

✓ **Women's Health Clinic**

Days: First Thursday of the month

Time: 9:30am-12:30pm

This clinic is staffed by a Women's Health Nurse.

Drop in to the clinic for:

- Pap smears
- Breast checks
- Pregnancy advice and referral
- Information and advice on menopause
- Pelvic floor assessment
- Post termination follow up
- Sexual health information
- Contraceptive advice
- Diaphragm fitting



The Nurse can also give you advice and support on other women's health issues and refer you to other services you might need.

Please feel free to drop in during clinic times or to make an appointment call 1800 222 608.

## Do I have to make an appointment?

No, you can just drop in and chat to the friendly HealthOne staff about any issues that are concerning you.

The HealthOne staff will listen to any concerns you might have, provide support and information about options that might assist you and where appropriate make referrals to other services to help you. In some cases the services can also be provided at the HealthOne Willmot venue.

## For more information

If you think that you or someone you care for could benefit from HealthOne, you can:

- ✓ Drop in to HealthOne Willmot on Tuesday and Thursday mornings
- ✓ Talk to your GP
- ✓ Contact the GP Liaison Nurses at Mt Druiitt Community Health Centre on 9881 1200

HealthOne Willmot

Willmot Shopping Centre

Discovery Avenue, Willmot 2770

Ph: 9628 2119

All LHD facilities are smoke free. This means that smoking is not permitted anywhere on the grounds or inside the buildings.

For assistance to quit smoking:

Call the Quitline on 137 848 or 13 QUIT

A free, confidential Health care Interpreter service is available 24 hours, 7 days a week. Ask staff to arrange an interpreter for you. AUSLAN interpreters are also available.

Free Health Information Line - Healthdirect Australia  
[www.healthdirect.org.au](http://www.healthdirect.org.au), Ph: 1800 022 222

### HealthOne Mt Druiitt - A partnership between:

Western Sydney Local Health District

Blacktown Medical Practitioners Association

Mt Druiitt Medical Practitioners Association

WentWest Ltd

WSP-008



## Information for RESIDENTS



## YOUR GP and Community Health working together with YOU

**HealthOne**  
**WILLMOT**

Willmot Shopping Centre  
Discovery Avenue, Willmot 2770



# What is HealthOne Willmot?

HealthOne is a NSW Health funded program that aims to improve your health and your access to health services.

HealthOne Willmot provides FREE health care services in your local community and works with your GP and other service providers involved in your care to coordinate the services you need. If you don't have a regular GP, staff can help you find one.

HealthOne Willmot has a long term commitment to providing health care services to local residents. HealthOne Willmot provides a venue for you to access a range of services you may need to improve your health and wellbeing.

If there are any specific services you require please let our staff know and we will assist you in every way we can.

## Who is HealthOne for?

HealthOne Willmot is for the residents of the Willmot community. The aim is to:

- ✓ Provide a safe venue where you can discuss any issues that are concerning you
- ✓ Improve your access to health services
- ✓ Provide health services to meet your needs
- ✓ Provide a venue to access other services that you need
- ✓ Provide information and access to other service providers and supports in the local area

# HealthOne Willmot Services

At present HealthOne Willmot is open Tuesday and Thursday mornings. Services are FREE and include:

### ✓ **Mature Aged Clinic**

Days: Tuesdays

Time: 9:30am-12:30pm

This clinic is staffed by a Nurse from Mt Druitt Community Health Centre and a Worker from Our Lady of Consolation.

Drop in to the clinic and you can have your:

- ◆ Blood Pressure & Blood Sugar Levels checked
- ◆ Weight measured
- ◆ Information and education about your health
- ◆ An assessment of your wounds
- ◆ Simple dressings applied
- ◆ Referral to other services and supports including home and community care services

### ✓ **Early Childhood Clinic**

Days: Thursdays

Time: 9:30am-12:30pm

This clinic is staffed by a Child & Family Health Nurse. Drop in to the clinic if you have a child aged 0 – 5 years for:

- ◆ Health Checks (Blue Book) for your child
- ◆ Weighing and measuring of your baby
- ◆ Information and support on parenting e.g. sleep and settling, introducing solids, breastfeeding, immunisation
- ◆ Information and referral to other services

### ✓ **Midwives Pregnancy Care Clinic**

Days: Thursdays

Time: 9:30am-12:00pm

This is a new clinic run by experienced midwives in consultation with doctors at the hospital. The service is for women from the Willmot area that plan to give birth at Blacktown or Nepean Hospitals.

The midwife is able to offer:

- ◆ pregnancy advice
- ◆ checkups
- ◆ care for pregnant women living in the Willmot area

Please feel free to drop in during clinic times or to make an appointment call 4734 2373 or 4734 2616.

