



SHOALHAVEN NEIGHBOURHOOD SERVICES INC.

Stronger connections. Stronger communities.

Our Community News

FREE

Autumn Edition 2022

01 March-31 May



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

As a child of the 20th Century, the year 2021 seemed like a Hollywood film or a sci-fi comic.

May 2022 be the year that people live their best lives, believing that they know what's best for them!

2022 - THE YEAR OF POSSIBILITIES!

Replace fear with curiosity and take life one day at a time!

Our Autumn edition is very environmentally friendly, with lots of tips, information, and a bit of fun!



Inside this issue:

Earth Day	1-3
Tenants Rights and Responsibilities	4-5
Are you Struggling to pay your Water Bills?	7
Shoalhaven Neighbourhood Services Activities	8-9
Reclaim the Night: End Violence against Women	11
Not-for-Profit Events March-May	13
No Interest Loan Scheme	15

EARTH DAY

Climate change has been spoken about a lot. The talk has been surrounded with the debate of, for and against and argued about all over the world. Activism, protesting, research papers and meetings of governments and scientists are always in the headlines. As always, the people wanting to change the current climate destroyers are met with bureaucracy - who want things to stay the same and keep earning money.

Being responsible for the earth doesn't have to mean radical protesting or complete denial. We are not able to change Government or global corporation policies overnight: common sense and small changes - all help.

Continued page 2

Ten simple Things you can do to help Protect the Earth

PROTECTING OUR PLANET STARTS WITH YOU

<p>BIKE MORE DRIVE LESS</p>	<p>reduce REUSE recycle</p> <p>Cut down on what you throw away. Follow the three "R's" to conserve natural resources and landfill space.</p>	<p>choose sustainable</p> <p>seafood</p> <p>Learn how to make smart seafood choices at www.FishWatch.gov.</p>	<p>Trees provide food and oxygen. They help save energy, clean the air, and help combat climate change.</p> <p>PLANT A TREE</p>
<p>EDUCATE</p> <p>When you further your own education, you can help others understand the importance and value of our natural resources.</p>	<p>CONSERVE WATER</p> <p>The less water you use, the less runoff and wastewater that eventually end up in the ocean.</p>	<p>-SHOP- WISELY</p> <p>Buy less plastic and bring a reusable shopping bag.</p>	<p>Don't send chemicals into our waterways.</p> <p>Choose nontoxic chemicals in the home and office.</p>
<p>Volunteer!</p> <p>Volunteer for cleanups in your community. You can get involved in protecting your watershed tool</p>	<p>ARE A - BRIGHT IDEA</p> <p>Long-lasting light bulbs reduce greenhouse gas emissions. Also flip the light switch off when you leave the room!</p>		

<https://oceanservice.noaa.gov/ocean/earthday>

Some tips for following the three R's

RECYCLE: Many of the things we use every day (e.g., paper bags, drink/food cans, milk cartons) are made from materials that can be recycled - rinse them and place in the YELLOW bin. Recycled items are put through a process that makes it possible to create new products from the materials of the old ones. Help the environment by buying products that contain recycled materials.

RE-USE: Instead of throwing junk find ways to re-use them.

Coffee cans and other types of containers can be used as storage containers or as crafts projects. Take clothing, toys, furniture and other re-usable items to donate, give to friends, or sell.

REDUCE: Print only what is needed and buy only what you need to use - don't waste money on unimportant items. Turn off electricity in rooms when not in use.

Australians used **3.5 million tonnes of plastics** in 2018 to 2019¹ of which around 60% was imported²



One million tonnes of Australia's annual plastic consumption is single-use plastic³



Australia is missing out on an estimated **\$419 million of economic value each year** by not recovering all PET and HDPE⁴



Australia uses around **70 billion pieces** of soft 'scrunchable' plastics, such as food wrappers, each year⁷

84% of plastic used is sent to landfill and **only 13% is recycled**⁵



By 2050, it is estimated that **plastic in the oceans will outweigh fish**⁶



In Australia approximately **130,000 tonnes** of plastic leaks into the marine environment each year⁸



Our use of plastic is increasing, and across the world **will double** by 2040⁹

Ever thought 'how long does it take to decompose'?

<https://www.infographicportal.com/how-long-to-decompose/>



Disposable nappies	250-500 years	Plastic foam, e.g., cups	50 years
Plywood	1-3 years	Cotton shirt	2-5 months
Apple core	2 months	Orange or banana peel	2-5 weeks
Paper towel	2-4 weeks	Leather	50 years

TENANTS RIGHTS AND RESPONSIBILITIES

As a tenant you have rights under the *Residential Tenancies Act 2010* and *Residential Tenancies Regulation 2019*.

This 'factsheet' summarises the law in NSW about repairs and maintenance for rented premises including the obligations of both landlord and tenant/s.

Obligations as a Tenant

Under the terms of the standard residential tenancy agreement ('lease'), you agree to:

- keep the premises reasonably clean
- tell the landlord of any damage/disrepair as soon as possible
- leave the premises as near as possible to its original condition, except for 'fair wear and tear'
- not damage or permit damage to the premises deliberately or negligently - you are responsible for damage by anyone you have permitted onto the premises
- not remove any fixtures or do any renovations or alterations to the premises without the landlord's written consent (unless permitted under the tenancy agreement)

If you do not meet these obligations, the landlord may apply to the NSW Civil and Administrative Tribunal (NCAT) for an order that you comply with your tenancy agreement to end the tenancy, or for compensation.

The Landlord's Obligations

The landlord agrees to:

- provide the premises in a reasonably clean state and fit for living in
- provide and maintain the premises in reasonable repair, even if you were informed about any disrepair prior to moving in
- make any repairs referred to in the original condition report: 'reasonable' repair depends on the age of the premises, the amount of rent payable, and the potential life of the premises.

The landlord is not required to fix any damage that you cause. However, if they later want to claim compensation from you for that damage, they must try to limit the costs of any repairs or replacements.

Rental Rights you didn't know you had!

As soon as your tenancy is over in NSW you have the right to apply to the NSW Civil and Administrative Tribunal (NCAT) to get your bond back.

The landlord must then make a case to the bond board if there is anything they want to complain about.

Carpet steam clean: in NSW the law is clear - it is prohibited to include a term in a lease requiring the tenant to have the carpets professionally cleaned, unless you have agreed to it as a condition for keeping pets at the property.

<https://www.choice.com.au/money/property/renting/articles/rental-rights-you-didn't-know-you-had>

RENTERS' RESOURCES

Contact your local Tenants' Advice and Advocacy Service for advice.

Illawarra and South Coast Tenants Advice and Advocacy Service (ISCTAAS)

Phone: (02) 4274 3475 1800 807 225

www.tenants.org.au

www.fairtrading.nsw.gov.au/housing-and-property/renting/during-a-tenancy

www.ncat.nsw.gov.au



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

Nowra's newest monthly market is 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

Shoalhaven District Senior Citizens Association

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

EVERYONE Welcome (NO AGE LIMIT)

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



39b Berry Street: up the alley beside *coffee'liscious*, Ella Baché Nowra, Bosco Accounting, and the CWA. SIGNPOSTED

The Centre is available for hire.

Contact shoalhavenseniors@outlook.com for information

A WORD FROM MAXINE Manager, Shoalhaven Neighbourhood Services

It is great to see some tips on how to look after our environment as we approach Earth Day on April 22nd. There are always opportunities to get involved, whether it be big or small. If protecting the environment is new to you then start small with some of the tips provided on page 3. For those that are thinking big, check out the earthday.org website for further information on campaigns that are investing on our planet.



ARE YOU STRUGGLING TO PAY YOUR ENERGY OR WATER BILLS?

For one reason or another you may be struggling to pay your energy or water bills. BUT there is help available! We are the Energy and Water Ombudsman NSW (EWON), a free and independent complaints-handling service for all electricity and gas customers in NSW, and some water customers.

Bill Overdue?

If your energy or water bill is overdue and/or you receive a reminder notice, you should contact your provider as soon as possible to discuss the best options for you. Let your provider know your current situation and what you can afford, and ask them for more time to pay.

Setup a Payment Plan

A payment plan is a formal arrangement between you and your provider. It can help you avoid late payment fees and avoid disconnection of your supply. Offer to pay what you can afford and don't be pressured into offering more.

Get on an Affordability Programme

Affordability programmes (sometimes referred to as *hardship programmes*) are designed to protect you from disconnection and help you manage the arrears on your account by paying smaller amounts over a longer period. All energy companies must have an affordability programme so ask to be referred. They can also help by checking you are receiving government rebates and giving advice on how to reduce your bills.

Are you eligible for a rebate or Energy Account Payment Assistant (EAPA) vouchers?

You may be eligible for a rebate if you are a senior, on a low income, on life support, or have other medical needs. You can ask your provider about the rebates available or find out more at www.ewon.com.au.

EAPA vouchers are also available to help pay an electricity or gas bill. These can help in emergency situations and you apply for these through an organisation which will assess your situation. Find out more about these vouchers at Service NSW energy accounts payment assistance. www.service.nsw.gov.au/transaction/energy-accounts-payment-assistance-eapa-scheme Most water providers also offer rebates and offer additional support for private tenants and owners.

Free call: 1800 246 545
Mon-Fri 9:00 am-5:00 pm
Freepost: Reply Paid 86550 Sydney NSW 1234
Interpreter: 131 450
TTY/Voice: 133 677
Online: ewon.com.au

NOTE: if calling from a mobile, let us know and we will call you back.

Shoalhaven Neighbourhood

MONDAY

Monkey Mondays Playgroup

41 Worrigeer Street, Nowra

10:00 am to 11:00 am

- During school terms
- 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.**

Busy Bears Craft Group

2/80 Park Road, East Nowra

9:30 am to 12:30 pm

TUESDAY

Active You Pram Walking Group

41 Worrigeer Street, Nowra

10:00 am to 11:00 am

- During school terms
- Walking group for parents, carers and grandparents of young children

All are welcome - **registrations are essential.**

Stretch and Relax

41 Worrigeer Street, Nowra

10:00 am to 11:00 am

- During school terms

All are welcome - **registrations are essential.**

Nowra Neighbourhood Centre host a range of

Al-Anon www.al-anon.org.au Alcoholics Anonymous (AA) - www.aa.org

Food Services Activities

THURSDAY

Reading with Bub - starting Term 2

2/80 Park Road, Nowra East

10:00 am to 11:00 am

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

All are welcome - **registrations are essential.**

ENTR - After School Homework Centre

41 Worrigeer Street, Nowra

3:30 pm to 5:00 pm

- During school terms

FRIDAY

Older Women's Network (OWN)

41 Worrigeer Street Nowra

10:00 am to 1:00 pm

- 2nd **Friday** each month

Compassionate Friends Support Group

2/80 Park Road, Nowra

10:00 am to 2:00 pm

- 4th **Friday** each month

SUNDAY

Brilliant Stars

2/80 Park Road, East Nowra

4:00 pm to 6:00 pm

For information on groups or to register for a program, please contact 02 4421 5077.

e of support groups that meet every week

nowrathereisasolution.org Narcotics Anonymous (NA) - www.na.org.au

Greenwell Point (M)

Contact Shirley Hargrave on 0419 424 588

OR Ann Williamson on annwilliamson2540@gmail.com

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 (M)

[0409 125 635](tel:0409125635)

LEGEND

D = dogs

M = medium

S = slow pace

P = prams

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 or carers and children 0-5 years to join us for story time.

All are welcome - registrations are essential

Call: 02 4421 5077 to register

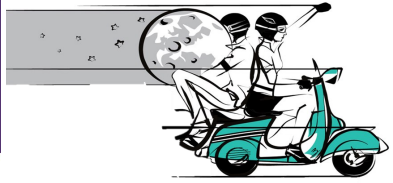
WHEN: Thursdays 10:00 am-11:00 am during school terms

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

FOR MORE INFORMATION:

T: 4421 5077 E: community@sns.org.au W: ns.org.au





Join the event organisers on **Friday 4 March 2022** at Nowra Showground at 5:30 pm for a 6:00 pm start, where you will march united in peace and solidarity through the Nowra CBD to Jellybean Park. Speakers and entertainment will be at Jellybean Park from 6:45 pm to 8:00 pm.

Everyone is welcome - this is an inclusive and safe space for all.

www.shoalhaveniwd.org/reclaim-the-night/



Claim your
\$100 First Lap
voucher



What is the First Lap voucher and who is eligible to use it?

The First Lap voucher programme provides \$100 vouchers for parents, guardians and carers of children aged 3-6 years who are not enrolled in school to help pay for swimming lessons. The First Lap voucher programme will run from 1 December 2021 to 30 June 2023.

In recognition that swimming lessons were impacted due to COVID-19 restrictions, this year the programme has been expanded to include children in kindergarten in 2021 and those starting kindergarten in 2022.

The first voucher is available from 1 December 2021 and expires on 30 June 2022.

How to claim and use your voucher



1 Apply for the voucher

Visit service.nsw.gov.au or open the Service NSW app. Search for 'first Lap' and follow the prompts to apply.



2 Find a provider

Visit service.nsw.gov.au or open the Service NSW app. Navigate to the First Lap voucher, select 'Find a business' and search.



3 Use your voucher

Open your voucher confirmation email or open the voucher in the Service NSW app. Give your chosen provider the voucher number or QR code at time of payment.

Visit sport.nsw.gov.au/firstlap/parents/terms-conditions

Not-for-Profit Events Mar-May '22

Polite Pets Month

1-31 March

Organisation: Animal Aid

March is Polite Pets Month, a month dedicated to raising awareness about behavioural issues in pets, and addressing solutions to these issues.

www.enquiries@animalaid.com.au
e-mail: enquiries@animalaid.org.au
Donate online



World Autism Awareness Day/Go Blue for Autism

02 April

Organisation: United Nations

Autism, a developmental disability, is a lifelong disorder that impairs social interaction, communication and behaviour. Each year iconic buildings across the world turn their lights blue to promote autism awareness and increase understanding of the disability.

www.un.org/en/observances/autism-day



World Stray Animals Day

4 April

A day for giving special attention to the millions of strays in the world. Dogs and cats lead poor and miserable lives on the streets, often ill fed, suffering extreme heat, cold, and diseases, and more often being abused by hostile and violent people.



65 Roses

1-31 May (tbc)

Organisation: Cystic Fibrosis Federation Australia

The National Cystic Fibrosis 65 Roses Campaign is hosted during the month of May. Each year the National Office in conjunction with its state and Territory associations, host many awareness initiatives and fundraising events through May.

www.cff.org/About-Us/About-the-Cystic-Fibrosis-Foundation/The-65-Roses-Story



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



Servicing from Gerringong to Kangaroo Valley and south to Ulladulla

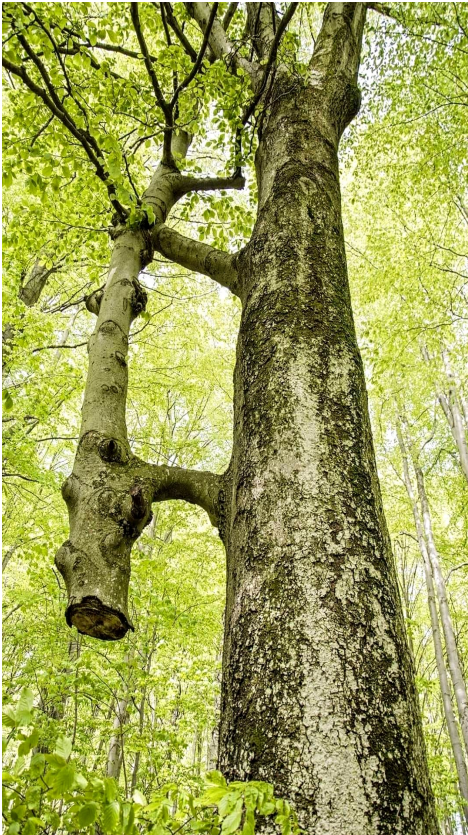
Call us today to arrange your free quote

Phone: 0431 744 772

E-mail: cstreeservices@bigpond.com

- * family owned and operated
- * friendly, efficient, professional, qualified team
- * residential and commercial
- * full range of tree removal (incl hard to access trees), cutting, trimming, pruning
- * stump removal and grinding, chipping, mulching
- * free site visit and cost estimation
- * competitive quotes
- * fully insured
- * no job too big or small

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



		5		9			1	2
	7		8					
2			1			5		8
	2	8	6					
	6				3		4	
					8	3	2	
4					5			1
						9		
5	9			7	1			

SUDOKU

Each row, column and square is to be filled out with the numbers 1 to 9 without repeating any number in the row, column or square.

Hashiwokakero (Hashi) puzzles (also known as 'Bridges')

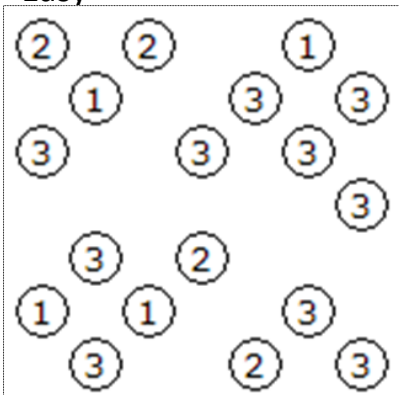
Numbered circles are the 'islands'. The goal is to connect all the islands by drawing a series of lines (bridges) between them.

The numbers indicate the number of bridges to be drawn on a straight line (not diagonally OR crossing) between the islands.

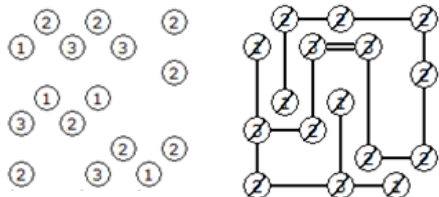
2 lines maximum between islands.



Easy



EXAMPLE



NILS

(No Interest Loan Scheme)

Need a new Fridge or Bed?

Finding it hard to save for Rego?

Are you on a low income or Centrelink Benefits?

Lived in your place for more than 3 months?

Can you afford small regular repayments?

Southern NILs, provides “No Interest Loans” to low income earners, for household items and services, up to \$1,500. Call **4276 2224**

Southern NILS is coming to NOWRA

Our Community Project
Port Kembla Community Centre
Corner Wentworth and Church Streets
Port Kembla NSW 2505
AND soon in Nowra
Phone: 4276 2224
Email: misty@ocp.org.au or
tina@ocp.org.au



Our Community Project



Supported by Department of Families, Housing, Community Services and Indigenous Affairs,
Good Shepherd, National Australia Bank and NSW Fair Trading

The Hon
Shelley Hancock MP
 Member for South Coast

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



57 Plunkett Street, Nowra
 (02) 4421 0222
southcoast@parliament.nsw.gov.au
www.shelleyhancockmp.com

Authorised by Shelley Hancock MP, Funded using Parliamentary Entitlements

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.



Want to place an advertisement in our Community News?

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.