

## Core Services

Counselling  
Casework  
Groups and Workshops  
Referrals  
Special Interest Activities  
Legal Information and Advice  
Membership  
Facility Hire

## Priority Issues

- Domestic and family violence and abuse.
- Emotional issues including self esteem, depression, anxiety and stress.
- Relationship issues including the promotion of healthy and supportive relationships.
- Live style risk factors for women including smoking, alcohol and other drugs.

**Services are targeted  
towards women who are  
disadvantaged and  
marginalised**

**Self Referral  
or Agency Referral**

**Intake occurs**

**Monday, Wednesday and Thursday**

Hunter Women's Centre is funded by NSW Health  
through Hunter New England Health.

Hunter Women's Centre is a member of Women's Health NSW, the  
peak body for non-government women's health services.



## Vision

Women of the Hunter will live free of violence  
and have the best possible physical,  
emotional, psychological  
and spiritual wellbeing.

## Mission

The Hunter Women's Centre provides services  
within an evolving feminist philosophy  
recognising that:

- Health is determined by a broad range of social, environmental, economic and biological factors.
- Differences in health status are linked to gender, age, socio economic status, ethnicity, disability, location and environment.
- Information, consultation and community development are important elements of health care.

## Goals

To promote, improve and maintain the health  
and wellbeing of women within a social and  
gendered model of health by:

- Addressing priority health issues within a gender based philosophy.
- Ensuring services provided are in line with industry and best practice standards and principles.
- Providing accessible services to priority target groups.
- Working in collaboration and partnership with external services.



# Hunter Women's Centre Casework Service

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## Opening Hours

(effective 1 May 2010)

9am to 5pm

Monday to Thursday

# Casework Service

From July 2009 the Hunter Women's Centre will be offering a casework service to women living in the Newcastle and Hunter region. This service will include:

Therapeutic Groups/Workshops  
Internal and External Referral  
Outreach  
Advocacy  
Personal Support  
Life Skills  
Achievable goal setting  
Resource Provision

As a priority the casework service will work with women whose lives are currently, or have previously been impacted on by domestic violence.

Women seeking casework are asked to phone the Centre on 4968 2511 for intake and assessment

**Casework Service  
is  
Free of Charge**

# What is Casework?

Are you having problems with things like:

Accommodation  
Parenting  
Family  
Health  
Employment  
Study

Do you have so many things happening in your life that you feel overwhelmed and just don't know where to begin?

Do you need support in finding out information or where to go for help?

Do you need someone to act on your behalf with other organisations and services?

The Women's Support Worker can work with you as well as with other services in the Newcastle/Hunter region to help with issues that are impacting negatively on you and your family. She can support you in accessing appropriate accommodation, resolving financial issues, dealing with government departments and agencies (such as Centrelink) and assist you with employment and training support.

The Women's Support Worker is experienced in working with a model of casework that is founded on feminist practise. This model takes a holistic approach to women's needs and objectives, acknowledging that health can be determined by a broad range of social, physical, environmental, cultural and economic factors. Differences in health status are associated with gender, age, socio-economic status, ethnicity, disability, location and environment, racism, sex-role stereotyping, gender inequality and discrimination, sexuality and sexual preferences.

A feminist approach to individual casework involves:

- \*Working collaboratively with women.
- \*Respecting and valuing the unique and complex nature of their personal experiences.
- \*Acknowledging women as being the experts in their own lives.
- \*Allowing women to define their own experiences.
- \* Providing the opportunity for women to recognise their own strengths and abilities.
- \*Recognising the problems women face are external to them and not an inherent part of being female.