243

clients accessed the naturopathy service

84

appointments held at an outreach location for Aboriginal & Torres Strait Islander Women



LWHC SERVICES: STATISTICS & REPORTS

MASSAGE

Massage therapy is a gentle therapy that decreases muscle tension, increases circulation and calms the nervous system.

Massage therapy is particularly effective for relaxation and stress management and can be useful in relieving pain and restricted movement.

Key Statistics 2022/23

200

massage appointments attended

165

clients accessed the massage service

167

occasions of women presenting with chronic pain

"Simply the best massage experience I've ever had! The therapist's skill and technique is exceptional, and I leave feeling rejuvenated and relaxed every time!"



ACUPUNCTURE

Acupuncture involves the insertion of very thin needles through your skin at strategic points on your body.

Acupuncture is often used to treat or assist in treatment of anxiety, depression, mental health, chronic pain, acute injury gynaecology issues, menopause related symptoms, sleep disorders, digestive issues, allergies and respiratory conditions etc.



Key Statistics 2022/23

370

acupuncture appointments attended

208

clients accessed the acupuncture service

288

occasions of women presenting with stress

25

appointments held at an outreach location for Aboriginal & Torres Strait Islander Women

LWHC SERVICES: STATISTICS & REPORTS

COUNSELLING

Our counselling team provides quality short to medium term counselling services free of charge on a wide range of issues including (but not limited to):

- Depression & Anxiety
- Confidence & Self-Esteem
- Grief and Loss
- Family & Relationship Issues
- Stress Management
- Trauma Informed Counselling
- Domestic Violence
- Social Isolation

Key Statistics 2022/23

986

counselling appointments attended

164

clients accessed the counselling service

90%

of clients reported improved wellbeing at the conclusion of therapy.

"LWHC's counselling service has been a lifeline for me, providing invaluable support and guidance during a challenging period in my life. I'm incredibly grateful for the compassionate counsellor who has helped me regain my clarity and confidence"



CASE MANAGEMENT

We are dedicated to supporting women to uphold their independence and individuality, empower their lives, and achieve optimal well-being. All while being safe and secure.

Case management plays a central role in identifying goals, resources and existing skills. These are used to resolve issues and develop coping strategies.

This service is interactive and dynamic with an emphasis upon decision making, problem solving, and self-empowerment to facilitate positive outcomes and achievements.



Key Statistics 2022/23

264

case work appointments attended

120

occasions domestic violence was a presenting issue

132

clients assisted with case work at LWHC

"My case worker has been a blessing, and provided guidance in navigating the complexities of the legal system and accessing victims services. I felt empowered and supported from the moment I found LWHC"

ADDRESSING WOMEN'S HEALTH GOALS

Our holistic model of health care recognises the social determinants of health and works with women towards improved health. We develop strategies and offer services to address key health issues across the range of women's life stages as highlighted in the *NSW Women's Health Framework, 2019*.

GOAL 1: HEALTHY RELATIONSHIPS

Strategies: All women and girls in NSW are *informed* about healthier relationships, *empowered* to make healthier choices, and are *engaged* with families, peers, and communities.

Our Statistical Outcomes:

581 incidents of violence/abuse as a presenting issue

780 contacts with case workers presenting with violence/abuse

279 counselling contacts presenting with violence/abuse

65 women provided with legal advice through partnership with Women's Legal Service NSW

212 additional counselling appointments attended through the Full Stop Australia partnership

GOAL 2: HEALTHY MINDS

Strategies: All women and girls in NSW are *supported* to build resilience, through major life changes, by appropriate mental health and wellbeing services. *Empowered* to feel more confident and comfortable with their bodies and *informed* about mental health and wellbeing and support services.

Our Statistical Outcomes:

705 counselling appointments attended

1,024 client contacts presenting with anxiety

1,310 clients with stress as a presenting issue

758 clients attended groups supporting mental health & wellbeing

611 client contacts presenting with depression

325 client contacts with grief/loss as a presenting issue

GOAL 3: HEALTHY LIFESTYLES

Strategies: All women and girls in NSW are *informed* and able to access high quality health and wellbeing information as well as *empowered* to make healthier choices.

Our Statistical Outcomes:

113 presenting issues related to addiction

345 instances of nutrition raised as a presenting issue

165 sessions of yoga and tai chi attracting 317 clients in total

218 instances of weight management raised as a presenting issue

41 health information sessions held promoting healthy lifestyles and targeting chronic disease for 931 clients in total

GOAL 4: HEALTHY BODIES

Strategies: All women and girls in NSW are *supported* in the management of chronic illnesses and to have better reproductive and sexual health, *provided* with access to contraception and maternal support, and *engaged* in prevention and early intervention.

Our Statistical Outcomes:

926 client contacts with reproductive health as a presenting issue

646 client contacts relating to contraception

3,263 client contacts identifying gynaecological/urogenital as a presenting issue

280 client contacts relating to pregnancy

514 womens screening tests conducted

517 breast health consultations undertaken

GROUPS, EVENTS & WORKSHOPS

PHYSICAL ACTIVITY GROUPS

Yoga and Tai Chi

Our classes provide women with access to regular, low cost physical activities and take into consideration different levels of experience and movement.

Tai Chi promotes balance, flexibility, and relaxation while enhancing mental focus, making it a gentle yet effective practice for physical and mental well-being.

Yoga offers a holistic range of advantages, including improved flexibility, stress reduction, enhanced mental focus, better posture, and physical strength, contributing to overall physical and mental well-being.

1,290 Occasions of attendance to physical activity groups

165 Total number of sessions held for both Tai Chi & Yoga

"The facilitator creates a serene and welcoming environment, and the classes have improved my physical strength and flexibility."

ABORIGINAL WOMEN'S GROUPS & EVENTS

78

Number of sessions of Aboriginal Women's Groups, Programs & Info Sessions

Aboriginal Women's Craft & Yarn Group

Aboriginal Craft and Yarn group is facilitated by Liverpool Women's Health Centre's Aboriginal Community Access Worker, and is co-facilitated with Gandangara. The group participates in activities such as craft, cultural excursions, information, light exercise and lots of laughter.

Yinarr Yinarrgu Aboriginal Women's Group

An Aboriginal specific support group held at Hoxton Park Community Centre each week, supported by our Aboriginal Community Access Worker.

Liverpool Women's Health Centre's Aboriginal Community Access Worker participates and support our Aboriginal clients in programs and events such as: Sorry Day, Breast Screening Programs, Shisha No Thanks Program, International Women's Day Celebrations, Women's Health Week Events, Memories in the Mall, NAIDOC Events, Connect with The Coffee Club, Kari's Wellness Event, and the Seniors Concert.

Sandy our Access and Advocacy worker regularly facilitates outreach clinics at Budyari Aboriginal Health Service for our Naturopath Ses, Women's Health Nurse Practitioner Jo and Acupuncturist Jiaoping. The outreach clinics are well attended and appreciated by the Aboriginal women in our community.

608

Occasions of attendance to Aboriginal Women's Groups, Programs & Info Sessions



CALD GROUPS & PROGRAMS

Women's health programs specifically targeting CALD women are delivered by bilingual facilitators. These included the **Hindu/Urdu Speaking Women's Health Program** conducted in partnership with Bonnie's Support Services, the **Spanish Speaking Women's Workshops** conducted in partnership with Mounties Group, the **Vietnamese Speaking Women's Group** run in partnership with Justice Support Centre, Asian Women at Work & BCE, and the **Mandaean Women's Group** in partnership with BCE.

Liverpool Women's Health Centre also facilitates the **Arabic Speaking Women's Groups** at the Centre. These is a long standing groups for students, mums and other women from the local community that addresses social inclusion and empowerment and improves access to services. The groups get bigger and bigger every year!

123

Number of sessions of CALD Women's Groups, Programs & Info Sessions

1,661

Occasions of attendance to CALD Women's Groups, Programs & Info Sessions

OTHER WOMEN'S SUPPORT GROUPS, EVENTS & PROGRAMS

29

Number of sessions of Women's Support Groups, Programs & Info Sessions

Craft & Connections: This weekly craft-based group sessions are aimed at re-connecting local women with their community in a fun, supported, and friendship focused atmosphere.

Lunch with Ling / Lings Gardening Group: A weekly wellbeing group that focuses on building social connections while enjoying a light lunch and participating in activities such as gardening, arts & craft, jewelry making or cooking.

Certificate III in Community Services: Hosted at LWHC in partnership with Cumberland Women's Health Centre and TAFE. Morning tea, lunch and childcare was provided during each session to assist with breaking down barriers to education access.

Mums & Bubs: A social group for Mums to connect and share information and experiences in a friendly supportive atmosphere.

International Women's Day: LWHC celebrated by organising a Paint & Sip event, funded by Liverpool City Council, and in partnership with Pinot & Picasso Liverpool, & Officeworks.

Mount Annan Bus Trip: An excursion to Mount Annan Botanical Garden, funded by FECCA's COVID Grant, included promotion of COVID safety, tai chi & lunch in the park.

Naturopath Workshops: Including Herbal Home Remedies and Pickling & Fermenting.

Ashcroft Girls Group: Facilitated by LWHC's Counsellor and Nurse Practitioner.

Information Sessions: Throughout the year, Liverpool Women's Health Centre's staff also facilitated one-off information sessions on heart health, breast cancer, breast feeding, nutrition, menopause, contraception, pelvic floor, incontinence & domestic violence.



We are incredibly grateful for your generous *support.*

Thank you

to all our partners, donors and funders.

We would like to acknowledge the advocacy and support of our local Members of Parliament in both the State and Federal Governments; **Ms Charishma Kaliyanda** Liverpool MP, and Independent MP for Fowler **Ms Dai Le**.

LWHC greatly acknowledges & appreciates the ongoing support from the **NSW Ministry of Health** and **South West Sydney LHD** for providing and administering our core funding.

Funding & Grants

Federation of Ethnic Communities Councils of Australia (FECCA) – Funded the Keeping Families Protected from COVID-19 project which assisted LWHC to hold a series of face to face workshops, activities and outings to increase women understanding and comfort with the vaccination process for themselves and their children, dispel myths and explain the importance of maintain COVID-19 testing.

The Department of Infrastructure, Regional Development, Stronger Communities Program, assisted us in replacing the building's upstairs carpet.

Department of Communities and Justice, Social Sector Transformation Fund to help not for profits working in health and social services to modernise their operations.

Department of Communities and Justice, Reducing Social Isolation for Seniors grant program, funding LWHC's 'Craft and Connections' group. This group aims to re connect local diverse senior women with their community in a fun, supported, friendship focused atmosphere.

Liverpool City Council, provided a grant which allowed LWHC to hold a 'Paint & Sip' workshop event for our clients to celebrate International Women's Day.

Liverpool Catholic Club - The support provided by Liverpool Catholic Club has been so gratefully appreciated. It enabled LWHC to say YES more than No in so many situations, leaving staff in tears as we were able to resolve problems for women with dignity.

John Edmondson V.C. Memorial Club Ltd, Liverpool Club Grants Program for funding LWHC's Sunshine and Self Care Project. This weekly program is an opportunity for local Liverpool women to connect, build friendships and gently access the LWHC services they need.

Liverpool Catholic Club Ltd, 2021 Club Grants - funding the Emotionary Support Program for Spanish Women. This social emotional education program is designed for Spanish speaking women to wisely manage their thoughts, emotions, and behaviours.

Zonta Club of Sydney for their contribution which assisted LWHC's Nurse Practitioner and Counsellor to facilitate the 'Ashcroft Girls Group' at Ashcroft High School.

Mounties Group – funding the Aging Happy Program within our Spanish Speaking Women's Group. This social & emotional education program is designed for Spanish speaking women to wisely manage their thoughts, emotions, and behaviours.

Mental Health Association NSW – funding the Way Ahead Project which assisted LWHC in facilitating a social & educational bus trip excursion to the city with wonderful lunch for the women.

UNSW Sydney funded the Shisha No Thanks program delivered at Liverpool Women's Health Centre including 7 workshops designed to raise awareness of the negative impacts of shisha smoking. These workshops consisted of creating fabric button earrings, DIY cardboard gift boxes and a healthy morning tea.

Donors

Thank you Liverpool Catholic Club, Abundant Byron Pty Ltd, Annabelle Wadsworth, Liverpool Rotary Club, Jacqui Fahey, Judy Chen, and Ruby & Crickette for your charitable donations to Liverpool Women's Health Centre.

Thank you to Share the Dignity, Liverpool Mens Shed, StreetSmart, Bunnings Hoxton Park & Bunnings Crossroads, Officeworks Wetherill Park

Thanks to Bioceuticals, BioMedica, Blackmores, BodAustralia, Integria Health Care, Osborne Health Supplies, Optimal Rx, Think Well Clinic, Australasian College of Natural Therapies, Torrens University, and Vital.ly for their in-kind product support and discounts throughout the year.

Partnerships

Liverpool Women's Health Centre greatly values the relationships we develop and maintain with our partners. The relationships we foster and nurture through partnerships, events and community engagement allow LWHC to identify areas of need, make connections, develop and implement projects and services to improve the health and wellbeing of women in our community.

Women's Health NSW – Sector Peak Body

This year LWHC has been especially grateful for the help and collaboration facilitated by WHNSW in coordinating the development of the Women's Health Business Case. They also provide and maintain the Women's Health NSW database, enabling us to record and analyse demographic and statistical client data.

Bonnies Support Services – The Safety Hub Project

Based at LWHC, the Safety Hub provides a safe and easily accessible space for women, with or without children, who are seeking assistance regarding domestic and family violence and/or homelessness. It is a face-to-face drop-in service where women experiencing domestic or family violence and/or homelessness can access a skilled, experienced specialised crisis response.

Full Stop Australia

Professionally qualified counsellors work from LWHC two-days a week within a best practice trauma-based therapeutic model to provide counselling for women who are adult survivors of childhood sexual assault.

Women's Legal Support Services

Based at LWHC, Women's Legal Support Services NSW provide free legal advice regarding family law to women on an appointment basis each fortnight. As part of our response to COVID-19 this service has also been provided over the phone.

Liverpool City Council

Our local Council partners with us in developing a range of initiatives. Council provides funding and support for projects and plays a lead role in the Domestic Violence Liaison Committee. Our Aboriginal Access worker also sits on the Aboriginal Advisory Committee for Liverpool Council and Liverpool DVLC.

Liverpool Neighbourhood Connections – Pied Piper

Pied Piper Mobile Childcare is a project of LNC that provides child minding for our clients while they are attending counselling, groups and other services at Liverpool Women's Health Centre.

Gandangara Health Services

LWHC in Partnership with Gangangara Health Services and transport facilitate a Craft and Yarn Aboriginal specific support group for women on a weekly at Liverpool Women's Health Centre.

Budyari Aboriginal Community Health Centre

Each month our naturopath, acupuncturist and women's health nurse practitioner hold regular outreach clinics for Aboriginal women at the Budyari Aboriginal Community Health Centre, which is located in Miller. The outreach clinics are facilitated by LWHC's Aboriginal Community Access Worker who also provides support and advocacy to the women attending.

Cumberland Women's Health Centre & TAFE NSW

In partnership with Cumberland Women's Health Centre & TAFE NSW, LWHC hosted a Certificate III in Community Services onsite for 25 women.

Thread Together

ThreadTogether collects end-of-line brand new clothing from fashion retails, distributes to their network of charities like us, who then distribute it to people in need. Our partnership with ThreadTogether has assisted women leaving domestic violence or experiencing financial insecurity.

Justice Support Centre – Staying Home, Leaving Violence

Staying Home Leaving Violence, now have an office based at LWHC full time, aim to support women and their children who have experienced or continue to experience domestic violence to remain safely in their home. Strong referral pathways between LWHC and Staying Home, Leaving Violence Caseworkers has been pivotal in providing strong services from women affected by DFV.

Belgravia Leisure – Michael Wenden Aquatic & Leisure Centre

Thank you to Belgravia Leisure for sponsoring the 'Learn to Swim' program held at Michael Wenden Aquatic Leisure Centre for women.

Pinot & Picasso Castle Hill

The team at Pinot & Picasso generously volunteered their time to facilitate our International Women's Day Event 'Paint & Sip'.

Rotary Club Liverpool

Thank you to Liverpool Rotary for organising Bunnings Barbeques, and Monthly Food Drives at Casula Mall. We are incredibly grateful, and it has made a difference to so many women and their families.

BALANCE SHEET

	2022/2023	2021/2022
Current Assets		
Cash	370,794	340,008
Investments	631,918	627,551
Inventories	3,006	2,110
Accounts receivable	13,093	12,851
Pre-paid expenses	557	587
Total	1,019,368	983,107
Non-Current Assets		
Property, plant and equipment	111,158	110,594
Intangible assets	6,840	8,550
Right of Use Assets	321,833	13,598
Total	439,831	132,742
Total Assets	1,459,199	1,115,849
Current Liabilities		
Trade and other payables	86,378	67,758
Lease liabilities	24,802	18,084
Provisions	224,202	181,251
Other liabilities	37,726	99,000
Total	373,108	366,093
Non-Current Liabilities		
Lease liabilities	302,166	0
Provisions	18,443	37,550
Total	320,609	37,550
Total Liabilities	693,717	403,643
Net Assets	765,482	712,206

Equity		
Retained Earnings	712,206	608,763
Current Year Surplus/Deficit	53,276	103,443
Total Equity	765,482	712,206

PROFIT & LOSS STATEMENT

	2022/2023	2021/2022
Income		
Government grants	1,167,868	1,269,225
Revenue from providing goods or services	151,021	130,286
Revenue from investments	12,573	1,356
Donations	32,157	17,007
Other revenue	12,757	26,219
Total income	1,376,376	1,444,093
Expenses		
Employee expenses	1,106,101	1,080,378
Other expenses	216,999	260,272
Total expenses	1,323,100	1,340,650
Net Surplus/(Deficit)	53,276	103,443

2022-2023 MEMORABLE MOMENTS



Womens Health Week 2023



Executive Officer & Chairperson
at our 2022 AGM



Womens Health Week 2023
Floristry Event



International Women's Day 2023
Paint & Sip Event



Executive Officer & Liverpool MP
Charishma Kaliyanda



Our 2023 Students
on Placement



Casula Mall Food Drive
(partnership with Liverpool Rotary)



Our Aboriginal Access Worker &
Project Officer at the Bunnings BBQ



Spanish Speaking Group
Christmas Party



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