



SHOALHAVEN NEIGHBOURHOOD SERVICES INC.

Stronger connections. Stronger communities.

Our Community News

FREE

Autumn Edition 2023

01 February - 31 May 2023



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 and sponsored by Shoalhaven City Council.

Welcome to our latest edition of Our Community News.

This edition focuses on food security and additional food support services.

There are tips for avoiding food waste and saving money when shopping for groceries.

Also, if you have a green thumb there are ideas on how to build your own vegetable garden.

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FOOD SECURITY

Have you ever been in a situation where you have run out of food and don’t have anything to eat? In the last year, more than one in five Australians have been in a similar situation. Running out of food can be scary but hunger is more common than people think. At least once a week, around half of those affected skip a meal or cut down on the size of their meals to make their food go further.

Food insecurity can have a snowball effect if someone is experiencing hardship it can increase levels of stress and anxiety (unexpected bills or housing payments are often the immediate reason someone goes hungry). It can have lasting emotional, financial and physical effects making it difficult for someone to get back on track, stay focused and concentrate on building a better financial position for themselves.

The good news is there are a number of support services to help if you are struggling to pay for groceries, and additional strategies are available so that you don’t have to panic not knowing where your next meal is coming from.

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- * **Nowra Community Food Store:** Nowra Community Food Store is a low-cost store for people in our community struggling to afford life's basic essentials. The store sources their groceries from Foodbank NSW, clearance warehouses, and generous donations from the community. Prices are marked down and their friendly volunteers are there to help. There is no membership requirement and you also receive free bread with every \$5.00 spent on groceries! Phone (02) 4402 9126 or visit at 10/158 Princes Highway, South Nowra.
- * **Salt Care Mobile Response Vehicle (MRV):** The MRV provides groceries, toiletries, bedding, swags, winter woollies, and other necessities to people suffering from, and at risk of homelessness. The MRV is on call to attend to anyone in need as identified by Council rangers, community services, and concerned members of the community. Phone (02) 4480 5028 or visit www.salt.org.au/contacts/
- * **Grow Your Own:** A fun way of providing more food for you and your family is to grow your own! If you have access to a back yard, or can set up a little garden bed on your balcony, start growing your own fruit and veggies. Vegetable gardens are a cost effective and enjoyable way for families to acquire fresh food (and family time). See page 10 for information on how to start a vegetable garden.
- * Alternately, you can speak with your housing provider about community garden projects in your local areas.

ADDITIONAL SUPPORT

There may be other ways you can save your money without it affecting your ability to purchase fresh food. Financial counselling services are a great way to understand where your money is going and how to save in other ways so that you can improve your food security.

Lifeline South Coast offers **free financial counselling services** to help you explore your options, and to provide advocacy and support when dealing with personal and family budgeting, to book an appointment with Lifeline, please call 02 4421 5365.

Article by:

Southern Cross Housing
69 Kinghorne Street, Nowra
Phone 1300 757 885
scch.org.au



ADDITIONAL SUPPORT SERVICES

Doing it Tough directory: An online social support directory, *Doing it Tough*, has been collated by Shoalhaven City Council in partnership with Southern Cross Housing. The directory, along with *Path 2 Home*, provides links to local support groups dealing with housing, affordable food, clothing, counselling and emergency relief in the Shoalhaven district.

<https://www.shoalhaven.nsw.gov.au/For-Residents/Community-Support/Doing-It-Tough>

All Saints Community Care Hope Centre (rear of church) - Open Wednesday to Friday 10:00am - 2:30pm

Call (02) 4423 1099 or email comcare@shoal.net.au

Emergency food and financial assistance, free hot meal and friendship, Open House Fellowship. For mobile community pantry information call (02) 4421 6884.

Located at 68 Plunkett Street, Nowra

Meals on Wheels (Food Delivery Services) - Open Monday to Friday 9:00am - 3:15pm

Call (02) 4422 5111 or email reception@nsmow.org.au

Nutritionally appropriate meal delivery and social support - *costs involved*.

Located at 37 Holloway Road, Nowra

Salt Store - Open Tuesday and Thursday 10.30am – 1.00pm

Call (02) 4480 5028 or email info@salt.org.au

Welfare support including provision of meals, food hampers and clothing

Located 5-19 Birriley Street, Bomaderry

St Vincent de Paul - Open Monday to Friday 10:00 - 11:30am

Call (02) 4421 0390 or email vinnies@vinnies.org.au

Emergency assistance through information and advocacy support, food, clothing and food vouchers in Nowra, Berry, Culburra, Vincentia, Sussex Inlet and Ulladulla.

Located at 5 Berry Street, Nowra

The Hub (Nowra City Church) - Open Friday 9:30am - 4:00pm

Call (02) 4421 4602 or email office@citychurchnowra.com.au

Discount food and clothing store offering free fruit and vegetables.

Located at 167 McMahons Road, North Nowra

Salvation Army Nowra - Open Monday to Friday 9:30am - 3:00pm

Call (02) 4423 2102

Welfare Support including provision of food vouchers.

(Doorway Support—south side of highway)

Located at 162 St Anns Street, Nowra

Ulladulla District Community Resources Centre - Open Monday to Wednesday

9:00am - 3:00pm

Call (02) 4454 0477 or coordinator@ulladullacrc.org.au

Food store and food parcels, swags, and other material aid.

Located at 78 St Vincent Street, Ulladulla

Vinnies Van - Open Tuesday 5.30pm – 6.00pm

Call (02) 4428 8140 or email vinniesvan@vinnies.org.au

Provides free hot meals, snacks, sandwiches, bread, fruit and vegetables, sometimes sleeping items.

Located Cnr Kalandar Street and Clipper Road, East Nowra

Food Delivery Services at Allowrie Crescent, Nowra

TIPS FOR AVOIDING FOOD WASTE

Planning

Shop smart and realistically. Think about what you will need in the days ahead. Check your fridge and pantry before you shop. Make a shopping list.

Storage

Store leftovers properly and actually eat them. Label your leftovers so you can keep track of how long they've been in your fridge or freezer, and incorporate them into your daily or weekly routine. Store food in the right places. Some fruit and veggies are better stored at room temperature rather than the fridge, like bananas. Keep food that needs to be eaten quickly at the front of your fridge. Leftovers pushed to the back are too easily forgotten about.

Planning

There is a difference between **USE-BY** and **BEST BEFORE** dates. Use-by dates are often labelled on fresh high protein foods such as dairy, meat and seafood. These dates should be observed. With other foods the expiry dates are often Best Before and are an indication of food quality NOT safety.

Composting

Your compost bin will love food but it should NOT be treated as an alternative *waste bin*. Avoiding food waste really is the priority. Composting is ideally for your food scraps (e.g., fruit and veggie peelings), however it is part of a solution of stopping food waste ending up in landfill.

Source: Shoalhaven City Council provides free composting workshops at various times of the year. To be notified of future workshop dates sign up to Waste Services monthly 'ReNewsable' newsletter, via email at wasteadmin@shoalhaven.nsw.gov.au

Year to Thrive

Donate today
to Mayor's Relief Fund

Together



Please give to those
doing it tough or experiencing
homelessness in the Shoalhaven.



Donate today

Shoalhaven
City Council

For more information search 'thrive together'
on our website or call 1300 293 111.
shoalhaven.nsw.gov.au f @

TIPS ON SAVING MONEY WHEN SHOPPING!

1. Don't go shopping while you are hungry
2. Shop in the afternoon as many items are on sale
3. Pay cash instead of using credit cards to help you stick to your budget
4. Avoid recipes that need special ingredients, shop for seasonal products
5. Make a shopping list and stick to it!



A WORD FROM MAXINE

Manager, Shoalhaven Neighbourhood Services Inc.

If you are unable to travel to South Nowra to the Nowra Community Food store, there is now an option available to make an order online including a \$5 delivery fee.

Delivery is available on select days to areas within the Shoalhaven. Online orders can be made via their website www.nowrafoodstore.com.au.

It is great to see services adapting to the needs of Shoalhaven communities.



Welcome to our new team members at Shoalhaven Neighbourhood Services:

- ◆ Nadia Abu Gazaleh is the new Community Worker available Monday to Wednesday and Friday to provide information and referral support as well as facilitate group activities. Nadia has over 18 years experience working within the community and speaks Arabic and English.
- ◆ Naomi is a university student studying a Bachelor of Social Work and is undertaking her student placement with us. Naomi hopes to learn more about the community while during her placement. Naomi will be participating in our upcoming events and programmes.
- ◆ Manishka is volunteering in both East Nowra and Nowra Neighbourhood centres in reception and will be providing administrative support to the Social Support team.





Harmony Week is a celebration that recognises our diversity and brings together Australians from all different backgrounds. It's about inclusiveness, respect and a sense of belonging for everyone. There are a range of events being held across the Shoalhaven to celebrate Harmony Week with your family and friends.

Saturday 18th March

- **Family Harmony Day Celebration from 10:00am to 4:00pm**

Join this Harmony Week event to celebrate cultural diversity in the Shoalhaven with some multicultural entertainment, including bands, dance groups, choirs and food stalls. No bookings required. Location: Harry Sawkins Park Graham St, Nowra

- **The Three Seas from 7:00pm**

An international, intercultural ensemble, The Three Seas combines contemporary Australian jazz with West Bengali and Nepalese folk music. Soaring Baul vocals, a menagerie of traditional stringed instruments, Himalayan mystique and West Bengali beats are juxtaposed against the deep groove of the baritone saxophone to create an energetic and uplifting musical alchemy. Bookings essential. El Horses, 22 Berry St, Nowra

Tuesday 21st March 2023

- **Pre School Storytime from 11:00am to 11:30am**

Come along to our Special Harmony Day Storytime and help decorate our Harmony Day tree with your own paper hand craft. Wear the colour orange to show your support! Suitable for Toddlers and Pre-schoolers aged 2-5 years old. Location: Nowra Library, 10 Berry St, Nowra

Visit Shoalhaven City Council's website for further details on other events being held during Harmony Week. www.shoalhaven.nsw.gov.au/Council/Events-Awards

EAST NOWRA NEIGHBOURHOOD CENTRE ACTIVITIES

Unit 2 / 80 Park Road East Nowra - 02 4422 1299

MONDAY

Busy Bears Craft Group ~ 9:30 am to 12:30 pm ~ Cost \$2.00 pp

- Weekly craft group. New members welcome.

TUESDAY

Reading with Bub ~ 10:00 am to 11:00 pm ~ Free

- During school terms. **All are welcome - registrations are essential.**
- Parents, carers and children 0-5 years join us to read stories, sing songs and meet new people.

WEDNESDAY

Cuppa & Chat Women's Group ~ 10:30 am to 11:30 am ~ Free

- During school terms.
- Join us for one hour each week to have a cup of tea or coffee and meet new people.
- All are welcome - **registrations are essential.**

FRIDAY

Active You Pram Walking Group ~ 10:00 am to 11:00 am ~ Free

- During school terms. All are welcome - **registrations are essential.**
- Walking group for parents, carers and grandparents of young children.

Compassionate Friends Support Group ~ 10:00 am to 2:00 pm

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

SATURDAY

Brilliant Stars ~ 10:00 am to 11:30 am ~ Free

- During school terms.
- A group for children 5-12 years to learn qualities such as kindness, truthfulness and respect through songs, stories, crafts and games.
- A community building service sponsored by Shoalhaven Baha'i.



NOWRA NEIGHBOURHOOD CENTRE ACTIVITIES

41 Worrigeer Street Nowra - 02 4421 5077

MONDAY

Monkey Mondays Playgroup ~ 10:00 am to 11:00 am ~ Free

- During school terms. All are welcome - **registrations are essential.**
- 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.

Meditation ~ 6:30 pm to 8:00 pm ~ Cost \$15.00 pp

- Guided meditation group.

SELF-HELP /SUPPORT GROUPS

Nowra Neighbourhood Centre host a range of support groups that meet every week. Please contact the centre for further information on 02 4421 5077.

- Alcoholics Anonymous (AA)
<http://www.aanowrathereisasolution.org/>
- Al-Anon Support Group
<https://www.al-anon.org.au/>
- Narcotics Anonymous (NA)
<https://www.na.org.au>

NEED A MEETING ROOM?

Our Neighbourhood Centres currently have meeting room availability. Please call 02 4421 5077 for further information.



HOW TO START A VEGETABLE GARDEN

Nothing tastes better than home-grown vegetables. Check out Bunnings DIY advice on how to start a vegetable garden, it will take you through where, what and how to plant vegetables, as well as how to feed and care for them. Gardening together can also help the whole family build teamwork skills and provide a bit of education in maths, science, nature, nutrition and even art – plant labels and scarecrows.

<https://www.bunnings.com.au/diy-advice/garden/planting-and-growing/how-to-start-a-vegetable-garden>

Pick a location for your vegetable garden

Picking a location that gets up to six hours of sunlight a day will mean you can plant almost anything. It is important to make sure the spot you pick has good quality soil as this will help your vegetable garden retain nutrients and hold water for long enough to grow.

Determine what vegetables to plant

Now that you have picked a spot and you know how much sunlight your garden will get, you can determine what to plant. What you plant will also come down to which season it is and what it is exactly that you would like to grow.

Design and plan your vegetable garden

Depending on how big or small your vegetable garden will be, you may need to put some effort into how you design it. Start by drawing a rough plan including where your home is, existing structures and any paving. Also mark how much sunlight each part of the garden will get, as this might change where you plant certain vegetables.

Choose a type of planter

There are many different ways to plant your vegetables. You can use garden beds, raised garden beds, wall planters, timber planters, vertical gardens, ceramic pots or upcycle old containers.

Plant your vegetables

You will need to start by preparing your soil and then planting your seeds or seedlings, making sure you water them regularly. When you go to plant your seeds or seedlings, make sure you turn the soil over with a square-bladed spade. This will loosen the soil, help it aerate and give enough room for the roots to grow and spread.

A good tip when growing veggies is to rotate your crops by not planting the same vegetable in the same place each year. This will discourage pests and diseases that could appear from a certain vegetable.

Feed and care for your vegetables

Once your vegetable garden is thriving, you should keep it well fed using fertilisers. Alternatively, to save money and the environment, you can consider using your own compost instead. It will also need watering all year round. You can do this yourself every day with a watering can, automate a garden irrigation system or install pop-up sprinklers.

NOWRA YOUTH CENTRE'S PROGRAMME AND ACTIVITIES FOR YOUNG PEOPLE AGED 12-24 YEARS

General Support for young people aged 12 to 24 years, including:

- * Information, Support, Advocacy and Referrals available during drop-in, or during admin hours by appointment.
- * Health resources such as menstrual products and safe sex resources.
- * Safe & non-judgemental space to relax and have a chat.
- * Free counselling service available by appointment – Thursday and Friday between 4:00pm to 7:00pm.

Drop-In for young people aged 12 to 17 years with:

- * TV & DVD player
- * Computers & Internet
- * Digital Art stations
- * Pool Table, Board & Card Games
- * D&D Club
- * Cooking programme
- * Art & Craft Activities



School Holiday Programmes for young people aged 12 to 17 years, with:

- * Arts & crafts
- * Movies & game tournaments
- * Free excursions

Monday - Thursday 9:00am - 5:00pm ~ Friday 10:00am - 5:00pm

Drop-in Programme Activities 5:00pm - 8:30pm

For more information call 02 4422 1988 or email janet@nowrayouthcentre.org.au



NOWRA YOUTH CENTRE

BILLBOARD DESIGN CONTEST

Billboard Design Contest: Young People aged 12 to 24yrs are encouraged to enter the contest.

The winning design will replace the old billboards on the Youth Centre for everyone to see. The theme is anything that relates to young people.



NAME:
AGE:
CONTACT #:

Shoalhaven Region

7 MARCH

MEDITATION

With Colleen Langan
Bring a chair, mat, and rug. This event is for women only.

Time: 6pm

Venue: Hanging Rock, Showgrounds, Nowra

Cost: Free

Contact: Colleen 0410 460 345

10 MARCH

EXHIBITION LAUNCH

Launch event for *HORIZONS* Art Exhibition.
Exhibition continues to 30 March.

Time: 5.30pm for 6pm

Venue: University of Wollongong, Shoalhaven
George Evans Rd, Mundamia.

Cost: Free entry

All welcome

Artwork Entries contact:

Marg McHugh 4422 0103

10 MARCH

ZONTA IWD AWARDS

Zonta Berry are holding a Gala Evening presenting awards in twenty different categories.

Time: 6PM

Venue and Tickets: Shoalhaven Entertainment Centre

Cost: \$100pp Contact: Barbara Davis
berry@zontadistrict24.org

11 MARCH

WRITER'S AFTERNOON

All women welcome to read in this warm and supportive environment. Share your writing or listen to others.

This event is for women only.

Light refreshments provided.

Time: 1pm to 3.30pm

Venue: Berry Uniting Church Hall
77 Albert Street, Berry

Cost: \$5 per person, cash only

Contact: Andrea 0491 012 501

11 MARCH

SHOALHAVEN

MULTICULTURAL GROUP

CELEBRATE HARMONY DAY

+ IWD

Time: 6pm

Venue: Nowra School of Arts, Berry St, Nowra

Contact Jan Frikken, Co-facilitator

shoalhavenmulticulturalgroup@gmail.com

25 MARCH

WOMEN'S DANCE

Featuring... *Which Witch*

Join well-known women's band Which Witch for a let your hair down dance night. Tickets will be sold on the night. Please bring cash. BYO Drinks and nibbles

This event is for women only

Time: 6.30pm for 7pm, ends 10pm

Venue: Tomerong Hall, Hawken Road,

Tomerong

Cost: \$15.00, cash only

Contact: Robyn 0411 093 012

25 MARCH

Embellishment: Be Brave!

Supported by the Federal Government through the RISE Program, and Shoalhaven Regional Gallery.

We asked women all around the Shoalhaven: what's your story? Enjoy a rich collage of stories immersed in language and music, as *Voices of Women* presents actors and musicians from the Shoalhaven and beyond that will delight, surprise, question and move you. Set amongst Shoalhaven Regional Gallery exhibitions - What ties us together? What tears us apart? How do we connect?

Time: 7pm

Cost: \$25

Bookings: www.shoalhavenregionalgallery.com.au/bookings

Domestic abuse is not just physical violence

Image-based Abuse

Taking, sharing or threatening to share intimate, nude or sexual photos or videos of you to friends, family, strangers in person, on the internet, on social media sites, or through a text message or app

Psychological Abuse

Creating fear, such as driving dangerously, possessing weapons, angry looks

Physical Abuse

Direct assault on the body

Coercive Control

Manipulating, lying, and gaslighting to get their way and convince you that you're wrong

Verbal Abuse

Swearing and continual humiliation, in private or in public

Harassment and Stalking

Following and watching, or tracking with Global Positioning Systems (GPS)

Religious Abuse

Stopping you or shaming you for practising your spiritual or religious beliefs

Reproductive Abuse

Forcing or pressuring you to have unprotected sex, become pregnant or have an abortion

Emotional Abuse

Blaming the victim for all problems in the relationship

Isolation

Isolation from family and friends such as ongoing rudeness to them to alienate them, or limiting contact with them

Social Abuse

Instigating and controlling the move to a location where the victim has no established social circle or work opportunities

Sexual Abuse

Any form of pressured or unwanted sex or sexual degradation causing pain during sex

Financial abuse

Forbidding access to bank accounts or only providing only a small 'allowance'

If you are in immediate danger, call 000



For more information and resources visit www.shoalhavendv.com

Link2Home	1800 152 152
1800 Respect	1800 737 732
Police Assistance Line	13 14 44
Emergency	000
Men's Helpline	1300 789 978
Qlife (LGBTQIA+ Line)	1800 184 527
Lifeline	13 11 14
Domestic Violence Line	1800 656 463
Kids Helpline	1800 551 800

LOCAL SUPPORT SERVICES

Supported Accommodation & Homelessness Services Shoalhaven	
Illawarra (SAHSSI)	4229 8523
Shoalcoast Community Legal Centre	1800 229 529
Domestic Violence Intervention Service	4423 8510
Women's DV Court Advocacy Service	1800 938 227
Relationships Australia	1300 651 728



4th Saturday each month
8:00 am to 1:00 pm

108 Douglas Street
Nowra

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

The markets are held at Marriott Park with 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.

For further information:

Phone: 0434 432 429

E: nowramarkets@gmail.com

Culburra Beach Markets - Sunday 2nd April



It's on! And it starts with Easter.

The Culburra Beach Markets are now going ahead every month, we'd love to see you there.

All local stalls with many hand crafted and homegrown items. Inside the hall and on the beautiful reserve with seating for a cuppa or lunch.

Call Kim on 0434 432 429 for information.

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)

OR Register www.heartfoundation.org.au/walking

LEGEND

D = dogs

M = medium

S = slow pace

P = prams

How To Make Easy Wraps

You will need 7 Ingredients:

- 2 x wholemeal or multigrain wraps
- 1 x small avocado, mashed
- 1 x small carrot, grated
- 1 x small cucumber, cut into thin ribbons
- 1 x 180g can tuna in spring water, drained and flaked
- 2 x iceberg lettuce leaves, shredded



3 Easy steps:

1. Place 1 wrap on a board, spread with half the avocado, leaving a 1cm border. Top with half the carrot, cucumber and tuna.
2. Drizzle with half the mayonnaise and sprinkle with half the lettuce. Roll up wrap tightly to enclose filling. Trim ends (if using round wraps).
3. Cut into 6 slices. Repeat with remaining wrap, avocado, carrot, cucumber, tuna, mayonnaise, and lettuce.

DO YOU WANT TO ADVERTISE IN OUR COMMUNITY NEWS?

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 please email community@sns.org.au or call 02 4421 5077.

A5 Size Page	Dimensions	Total GST incl.
1/4 page	6cm (W) x 9.2cm (H))	\$11.00
1/2 page	12cm (W) x 9.2cm (H)	\$22.00
1 page	12cm(w) x 18.44cm (H)	\$44.00

Estimated readership over 9,000 in the Nowra area.



Shoalhaven Neighbourhood Services is a provider of services for people who have an approved NDIS plan.

If you're looking for support to access the community or more information about the services we can provide, give us a call on 02 4421 5077.

Volunteer with Shoalhaven Neighbourhood Services!

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

Call **02 4421 5077** to find out how you can become part of this dynamic, local organisation and make a difference in your and others lives.

Volunteering opportunities include social support, reception, administrative support, gardening, maintenance and IT.