

WHAT'S NEW

78 ST. VINCENT ST.
ULLADULLA NSW 2539
WEB PAGE: www.ulladullacrc.org.au
EMAIL: reception@ulladullacrc.org.au



PHONE: 4454 0477
FAX: 4455 6084

TAX HELP 2018 APPOINTMENTS FOR “MYGOV” ACCOUNTS AVAILABLE.

We will start taking bookings for this year's



FREE TAX HELP

**The Tax Help service operates from
Mid July till 31 Oct.
Appointments 9AM-3PM**

Farewell to Alison

Sadly we have to say farewell to Alison, she has been with the CRC for over seven years– working tirelessly on our books! We wish her the best for the future and are envious of her move to a warmer climate. Good luck, from all the Management, workers and volunteers at CRC



Alison and her lovely Belgian Shepherds, Livvy and Holly

CRC VISITING SERVICES AND GROUPS

Mondays:	Benevolent Society	1800 236 762	
	MBC Employment	4472 3467	9am – 4pm
	Crochet Group		9.30am – 12pm
	NA	4454 2990	12 – 2pm
Tuesday:	Benevolent Society	1800 236 762	
	AlAnon	4454 3823	10 - 11.30am
	Legal Aid (by appointment)	4422 4351	9.30 – 4 monthly
	MBC Employment	4472 3467	9am – 4pm
	Shoalcoast Legal (by appointment)	4422 9529	9.30 – 2 monthly
	Southern Shoalhaven Interagency	Monthly	9.30 – 11.30
	Yoga	0400 408 490	2 – 3pm Weekly
Wednesday:	Benevolent Society	1800 236 762	
	Correctional Services (P&P)	4424 6700	9am – 4pm
	Food Store		9.30am – 11am
	MBC Employment	4472 3467	9am – 4pm
Thursday:	Benevolent Society	1800 236 762	
	Admin Support Worker	4454 0477	9am – 2pm
	Aftercare	4422 1547	1 -3pm monthly
	AlAnon	4454 3823	1 -2.30pm
	Workskills	0466 900 290	Fortnightly
	U3A		10am -12.30pm
Fridays:	Benevolent Society	1800 236 762	
	Admin Support Worker	4454 0477	9am – 2pm
	Food Store		9.30 – 11am

Other Visiting Services:

Lifeline (Financial Counselling)	4421 5365	By Appointment
Psychologist – Ross Wade	4455 6314	By Appointment
Social Worker – Andrew Humphries	4455 2162	By Appointment

Other Activities:

Computer & Literacy	4454 2477	By Appointment
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**MILTON ULLADULLA
PARKINSON'S SUPPORT
GROUP**

Meet every 3rd Wednesday of the
month at
10am—12pm

UNITING CHURCH HALL

OPPOSITE POLICE STATION

**ALCOHOLICS ANONYMOUS
(AA)**

**FAR SOUTH COAST
COMMITTEE
MEETINGS HELD AT
VARIOUS LOCATIONS AND
TIMES
PLEASE PHONE 4454 3823
FOR INFO &
CONFIRMATION.**

IS AL-ALON FOR YOU?

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

**TUESDAYS 10AM & 1PM
MEETINGS ARE CONFIDENTIAL**

**ULLADULLA COMMUNITY
RESOURCES CENTRE.**

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

PH: 4454 0477



**Find us on:
facebook®**



Intellectual Disability Rights Service.

**SISN 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**

CREATIVE BALANCE

THERAPIES

Art Therapy Counselling

Meditation/Mindfulness Yoga

Make sense of your life experiences and have a greater understanding of yourself and the world around you

INDIVIDUAL SESSIONS AND GROUP WORKSHOPS

0431 772 698

RESPONDING TO THE ABUSE OF OLDER PEOPLE IN THE SHOALHAVEN.

A FREE TRAININGS SESSION IS BEING OFFERED FOR COMMUNITY HOME CARE WORKERS BY THE SHOALHAVEN ELDER ABUSE PREVENTION AND AWARENESS NETWORK.

DATE: WEDNESDAY 13 JUNE, 2018

TIME: 2.30PM-4PM

VENUE: Nowra Pool Training Room

Calling all High School students in the Shoalhaven, be inspired by this year's theme of the

**YOUNG WRITERS OF THE YEAR:
OUT OF THE BLUE.**

- **Write a short story up to 750 words and/or a poem up to 50 lines.**
- **\$ 100, \$ 50, \$ 25 prizes in each category plus all entries published in Young Writers Award 2018 Anthology. Free to enter.**

- **For entry form and details:**

Email

sspanyoungwriters@gmail.com OR Ask your English teacher, librarian or Town Library OR

Contact Fiona on 0412 051 144

Download form www.sspan.org.au

ENTRIES CLOSE FRIDAY 22 June.



**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
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Email: support@jervisbayhearingcentre.com.au



SHOALHAVEN
**Swim &
Fitness**

139 Warden St, Ulladulla

Phone: 4444 8811

info@shoalhavenswimandfitness.com.au

Shoalhaven Suicide Prevention & Awareness
Network

STANDARD 12 HOUR
MENTAL HEALTH FIRST AID TRAINING
REGISTRATION FORM.

JUNE 2018

WHEN: TUES 19 & Tues 26 June, 2018
TIME: 9-4 PM Both days (this is a
Standard 12 hour course)
WHERE: Cullunghitti Aboriginal Child
& Family Centre Nowra,
Holloway Road Nowra East.
COST: \$ 120 Gov. Agencies & Corporations
\$ 100 Non-Gov agencies (not for
Profit)
\$ 75 Community Members.
Phone Fiona: 0412 051 444.
SSPAN will send you Invoice for payment.

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

The Biggest Morning Tea at CRC

Rae Lalor once again hosted the Biggest Morning Tea at the Resources Centre. This event was well attended and raised much needed funds.

Workers and Volunteers at the Centre had also been taking part in a 10,000 step Workplace Challenge. One of our winners, Lesley Dickinson, pictured,



had reached 79,217. Well done, and congratulations to all our prize winners and those who participated.

I would like to thank Rae and all those who baked on the day, and to Yasmine, pictured with Rae – she helped set up and clean up.



Happy Birthday!

Trish Moon 1 July 2018

Debra Quiney 22 July 2018

Montezuma Pie

Serves 6-8 (Prep 30 mins) Cook 35 Mins

1 tbsp. olive oil

2 tsps. Mexican chilli powder, 3 chicken breast fillets (750g), 6 x 20 cm flour tortillas, cut in half, 2 1/2 cups grated cheddar cheese, chopped avocado and lemon wedges to serve



Tomato Chilli Sauce:

1 kg ripe tomatoes, 3 green spring onions chopped, 2 long green chillies, deseeded, chopped, 3 cloves garlic, crushed and 1 cup fresh coriander leaves.

1: Grease ovenproof dish

2: Combine oil, chilli powder and chicken in a large bowl. Season with salt and pepper

3: Heat a flameproof roasting pan over a high heat and add chicken, cook for 2 minutes on each side or until lightly brown

4: Cook in a moderate oven 180* or until cooked. Cool slightly, shred chicken.

5: Meanwhile, to make tomato chilli sauce, put half the ingredients in a blender until smooth. Repeat with other half, transfer to large jug

6: Layer on third of the tortillas, slightly overlap in dish, top with one third each of chicken, sauce and cheese, repeat.

7: Cook in moderate oven 180* for 35 mins until top is golden

FREE
BROADBAND AND COMPUTER
LESSONS FOR
OVER 55's



ONE ON ONE TUTORING
AVAILABLE MOST MORNINGS & AFTERNOONS
PHONE CRC RECEPTION TO BOOK YOUR LESSON

Phone: 4454 0477



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- ♦ Natural skin care and make-up
- ♦ Safe cleaning products
- ♦ Functional foods

Go Vita Health Foods

Your health nutrition Centre

Phone: 44553565

Shop 16, Rowan's Arcade, Ulladulla

TOP OF THE TOWN CAFÉ

MON-FRI 6-3PM SAT 9-12 NOON

CLOSED SUN

5/133 Princes Highway

Ulladulla

Ph: 0423 703 927

Blake Bozicich (owner)

Facebook.comtopofthe
towncafe (one word)



MR G's DELI

SHOP 13 THE PLAZA

107 PRINCES HWY, ULLADULLA

ULLADULLA VETERINARY HOSPITAL



249 Princes Hwy Ulladulla

Ph: (02) 4455 5339

Our friendly, helpful staff are available for
all your pet care and large animal needs.
From advice about flea or tick control

Sachi Boutique and Gifts

Green Street,

Ulladulla, NSW

4455 2544



Beachcomber
HAIR SALON

Shop 4 Rowen's Arcade
Ulladulla NSW 2539
PHONE: 4455 1199

MATRIX