

WHAT'S NEW



78 St. Vincent St. Ulladulla 2539

OCTOBER/NOVEMBER 2016 ISSUE



ANTI-POVERTY WEEK

Poverty and severe hardship affect more than a million Australians, around the world more than a billion people are desperately poor.

In Anti-Poverty Week you are invited to join us to help fight poverty and hardship.

FAMILY FUN DAY

DATE: Wednesday 5th October, 2016

TIME: 10AM-2PM

WHERE: On the grounds of

St. Martin's

Church (cnr Green St & Princes H'way



The Ulladulla and Districts Community Resources Centre

Cordially invites you to our

ANNUAL GENERAL MEETING

TO BE HELD 24th OCTOBER, 2016

AT ULLADULLA AND DISTRICTS RESOURCES CENTRE

THIS YEAR'S GUEST SPEAKER: from NSW

Fair Trading

RSVP: 17th October, 2016 on 4454 0477



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
	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



Australian Government
Australian Taxation Office

**GET FREE TAX HELP WITH YOUR TAX
RETURN FROM A TAX HELP
VOLUNTEER.**

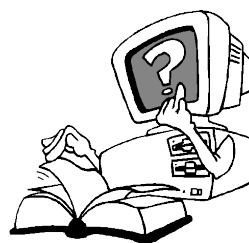
Are your tax affairs simple?

Do you earn around \$ 50,000 or less?

To find out more:

PHONE: 4454 0477

Create your MyGov account & link to the



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

**APPOINTMENTS AVAILABLE MOST
MORNINGS & AFTERNOONS.**

**PHONE CRC RECEPTION TO BOOK
YOUR LESSON TODAY!
DON'T BE LEFT BEHIND WITH
TODAYS TECHNOLOGY.**

IS AL-ALON FOR YOU?

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

TUESDAYS 10AM & THURSDAYS 1.00PM

MEETINGS ARE CONFIDENTIAL

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

**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 Ph: 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**

**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 til 11.30

\$ 5.00 membership Show Concession Card

Milton Ulladulla Family Support Service presents:

Calm-a-Kids Yoga

Where: 158 Green St. Ulladulla

When: Tuesday afternoon

Time: 3.30pm until 4.45pm



18 October to 6 Nov. 2016

Afternoon tea provided

Illawarra Shoalhaven Local Health District
Women's Health Service.

FREE WOMEN'S HEALTH CLINICS

Women's Health Nurses can also give
confidential advice over the phone.

Call 4424 6320 if you live in Nowra,
Milton/Ulladulla district.
FOR ALL CLINIC APPOINTMENTS

MEN'S CIRCLE

**Chance for a yarn and to meet new
friends.**

**For further inquiries and information on
upcoming events**

**Phone Tory Pease, Sunflower
House on 4454 1811**



**Free Service
for both
Jobseekers and
Employers**

Ulladulla Community Resources Centre

78 St Vincent St Ulladulla 2539

Ph: 4423 3337 or 0427 706 307

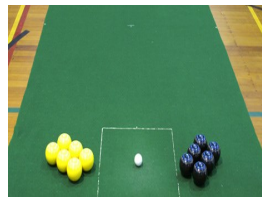


A trained companion help small groups in which participants explore feelings, memories, loss and grief in a safe and creative way.

WHERE: 158 Green St, Ulladulla

**WHEN: 10,17 & 24 November,
2016**

**FRIENDLY SENIORS
SOCIAL GROUP—WE PLAY
INDOOR BOWLS**



**WHEN: TUES & THURS
10AM –2.00PM**

WHERE: DUNN LEWIS CENTRE ULLADULLA.
YOUR WELCOME TO DROP IN FOR A CHAT
AND CUPPA AND WHY NOT BRING A FRIEND?
WE ALSO HAVE OCCASIONAL BUS TRIPS.
**PHONE DOREEN OR LEO ON 4455 3136
OR OUR SECRETARY ON**

“Triple P”

Positive Parenting Program

**Triple P can assist parents in
developing effective management
strategies for a variety of childhood
behavioural problems and common
developmental issues.**

**Triple P Group work aims to promote
positive caring relationships between
parents and their children aged from
2 to 12 years.**

**VENUE: Milton Ulladulla Family Support
158 Green St. Ulladulla**

TIME: Tuesdays 1-3.00pm.

DATES: 18 October to 29 November, 2016

**Jody Quinnell—Facilitator
Child Care Provided**



HAPPY BIRTHDAY TO:

Ros Richardson	10 Oct
Lynne Blair	18 Oct
Morag Oliver	30 Oct
Ross Johnson	6 Nov
Peter Earley	12 Nov
Alison Nagel	25 Nov



essential
EMPLOYMENT & TRAINING

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

RECIPES TRIED & TESTED IN ROS'S KITCHEN

BBQ ONION MEATBALL BOMBS

Ingredients:

- 500grams of a mix of beef and pork minced meat.
- 1 egg
- 1/2 cup bread crumbs
- 1/2 cup shredded parmesan cheese
- 3 brown onions (large)
- Salt to taste
- Enough bacon to wrap around eight meatballs
- 1 large clove garlic
- 1/2 cup BBQ sauce



Instructions:

1. **Mix meat, egg, crumbs, cheese, garlic, salt and BBQ sauce.**
2. **Cut top and bottom off onion, cut in half and peel then separate the onions into layers, use the larger outside layers and take a handful of your meat mix and put inside onion layer (I used 2 layers per meatball).**
3. **Press another layer of onion on top of the mixture, you are making an onion seal around your meatball.**
4. **Wrap each "bomb" with bacon and secure with toothpicks**
5. **Bake in a dish at 200deg. for approx. 40 minutes.**
6. **Add additional BBQ sauce (if desired) and bake another 5 mins.**
7. **Sprinkle with parsley for garnish and serve with salad.**

Quick easy yummy Choc Ripple Cake

- 1 x 500ml thickened cream. 1 teaspoon caster sugar
- 1 teaspoon vanilla essence
- 1 x 250g pkt Arnott's Choc Ripple biscuits. Fresh raspberries.

Method

1. Use an electric beater to beat cream, sugar and vanilla in a bowl until firm peaks form.
2. Spread a little of the cream mixture along a serving platter to make the base. Stand 1 biscuit upright on its edge and spread with cream mixture, place another biscuit alongside and sandwich together, continue to form a log.



LAUGH OUT LOUD

I used to believe that the brain was the most important organ. But then I thought “hey, look who’s telling me that”.

Arguing with men is fun, even if they win...they still lose.

Two police officers crash their car into a tree. After a moment of silence, one of them says, “Wow that’s got to be the fastest we ever got to the accident site”.

I just got a photo from a speeding camera through the mail. I sent it right back—way too expensive and really bad quality.

20 years ago we had Johnny Cash, Bob Hope and Steve Jobs. Now we have no Cash, no Hope

CIRCLE OF SECURITY PARENTING PROGRAM

Circle of security is a FREE Relationship based parenting program that assists parents better understand their children’s needs.

Facilitator—Gabrielle Perry

Host— Laurence Keith

Where: Milton Ulladulla Family Support Centre

158 Green St. Ulladulla

When: Tuesdays 10am—12.00

1st to 29th November, 2016

CHILDCARE PROVIDED

PHONE LAURENCE ON 4455 5428 FOR INFO & BOOKINGS



SHOALHAVEN LIFESTYLE OPTIONS EXPO

The Shoalhaven Disability Forum and Shoalhaven Home and Community Care (HACC) have combined to present a Lifestyle Options Expo to be held at:

**Bomaderry Bowling Club 10am to 2pm Tuesday
18th October, 2016**

The Expo will be an important step linking community members with service providers.

For more information or if your service would like to be



**GONDWANA
COAST
FOSSIL WALKS**

2016

SAT 1 OCT 2.00PM
SUN 2 OCT 3.00PM
SAT 15 OCT 1.30PM
SUN 30 OCT 2.00PM
SAT 12 NOV 12.30PM
SUN 27 NOV 1.00PM

ADULTS \$ 10, KIDS \$ 5

FAMILIES \$ 25

Green St, Ulladulla



Australian Red Cross
THE POWER OF HUMANITY

TELECROSS: Provides a free daily telephone call to people living with a mental illness who are isolated and at risk of accident or illness that may go unnoticed.

TELECHAT: Offers people living with a mental illness who are isolated. A connection to the community through a regular phone call providing friendship and support. Friendly volunteers call participants at an agreed time, generally once a week for a chat. Participants are matched with volunteers based on their interests, hobbies and availability.

MATES: The Mates program matches people living with a mental illness with a trained volunteer to get together weekly or fortnightly to participate in social activities. The time spent helps people participating to reach goals that they set around connecting with their community. Participants and volunteers agree together on what activities and when to meet.

Stories of Recovery—A Creative Journey.

Help reduce the stigma around mental illness and promote “hope” through the creative expression of your recovery story. This is a FREE community event for people with a lived experience of mental illness, their carers, family and friends.

Three local workshop and an exhibition of work held during Mental Health Month
October, 2016.

ULLADULLA WORKSHOP: DUNN LEWIS CENTRE THURSDAY 6 OCTOBER 1-3PM
EXHIBITION OF YOUR WORK WILL BE JELLY BEAN PARK NOWRA 13 OCTOBER 9-1PM.

PHONE: Karina on 9393 9535 for bookings or more information.

FACES

FAMILY AND CARER EDUCATION & SUPPORT

We are inviting anyone who supports a person living with mental ill health to
“JUST BE”

Acknowledging what you already have to “Just Be”

Friday 27 October, 2016

West St Community Centre, Nowra 9.15 for 9.30 start—4.00pm. Morning tea & lunch provided.



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

Age is an issue of mind over matter. If you don't mind, it doesn't matter.

MARK TWAIN



COURSES AVAILABLE:

DO IT YOURSELF TRAVEL:

BATEMANS BAY:

TUES 4TH-25TH OCTOBER

COST: \$ 95.00

MOSAICS FOR CHILDREN:

BATEMANS BAY:

WED & THURS 5th & 6th OCTOBER



MILTON ULLADULLA ORCHID SOCIETY INC.

The Society meets in the CWA Hall, Wason Street, Milton on the 2nd Mon of each month.

General meetings:

Doors open at 1.00pm.

Visitors welcome—no age limit.

We have two orchid shows per year.

Please phone Sylvia on 4472 3437 or Bruce on 4454 1220.

INCLUSION HUB

Is a new online tool to support Australian families, Early Childhood Intervention (ECI) practitioners and communities with the resources they need to navigate the National Disability Insurance Scheme (NDIS).

The goal of the Hub is to make it easy for families, educators, medical professionals etc. and the community to have available to them resources, ideas & stories all in one place. The Hub has a resource directory, a glossary of common terms, downloads and more.

TIPS TO STRESS LESS:

Breathe deep, release slow.

Volunteer to help others.

Share your passion with someone.

Learn ways to stimulate your mind.

Express optimism. Remember good times. Listen to music.

Explore local surroundings.

Set a tech-free time. Have a mindful

DID YOU KNOW that:

- Coca-Cola originally contained cocaine.
- The fortune cookie was invented in San Francisco
- Koalas sleep around 18 hours a day
- The croissant was invented in Austria
- African Grey Parrots have vocabularies of over 200 words
- 11% of people are left handed
- Lemons contain more sugar than strawberries.
- The first letter of the months July through to November spell JASON
- Perth is Australia's windiest city
- Cats spend 66% of their life asleep

