

WHAT'S NEW

**78 ST. VINCENT STREET
ULLADULLA NSW 2539**

PHONE: 4454 0477

FEBRUARY/MARCH, 2017



CRC'S International Women's Day Awards 2017

Do you know a woman who has made a significant contribution through volunteering in our local area? Pick up a Form from Ulladulla CRC and nominate her for an International Women's Day Award. Entries must be received by 24/2/17. Awards will be presented at the IWD Breakfast. This years breakfast will be held 8 March, 2017 8.30-10.30pm. RSVP

3 March, 2017 if you would like to join us

SENIORS WEEK "FESTIVAL FROLICS"

DATE: Monday 6th March, 2017

TIME: 10AM - 2.00PM

VENUE: St. Martins Church Hall

MORNING TEA & LUNCH

**ENTERTAINMENT INCLUDING COMMUNITY SINGING. GENTLE
EXERCISE & QUIZZES.**

**Thanks to: Department of Family &
Community Services for their generosity,
providing lunch.**



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
	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
	CARE SOUTH (FORTNIGHTLY)	9-4.00PM
	FOOD STORE	9.30-11.30AM
	HOMECARE (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	

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.

SEE THE RECEPTION DESK OR

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**

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:

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





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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

\$ 5.00 MEMBERSHIP—SHOW CONCESSION CARD

coles
COMMUNITY
FOOD

Partnering with



**Can you spare a couple of hours now and then?
Help the elderly and disabled with their yard maintenance
they can no longer do.**

**BECOME A YARD ASSIST VOLUNTEER!!
PHONE KATHLEEN FOR MORE INFORMATION
4455 5505**



**Gail Nugent
Jen Somers
Margaret Allen**

**6th March
11th March
15th March**

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
4454 1811**



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



CULINARY CORNER

ALL RECIPES TRIED AND TESTED IN ROS'S KITCHEN

HERBED HONEY RISSOLES:



INGREDIENTS:

500 grams minced beef
1 large onion chopped
1 medium carrot grated
1 tabs honey
1/2 tsp mixed herbs
1 large egg
Salt & Pepper
Flour

METHOD: Combine ingredients into bowl, mix and roll into balls, roll balls in flour and fry, turning frequently until golden.

IMPOSSIBLE PIE

INGREDIENTS:

1/2 cup plain flour
1 cup caster sugar
1 cup coconut
4 eggs lightly beaten
2 tsp vanilla essence
4oz melted butter
2 cups milk



METHOD: Mix all together in a bowl then pour into pie dish. Bake in moderate for 45 mins.

LAUGH OUT LOUD

I just read that 4,153,237 people got married last year...shouldn't that be an even number?

When wearing a bikini, women reveal 90% of their body...men are so polite they only look at the covered parts.

My therapist says I have a preoccupation with vengeance. We'll see about that!

Today a man knocked on my door and asked for a small donation towards the



Safe in Oz is presenting a 2 day training workshop
‘An Introduction to Working with Individuals who have
Self-Destructive Behaviours’

(This is a pre-requisite for the 3 day training—Facilitating the Safe in Oz Consumer
Recovery program)

Monday & Tuesday

27th & 28th March 2017

Ulladulla Community Resources Centre

78 St Vincent Street, Ulladulla



\$440. If you register and pay at least 30 days BEFORE, you will qualify for our
Early Bird Payment of \$400.00.

Light refreshments will be provided - BYO LUNCH

DAY 1: 9AM FOR 9.15 PROMPT START UNTIL 4.30PM

DAY 2: 9AM PROMPT START UNTIL 4.30PM

There are strictly limited places available for this workshop. A hard copy of the Registration Form
can be accessed at www.safeinoz.com.au or contact Annie for an electronic version.

This workshop is accredited for 6 CPE points with ACWA

CANNABIS - ALL YOU NEED TO KNOW

FREE WORKSHOP FOR PARENTS & SERVICE PROVIDERS

THIS WORKSHOP WILL PROVIDE:

Research & Information

Tips to motivate & Engage

Tips to reduce harm



WEDNESDAY 8 FEBRUARY

VENUE: ULLADULLA YOUTH CENTRE

80 ST VINCENT STREET, ULLADULLA

BOOK ONLINE: <https://www.trybooking.com/OJLW>

PHONE: Di 0401 718 469

**for more information & details of workshops outside the
Ulladulla area.**

