



SHOALHAVEN NEIGHBOURHOOD SERVICES INC.

Stronger connections. Stronger communities.

Community News

FREE

Winter Edition 2021

01 June-31 August



A Project of Shoalhaven Neighbourhood Services Inc
Disclaimer: The views expressed in *Our Community News* are not necessarily those of Shoalhaven Neighbourhood Services Inc (SNS)
All articles are published in good faith

Produced at the East Nowra Neighbourhood Centre
Sponsored by C&S Tree Services

Wow! Where has 2021 gone?

This winter we will get to celebrate some of the things we couldn't in 2020: gatherings above five, football and Shoalhaven NAIDOC Family Fun Day!

This edition of our newsletter has something for everyone - great articles, information about local programmes, events, and much more.

Stay warm and safe this winter and let's hope that this year is better - pretty please!



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NAIDOC Week 2021

H e a l C o u n t r y

Every year during July our country celebrates Aboriginal and Torres Strait Islander people, history and culture during nationwide celebrations marked by NAIDOC Week, and the Shoalhaven has become well known for putting on quite a show!

NAIDOC Week in the Shoalhaven is nothing short of inspirational – we are lucky to have a community driven by culturally strong Aboriginal Organisations, inspiring Elders and motivated young people who work hard every day, not just during NAIDOC Week to promote the health and wellbeing of Aboriginal people, families, and communities.

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NAIDOC Week in the Shoalhaven starts with an official opening at the Shoalhaven City Council, Wreck Bay hosts an amazing Fun Day, Cullunghutti celebrates with young and old during an Elders Luncheon and a kids Deadly Dance, and the whole of the Shoalhaven comes together to celebrate at the Shoalhaven NAIDOC Family Fun Day, an opportunity for the Shoalhaven NAIDOC Committee to showcase just how strong in culture and identity our local communities are.

This year, the NAIDOC Family Fun Day will be held on 7th July 2021 at the Nowra Showground (added area) – however, it will look a little different due to COVID-19.

- * This year is a ticket only event, which means there will be no entry without a valid ticket. Ticketing information can be found via the facebook page:

www.facebook.com/shoalhavennaidoc2021

The theme for NAIDOC Week this year is *Heal Country* – a theme that resonates with Indigenous and non-Indigenous people alike, a theme that unites us in a pursuit to ensure our beautiful country is taken care of and protected at all costs. *Heal Country* inspires us to be better, better to each other, and better to our Country.

In the last 18 months our region has been hit hard and fast, and our Country has suffered. Destructive bushfires, extreme flooding, and the impact of COVID-19 has had devastating effects on our Country up and down the coast, and this year’s NAIDOC theme is a fitting way to promote how important it is we take forward steps together to *Heal Country*.

This year the Shoalhaven NAIDOC Committee will be hosting the Family Fun Day after needing to cancel in 2020 due to COVID-19. The Family Fun Day is the perfect opportunity to get together and celebrate, reconnect, and heal after the experiences we have endured as a community.



Tina Seymour
Community Engagement Worker
Cullunghutti Aboriginal Child and Family Centre



You are warmly invited to join the Shoalhaven Women's Group

The Shoalhaven Women's Group is a welcoming place for women from all cultures and backgrounds, particularly those living in East Nowra to meet, support and encourage each other in their daily lives. The aim of the group is provide a space for women of the community to come together, empower one another and discuss the needs of the community.

Where: East Nowra Neighbourhood Centre
2/80 Park Road, Nowra 2541

When: Every 2nd & 4th Thursday of the month

Time: 10am – 1pm

Contact: If you are interested in joining the group please contact Shoalhaven Neighbourhood Services on 4421 5077. Once we have a few more members we will let you know when our first get together will happen.

(Please note: In adherence with current social distancing requirements the group is limited to 10 participants at one time, until further notice)



FAMILY CONNECT AND SUPPORT SERVICE CENTRE

Family Connect and Support (FC&S) is an early intervention, prevention and case co-ordination service for families needing extra support.

The purpose of FC&S is to intervene earlier and link families with the right supports. The FC&S programme is the redesign of Family Referral Service (FRS) and has built upon many of the strengths of the FRS service model.

Help for families to make positive change and improve their wellbeing

FC&S matches families to the right support while providing an entry point into the service system for vulnerable families across NSW. It is a 'no judgement' service that helps families identify, and build on, their strengths and resources. This includes empowering families to tap into their own informal support networks.

FC&S builds on the great features in FRS and can help by linking families to local services for support:

- understanding and managing a child's behaviour
- budgeting and money matters
- alcohol, drug or gambling problems
- access to housing, health care or other community and government services
- building strong family relationships
- keeping everyone safe at home

Anyone can make a referral to a local FC&S provider. Contact details can be accessed via the website where you can also find out more information.

For any general enquiries you can contact the programme team at:

FamilyConnectandSupport@dc.nsw.gov.au

Family Connect and Support

brings together families, support services and community resources so that our children and young people are safe and well



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E-mail: cstreeservices@bigpond.com

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- <https://www.facebook.com/cstreeservicesnowra/>
- <https://www.cstreeservices.com.au/>

**SHOALHAVEN ORCHID SOCIETY
WINTER ORCHID SHOW**

Saturday 10 July

Bomaderry Community Centre

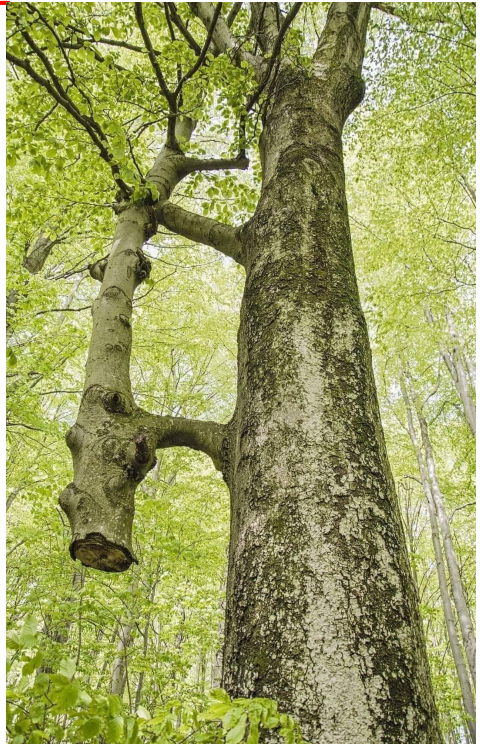
19 Birriley Street

Bomaderry

9:00am - 4:00pm

**BEAUTIFUL ORCHIDS ON DISPLAY
MANY ORCHIDS AND
SUPPLIES FOR SALE - GREAT RAFFLE -
HELPFUL ADVICE AND
MUCH MORE!**

**FREE ENTRY AND A LUCKY DOOR
PRIZE
FOR ONE LUCKY VISITOR**



Shoalhaven District Senior Citizens Association
EVERYONE Welcome (**NO AGE LIMIT**)
39b Berry Street NOWRA, e-mail:
shoalhavenseniors@outlook.com

Open: 8:30AM - 1:30 PM Monday-Thursday

The Centre offers:

Café:

- * light meals and refreshments
- * affordable prices, volunteer operated

as well as:

- * mystery day and overnight bus tours
- * smiles and chats

⇒ centre available for hire



Up the alleyway beside coffee'licious, Ella Baché Nowra, Bosco Accounting, and the CWA. Signposted.

A WORD FROM MAXINE Manager, Shoalhaven Neighbourhood Services

With NAIDOC week fast approaching and the easing of COVID-19 restrictions, I am excited to see that the Shoalhaven NAIDOC committee have been extremely busy organising the Shoalhaven NAIDOC Family Fun Day event which is scheduled for Wednesday 7th July from 11:00am-2:00pm at Nowra Showground. This year's event is a ticketed event so remember to register to get your free tickets at <https://www.eventbrite.com.au/e/shoalhaven-naidoc-family-fun-day-2021-tickets-150126324879>

Shoalhaven Neighbourhood Services will be having a stall at the event and as usual we can't wait to join in and celebrate culture and community together.



MARRIOTT PARK MARKETS



Nowra Makers Market volunteers raise funds through the auspices of Shoalhaven Neighbourhood Services for the Shoalhaven Anti-Poverty Committee.

Nowra's newest monthly market at Marriott Park. There is beautiful park space filled with local stallholders selling handmade and home-grown products, craft, unique and bargain items. You'll also find coffee, food and some local young talent.

E: nowramarkets@gmail.com
A: Marriott Park
84 East Street, 2541 Nowra, NSW
P: 0434 432 429

4th Saturday
each month

8:00 am to 1:00 pm



VOTE 1 SERENA COPLEY and her Ward One team to bring

'A Fresh Approach'

for Shoalhaven City Council

email: serenacopley.ward1@gmail.com PO Box 3063 North Nowra NSW 2541 mobile: 0432 766 369

Shoalhaven Neighbourhood

Monkey Mondays Playgroup

- * A weekly playgroup supporting children, families and carers
- * Come and play, create, read stories and meet new people.
- * Please bring sunhat, some fruit, and water bottle
- * All are welcome - registrations are essential.
- * Call 4421 5077 to register
- * cost - FREE

Monday

10:00 am to 11:00 am



41 Worrigee Street, Nowra

Busy Bears Craft Group

2/80 Park Road, East Nowra

Monday

9:30 am to 12:30 pm

Multicultural Group

- * 1st Monday each month
- * Bring lunch and make friends
- * Call 4421 5077 for more information

Monday

12:00 pm to 2:00 pm

41 Worrigee Street, Nowra

.....

Active You Pram Walking Group

- * During school term
- * Walking Group for Parents, Carers and Grandparents of young children

Tuesday

10:00 am to 11:00 am

41 Worrigee Street, Nowra



Stretch and Relax

- * During school term
- Please call 4421 5077 to register
- 41 Worrigee Street, Nowra
-

Tuesday

10:00 am to 11:00 am

ENTR - After School Homework Centre

- * During school term
- 41 Worrigee Street, Nowra

Thursday

3:30 pm to 5:00 pm

ood Services Activities

Older Women's Network

41 Worrige Street Nowra

Register your interest on 4421 5077

2nd Friday each month

10:00 am to 1:00 pm

Compassionate Friends Support Group

2/80 Park Road, Nowra

4th Friday each month

10:00 am to 2:00 pm

.....

Brilliant Stars

2/80 Park Road, East Nowra

Call 4421 5077 for more information

Sunday each week

3:00 pm to 5:00 pm

.....

FREE SUPPORT GROUPS

At the **Nowra** Neighbourhood Centre we host a range of support groups that meet every week.

- Al-Anon
www.al-anon.org.au
- Alcoholics Anonymous (AA)
www.aanowrathereisasolution.org
- Narcotics Anonymous (NA)
- www.na.org.au

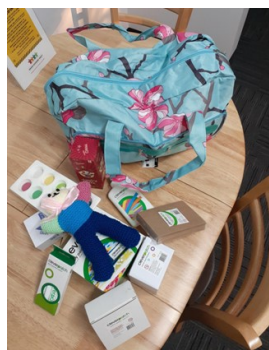
A big THANK YOU goes to Shoalhaven City Council for the Community Wellbeing Grant allowing our Monkey Mondays Playgroup

packs to be distributed

to our Families! Many rainy day

painting sessions have

been enjoyed!



Greenwell Point

M

Contact Helen via e-mail: fhtaylor@internode.on.net

Kangaroo Valley Walkie Talkies

D, S

Call Lyn on [4465 1037](tel:44651037)

Bomaderry Walkers

D, M

Call May on [4423 0131](tel:44230131)

Nowra Walkie Talkies

Call Mollie on [4464 1391](tel:44641391)

LEGEND

D = dogs

M = medium

P = prams

S = slow pace

OR Register on www.heartfoundation.org.au/walking

Current COVID-19 (coronavirus) Vaccination Scams

Scamwatch is aware of scams relating to COVID-19 vaccines both in Australia and overseas. These include:

- * requesting payment for vaccines or for early access to vaccines
- * offers to mail vaccines
- * offers to pay money as an investment opportunity in the Pfizer vaccine
- * fake surveys related to vaccines that offer prizes or early access

Scammers pretend to be Government agencies providing information on COVID-19 through text messages and emails 'phishing' for your information. These contain malicious links and attachments designed to steal your personal and financial information. Scammers are also pretending to be Government agencies and other entities offering to help you with applications for financial assistance or payments for staying home. *Tips to protect yourself from these types of scams:*

- * Don't click on hyperlinks in text/social media messages or emails, even if it appears to come from a trusted source.
- * Go directly to the website through your browser, for example, type 'my.gov.au' into your browser yourself.
- * Never respond to unsolicited messages or calls that ask for personal or financial details, even if they claim to be from a reputable organisation or government authority — press delete or hang up.

How scammers contact you

During a crisis like COVID-19, you may be isolated and using online services more than ever, so it is important to think about who might be really contacting you.

They may find you by:

HIPPY

Home Interaction Program for Parents and Youngsters

FREE program

HELP YOUR CHILD DEVELOP, BUILD RELATIONSHIPS AND
ENCOURAGE THEIR LOVE OF LEARNING BY BECOMING A HIPPIY FAMILY

HIPPY is a two-year home-based early childhood learning and parenting program delivered by trained tutors. The tutors empower and encourage families to extend their parenting skills and engage with their children by introducing reading, play and educational activities for 15 minutes per day.

To do HIPPY you must be:

- living in the Shoalhaven LGA , and
- caring for a child in the year before they start school (around four years old)
- do you hold a Health Care Card?
- is your child Aboriginal and/or Torres Strait Islander?
- are you caring for an out-of-home child?
- is your main source of income a government support payment?
- are you a single parent?
- is English not your first language?

Priority will be given to families who tick one or more of these boxes and who have not completed HIPPY previously.

Have you done HIPPY before?

For further information please contact
HIPPY Coordinator
Kylie - 0429 312 390

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- * calling you or coming to your door
- * contacting you via social media, email or text message
- * setting up websites that look real, and impersonating government, business or even your friends
- * collecting information about you so that when they make contact they are more convincing.

<https://www.scamwatch.gov.au/types-of-scams/current-covid-19-coronavirus-scams>

National Not-For-Profit Events June-August 2021

Refugee Week/World Refugee Day

Refugee Week: to inform the public about refugees and celebrate positive contributions made by refugees to Australian society.

website: www.refugeeweek.org.au

World Refugee Day: to raise awareness of the difficult lives led by refugees.

16-22 June



20 June

NAIDOC

Organisation: National Aborigines and Islanders Day Observance Committee.

A time to celebrate Aboriginal and Torres Strait Islander cultures and an opportunity to recognise the contributions that indigenous Australians make to our country and society.

4 July



National Desexing Month

Unplanned litters contribute to the overpopulation of cats and dogs, and if you choose not to desex your pet then you are inviting the possibility of your pet breeding. National Desexing Month specials are offered to the general public usually during the month of July.

1-31 July
(tbc)



MS Readathon

A reading-based fundraiser run by Multiple Sclerosis Australia (MSA). The Read-a-thon is to encourage people of all ages to read and improve their literacy, whilst at the same time raising community awareness and empowering people to make a difference in the lives of people living with MS.

1-31 August
(tbc)



website: www.ms.org.au

<https://www.ourcommunity.com.au/calendar/>



If it's cold for you it's cold for your pet!

1. Shelter

During winter, your animals will need adequate shelter, and to be protected from the rain and wind. If they're indoor animals, they'll require a warm area to sleep that is elevated from the cold floor and away from drafts. Pocket pets will need extra bedding – don't assume they'll snuggle up together. If you have a fire place or use heaters, ensure these have safety grills and screens – otherwise your pet could burn themselves.

2. Food

Animals may need more food during the colder months to keep them warm, so don't be surprised if your pet's appetite increases. Animals need more energy to keep their core body temperature regulated when it's cold. This is particularly important if your pet spends significant amounts of time outside, or is exposed to colder temperatures. However, don't go overboard with the food. Speak to your veterinarian about how much to feed them.

3. Winter clothing

Dressing your pets in winter will help them keep them warm and maintain their body temperature when it gets colder. This is particularly important for short-coated breeds. Ensure they are comfortable, some animals don't like wearing clothes.

4. Health

Just like us humans, cats and dogs feel the effects of arthritis more in cold, wintry weather. If you know your pet has arthritis, keeping them warm will help ease the pain.

5. Exercise

It may be tempting to turn into a couch potato during the winter months, but exercising your animals is still important. Dogs will hate being cooped up all season. If it's raining, you could play indoor hide-and-seek with them instead, do some trick training to keep their mind active, use food-dispensing toys to stop them from becoming bored, or organise an indoor doggy play date.

YOU CAN NOW RETURN AND DONATE

Nowra is now home to two return and earn scheme depots, after another depot was placed near Stockland, across the road from the Ex-Servicemen's Club at Nowra:

- * follow the instructions on the screen
- * opt to donate your refund and select the charity of your choice



WORD SLEUTH

From the clues given find the answers in the squares below. The letters in brackets indicate which letter each word begins with. The numbers are for the number of letters in each word.

Words can be found going in any direction. Two word answers may not be together!

- | | |
|---|---|
| <ol style="list-style-type: none"> 1. Classic Australian footwear (U & B - 3, 5) 2. Hands go in these (G - 6) 3. Great for moving on the snow (S - 4) 4. Slippery or crunchy when driving or walking/running (I - 3) 5. Winter head warmer (B - 6) 6. Yummy drink (H & C - 3, 9) 7. Wet weather clothing (R - 8) | <ol style="list-style-type: none"> 8. What the cold makes us do (S - 6) 9. Cold weather underwear (T - 8) 10. Clothing worn around the body (C - 4) to prevent this (F - 8) 11. Something to keep the neck warm (S - 6) 12. Winter! (F and G - 3, 5) |
|---|---|

C	S	L	A	M	R	E	H	T
O	H	G	L	O	V	E	T	B
G	L	O	V	E	S	T	O	N
G	O	T	C	P	A	O	E	U
N	S	A	O	O	T	H	G	F
I	H	O	C	S	L	G	G	U
Z	I	C	E	F	R	A	C	S
E	V	N	E	E	N	M	T	S
E	E	I	B	E	A	N	I	E
R	R	A	S	E	M	A	G	B
F	G	R	R	U	S	K	I	S



Valé

We are very sad to announce that two of our beloved Volunteers passed away in 2021.



Sue Peel Sommerfield

15 June 1952 (Suva) - 31 Jan 2021 (Nowra)

Shoalhaven Neighbourhood Services
Community News' editor *extraordinaire*



A wonderful friend, volunteer, newsletter proof-reader and dedicated Animal Advocate. A new journey has begun.

Thank you for the years where you have shared your knowledge, good humour, friendship and passion, especially for your beloved dogs!

Merilyn Cobcroft

4 June 1951 - 24 April 2021 (Nowra)

Our dear Merilyn, thanks for all of your support. You were keen to try anything, from fruit prep for the Playgroup to handling the banking.



Always available for a chat, sharing your good advice and great sense of humour. Your minutes were second to none and your banking system was something I wish I learnt from you!

A dedicated Friend, Wife, Nan and Great Nan - your love for your Family knew no bounds.

Your years of volunteering for the Shoalhaven Neighbourhood Services, being the Secretary for Culburra Beach Progress Association, and helping at the Culburra Beach Markets are truly appreciated.

We miss you and you will be remembered fondly by us all.

Advertisement



Shelley Hancock MP

Member for South Coast

If I can assist with any
State Government matter
please contact my office

“It will be a pleasure to help”



Email: southcoast@parliament.nsw.gov.au
Phone: (02) 4421 0222
1/57 Plunkett Street, Nowra, NSW 2541

Authorised by Shelley Hancock MP, 1/57 Plunkett Street, Nowra, NSW, 2541

Our Community News is produced by a small team of volunteers and staff at Shoalhaven Neighbourhood Services.

You can support us by advertising in, or sponsoring, the newsletter or volunteering to help produce it.

For more information call Fiona on 4421 5077.

Estimated readership over 9,000 in the Nowra area

David Chan has been teaching photography for over 28 years, receiving a number of nominations for Tutor of the Year award. His patience and commitment to teaching the art form has transformed his students into masterful photographers.

To register for a class or for one on one tuition call David on: 0409 433 332



Want to place an advertisement in our Community News? It's easy -

e-mail: community@sns.org.au

Reasonable rates apply

Page size A5	Total price (GST inc)
1/4	11.00
1/2	22.00
Full	44.00



Shoalhaven Neighbourhood Services is a registered NDIS service provider. For more information about the services we provide give us a call on **4421 5077**.

Are you looking for a volunteering opportunity that is fulfilling and flexible?

Call **4421 5077** to find out how you can become part of this dynamic, local organisation and make a difference in your and others lives.