

WHAT'S NEW

78 St. VINCENT STREET
ULLADULLA NSW 2539

WEB PAGE: www.ulladullacrc.org.au

EMAIL: reception@ulladullacrc.org.au



PHONE: 4454 0477



Pictured: Last year's International Women's Day recipients with Award presenter Shoalhaven Mayor Amanda Finley.

This year's Awards will be presented at the **Dunn Lewis Centre**, St. Vincent St. Ulladulla on the 8th March, 2018 at 10 am-12pm for Morning Tea.

RSVP: 15 February, 2018 Phone:

Do you know a woman who has made a significant contribution through volunteering in our local area? Forms are available from Ulladulla CRC and nominate her for an International Women's Day Award.

ULLADULLA FOOD STORE

WEDNESDAY & FRIDAY @ Ulladulla CRC

9.30-11.00 am



Spend \$5.00 or more on low cost groceries and toiletries to receive **free** fruit, vegetables and bread.

If you need urgent assistance, please ask.

CRC Visiting Services and Groups

Mondays:	Caresouth: 4423 6833 Crochet Group: 4454 0925 MBC Employment: 4220 4213 NA: 4454 2990	9am – 4pm 9.30am – 12pm 9am – 4pm 12 – 2pm
Tuesdays:	AlAnon: 4454 3823 Legal Aid: 4422 4351 by appointment MPC Employment: 4220 4213 Shoal Coast Legal Service: 4422 9529 by appointment Southern Shoalhaven Interagency Yoga	10 – 11.30am 9.30 – 4pm Monthly 9am – 4pm 9.30 – 2pm Monthly 9.30am – 11.30am Monthly 2pm–3pm
Wednesdays:	Caresouth: 4423 6833 Correctional Services - P & P: 4424 6700 Food Store MPC Employment: 4220 4213	9am – 4pm Fortnightly 9am – 1pm 9.30am – 11.00am 9am – 4pm
Thursdays:	Admin Support Worker Aftercare: 4422 1547 Al-Anon: 4454 3823 Workskills: 0466 900 290	9am - 2 pm 1 – 3pm Monthly 1 – 2.30pm Fortnightly
Fridays:	Admin Support Worker Adult Literacy Tutoring Caresouth: 4423 6833 Food Store	9am - 2 pm 10.30am – 12pm 9am – 4pm 9.30am – 11.00am
	Other Visiting Services	
	Illawarra Forum	4256 4333
	Lifeline (Financial Counselling)	4421 5365
	Life Without Barriers	4455 7674
	Psychologist - Ross Wade	4455 6314
	Social Worker - Andrew Humphreys	4455 2162

MILTON ULLADULLA
PARKINSON'S SUPPORT GROUP

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

UNITING CHURCH HALL

OPPOSITE POLICE STATION
NORTH STREET.

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

IS AL-ALON FOR YOU?

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

TUESDAYS 10AM & 1PM

MEETINGS ARE CONFIDENTIAL

ULLADULLA COMMUNITY

ALCOHOLICS ANONYMOUS (AA)
FAR SOUTH COAST COMMITTEE

MEETINGS HELD AT VARIOUS
LOCATIONS AND TIMES.
PLEASE RING 4454 3823

FOR CONFIRMATION



Find us on:
facebook®

UPCOMING EVENT: THIS YEAR'S SENIORS WEEK WILL BE HELD 10th APRIL,
2018 AT ST. MARTIN'S CHURCH .

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

FREE BROADBAND & COMPUTER LESSONS FOR OVER 55's.
APPOINTMENTS AVAILABLE MOST MORNINGS
AND 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 AND 10 AVAILABLE.

SEE THE RECEPTION DESK



SHOALCOAST COMMUNITY LEGAL CENTRE INC.

FREE LEGAL ADVICE

ATTENDING THE CRC:

APPOINTMENTS ARE NECESSARY

PHONE: 1800 229 529 OR 4422 9529

PLEASE NOTE : free telephone legal advice & info is
provided every Tues & Thurs 10-12 noon. Call during these
times for staff to complete a client intake & a Solicitor will call you back .

13/2/18

13/3/18

10/4/18

8/5/18

From 1 February, medicines that have codeine in them will not be sold over the counter. Illawarra Shoalhaven Local Health will be holding info sessions “**Pain, pills & pints—your health choices**”. This will be particularly useful for seniors who have used over the counter pain medication regularly. We can arrange interpreters if required. We acknowledge that some people from culturally diverse backgrounds are at increased risk of drug and alcohol harms, some factors that contribute to this are low health literacy, past experience of trauma. As a result there are often barriers to these people seeking support.

More Info: 02 4254 2760

Email: dianne.woods@heath.nsw.gov.au



Gail Nugent 6 March

Jen Somers 11 March

Margaret Allen 15 March

Premier Coast Driving School

Instructor: Brian Dickinson

Auto & Manual cars

All ages catered for

Refresher courses available

Teaching Safe & Defensive Driving

Mention this ad for a discount



Mob: 0413006340

YOGA WITH DONNA



MONDAY: General/Beginners 6.30-7.30 Mollymook Beach Bowling Club

Tuesday: Gentle Class 10.30-11.30 Mollymook Beach Bowling Club

Wednesday Gentle Class 10.30-11.30

And also Wednesday

General/Beginners 6.30-7.30 Mollymook Beach Bowling Club

Friday : Yoga Fit 10.30-11.30 Upstairs Anytime

Cost \$ 10.00 FURTHER DETAILS: 0400 408 490

Fitness. Ulladulla

Milton Ulladulla Support Service

158 Green St. Ulladulla

Phone: 4455 5428

LEARN PROTECTIVE BEHAVIOURS SKILLS

Protective Behaviours can be used by children, young people and adults to help keep themselves safe and work towards reducing violence in the community. It can provide a basis for helping children be safe at school and address problems such as bullying.

BOOKINGS ESSENTIALS. NUMBERS ARE LIMITED. CHILDCARE WILL BE PROVIDED.

SESSIONS ON TUESDAYS COMMENCE ON 6th THEN THE 13th, 20th and 27th March, 2018. from 10am-12pm.

1—2 —3 MAGIC

ARE THE KIDS DRIVING YOU NUTS?

MILTON ULLADULLA SUPPORT SERVICE IS OFFERING A POSITIVE PARENTING COURSE FOR THOSE WITH CHILDREN AGED BETWEEN 3 AND 12 YEARS OF AGE.

**CONSECUTIVE TUESDAY MORNINGS FROM 10AM—12PM
6th, 13th, 20th AND 27th FEBRUARY, 2018**

Laurence Keith & Jody Quinnell

Booking essential: Phone 4455 5428

The course is free, however a donation towards the cost of tea & coffee would be appreciated.

CHILDCARE WILL BE PROVIDED .



CULINARY CORNER:

SPRING LAMB LOIN CHOPS WITH HEIRLOOM TOMATO SALAD

INGREDIENTS:

8 lamb loin chops and 1 tablespoon olive oil

HEIRLOOM TOMATO SALAD:

800g mixed heirloom tomatoes, sliced.

400g can of chickpeas, rinsed. 1/4 cup extra virgin olive oil, 2tb red wine vinegar, pinch of sugar, basil leaves, 200g ricotta.

METHOD:

1. Preheat a chargrill to mod. High. Brush lamb with oil and season with salt & prepper. Cook for 4 minutes on each side. Set aside to rest for 5 minutes.
2. For the salad, combine oil, vinegar & sugar. Season with salt & pepper. Lay Tomatoes in a single layer on a platter and scatter chickpeas & ricotta.
3. Drizzle a dressing of olive oil and vinegar (one part vinegar 3 parts olive oil), top with basil leaves.



LAUGH OUT LOUD

Attending a wedding for the first time, a little girl whispered to her mother, “Why is the bride dressed in white?” The mother replied “Because white is the colour of happiness and today is the happiest day of her life”. The child thought about this for a moment then said “So why is the groom wearing black?”.



CONGRATULATIONS to Rae Lalor on births of your 28th and 29th great grand children CHELSEA RAE (pictured left) and another baby girl



139 Warden St, Ulladulla
Phone: 4444 8811
info@shoalhavenswimandfitness.com.au



jervis bay
HEARING
centre

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		



- ✓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

Shop 16 Rowen's Arcade, Ulladulla

TOP OF THE TOWN CAFÉ

MON-FRI 7:30-3

SAT 9-1

CLOSED SUN



Rectangular Snip

5/133 Princes Highway

ULLADULLA 2539

BLAKE BOZICICH (OWNER)

[Facebook.com/topofthetowncafe](https://www.facebook.com/topofthetowncafe)

Sachi boutique & gifts

Green street, Ulladulla

4455 2544

- ★ ladies clothing
- ★ fashion accessories
- ★ gifts



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.

Shop 13 the Plaza 107 Princes

Ulladulla 2539

Ph: 4455 4590

Mr. G's

DELI



Beachcomber

HAIR SALON

Shop 4 Rowen's Arcade

Ulladulla NSW 2539

PHONE: 4455 1199

MATRIX