



SHOALHAVEN NEIGHBOURHOOD SERVICES INC.

Stronger connections. Stronger communities.

FREE

Our Community News

Summer Edition 2021

01 December-28 February



tree services

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

Christmas is fast approaching and freedoms are expanding as COVID-19 restrictions start to ease which is a wonderful change.

This edition of our newsletter has some great information about new services available, information about fines and the Southern Cross Housing and Prosperity in the Park Christmas Party in December, plus much more!

Stay safe during this summer, let's enjoy the sunshine and extra freedoms!



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INTERNATIONAL DAY OF PEOPLE WITH DISABILITIES AND INCLUSION

FRIDAY 3 DECEMBER 2021

As the end of 2021 draws near and communities begin to plan for the holiday season, we want to remind you to celebrate *Social Inclusion Week*.

Social Inclusion Week will be held between November 20-28, 2021, and aims to help all Australians feel included and giving everyone the opportunity to participate fully in society.

Social inclusion is about feeling accepted within your local community. In an inclusive world everyone benefits, regardless of culture, age, gender, nationality and ability.

Continued page 2

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We encourage you to reach out and connect with workmates, neighbours, family and friends, build or strengthen new or existing relationships, and help make a place where everyone feels welcome and feels like they belong.

Inclusion doesn't end there: shortly following Social Inclusion Week is International Day of People with Disabilities (IDPWD) which will be held on 3rd December 2021. This Day aims to increase public awareness, understanding and acceptance of people with disabilities, and celebrate their achievements.

Hosting an event to celebrate Social Inclusion Week and/or IDPWD doesn't have to be complicated - it can be a COVID safe gathering in a local park, a small BBQ or stopping off at your favourite swimming place. All you need to do is invite others from your local community and welcome everyone and every ability.

By hosting or participating in events surrounding Social Inclusion Week and International Day of People with Disabilities, we all have an opportunity to make positive changes and better connect with those in our community.

- * International Day of People with Disability is a United Nations observed day celebrated on 3rd of December each year to increase public awareness, understanding and acceptance of people with disability.
- * It is an opportunity for our community to make positive changes to the lives of 4.4 million Australians with disability.
- * Join us on the day to celebrate the contributions and achievements of all Australians with disability.
- * You can also start or join a conversation in your community to challenge stereotypes, break down barriers and encourage inclusive attitudes and behaviors.
- * We all have a role to play in ensuring people with disability have the opportunity to reach their full potential and participate in all aspects of community life.
- * Let's all take action this December, and all year round, to make our community more inclusive.

To find out how you can get involved, go to www.idpwd.com.au



Do you have a legal problem that relates to a fine or infringement notice?



Some common questions about fines or infringement notices:

- ⇒ What do I do when I receive a fine?
- ⇒ What can I do if I don't think I did anything wrong?
- ⇒ What can I do if I can't pay the fine?

If you are unsure about why you received a fine, don't think you did anything wrong, or cannot pay a fine, it is always best to seek legal advice so that you are aware of what options will help you in your current situation. You can ask for *Revenue NSW* to review and withdraw a penalty notice if you believe that the fine is not fair, or it should not have been filed.

If you have received a fine and you want to pay it, you can either pay it in full or in instalments. Electing to take the matter to court is also an option. It is important to check the fine's due date, as there are limitation dates which apply.

If you cannot afford to pay a fine, you may be able to apply for more time or do a work and development order. It is important to seek legal advice before the due date!

A promotional banner for Shoalcoast Community Legal Centre Inc. The banner has a yellow background with a dark blue header and footer. The header contains the text "Shoalcoast Community Legal Centre Inc." in white. Below the header, the text "FREE LEGAL ADVICE" is written in large, bold, dark blue letters. Underneath, it says "Proudly servicing the Shoalhaven. We can assist with:" followed by a list of services: Victims Compensation, Tenancy, Traffic Offences, Consumer Issues, Credit and Debt, Neighbour Disputes, Personal Safety, Family Law, and Employment Issues. At the bottom, there is a photograph of three people (two women and one man) sitting around a table, looking at a laptop. The footer contains the text "Get In Touch" and contact information: "1800 229 529", "info@shoalcoast.org.au", and "www.shoalcoast.org.au". The Shoalcoast Community Legal Centre Inc. logo is also present in the footer.

Where can you find more information about your legal rights and responsibilities?

Go to LawAccess NSW website:

<https://www.lawaccess.nsw.gov.au/>

to find out more information about the different types of fines, how to pay and other options.

Call Shoalcoast Community Legal Centre on 1800 229 529 for free legal advice. If we are able to assist you, a solicitor will call you back or arrange a face to face appointment.

Dine & Discover Additional Vouchers

<https://www.service.nsw.gov.au/campaign/dine-discover-nsw>

The Dine & Discover NSW Voucher scheme will be expanded to 6 x \$25 vouchers. The additional 2 vouchers are expected to be available in December. Existing customers will not need to reapply to receive the additional vouchers.

You need: a *MyServiceNSW* account, two (2) proof of identify documents (e.g. NSW driver's licence, Medicare card, Australian passport). **Note:** Names on your documents must match. Also a mobile device to download the latest version of the *ServiceNSW* app and use the vouchers.

- * If you do not have a *MyService NSW* Account or you're unable to apply online, you can call [13 77 88](tel:137788) or visit a [Service NSW Centre](#) with your proof of identity documents.
- * If you'd like to use a [NSW Photo Card](#) as a proof of identity document, you'll need to apply at a [Service NSW Centre](#).

How to apply

1. Select the 'Apply online' button.
2. Log in, or create your *MyServiceNSW* Account and follow the prompts to apply for the vouchers.

If successful, you'll:

- find the vouchers under the 'Vouchers' section of the *Service NSW* App within an hour.
- receive an email from *Service NSW* with the vouchers available to download and print.

How to use the vouchers

Choose a [participating business](#) where you'll use the voucher.

1. Log in to the *Service NSW* App on your mobile device.
2. Select 'Vouchers'.
3. Select the valid voucher you wish to use.
4. Present the voucher QR code for the business to scan at payment.

Your device will show the voucher as being used (If you do not have a mobile device, you can provide the business with a printed voucher or voucher code instead). Both printed and digital options can be scanned by participating businesses.

Note: Vouchers cannot be redeemed for cash or used for: alcohol, tobacco, gambling, online orders (dine NSW Vouchers only), retail, accommodation.



tree services

Servicing from Gerringong to Kangaroo Valley and south to Ulladulla

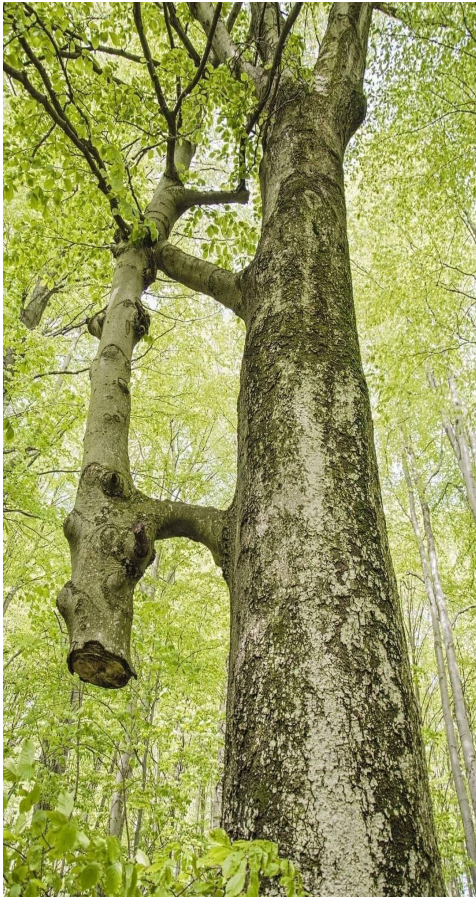
Call us today to arrange your free quote

Phone: 0431 744 772

E-mail: cstreeseervices@bigpond.com

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- * free site visit and cost estimation
- * competitive quotes
- * fully insured
- * no job too big or small

- <https://www.facebook.com/cstreeseervicesnowra/>
- <https://www.cstreeseervices.com.au/>



Shoalhaven District Senior Citizens Association

Centre open Monday to Thursday from 8:30am-1:30pm

EVERYONE Welcome (NO AGE LIMIT)

- ◆ Café open for light meals and refreshments at affordable prices
- ◆ Volunteer operated
- ◆ Enjoy a mystery day and overnight bus tour
- ◆ Come along for smiles and chats



Up the alleyway beside coffee'liscious , Ella Baché Nowra, Bosco Accounting and the CWA signpost

The Centre is available for hire, contact shoalhavenseniors@outlook.com for information.

A WORD FROM MAXINE Manager, Shoalhaven Neighbourhood Services

What a wonderful opportunity we have this month to bring the community together by being invited to the Southern Cross Housing and Prosperity in the Park 2021 Christmas Party on 15 December 2021. The event is free and will include activities, food and community services stalls.

Shoalhaven Neighbourhood Services will be there on the day - we are really looking forward to being a part of the event and we hope to see you there!





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 NOWRA NSW 2541

P: 0434 432 429

4th Saturday
each month

8:00 am to 1:00 pm

NO INTEREST LOAN SCHEME (NILS)

The service will be operating out of the East Nowra Neighbourhood Centre in the new year!

Need a small loan? Loan amounts are up to \$1,500 for essential goods and services such as:

- * household items e.g. furniture, fridges, washing machines, stoves, dryers, freezers and heaters;
- * medical and dental services;
- * educational essentials such as laptops, tablets and text books; and/or
- * car repairs, tyres and registration.

To qualify you must:

- * have a Health Care card/Pension card or be on a low income (take home income of \$45,000 per year for individuals and \$60,000 per year for joint applicants),
- * have lived at your current address for more than three months, and
- * show a willingness and capacity to repay.

NILS Loans have NO FEES, NO INTEREST and NO CHARGES.

Call: 02 4276 2224 for enquiries and bookings.

Shoalhaven Neighbourhood

Monkey Mondays Playgroup - starting 2022

41 Worrigeer Street, Nowra

- * 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
- * Cost - FREE

All are welcome - registrations are essential

Call **02 4421 5077** to register

Monday

10:00 am to 11:00 am



Busy Bears Craft Group - starting 2022

2/80 Park Road, East Nowra

Monday

9:30 am to 12:30 pm

Multicultural Group

41 Worrigeer Street, Nowra

- * 1st Monday each month
- * Bring lunch and make friends

Call **02 4421 5077** for more information

Monday

12:00 pm to 2:00 pm

Active You Pram Walking Group

41 Worrigeer Street, Nowra

During school terms

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

Call **02 4421 5077** for more information

Tuesday

10:00 am to 11:00 am



Stretch and Relax - starting 2022

41 Worrigeer Street, Nowra

- * During school terms

Call **02 4421 5077** to register

Tuesday

10:00 am to 11:00 am

Neighbourhood Services Activities

Reading with Bub - starting 2022

2/80 Park Road, Nowra East

* Weekly story time for children 0-5 and their carers

Call **02 4421 5077** to register

Thursday

10:00 am to 11:00 am

ENTR - After School Homework Centre

41 Worrigeer Street, Nowra

* During school terms

Thursday

3:30 pm to 5:00 pm

Shoalhaven Women's Group - starting 2022

2/80 Park Road, Nowra East

* Looking for interested women for a bi-weekly women's group in East Nowra Centre for a coffee, chat and catch-up

Call **02 4421 5077** for more information

Thursday

11:30 am to 12:30 pm

Older Women's Network (OWN) - starting 2022

41 Worrigeer Street Nowra

Register your interest on **02 421 5077**

2nd Friday each month

10:00 am to 1:00 pm

Compassionate Friends Support Group - starting 2022

2/80 Park Road, Nowra

Call **02 421 5077** for more information

4th Friday each month

10:00 am to 2:00 pm

Brilliant Stars

2/80 Park Road, East Nowra

Call **02 421 5077** for more information

Sunday

4:00 pm to 6:00 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

Heart Foundation Walking Groups They're FREE and fun!

Greenwell Point (M)

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

Kangaroo Valley Walkie Talkies (D, S)

Call Lyn on **02 4465 1037**

Bomaderry Walkers (D, M)

Call May on **02 4423 0131**

Nowra Walkie Talkies

Call Mollie on **02 4464 1391**

LEGEND

D = dogs

M = medium

P = prams

S = slow pace

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

READING WITH BUB

It's Story time! Join us for one hour each week to read stories, sing songs and meet new people.



East Nowra Neighbourhood Centre is welcoming all Parents, Carers and Children 0-5 years to join us for story time.

All are welcome – Registrations are essential.
Call 4421 5077 to register

WHEN: Thursdays 10am - 11am during school terms starting 3rd February 2022

WHERE: 2/ 80 Park Rd, East Nowra **COST:** Free

FOR MORE INFORMATION:

T: 4421 5077 **E:** info@sns.org.au **W:** sns.org.au



SHOALHAVEN NEIGHBOURHOOD SERVICES INC

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SHOALHAVEN WOMEN'S GROUP MEETING EVERY FORTNIGHT



An invitation for all Women, in the Shoalhaven, to join us for a Cuppa n Chat.

All are welcome – Registrations are essential for catering.
Call **4421 5077** to register

WHEN: Every 2nd Thursday 11am -12pm

During school terms, starting Term 1-2022

WHERE: 2/80 Park Road, Nowra

COST: Free

FOR MORE INFORMATION:

T: 4421 5077 **E:** info@sns.org.au **W:** sns.org.au



SHOALHAVEN NEIGHBOURHOOD SERVICES INC

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& SOUTHERN CROSS HOUSING & PROSPERITY IN THE PARK COMMITTEE 2021 CHRISTMAS PARTY

Wednesday December 15th

SOUTHERN CROSS HOUSING INVITES YOU TO THE
NOWRA CHRISTMAS PARTY

COME ALONG AND MEET THE TEAM FROM YOUR LOCAL COMMUNITY
HOUSING PROVIDER, SOUTHERN CROSS HOUSING AND OTHER LOCAL SUPPORT

Where

Parramatta Park
7 Parramatta St Nowra

SERVICES AT THIS FREE EVENT

When

Wednesday 15th December
11:00am - 1:00pm

Free Activities!

Air Brush Tattoos
FREE Giveaways
NSW Fire Truck
Face Painting
Fairy Floss
Santa Claus!

Transport!

FREE limited transport provided
from Bomaderry & Nowra to
Parramatta Park. To book a seat
phone our Communities Assist
Team on 1300 757 885

Register!

For information and to RSVP,
please phone or email our
Communities Assist Team at
communities@scch.org.au or
1300 757 885 before 10th
December.



Shoalhaven
Anti-Poverty
Committee

1780 Park Road
Nowra NSW 2541



SOUTHERN CROSS
HOUSING



Not-for-Profit Events Dec '21-Feb '22

Human Rights Day

10 December 2021

A day to celebrate the basic rights of all humans and to remember that many people still have to fight for their rights

www.un.org/en/observances/human-rights-day



Veganuary

1-31 January 2022

Eat delicious, healthy food, save lives and help the environment - go vegan for the month of January.

website: veganuary.com/



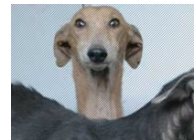
World Galgo Day

1 February 2022

Organisation: Dia Del Galgo

Every year in Spain thousands of galgos are born and bred to hunt. They endure a life of fear and cruelty and slaughtered at the end of the hunting season or when no longer useful.

website: diadelgalgo.com/



Ovarian Cancer Awareness Month

1-28 February 2022

February is Ovarian Cancer Awareness Month. This is held each year in February to highlight the symptoms of ovarian cancer and raise awareness of the disease.

Start the conversation today with your friends and family and help raise awareness of ovarian cancer and learn about the risks and symptoms as an earlier diagnosis gives a greater chance of survival.



Feel good February

Feel Good Feb (FGF) is having the intention and taking the time to make others feel good during February and beyond. Do a kind deed for a stranger.



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

NSW LOCAL COUNCIL ELECTIONS

The NSW local Council elections are on Saturday, 4 December 2021

Have your say by voting in the local government elections on 4 December.

You must vote if you're over 18 years of age and you can be fined if you don't.

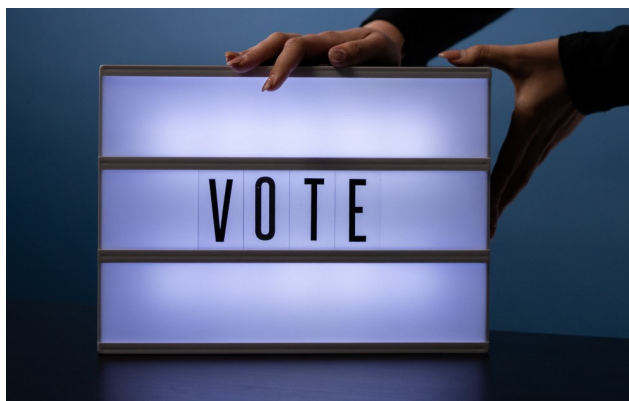
Voting in person is the most popular way to vote in New South Wales. It is usually quick and easy to vote in person at a [voting centre](#) or [polling place](#), and election staff and officials are available if you need help.

Postal voting [eligibility criteria](#) have been extended for the local government elections on 4 December. It is available to people who are self-isolating for COVID-19 related reasons. You can [apply to vote by post](#) online after 26 October. Postal votes need to be returned by 6 pm on Friday 17 December.

Voting early or pre-polling is another option for those who would like to vote in person, but are unable to get to a voting centre or polling place on election day. Early voting is available from 22 November 2021.

Voting online or over the telephone via iVote is an option for people who live more than 20 kilometres from a polling place, people who are unable to vote without assistance or have difficulty voting at a polling place because of disability or reading difficulties. In order to use iVote, people need to meet eligibility criteria and pre-register.

For more information about voting in the local government elections, visit www.elections.nsw.gov.au or call the Elector Enquiry Centre on 1300 135 736.





Unscramble the words on the left and place the unscrambled word in the white squares. Place the letters with numbers above them in the squares at the bottom of the page to spell the name and artist of a Summer song from 1970. All words relate to a day at the beach.

		1		8										
MSRWISME														
		11												
INGKELLONS														
					2									
TGERNSI														
ATEH														
	6													
SGUNRFI														
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GTSBANIHNU														
	7					9								
NSRBUNU														
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MAYCLM														
				5	10									
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8	7	2	10	O		12	5	9	9	13				



WHEEL OUT / WHEEL IN RESIDENTIAL WASTE BIN SERVICE SHOALHAVEN

Great 'Wheel out- Wheel in' bin service being offered by Shoalhaven City Council for those with restricted mobility and still living at home.

Residents can apply for a 'Wheel Out - Wheel In' service to assist with placing their waste bins out on the kerbside and returning them back to a location inside the front gate to their property each week. This new service is aimed to assist residents who are not reasonably able to place bins out themselves and who have no option for them to be placed out by others. The two options available to assist residents across the Shoalhaven area are:

1. Residents with restricted mobility: This service is aimed to assist residents who are unable to mobilise safely and who have no other person/s residing with them who could wheel bins to the kerb on their behalf. To apply for this service, the resident must have this application signed by a registered medical specialist. Council's service provider will assess the adequacy or otherwise of the designated location of the bins to be wheeled to and from the kerbside. Once assessed as adequate, and authorised by Council, the cost for the restricted mobility service is \$13 per annum (including GST). The charge will be applied to the rates account for the property address listed by the applicant.
2. Other residents: This service is aimed to assist property owners who have insufficient space available at the kerbside (e.g. some multi-unit dwellings) or who normally reside in a different location to a property for which they elect to receive the service. Council's service provider will assess the adequacy or otherwise of the designated location of the bins to be wheeled to and from the kerbside. Once assessed as adequate, and authorised by Council, the cost for the convenient service is \$223 per annum (including GST). The charge will be applied to the rates account for the property address listed by the applicant. 'Wheel Out – Wheel In' charges are in addition to the ratepayer's normal domestic waste management charges. Charges will be levied on the rates account from the date of the first service on a pro-rata basis until change of ownership or owner requests to stop the service.

*The above rates are for the 2021/22 financial year and increase on 1 July each year.

Link to application form: <https://doc.shoalhaven.nsw.gov.au/displaydoc.aspx?record=FM20/30>

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.