

# WHAT'S NEW

78 ST. VINCENT STREET

ULLADULLA NSW 2539

PHONE: 4454 0477 FAX: 4455 6084

NOW ONLINE: [www.ulladullacrc.org.au](http://www.ulladullacrc.org.au)



## NEIGHBOURHOOD CENTRE WEEK

FUNDRAISING BBQ TO BE HELD SATURDAY  
13 MAY, 2017 AT BUNNINGS  
ULLADULLA

COME ALONG AND SUPPORT YOUR  
LOCAL NEIGHBOURHOOD



Well Women's Clinic providing FREE  
Health advice and information about  
Women's Health issues.  
TO SPEAK TO A WOMEN'S HEALTH  
NURSE IN ULLADULLA AND BOOK AN  
APPOINTMENT

THE CRC CAN BE CONTACTED ON EMAIL: [reception@ulladulla.org.au](mailto:reception@ulladulla.org.au)



Find us on:  
**facebook®**

## CRC Visiting Services and Groups

<b>Mondays:</b>	Ability Links: 0447 273 360 Caresouth: 4423 6833 Crochet Group: 4454 0925 MPC Employment: 4220 4213 NA: 4454 2990	9am - 4 pm 9am – 4pm 9.30am – 12pm 9am – 4pm 12 – 2pm
<b>Tuesdays:</b>	Ability Links: 0447 273 360 AlAnon: 4454 3823 Legal Aid: 4422 4351 by appointment MPC Employment: 4220 4213 Shoal Coast Legal Service: 4422 9529 by appointment South Coast Drug & Alcohol: 4454 2805 Fortnightly Southern Shoalhaven Interagency Monthly	9am - 4 pm 10 – 11.30am 9.30 – 4pm Monthly 9am – 4pm 9.30-2pm Monthly 10.30 - 11.30am 9.30—11.30am
<b>Wednesdays:</b>	Ability Links: 0447 273 360 Caresouth: 4423 6833 Correctional Services - P & P: 4424 6700 Food Store MPC Employment: 4220 4213	9am - 4 pm 9am – 4pm Fortnightly 9am – 1pm 9.30am – 11.30am 9am – 4pm
<b>Thursdays:</b>	Ability Links: 0447 273 360 Admin Support Worker Aftercare: 4422 1547 Al-Anon: 4454 3823 Workskills: 0466 900 290	9am - 4 pm 9am - 2 pm 1 – 3pm Monthly 1 – 2.30pm Fortnightly
<b>Fridays:</b>	Ability Links: 0447 273 360 Admin Support Worker Adult Literacy Tutoring Caresouth: 4423 6833 Food Store	9am - 4 pm 9am - 2 pm 10.30am – 12pm 9am – 4pm 9.30am – 11.30am

### Other Visiting Services

Illawarra Forum	4256 4333
John Purcell Houses – St Vinnies	4423 3558
Lifeline (Financial Counselling)	4421 5365
Life without Barriers	4455 7674
Psychologist - Ross Wade	4455 6314
Speech Pathologist - Alex Kelly	0403 093 707
Social Worker - Andrew Humphreys	4455 2162

**FREE BROADBAND &  
COMPUTER LESSONS  
FOR OVER 55'S**



APPOINTMENTS AVAILABLE  
MOST MORNINGS &  
AFTERNOONS.  
DON'T BE LEFT BEHIND WITH  
TODAY'S  
TECHNOLOGY!

WHAT TO BRING: YOUR OWN  
LAPTOP OR TABLET OR WE  
CAN TEACH YOU ON ONE OF  
THE CENTRE'S PERSONAL  
COMPUTERS—WINDOWS 8 &  
10 AVAILABLE.

SEE THE RECEPTION DESK OR

**INTELLECTUAL  
DISABILITY  
RIGHTS  
SERVICE**



CISN provides  
Volunteer support Persons for  
people with intellectual disabilities  
who are in contact with the Criminal  
Justice System.

**FREE LEGAL ADVICE**  
PHONE: 02 4228 4040

**ALCOHOLICS ANONYMOUS (AA)  
FAR SOUTH COAST COMMITTEE**

**PH: 4454 3823**

**MEETINGS:**

**Thurs 2pm Ulladulla Catholic Church  
Hall**

**Thurs 7-8 Milton Catholic Church Hall  
Saturday Batemans bay 1pm Museum**

**IS AL-ALON FOR YOU?**

Hope and support for the families and friends  
of problem drinkers.

**TUESDAYS 10AM & THURSDAYS 1.00PM**

**MEETINGS ARE CONFIDENTIAL**

**ULLADULLA COMMUNITY RESOURCE  
CENTRE**

**MILTON ULLADULLA**

**PARKINSON'S SUPPORT GROUP**

Meet every 3rd Wednesday of the month at  
10-12PM.

Uniting Church Hall, Ulladulla  
(opposite the Police Station)

Contact: [mupsgroup@yahooo.com.au](mailto:mupsgroup@yahooo.com.au)

**For further information about activities at  
the Community Resources Centre or to  
book a room for your next Meeting or  
Group-**

**PHONE: 44 54 0477  
OR EMAIL:**

## SHOALHAVEN FAMILY WORK PROGRAM

- This program can be helpful for those who find being a parent or carer is more challenging than they anticipated.
- Are missing the support and practical help of relatives.

This service is for first-time young and/or Aboriginal parents and carers with children aged 0-8 years living in the Shoalhaven.

**Ulladulla office:** 88 South Street, Ulladulla

Phone: 1300 651 728

Email: [Shoalhavenfamilywork@anglicare.org.au](mailto:Shoalhavenfamilywork@anglicare.org.au)

Office hours: By Appointment

Anglicare



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**ULLADULLA FOOD STORE AT THE CRC**

**78 ST. VINCENT STREET, ULLADULLA**

**FREE** FRUIT, VEGETABLES & BREAD

**PLUS** LOW COST GROCERIES & TOILETRIES

OPEN 9.30 TILL 11.30 am

WEDNESDAYS & FRIDAYS



**FOETAL ALCOHOL SPECTRUM DISORDER**

**TUESDAY 18 APRIL, 2017**

**DUNN and LEWIS CENTRE 141 ST. VINCENT St. ULLADULLA**

**11AM—2.00PM**

**CNC. Substance Use in Pregnancy and Parenting Service**

**ISLHD Drug and Alcohol Service**

**RSVP 11 April, 2017 (limited spaces) Ph: 4454 0477**



**Vincentia**  
6 St George Ave  
Ph: 4441 8886

**Ulladulla**  
268 Green St  
Ph: 4455 6000

**Sussex Inlet**  
By Appointment  
Ph: 4441 8886

Email: [support@jervisbayhearingcentre.com.au](mailto:support@jervisbayhearingcentre.com.au)



**SHOALHAVEN**  
**Swim & Fitness**

## CAPSICUM WITH STUFFING

4 medium red capsicum  
1 1/2 tablespoons olive oil  
1 thick slice white bread  
1 egg (beaten) 1 onion (chopped)  
225g minced meat  
2 tablespoons parsley (chopped)  
Salt and black pepper



Wash and dry the capsicums. Cut each one in half lengthwise, remove seeds. Place in a shallow pan with lightly salted warm water for 5 minutes then drain. This will make them soft and increase their taste.

Peel and chop the onion and cook in 1 tablespoon of oil. Add mince, stirring occasionally until brown. Remove from heat. Remove the crust from the bread and soak in the lightly beaten egg. Mash with a fork and stir into the mince. Add parsley and season to taste with salt and pepper. Blend until stuffing is firm but moist. Spoon the stuffing mixture into the capsicums and place in lightly greased dish with 2-3 tablespoons of water in the bottom. Brush the capsicums lightly with oil. Cover with foil & bake in centre of 190deg.Pre-heated oven for 30 min. or until tender.



To:	Ross Wade	2 April
	Rae Lalor	23 April
	Norma Ashley	27 April
	Anna Hctor	29 May

## MEN'S CIRCLE

Chance for a yarn and to meet new friends.

For further inquires and information on upcoming events

PHONE Tony Pease,  
SUNFLOWER HOUSE on

## Carers Wellbeing Group

Held at Sunflower House every second Friday starting April 7 at 11am. By attending this group you will be making your own wellbeing a priority. Enjoy lunch, a chat and an activity in a friendly supportive informal environment.

## LAUGH OUT LOUD :

A police recruit was asked during the exam, “what would you do if you had to arrest your own mother?” he answered “call for backup”.

A will is a dead giveaway.

With her marriage she got a new name and a dress.

A boiled egg is hard to beat.



## No Interest Loan Schemes:

Interest free loans for individuals and families living on low incomes.

Loan amounts range from \$ 800 to \$ 1200 and are often used for items such as fridges, furniture, computers etc.

Arrange an appointment to speak to our Loans Officer by ringing Ulladulla's St Vincent de Paul on 4455 5666.

## DID YOU KNOW?

- Perth is Australia's windiest city
- Cats spend 66% of their life asleep
- Macadamia nuts are toxic to dogs
- Honey is the only natural food with never spoils
- That you burn more calories eating celery than it contains, the more you eat the thinner you become
- The longest street in the world is Yonge Street in Toronto, Canada measuring 1896kms.

## NSW HAPPY FEET

**FOR MEN & WOMEN WHO WANT TO WALK BUT  
LACK MOTIVATION.**



**We walk Tues, Wed, Thurs & Fri**

**We gave a variety of walks taking between 45 to 60 minutes.**

**For more info contact Dorothy on**

**4455 6162**





