



SHOALHAVEN NEIGHBOURHOOD SERVICES INC.

Stronger connections. Stronger communities.



the power of humanity

# Community News

FREE

Spring Edition 2021

01 September-30 November

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



## Winter's done and dusted – Phew!

With vaccinations here and hibernation behind us, Spring will give us some hope, vitamin D and for some, hay fever.

Embrace Spring in the Shoalhaven and enjoy your gardens, parks and neighbourhoods.

As Winter has sparked more COVID lockdowns, be kind to yourself and loved ones.

Enjoy your Spring edition, full of interesting articles, stories and Spring time tips!

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# MAINTAINING YOUR COMMUNITY IN 2021

As the days start to lengthen and we move toward Spring, we all start to want to get outside and be in the fresh air. Unfortunately COVID-19 and the necessary health restrictions and limitations implemented to manage this pandemic have had an impact on our overall satisfaction of life and how we experience and manage our relationships.

There is an old African saying that it 'takes a village to raise a child ...' (*Wikipedia*). It draws us back to the meaning of community and how important it is to get support from others not just in raising our children but in maintaining the wellbeing of all within our community aka 'the village', especially our vulnerable members - our children, youth, and older persons.

*Continued page 2*

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In the past we always went on about who's generation was the toughest, the best or the happiest - this is a game changer and THIS generation is in it together. We are making history here.

Our community of people must interact with a positive purpose to grow and provide a safe and healthy environment and to do this we need to promote intergenerational connectedness.

Maintaining your community needs some planning, especially with COVID-19 putting a dampener on our relationships - so how do we keep connected?

There are some suggestions below but please reflect and think what you are prepared to do and what you feel safe and comfortable with. No-one is expected to become a 'social butterfly' overnight, especially if you feel you need to stay in your 'cocoon' for now:

- \* Who are the people in your neighbourhood? Get to know them, even if it's just a wave across the fence or through a window - know what's normal, ie, if they usually wave to you walking past your house every 2nd day then maybe drop by, knock on their door and check they are OK. Maybe have a contacts list for vulnerable members in your area.
- \* Parks and outdoor areas are still currently accessible - join managed activities such as yoga, or take in the air on a park bench. Wear your mask but don't be afraid to say 'Hello' and get to know your

neighbourhood. Sure it's different but it's still important to live as close to normal as you can.

- \* Promote supporting and sharing information - join groups that have safe plans, get your children to send actual handwritten letters (even to the neighbour) as part of their home schooling or just to build connectedness.
- \* Social Media: if you know and connect with Older Persons remember they too are part of the community, they have skills they can share through social media and if they aren't on social media perhaps the younger generation can be patient and run them through the basics so they can Zoom call.



- \* See what services are open to support you and help your community to maintain connections and relationships. It's easy to get anxious and depressed in this new 'normal', but especially difficult during Winter ... smell the flowers, eat that cake you put off eating and take a walk.
- \* Wash your hands, wear your mask, and maintain your distance AND look at your vaccination options!

Finally, humans are tactile - we need to touch to survive, as babies and as we age, as it's certainly hard to do this. Missing the hugs is a real feeling and science has proven the benefits of a hug to our mental wellbeing.

Be kind: little gestures, smiles, and waves mean a lot and aren't hard to share. Animals and pets can help as can the connectedness that comes with engaging with friends and people in your community.



Australian  
Red Cross

## MAINTAIN YOUR COMMUNITY BY MAINTAINING YOURSELF

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If you are feeling down:

- ⇒ listen to upbeat music
- ⇒ have a good laugh
- ⇒ walk around the block
- ⇒ declutter - your room, house, garden
- ⇒ give someone a hug/pat a pet
- ⇒ think about what went well that day
- ⇒ allow yourself to vent - privately!
- ⇒ seek support or see your GP

Or notice changes in your elderly neighbour or someone you know:

- ⇒ don't wait to be asked: call regularly, check in on them
- ⇒ help with their technology
- ⇒ make sure they are keeping their appointments
- ⇒ provide some structure: call or visit at certain times of the day, errands on certain days of the week



## 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 2<sup>nd</sup> & 4<sup>th</sup> 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)*



# RUOK?™

A conversation could change a life.



A promotional banner for RUOK? DAY. On the left, a white speech bubble contains the text "really Are they OK?" with "really" in a script font and "Are they OK?" in a bold sans-serif font. To the right, the text "RUOK? DAY" is written in a bold, yellow, sans-serif font, with the "O" in "RUOK?" containing a white smiley face. Below this, the date "9 September 2021" is written in a smaller yellow font. The entire banner has a black background with a yellow bar at the bottom. The yellow bar contains the text "Ask them today" on the left and "Learn what to say at [ruok.org.au](http://ruok.org.au)" on the right.



Older Women's Network Nowra (OWN) was established in 1992, with the aim of being an information hub for older women in the region, and a mouthpiece for their concerns.

Rights, dignity and wellbeing have always been central to our charter, and with them the importance of friendship as we age, and its role in maintaining health and wellbeing and preventing social isolation.

At Nowra OWN we have chosen to do this by holding monthly meetings which combine information sessions with social gatherings. We meet on the 2nd Friday of each month except during the December/January break.

You can find us in the Nowra Neighbourhood Centre, 41 Worrigeer Street Nowra.

Occasionally we may go 'off-site' for an excursion into the outer lying areas, as many of the members of Nowra OWN come from villages away from the main township.

This helps bridge the distance often felt by older women living in rural communities where transport options are limited.

Norma Bastock  4421 0463

[norma@bastock.net](mailto:norma@bastock.net)

<https://ownnsw.org.au/get-involved/join-group/nowra/>

JOIN OUR GROUP

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'liscious, Ella Baché Nowra, Bosco Accounting, and the CWA. Signposted.**

## A WORD FROM MAXINE Manager, Shoalhaven Neighbourhood Services

The International Day of Older Persons is on the 1<sup>st</sup> October and is fast approaching! We are so fortunate to have older people around us, whether they are family, friends or just general acquaintances. Their stories, wisdom and life experiences are truly amazing and well worth hearing. A great way to be involved with an older person to share these experiences and make a difference in their lives is through volunteering. There is a lot that can be done while volunteering that can make a significant difference for older people such as having a friendly chat, helping them to do their shopping or even taking them out to the beach to see the water or have a nice lunch.

If you are able to commit to a regular 3+ hours a week in providing social connection for people in our community we'd love to hear from you!

Please give us on call on 4421 5077 or drop in and say hi at 41 Worrige St, Nowra.





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

**4<sup>th</sup>** Saturday  
each month

8:00 am to 1:00 pm

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 a 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.

## POSTPONED UNTIL FURTHER NOTICE

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# FREE PUBLIC PHONE CALLS

In a statement, Telstra's CEO Andrew Penn stated:

"Since mobiles became nearly universal, a lot of Australians might not give them much thought - until there's a natural disaster or you are in vulnerable circumstances, for example, homeless or fleeing domestic violence.

That's why I decided it's time to make payphones free, because even in the age of the smartphone they play such a critical role in our community, particularly in times of need, and particularly for those in need."

For more information, the news release can be found at:

<https://exchange.telstra.com.au/why-were-making-payphones-free-for-calls-around-australia/>

A searchable map with all Telstra payphones can be found at:

<https://ppol.pbspectrum.com.au/connect/analyst/mobile>

# PLEASE CALL IN ADVANCE FOR ANY PROGRAM

## Shoalhaven Neighbourhood

### Monkey Mondays Playgroup

Monday

- \* 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

10:00 am to 11:00 am



41 Worrigeer Street, Nowra

### Busy Bears Craft Group

Monday

2/80 Park Road, East Nowra

9:30 am to 12:30 pm

### Multicultural Group

Monday

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

12:00 pm to 2:00 pm

41 Worrigeer Street, Nowra

.....

### Active You Pram Walking Group

Tuesday

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

10:00 am to 11:00 am

41 Worrigeer Street, Nowra



### Stretch and Relax

Tuesday

- \* During school term

10:00 am to 11:00 am

Please call 4421 5077 to register

41 Worrigeer Street, Nowra

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### ENR - After School Homework Centre

Thursday

- \* During school term

3:30 pm to 5:00 pm

41 Worrigeer Street, Nowra

# MMES AS COVID RESTRICTIONS MAY APPLY

## ood Services Activities

Older Women's Network 2<sup>nd</sup> Friday each month  
 41 Worrigea Street Nowra 10:00 am to 1:00 pm  
 Register your interest on 4421 5077

Compassionate Friends Support Group 4<sup>th</sup> Friday each month  
 2/80 Park Road, Nowra 10:00 am to 2:00 pm

.....  
Brilliant Stars  
 2/80 Park Road, East Nowra Sunday each week  
 Call 4421 5077 for more information 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](http://www.al-anon.org.au)
- Alcoholics Anonymous (AA)  
[www.aanowrathereisasolution.org](http://www.aanowrathereisasolution.org)
- Narcotics Anonymous (NA)  
[www.na.org.au/multi/](http://www.na.org.au/multi/)



### Heart Foundation Walking Groups

Free and fun!

**Greenwell Point** M  
 Contact Helen via e-mail: [fmtaylor@internode.on.net](mailto:fmtaylor@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](http://www.heartfoundation.org.au/walking)



## Brilliant Stars

Children learn virtues such as  
Kindness, Love, Truthfulness, and  
Respect through songs, stories, craft  
and games.

All children 5-12 years welcome

**Every Sunday during school term  
from 3:30 pm-5:00 pm**

East Nowra Neighbourhood Centre  
Park Rd, East Nowra

For more information contact:

Malak            0490522494 or

Jill                0403387856

# Addressing the problems of an ageist society

Bringing together young people and old people has mutual benefits, especially when it happens in an aged care setting. Intergenerational programmes are becoming more widespread in aged care facilities in Australia, and it's easy to see why. Both age groups bring new energy, enthusiasm and knowledge to each other's lives, and react with joy and excitement to each other's presence. Research has shown that these interactions bring fantastic benefits to each generation, such as better physical and mental health, higher levels of satisfaction, and the ability to learn and grow.

Older people are commonly undervalued by modern society, and often experience negative stereotyping and an absence from popular media that is telling. All too often young people have little or no interaction with the elderly, and tend to overlook the stories and issues of older people. We live in a society which effectively separates young and old for the most part, and provides limited opportunities for interaction.

This is causing both groups to miss out on the benefits of spending time with each other. The positive benefits of interaction are becoming more and more well known. What most of us have to realise is that older people are just like us, only a bit older - they've been through more in their lives and thus have more wisdom, stories and life experience to share. Though our somewhat ageist society often doesn't appreciate them, older people are incredibly valuable and deserve to be respected, valued and cherished.

Young people can learn a lot from the wisdom and experience of older people, but the same is true in reverse, with younger people having a great deal to teach those from older generations. Older people can learn a lot about modern life and technology from the younger generation, and interactions with young people can have a huge impact on the social isolation sometimes experienced by older people in aged care.

Young people undoubtedly thrive from spending time with older adults, and vice versa – but many are missing out on these benefits.

<https://www.finleyregionalcare.com.au/benefits-of-intergenerational-relationships-in-aged-care/>



# National Not-For-Profit Events Sep-Nov 2021



## Pet Promise Day

Organisation: Safe Pets Safe Families Inc

A day to bring about awareness and education to help people understand what it takes to choose and own a pet. This will help reduce the number of pets being surrendered or euthanised

website: [www.facebook.com/petpromiseday/](http://www.facebook.com/petpromiseday/)  
[donate online](#)

16 September



## Prostate Cancer Awareness Month

A national event used to raise awareness of the importance of men's' health, and regular prostate checks.

e-mail: [enquiries@pcfa.org.au](mailto:enquiries@pcfa.org.au)

website: [www.prostate.org.au/](http://www.prostate.org.au/)

1-30 September

## International Day of the Older Person

Organisation: United Nations

The International Day of Older Persons is a celebration of older people in all societies, and a reminder to continue developing a society for all ages.

website: [www.un.org/en/observances/older-persons-day](http://www.un.org/en/observances/older-persons-day)

1 October



## International Day for Tolerance

Organisation: United Nations

The International Day for Tolerance promotes respect, dialogue, co-operation and tolerance of all cultures.

website: [www.un.org/en/observances/tolerance-day](http://www.un.org/en/observances/tolerance-day)

16 November



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

From rescues to advocacy, IFAW does it all.



Wildlife Crime

- \* stopping poachers
- \* preventing cybercrime
- \* reducing demand

Disaster Response & Risk Reduction

- \* designing safe havens
- \* disaster grants

Policy

- \* influencing influencers
- \* country-level advocacy

Marine Conservation

- \* stop commercial whaling
- \* lowering ocean noise levels
- \* reducing entanglement

Community Engagement

- \* making veterinary assistance accessible
- \* breaking boundaries
- \* protecting animals for safer communities

Wildlife Rescue

- \* rescue, rehabilitating, releasing young elephant orphans
- \* big cat sanctuaries

Landscape Conservation

- \* conflict prevention
- \* stopping deforestation
- \* preserving heritage

Marine Mammal Rescue & Research

- \* disentangling seals from fishing nets
- \* rescuing stranded marine mammals
- \* innovative research

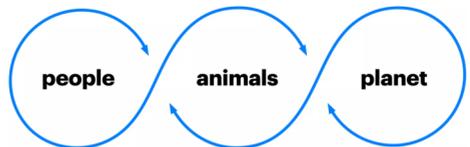


1969: IFAW was founded by Brian Davies with the goal to stop the commercial hunt for whitecoat seals on the east coast of Canada.

 [www.ifaw.org](http://www.ifaw.org)  
 (02) 9288 4900

<https://www.facebook.com/ifaw.au>

'IFAW explores new ways to improve conditions for animals, people, and the place we call home' - IFAW



## COMPUTER TAKEOVER SCAMS: JOHN'S STORY

John was googling trivia questions for a quiz when a green screen suddenly appeared with audio alarms and a female voice saying "Your computer has been blocked and files are being opened. Call this number immediately".

'Being quite rattled, I called the number and a man calling himself 'Steve' with a strong non-English accent and limited English language skills, answered. He said that he was from Microsoft and that I was being hacked and he is there to secure my files starting with electronic banking, ..... with a request for the name of my bank'.

John did not realise that 'Steve' had already taken control of his computer.

'Before the scanning and repairing could be done, 'Steve' insisted on a \$120.00 refund [Anti-Virus credit and transferrable immediately] to be sent to me as MS is sorry that its security system had let me down. I gave no bank details, apart from the name, and had to type in the details of the refund order myself, ensuring I entered the amount per 'Steve's' instruction.'

John was told to open his account to ensure the transaction had gone through, only to see an amount of approximately \$12,000 had appeared. 'Steve' told John he had not entered the decimal point correctly and the money needed to be returned immediately.

'Steve' suggested the 'transfer' be termed 'business, attracting a 25% fee.

To avoid the fee 'Steve' would have his boss give John the details of his personal account into which \$11,880 would be transferred, leaving the \$120 refund. John phoned his bank to increase his daily transfer allowance to \$12,000 for one day, saying the account holder was a friend and made up a story as to why John needed to make the transfer. While all this was going on, a blue screen would intermittently appear displaying 'Your computer is being updated. 25% complete. Do not turn off your computer'.

'Steve' called to check stating that the \$5000 limit was to be transferred via Osko [instant transfer option], the rest to be refunded to MS via standard transfer, and for John to tell his bank. John's bank refused to release the funds until further investigations were conducted and would phone back the next day.

'Steve' called back stating that if the money is not returned within a day he would lose his job at MS - which made John feel guilty. The following day John's bank called for more information and, when given the whole story, informed John about the scam. His accounts were now closed to any activity except by John, instructed him to turn off and unplug his computer, then have it professionally cleaned by a licenced technician.

When 'Steve' called a final time, John told 'him that the 'game is up' and the police are involved.

## ANYONE WHO CONNECTS TO THE INTERNET CAN BE SCAMMED - AGE IS NO BARRIER

Scammers have become experts at infiltrating your computers - the most boring of sites may have a virus attached.

Use a well-known and trusted security system, have your devices regularly checked, keep a check on your accounts.

If you buy a used computer system, have it checked before you put it to use - John bought his from a friend.

If you have been scammed don't be embarrassed - your bank should recognise the signs and be there to help you with any unusual activity with your account/s.

### Recognise the signs

- \* receive a phone call about a security breach
- \* pop up warning about your PC being infected
- \* 'Call this number immediately' displays on screen
- \* knowing what is happening before you say anything
- \* foreign accent (Anglicised name) / electronic voice recording
- \* voices in the background
- \* asks you to enter a code [similar to Team Viewer] to give him/her access to your computer (if they don't already have access - see next point)
- \* seeing a cursor moving around the screen (and you're not moving your mouse!)
- \* requesting personal details (eg, bank and/or card number)
- \* requesting you lie to your bank
- \* requesting you perform a money transfer - especially via instant transfer
- \* the person becomes angry if you keep questioning and don't comply

Press CTRL, ALT, Delete buttons at the same time, switch off at wall, unplug, have computer cleaned by experts. The Trojan will still be there if you restart your computer without having it thoroughly checked and cleaned expertly.

Check number online ([reverseaustralia.com](http://reverseaustralia.com), [numberlookup.com.au](http://numberlookup.com.au))

Block the number shown on your screen - a few known numbers are:

- \* 0272023825, 1800149170, and 1800354339.

IF CALLED: hang up, turn off computer at wall, unplug, have cleaned

If gone as far as the banking: notify bank immediately

The pop up warning is false, if you ring the displayed number and it doesn't answer, the person/group has your number to call you back.

**DON'T RING, TURN OFF, BLOCK NUMBER, HAVE DEVICE PROFESSIONALLY CLEANED**

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](mailto: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](mailto: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.