



SHOALHAVEN NEIGHBOURHOOD SERVICES INC.

Stronger connections. Stronger communities.

Our Community News **FREE**

Winter Edition 2022

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

Well, 2022 is flying - once again, our resilience is being tested and we are experiencing flooding on top of COVID. It has been tough to keep being positive and feel safe - taking it one day at a time may be all we can manage.

The feature article in this issue focuses on literacy and numeracy, and why empowering our children to learn when they are young can help them throughout their lives.

* Learning today = education for the future.

Resilient children feel confident and enjoy learning.

Inside this issue:

Supporting your Child's early Literacy and Numeracy Development	1-2
Tenants Advice and Advocacy Services: Mould	3
No Interest Loan Scheme (NILS)	4
Need to have a chat?	5
Neighbourhood Centre Activities	8-9
Are you eligible for an electricity or gas rebate?	11
Puzzles	14

SUPPORTING YOUR CHILD'S EARLY LITERACY AND NUMERACY DEVELOPMENT

As a parent or carer you are your child's first teacher, and you play an important role in supporting the development of their early literacy and numeracy skills. These skills involve more than just learning to read, write, and count - they include skills such as speaking, listening, viewing, problem solving, measuring, adding and subtracting, recognising and creating patterns, and more.

There are many ways we can support learning through everyday activities at home. Following are some ideas for supporting your child's literacy and numeracy development:

- ◆ read together every day, especially books with rhyming, and books your child chooses and enjoys
- ◆ chat to them about your day and ask them about theirs

Continued page 2

Continued from page 1

- ◆ visit the library together for story time and to borrow books
- ◆ go on a nature walk and talk about what you can see, hear, and feel
- ◆ listen to music, and dance together
- ◆ play together: with toys, without toys, indoors, and outdoors
- ◆ practice drawing with different materials, such as pencils, chalk, and textas - this supports the development of their fine motor skills which will help them learn to write in the future
- ◆ play board games together, especially games involving dice and turn-taking
- ◆ look for shapes around your home - ask your child if they can find a circle or a rectangle and count how many you find
- ◆ create patterns out of everyday materials, eg, red block, blue block, red block, blue block

At Clipper Road Children's Centre, educators use the 3a Abecedarian approach to support children's literacy development. This approach is a set of evidence-based teaching and learning strategies for early childhood educators and parents to use with children from birth to five. Research has shown that 3a Abecedarian delivers enhanced educational outcomes by enriching and enhancing educator practice – both before and after a child starts school.

Early literacy and numeracy development sets the foundation for future learning, and there are lots of ways to support it that are fun and use the things you already have at home. It is important to remember that all children learn and develop differently. If you have any concerns or questions about your child's development speak to their early childhood teachers or see your GP.

<https://education.nsw.gov.au/teaching-and-learning/curriculum/literacy-and-numeracy/resources-for-parents-and-carers/helping-your-child-with-literacy-and-numeracy-at-home>

<http://www.letsread.com.au/Families>

<https://raisingchildren.net.au/babies/play-learning/literacy-reading-stories/lets-read>

<https://raisingchildren.net.au/babies/play-learning/learning-ideas/early-numeracy>

<https://www.startingblocks.gov.au/other-resources/factsheets/the-importance-of-play-in-children-s-learning-and-development/>

https://education.unimelb.edu.au/data/assets/pdf_file/0006/3545331/3A-Conversational-Reading-Booklet.pdf

*Anabel Mifsud, Family and Community Engagement Practitioner,
ECTARC Clipper Road Early Education and Care Service*

Mould

Moulds are fungi that need moisture and organic material to grow. When disturbed or dried out, they release spores that can cause illness and structural damage if left untreated.

Rights and Obligations when Renting

The tenant/s must:

- keep the premises reasonably clean
- tell the landlord about any damage to the premises as soon as possible
- take reasonable steps to mitigate (limit or avoid) loss

The landlord must:

- provide the premises reasonably clean and comply with minimum standards to be fit for habitation, including having adequate ventilation, plumbing and drainage
- ensure that the premises are structurally sound (eg, floors, ceilings, walls and supporting structures are not subject to significant dampness) and that the roof, ceilings and windows do not allow water penetration into the premises
- keep the premises in reasonable repair (except where the disrepair is caused by the tenant breaching the tenancy agreement)
- mitigate loss

Condition Report: At the start of the tenancy the landlord/agent must note on the condition report if there are any signs of mould and dampness (whether or not they note the presence of mould/dampness, they cannot avoid the

obligation to keep the premises in reasonable repair during the tenancy).

Mitigation of Loss: Examples include:

- a tenant avoiding damage to their clothes by removing them from a built-in wardrobe where mould is growing
- a landlord promptly fixing damage to a bathroom wall before mould can set in (whether or not the tenant caused the damage)

Deciding what to do

- stay at the rented premises and have them repaired (see 'Applying to the NSW Civil and Administrative Tribunal for Orders below)
- end your tenancy and leave

If you want to stay: Write a letter to the landlord/agent telling them what needs fixing and by when, giving a clear deadline. Keep a copy and record any conversations as evidence of notification. If the landlord does not promptly arrange for repairs, you can apply to the NSW Civil and Administrative Tribunal (NCAT) for orders.

Personal Injury: If someone in your household has become ill due to mould, seek medical advice and consult a solicitor or your local community legal centre.

Tenants' Advice and Advocacy

Service: For free tenancy advice, call your local Tenants' Advice and Advocacy Service:

Illawarra/South Coast
Aboriginal

4274 3475
1800 672 185

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**



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

Our Community Project

Port Kembla Community Centre
Cnr Wentworth & Church Streets
PORT KEMBLA NSW 2505

e-mail: misty@ocp.org.au OR
tina@ocp.org.au

Phone: 4276 2224

East Nowra Neighbourhood Centre
2/80 Park Road
NOWRA NSW 2541

e-mail: nilsnowra@ocp.org.au

The poster has a black background with blue polka dots on the right side. The text is in white and blue. At the top, it says 'SAVE THE DATE!' in blue. Below that, 'SHOALHAVEN NAIDOC FAMILY FUN DAY 2022' in white. Then 'WEDNESDAY 6TH JULY 2022' in blue. At the bottom, there is a circular logo on the left for 'CELEBRATING NAIDOC WEEK' with a stylized figure. In the center, the text 'GET UP! STAND UP! SHOW UP!' is written in a bold, white, hand-drawn font, with '3-10 JULY 2022' in red below it. On the right, there is a stylized white and red bird logo above the text 'Shoalhaven NAIDOC'.

DR PHILL NEWLYN, M.A.C.A.

NEED TO HAVE A CHAT?

FREE COUNSELLING SESSIONS

For guidance and support regarding personal relationships, work or school related stress, confidence and self-esteem issues, harassment and bullying, burnout and fatigue, or any other issues that are bothering you.

**AVAILABLE TO 12 TO 24 YR OLDS BY APPOINTMENT
WED 10AM-3:50PM | FRI 2PM-6:50PM**

For more information contact Nowra Youth Centre on 4422 1988, email counsellor@nowrayouthcentre.org.au or find us on Facebook @Nowrayouthie



**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 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)

- ◆ 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



AFFORDABLE GROCERIES

CITY CHURCH FOOD BUS

We're Back!

Every Thursday
for Food & Friendship
Free Frozen Goods

Terara Caravan Park 5.00pm - 6.00pm
Parramatta Park, East Nowra 6.15pm - 7.00pm



Friday 9.30am - 4.00pm

167 McMahons Road,
North Nowra
Ph. 4421 4602

A WORD FROM MAXINE Manager, Shoalhaven Neighbourhood Services

If you are looking for activities that your child can participate in to help develop their reading and literacy skills before they start school, please contact the Neighbourhood Centre on 4421 5077. We will be able to provide you with information on what's available or even enrol your child in the Reading with Bubs programme that we have running at the Centre each term.



FREE Course - Conversations about Suicide

Do you know how to help somebody that is feeling suicidal?
Learn practical skills to improve your confidence in this half-day course.

Session details

24th August 2022

10:00 am-2:30 pm

Lunch provided

Venue

East Nowra Neighbourhood Centre

2/80 Park Road

East Nowra NSW 2541

Register for this Course: Contact Fiona Lam at community@sns.org.au or 02 4421 5077.

When registering please give your personal e-mail and mobile/contact number.

Mental Health first Aid - Conversations about Suicide is for interested adults. You will: learn the skills and acquire the knowledge to safely have a conversation with a suicidal person, learn how to identify warning signs, and learn to confidently support a person in crisis.

Participants will receive the workbook and other useful resources to keep, as well as a certificate of attendance.

This course is based on guidelines developed through the expert consensus of people with lived experience of mental health problems and professionals.

All up-to-date training materials and resources provided on day of course.



SHOALHAVEN NEIGHBOURHOOD SERVICES INC.

STRONGER CONNECTIONS
STRONGER COMMUNITIES



Our members are the driving force of our organisation.

To become a member today visit:

<https://sns.org.au/get-involved/become-a-member/>

or call 4421 5077

Neighbourhood Centre Activities

MONDAY

Monkey Mondays Playgroup - 41 Worrigee Street, Nowra

- During school terms - 10:00 am to 11:00 am Cost: FREE
- 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.

Busy Bears Craft Group - 2/80 Park Road, Nowra

- Weekly craft group - 9:30 am to 12:30 pm Cost: \$2.00

Meditation - 41 Worrigee Street, Nowra

- Guided meditation group - 6:30 pm to 8:00 pm

TUESDAY

Active You Pram Walking Group - 41 Worrigee Street, Nowra

- During school terms - 10:00 am to 11:00 am Cost: FREE
- Walking group for parents, carers and grandparents of young children

All are welcome - registrations are essential.

THURSDAY

Reading with Bub - 2/80 Park Road, Nowra

- During school terms - 10:00 am to 11:00 am Cost: FREE
- For children 0-5 and their carers to read stories, sing songs and meet new people.

All are welcome - registrations are essential.

ENTR - The Smith Family Homework Centre - 41 Worrigee Street, Nowra

- During school terms - 3:30 pm to 5:00 pm



East Nowra Centre
2/80 Park Rd

Neighbourhood Centre Activities

FRIDAY

Older Women's Network (OWN) - 41 Worrigee Street, Nowra

- 2nd **Friday** each month - 10:00 am to 1:00 pm
- A community based network run by and for older women promoting the rights, dignity and well-being of older women.

Compassionate Friends Support Group - 2/80 Park Road, Nowra

- Peer support group offering friendship and understanding to grieving parents/siblings/grandparents who have lost a child of any age.
- 4th **Friday** each month - 10:00 am to 2:00 pm

SUNDAY

Brilliant Stars (Baha'i) - 2/80 Park Road, Nowra

- During school terms - 4:00 pm to 5:30 pm
- A group for children 5-12 years to learn qualities such as kindness, truthfulness and respect through songs, stories, crafts and games.

For information on groups or to register for a programme, please contact: (02) 4421 5077.

Nowra Neighbourhood Centre hosts a range of support groups that meet every week. Please see links below for further information.

Al-Anon - www.al-anon.org.au

Alcoholics Anonymous (AA) - www.aanowrathereisasolution.org

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



Nowra Centre:
cnr Osborne
and Worrigee
Streets

Heart Foundation Walking Groups They're FREE and fun!

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

Call Mollie on [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, 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: Thursday 10:00 am - 11:00 am during school terms

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

FOR MORE INFORMATION:

T: 02 4421 5077 E: info@sns.org.au W: sns.org.au



ACTIVE YOU



A weekly pram walking group for mums, dads, grandparents and carers of young children. Come walk around the beautiful streets and meet new people.

All are welcome - registrations are essential.
Call: 02 4421 5077 to register.
Please bring sunhat, pram and water bottle.

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

WHERE: 41 Worrigeer Street Nowra COST: Free

FOR MORE INFORMATION:

T: 02 4421 5077 E: info@sns.org.au W: sns.org.au



Are you eligible for a Rebate?

The State and Federal Government fund several programmes for electricity and gas customers in NSW - contact your retailer to see if you are eligible to have rebates applied to your account. There are also some water rebates available - contact your water provider to discuss your eligibility.

Who we are

We are the Energy and Water Ombudsman NSW (EWON). We provide a free and independent complaints-handling service for all electricity and gas customers in NSW, and some water customers.

Energy rebate eligibility

You may be eligible for a rebate if you have a Pensioner Concession Card, Health Care Card issued by Services Australia or Department of Veteran Affairs (DVA), or a DVA Gold Card.

Rebates are available to customers who have an account in their name or who pay their bill to an owner or manager of a residential park, retirement village or strata scheme (on-supply customers).

Types of rebates

Low Income Household	Gas
Medical Emergency	Life Support
Family Energy	Seniors Energy
Essential Medical Equipment Payment	

Things to Remember

The financial support and application process differs between each rebate. Tell your energy retailer that you have a concession card, the number and the expiry date. The card holder and bill recipient must be the same person, and the information will be verified. Some rebates will appear on your energy bill and others will be credited to your bank account. Your rebate may be backdated if it doesn't appear after you have informed your retailer. We can help if you are having difficulties with rebates or do not agree with your retailer's response.

Read our factsheet on rebates: <https://www.ewon.com.au/page/customer-resources/help-paying-bills/rebates>, or visit Service NSW service.nsw.gov.au/services/concessions-rebates-and-assistance.

Free call: 1800 246 545*

*If using a mobile leave your name and number and we will call you back

Freepost: Reply Paid 86550

Sydney South NSW 1234

Interpreter: 131 450

TTY/Voice: 133 677

Online: ewon.com.au

Not-for-Profit Events Jun-Aug '22

World Oceans Day

To raise global awareness of the challenges faced by the international community in connection with the oceans. The oceans are the lungs of our planet and as well as being a major source of food and medicines, are a critical part of the biosphere.

Website: www.un.org/en/observances/oceans-day

[Donate online](#)

08 June



JuLEYE

Organisation: Australia and New Zealand Eye Foundation

Get your eyes tested this JuLEYE. Seventy five percent of vision loss is preventable or treatable if detected early, yet every 65 minutes an Australian loses part or all of their vision.

Website: ranzco.edu/home/foundation/juleye/

1-31 July



Cupcake Day

Organisation: RSPCA

Grab your apron and preheat those ovens!

Each year more than 124,000 animals turn to the RSPCA looking for help. This year you and your utensils have the power to serve up love, care and forever homes to every one.

Whether you're whipping up doughnuts, lamingtons, brownies or traditional cupcakes, the funds you raise at your Cupcake Day event help rescue, rehabilitate and rehome animals in need.

Website: www.rspcacupcakeday.com.au/

16 August



International Day Against Nuclear Tests

Organisation: United Nations

International Day against Nuclear Tests is used to remind UN member states of the dangers of nuclear weapons, and the hope that nuclear disarmament is possible.

Website: www.un.org/en/observances/end-nuclear-tests-day

29 August



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



Servicing from Gerringong to Kangaroo Valley and south to Ulladulla

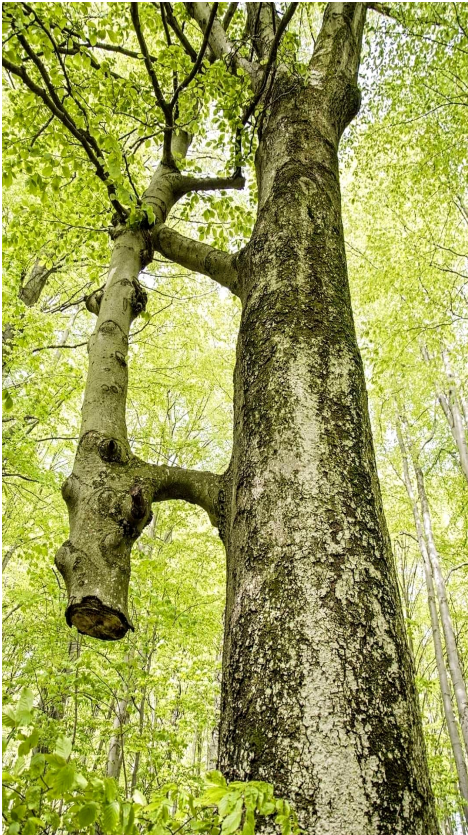
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E-mail: cstreeservices@bigpond.com

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- * 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/>



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	M	W		R				
E				M		R	O	

LETTERS AND WORDS SUDOKU

Letters used:
A, E, L, N, M, O, R, T, W

Fill a 9x9 grid so that each row, column & 3x3 block contain all the given letters. No letter can be duplicated in each row, column or 3x3 block.

NOTE: The letters ARE RANDOM and do NOT make a 9 letter word

As an extra: Find as many words as you can from the given letters.

NUMBER CRUNCH

Insert each number from 1 to 9 in the shaded squares to solve all the horizontal and vertical equations.

	-		÷		6
÷		+		+	
	×		÷		6
×		-		+	
	×		-		2
3		7		11	

Answers are somewhere in this newsletter.

[European] Winter Compound Words: from the clues write two words that combined become a compound (joined together) word.

This chap makes delicious biscuit treats

--	--	--	--	--	--

--	--	--	--	--

A cake for the nutty folk

--	--	--	--	--

--	--	--	--

Play catch with this icy ball

--	--	--	--

--	--	--	--

This chap is happy to crack shells for you

--	--	--

--	--	--	--	--	--	--

Shoalcoast Community Legal Centre Inc.

FREE LEGAL ADVICE

**Proudly servicing the Shoalhaven.
We can assist with:**

Victims Compensation

Tenancy

Traffic Offences

Consumer Issues

Credit and Debt

Neighbour Disputes

Personal Safety

Family Law

Employment Issues



**Get
In
Touch**

 **1800 229 529**

 **info@shoalcoast.org.au**

 **www.shoalcoast.org.au**

**Shoalcoast Community
Legal Centre Inc.**



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 placing an advertisement, 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

	<u>ACROSS</u>	<u>DOWN</u>
Answers to	9 - 6 ÷ 2 = 6	9 ÷ 3 x 1 = 3
page 14	3 x 8 ÷ 4 = 6	6 + 8 - 7 = 7
puzzle	1 x 7 - 5 = 2	2 + 4 + 5 = 11

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.