



The Hon Ken Wyatt AM, MP

**Minister for Aged Care
Minister for Indigenous Health
Member for Hasluck**

Anne Sudmalis MP

Member for Gilmore

MEDIA RELEASE

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\$4 Million Boost For Women's Health at Waminda Nowra

The unique Waminda health service on New South Wales' South Coast will receive more than \$4 million from the Turnbull Government for its programs for Aboriginal and Torres Strait Islander women.

Run by South Coast Women's Health and Welfare Aboriginal Corporation, Waminda is the only Aboriginal community controlled health service in NSW providing health and wellbeing services specifically to women and their children.

Waminda's focus is on vulnerable women, including pregnant teenagers, homeless women, and victims of domestic violence or sexual assault.

"Waminda recognises that health encompasses emotional, mental, physical, social, cultural and spiritual health," Minister for Indigenous Health, Ken Wyatt said.

"The two programs receiving funding are empowering women to be healthier and stronger members of the community.

"Waminda's holistic approach to health care addresses the social determinants of health and links culture with education, health and wellbeing.

"This approach is proving to be very successful in improving health outcomes for First Australians and ideally would become more widely adopted to close the gap in health outcomes for Aboriginal and Torres Strait Islander Australians."

Ms Sudmalis, said the funding would support continuation of Waminda's successful programs, including Dead or Deadly, which targets chronic disease, and the Young Women's Program.

"Waminda goes beyond the traditional model of a health service to build women's capacity to take control of their health and their lives," Ms Sudmalis said.

"The Service is having a very positive impact on the Aboriginal and Torres Strait Islander community in the broader Nowra region, with plans to help 300 women each year.

“A 2016 evaluation found that every woman who had participated in the program had benefitted.”

The Dead or Deadly program has been funded by the Turnbull Government since 2015-16. It helps women to avoid or manage chronic disease by increasing their fitness levels and reducing body weight, blood pressure, blood sugar levels and smoking.

Waminda’s Young Women’s Program provides young women with access to health checks and reliable health information, and encourages participation in community life.

Since it began in 2017, the program has also provided health information sessions on sexual health, birth control, healthy relationships, domestic and family violence and mental health.

“The program specifically caters for young women from disadvantaged families and those at risk of dropping out of school or becoming involved with the juvenile justice system,” said Ms Sudmalis.

“We are proud to support Waminda which is leading the way with holistic, effective programs to improve women’s health and wellbeing.”

Waminda provides services in the traditional lands of the Yuin Nation around Nowra, Bomaderry, Jerrinja, Wreck Bay, Ulladulla, Kiama and Sanctuary Point.

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