

WHAT'S NEW

78 ST. VINCENT STREET,
ULLADULLA 2539 Ph: 02 4454 0477
DEC/JAN ISSUE 2017



*Merry
Christmas*

And **HAPPY NEW YEAR** FROM ALL THE STAFF,
COMMITTEE AND VOLUNTEERS HERE AT THE ULLADULLA
COMMUNITY RESOURCES CENTRE



THE CRC WILL BE
CLOSING ON THURSDAY
22 DECEMBER, 2016
AND WILL RE-OPEN
TUESDAY 3 JANUARY, 2017



ACTIVITIES, GROUPS & VISITING SERVICES AT ULLADULLA CRC:

MONDAYS:	N.A. (WEEKLY)	12-2PM
	CROCHET GROUP (WEEKLY)	12.30-2.30PM
	CARESOUTH (WEEKLY)	9-4.00PM
TUESDAY:	ALANON (WEEKLY)	10-11.30
	LEGAL AID (3RD BY APPOINTMENT)	9-1.00PM
	AFTERCARE (1ST & 3RD)	12-4PM
	SHOALCOAST LEGAL (2ND)	9.30-1.30PM
	GREENACRES (WEEKLY)	9-4.00PM
	NOVEL CHAT (BRING YOUR OWN LUNCH)	1-2.00PM
	SOUTHERN S'HAVEN INTERAGENCY (ST)	9.30-11.30AM
	SCHIZOPHRENIA FELLOWSHIP	
	CARER RESPITE GROUP (ST & 3RD)	10-NOON
WEDNESDAY:	PROBATION & PAROLE (WEEKLY)	9-4.00PM
	GREENACRES (WEEKLY)	9-4.00PM
	CARE SOUTH (FORTNIGHTLY)	9-4.00PM
	FOOD STORE	9.30-11.30AM
	HEMOCARE (MONTHLY)	1.30-3.00PM
THURSDAY:	MULLIGRUBS (LAST THURS)	7.00PM
	AL-ALON (WEEKLY)	1-2.30PM
	ADMIN SUPPORT WORKER	9-2.00PM
	(HELP WITH Resumes, Job Applications, Forms etc.)	
	AFTERCARE (3RD)	10-NOON
	WORKSKILLS/DISABILITIES (FORTNIGHTLY)	9-4.00PM
	ALEX SPEECH THERAPY BY APPOINTMENT	
FRIDAY:	FOODSTORE	9.30-11.30AM
	ADMIN SUPPORT WORKER	9-2.00PM
	(Help with Resumes, Job Applications, Forms etc.)	
	ADULT LITERACY TUTORING	10.30-NOON
	CARESOUTH (WEEKLY)	9-4.00PM
	ANDREW & ROSS MALE COUNSELLOR'S BY APPOINTMENT	

JP SERVICE MOST DAYS

**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
7, 8 & 10 AVAILABLE.

WANT TO KNOW MORE?
SEE THE RECEPTION DESK OR PHONE
4454 0477

**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

**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**

**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**

MEN'S CIRCLE

Chance for a yarn and to meet new friends.

For further inquires and information on upcoming events

Phone Tory Pease, Sunflower House on 4454 1811

**For further information about activities at the Community Resources Centre or to book
a room for your next Meeting or Group Phone: 4454 0477**



ULLADULLA FOOD STORE AT THE CRC
78 ST. VINCENT STREET, ULLADULLA
FREE Fruit, vegetables and bread
PLUS Low cost groceries & toiletries

Open: 9.30 till 11.30

\$ 5.00 MEMBERSHIP— show concession card

PLEASE NOTE: THE FOOD STORE WILL BE CLOSED FROM
22 DECEMBER, 2016 UNTIL WED 25 JANUARY 2017

*MERRY
CHRISTMAS*

LAUGH OUT LOUD

What does Tarzan say on Christmas morning?....."Jungle bells, jungle bells, jungle all the way....."

What does the cow say on Christmas morning? " Moo-ey Christmas!"

What lights did Noah have to use on the Ark? Flood lights

Submitted by Rae Lalor



Free Service
for both
Jobseekers and
Employers

Ulladulla Community Resources Centre

78 St Vincent St Ulladulla 2539

Ph: 4423 3337 or 0427 706 307



\$\$\$ ARE YOU A STUDENT WHO NEEDS FINANCIAL ASSISTANCE TO
ACHIEVE YOUR GOALS? \$\$\$

The Shoalhaven Education Fund may be able to assist you!

To be successful, applicants need to:

- Have a realistic goal
- Show dedication to achieving their goal
- Demonstrate financial need
- Be aged between 16 & 25

Firstly you need to complete an application form. All applicants will be interviewed. Grants are allocated for things like: textbooks, travel, transport, tuition fees, uniforms or tools of trade. IN 2016 FIVE STUDENTS FROM ULLADULLA HS RECEIVED GRANTS. FOR MORE INFORMATION GO TO:

<http://engage.cef.org.au/directory/foundation/32/Shoalhaven>

APPLICATIONS CLOSE DECEMBER 2016



**NEW BREASTSCREEN NSW PERMANENT SITE
NOW OPEN IN ULLADULLA
SUITE 2/15 BOREE STREET, ULLADULLA**

All **women 40 years old and over** can book their free screening mammogram for early detection of breast cancer. No referral needed. Staff are all female and will make you feel very comfortable.

CALL 13 20 50 NOW TO MAKE YOUR BOOKING



18 December Maria Mitchell
19 December Kerry Heather
4 January Deborah Galeazzi
17 January Joy Prisk
22 January Fay Pithie



Are you a person with a disability,
injury or illness?

Are you looking for work?



Contact our friendly and professional team at Essential
Employment and Training, and make your employment
goals a reality.

We also run a Transition to Work program
Contact Julie Griffiths on 0427 252 916

Shop 8, Eastside Mall | 118-120 Princes Highway, Ulladulla 2539
info@eetgroup.com.au | 4454 5390 or 1800 243 513 | www.eetgroup.com.au



CULINARY CORNER

ALL RECIPES TRIED AND TESTED IN ROS'S KITCHEN

QUICK QUICHE:

This recipe kindly supplied by CRC Client.

- 3 eggs
- 1/2 cup of Self Raising Flour
- 1/2 cup melted butter or margarine
- 1 1/2 cups of milk
- 1/4 teaspoon salt
- 1 cup grated cheese
- 1 cup chopped onion
- 1 cup chopped ham or bacon

Mix all ingredients together in bowl, pour into prepared pie/cake tin.

Cook in pre-heated oven at 180-200deg for approx. one hour.



EASY CHRISTMAS BERRY TRIFLE:

- 1 X 85g pkt. Aeroplane quick-set strawberry or raspberry jelly crystals
- 14 bought jam rollettes, cut into 1cm-thinck slices
- 1/3 cup apple juice or preferably sweet sherry
- 2 x 250g punnets strawberries, washed, hulled, halved
- 2 x 150g punnets blueberries
- 2 cups vanilla custard,
- 1 cup thickened cream, whipped



METHOD:

1. Prepare the jelly following packet instructions,, coarsely chop once set.
2. Place half the rollettes in the base of a 12 cup capacity serving bowl. Drizzle half the apple juice or sherry over the rollettes. Top with half the jelly and one-third of combined strawberries and blueberries. Spoon over half the custard. Repeat with the remaining ingredients (save some berries for top) and top with the remaining custard.
3. Spoon the cream over the trifle and top with remaining berries. Place in fridge.



- ✓Vitamins
- ✓Dried Fruit & Nuts
- ✓Fresh Peanut Butter
- ✓Water Filters
- ✓Sports Proteins
- ✓Local Raw Honey
- ✓Gluten & Dairy Free Products
- ✓Natural Skin Care and Make Up
- ✓Safe cleaning products
- ✓Functional Foods

Go Vita Health Foods

Your health nutrition centre
Phone 4455 3565

Beachcomber HAIR SALON

SHOP 4

ROWEN'S ARCADE

ULLADULLA 2539

PHONE: 4455 1199



**Shop 13 The Plaza 107 Princes
Ulladulla 2539
Ph: 4455 4590**

Mr. G's

D E L I

**TOP OF THE TOWN CAFÉ
MON-FRI 8-5 SAT 8-2**



**5/133 Princes Highway
Ulladulla**

Phone: 0423 703 927

BLAKE BOZICICH (OWNER)

**Facebook.com/topofthetowncafe
0423 703 927**



ULLADULLA VETERINARY HOSPITAL

**249 Princes Highway, Ulladulla NSW
2539**

Phone: (02) 4455 5339

**Our friendly, helpful Staff are available for
all your pet care & large animal needs.
From advice about flea or tick control
through to an emergency in the middle of
the night.**

**Sachi boutique & gifts
Green street, Ulladulla
4455 2544**

- ✪ladies clothing
- ✪fashion accessories
- ✪gifts