



SHOALHAVEN NEIGHBOURHOOD SERVICES INC.

Stronger connections. Stronger communities.

# Our Community News

FREE

Winter Edition 2023

01 June - 31 August 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.

I am excited to welcome you to the Winter edition of *Our Community News* with a focus on cyber safety and security, including the effects of online bullying in the school environment. You will also find some tips on how to avoid becoming a victim of online fraud and bullying.

For information about the harmful effects of drugs and alcohol scan the QR code on page 13.

Keep safe and warm this winter with a warm and hearty minestrone soup.

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## CYBER SAFETY AND SECURITY

We are all living in a world now that is highly dependent on being online: shopping, banking, communication (e-mail, text, social media), learning and information gathering, and, for some, work.

Being online has brought us many good things: we are more connected, can instantly share news, have access to information and knowledge when needed, and do more efficient and effective home- and work-based tasks.

The flip side of these benefits is the risk of being online, ie, the need to at all times be aware of and alert for scams and/or cybercrime.

### WHAT ARE SCAMS?

- \* attempts to obtain personal information via hacking, phishing or identity theft to steal your identity to defraud or cause harm to you
- \* buying or selling scams
- \* dating/romance scams - on dating websites, apps or social media
- \* fake charities seeking donations
- \* investment opportunities and 'foolproof betting systems'

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- \* threats and extortion - malware, threats of fines, arrest, and even violence
- \* unexpected money - from an inheritance or rebate
- \* unexpected winnings - from a lottery or prize giveaway

## How to keep yourself safe against scams

- \* Don't respond: ignore suspicious e-mails, letters, house visits, phone calls or SMS - press 'delete' button, throw them out, shut the door, or hang up!
- \* Watch out for slick tricks: scammers use sophisticated tricks to fool you, such as fake websites, glossy brochures, technical jargon, or by posing as someone that you know and trust - don't fall for them!
- \* Don't let scammers 'push your buttons': scammers will play on your emotions to get what they want.
- \* Protect your identify: your personal details are private and invaluable - keep them that way. Avoid filling out forms online where personal financial information is requested. Only use secure websites, or a telephone, to transmit sensitive information.

## WHAT IS CYBERCRIME?

- \* image based abuse: sharing or threatening to share, an intimate image or video of a person without consent
- \* cyberbullying: when someone uses the internet to share content that is harmful to the physical or mental health of someone
- \* cyberstalking: receiving unpleasant and intimidating messages or starting to feel harassed
- \* attacks on computer systems and e-mail spam and phishing
- \* online scams and fraud
- \* illegal and restricted online content: includes material that shows or encourages child sexual abuse, terrorism or other extreme violence

## ONLINE SAFETY IS IMPORTANT TO US ALL

Ensure information that you rely on is from a trustworthy source and double check information from other sources.

To protect your identify and personal information: set up multi-factor authorisation (2-step authentication) and have strong passwords using from 12 to 20 characters, never share your passwords with anyone else, always connect to safe wi-fi networks, and always double check if a website or app is asking for your personal identifiable information.

You can report illegal and restricted content to eSafety. If you have experienced image-based abuse, report it to eSafety and get help to remove the images or video. All reports can be made anonymously - which means you don't have to give your name or contact details.

If you are experiencing cyberbullying or cyberstalking, tell someone you trust, change the setting on your device (so you won't get the messages), report it to the site you are using, and see the eSafety Commissioner website for tips on how to look after yourself.

<https://www.esafety.gov.au/key-issues/cyberbullying/how-look-afer-yourself>

## WHERE CAN YOU GET HELP?

eSafety Commissioner: The eSafety Commissioner is an independent regulator for online safety, and are empowering all Australians to have safe, more positive online experiences. The eSafety website has great resources and information to help you have an enjoyable online experience.

[eSafety Commissioner \(https://www.esafety.gov.au/\)](https://www.esafety.gov.au/)

If you are experiencing online abuse, you can go to the e-Safety website and find out how to report the abuse.

<https://www.esafety.gov.au/report/what-you-can-report-to-esafety>

Department of Fair Trading: The Department of Fair Trading can give you information on scams, what to do next, and links to where to report the scam.

<https://www.fairtrading.nsw.gov.au/bullying-products-and-services/scams>

Australian Competition & Consumer Commission (ACCC): Check out Scamwatch to keep up to date with the latest scam activity, or request a copy of *The Little Black Book of Scams* (alternately view online on the ACCC site or print a copy).

<https://www.scamwatch.gov.au/>

Australian Cyber Security Centre (ACSC): This website has information on how to protect you and your family and how to report a cybercrime or cyber security incident.

<https://www.cyber.gov.au/>

\* *If your computer/phone/tablet/iPad has been compromised your local library should be available to help.*

One Ring scams: phone rings once, maybe twice. Don't call back as international dialing fees may wind up on your bill. Check the missed calls log, check the number on-line if you don't recognise it.

'Can you hear me?': to record your 'yes' (and possibly 'no') response. Wait for the caller to speak first - if these are the first words spoken just say 'I can't hear you'; 'is anyone there'; or perhaps 'sorry, I can't hear you'. Don't say who you are until they have identified themselves.

Callback/voicemails threatening legal action if you don't call back: ALWAYS check the number! Ignore it or in the case it is a legitimate business look it up in the phone book and call them (it may be a prank or malicious). Report if it happens again. Legitimate businesses would send a letter when legal issues are involved (and should you receive such a letter seek legal advice first).

If you answer a call and you hear any noise that sounds a bit odd, eg, clicks, or the caller takes their time responding just hang up. It may be someone you know calling from overseas, or a bad line, but best to be on the safe side!

<https://www.service.nsw.gov.au/services/my servicenew-account/how-to-stay-cyber-safe>

## Be alert to the fact that scams exist

- ◇ Know who you are dealing with.
- ◇ Do not open suspicious texts, pop-up windows, or click on links/attachments.
- ◇ Don't respond to phone calls about your computer asking for remote access.
- ◇ Keep personal details secure: lock mailbox, shred bills/documents, minimum sharing on social media (picture and name used to create false identity).
- ◇ Keep mobile services and computers secure - use strong password protection, don't share.
- ◇ Review privacy and security setting on social media.
- ◇ Be aware of any requests for your details or money.
- ◇ Be wary of unusual payment requests, eg, pre-loaded debit cards, gift cards, bitcoin.
- ◇ Be careful when shopping online.

<https://www.scamwatch.gov.au/get-help/protect-yourself-from-scams>

# 10 TIPS TO STRESS LESS

- TAKE A STEP OUTSIDE
- LAUGH EACH DAY
- PLANT POSITIVE THOUGHTS
- JUST BREATHE THROUGH
- TAKE FUN BREAKS
- PRACTISE PATIENCE
- OFFER A HELPING HAND
- CLOSE YOUR EYES
- MAKE TIME FOR EXERCISE
- LIST WHAT YOU'RE GRATEFUL FOR

[VISIT WWW.STRESSLESSTIPS.ORG.AU](http://www.stresslesstips.org.au)

Sponsored by Mental Health Commission of NSW

WayAhead  
 Mental Health Association NSW

## FIND THE PHRASE

Russian state TV showed what it claimed was a battle scene from Syria, but the footage was taken from the computer game "Arma 3".



FIND THE PHRASE to describe the given clue above.

Each number corresponds to a letter of the alphabet: A = 1 to Z = 26

RATING: EASY AS!

4	9	19	9	14	6	15	18	13	1	20	9	15	14
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9	19
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4	5	12	9	2	5	18	1	20	5
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13	9	19	9	14	6	15	18	13	1	20	9	15	14
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## 2023 NAIDOC WEEK

To celebrate and pay homage to the Elders of the First Nations people.



<https://www.naidoc.org.au/news/our-elders-national-naidoc-week-2023>

## THE EFFECTS OF CYBERBULLYING IN ACADEMIC PERFORMANCE

Over the decade spanning 2010-2020 there was a 32% increase in cases of cyberbullying with more than half of children not speaking to their parents about it.

Cyberbullying (just like verbal and physical bullying) causes psychological harm - if not worse harm in some situations since it is online and your child can revisit the ugliness constantly. This emotional distress can cause depression, anger, anxiety, low self-worth, and school avoidance. All this can lead to poor academic performance, isolation, loneliness, and PTSD - as well as becoming less active in class and therefore being more likely to fall back a grade and having to repeat.

Offline digital tools include: Acknowledge online hate and be prepared; become knowledgeable about online tools (how to report and block, and how to understand what constitutes abuse); COMMUNICATION! Listen, talk with, provide support.

Mobile phones: The NSW Government has begun banning mobile phones in public secondary schools from Term 4, 2023, to improve students' learning and social development.

The disadvantages of taking mobile phones to school are:

- \* distraction
- \* they can be a channel for bullying
- \* digital addictions and mental health concerns
- \* cheating in exams and learning the wrong way

According to a study conducted by researchers at the University of Texas and Louisiana State University, when schools forbid students from taking their mobiles into the classroom, their grades quickly improve overall.

### 8 HABITS TO STAY CYBER-SAFE

- ⇒ think twice before clicking on links or opening attachments
- ⇒ verify requests for private information
- ⇒ protect your passwords
- ⇒ protect your stuff!
- ⇒ keep your devices, browsers, and apps up to date
- ⇒ back up critical files
- ⇒ delete sensitive information when it's no longer needed
- ⇒ if it's suspicious, report it!

## **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 ~ 9.00 am to 10.00 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**

**Compassionate Friends Support Group ~ 10.00 am to 2.00 pm**

- **4<sup>th</sup> 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 ~ 4.00 pm to 5.30 pm ~ 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 hosts 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 rooms available to hire. Please call (02) 4421 5077 for further information.



# SENIORS RIGHTS SERVICE NSW

Seniors Rights Service is a community organisation dedicated to protecting and advancing the rights of older people, particularly vulnerable and disadvantaged groups. We provide:

- ⇒ free legal service
- ⇒ aged care advocacy
- ⇒ social support
- ⇒ delivery of relevant community information to older people in New South Wales.

## **Legal Advice**

Our legal service offers free general legal advice on many legal issues to older people in NSW, including advice on retirement villages and strata living, and a comprehensive referral service. Some additional assistance may be available to those who are financially and/or socially disadvantaged. Some of the issues we advise on include:

- ⇒ abuse of the older person
- ⇒ financial exploitation
- ⇒ consumer issues
- ⇒ planning for later life

Our retirement village legal service provides advice to current, prospective and former residents of retirement villages on issues arising from disputes with the retirement village management, or interpretation of retirement village contracts.

The strata legal service advises strata residents on any aspect of strata living. We give advice on disputes with the strata committee, owners corporation or strata management agent. We advise on strata collective sales or redevelopment proposals.

## **Aged Care Advocacy**

Our service provides information and support to people using, or seeking to access, in-home and residential aged care services. Our advocates:

- ⇒ listen to your concerns
- ⇒ provide information about rights and responsibilities
- ⇒ help resolve problems or complaints with your service providers
- ⇒ refer to other agencies where necessary

## **General Information**

Our advocates, solicitors and education staff travel across NSW to hold information sessions at community groups, clubs, social and professional groups, aged care homes, and retirement villages. We also organise forums and discussion panels, and collaborate with organisations and community groups to develop and implement projects on specific issues such as financial abuse of older people.

We provide targeted rights-based information online and in print to a diverse range of older people without bias. The range of information topics include:

- ⇒ your rights
- ⇒ how to plan ahead (eg, Power of Attorney)
- ⇒ retirement village issues
- ⇒ issues in aged and community care

Seniors Rights Service is a fully accredited community legal centre

Call Seniors Rights Service on 02 9281 3600 or visit [SeniorsRightsService.org.au](https://seniorsrightsservice.org.au).

Seniors Rights Service  
Suite 201 / 418A Elizabeth Street  
Surry Hills NSW 2010

<https://seniorsrightsservice.org.au>  
[info@seniorsrightsservice.org.au](mailto:info@seniorsrightsservice.org.au)

## **Your rights**

## **Your voice**

## **Free, independent and confidential**



# No Interest Loans

For essentials you need now

No fees. No interest. Ever.

The No Interest Loan Scheme (NILS) offers people on low incomes safe and affordable access to credit.

Loans up to \$2000 are available for essential goods and services including:

- \* household items such as furniture and whitegoods (stoves, fridges, washing machines)
- \* car repairs & registration
- \* some medical & dental
- \* technology, eg, phone or laptop
- \* housing
- \* educational necessities such as computers and textbooks
- \* ask about other items such as employment expenses, eg, fees or a uniform

## Am I eligible?



I hold a health Care Card / Pension Card

OR earn less than \$70,000 per year (gross) for a single household

OR earn less than \$100,000 per year (gross) for couples or people with dependents

OR have experienced family or domestic violence in the past 10 years



I have the capacity to repay the loan

Loans are **NOT** available for:

Cash

Debts

Food



Our Community Project

Our Community Project

Unit 2, 80 Park Road, Nowra NSW 2540

nilsnowra@ocp.org.au

(02) 4276 2224

www.ocp.org.au



For more information, [contact your local NILS provider](#) or call Good Shepherd on [13 64 57](#).





# YOUR ROOM

SCAN THE QR CODE TO GET THE  
FACTS ABOUT DRUGS AND  
ALCOHOL.



Scan the QR Code to link to the NSW Health website called YOUR ROOM where you can access facts and information about some of the most commonly used drugs (including alcohol) affecting Australians.



**A WORD FROM MAXINE**  
**Manager, Shoalhaven Neighbourhood Services Inc.**

It is great to see that the Shoalhaven NAIDOC committee has commenced planning for the 2023 Shoalhaven NAIDOC Family Fun Day!

This year's event will be held on Wednesday 5<sup>th</sup> July, celebrating the theme 'For Our Elders'. We hope to have our free tea and coffee stall and are looking forward to people dropping by to say "hi". Updates on the event will be shared on our Facebook page, or you can call us if you need more information.



## World Sea Turtle Day

16 June

To raise awareness of the plight of sea turtles: approximately eight tonnes of plastic is dumped into the oceans each year, the result being six of eight marine turtle species are on the verge of extinction. Other threats include encroachment of coastal development on nesting beaches, marine pollutants, accidental drowning on fishing gear, and the international turtle meat trade.

## International Tiger Day

29 July

Global Tiger Day was created in 2010 after it was found that approximately 97% of all wild tigers had disappeared in the last century due to hunting, habitat loss, poaching, and climate change, among other factors. This day is to highlight the importance of protecting the tigers and their natural habitat.

## World Hirola Day

12 August

Critically endangered grassland antelope, population approximately 250 (*Animalia* web site). Overgrazing by both livestock and other wildlife has led to a loss of food for the hirola in its native range. The hirola is the sole survivor of a formerly diverse group (*Beatragus*) which formed part of a larger group which includes sheep, buffalo, cows, and antelope (Bovidae) and is often referred to as a living fossil.

## National Cup Cake Day

21 August

All proceeds from baking and selling cup cakes, muffins, etc, as well as donations, go towards keeping shelter doors open, veterinary hospitals open, the Inspectorate on the road, provision of emergency veterinary care to injured animals, and animal cruelty prosecutions, rehabilitation and rehoming. Funds are also invested into the community education programmes. To setup a fundraising page go to [fundraise.rspcansw.org.au](https://fundraise.rspcansw.org.au) and get local support.

[Animal Awareness Days Calendar | World Animal Protection](#)

**Greenwell Point (M)**

Contact Shirley Hargrave on 0419 424 588

OR Ann Williamson on [annwilliamson2540@gmail.com](mailto: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 [www.heartfoundation.org.au/walking](http://www.heartfoundation.org.au/walking)

## Minestrone Soup

3 STEPS

80g (1 cup) of small pasta \*

3 bacon rashers - rind removed, roughly chopped

2 carrots - peeled, chopped

2 celery sticks - chopped

1 potato - peeled, chopped

2 garlic cloves - crushed

1L (4 cups) beef style liquid stock

400 g tomatoes - finely chopped

400 g red kidney beans - rinsed, drained

1/3 cup parsley - chopped, flat (sweeter) or curly

**\*Types of pasta that will suffice:**

orecchiette (bowl), shell, spiral (rotini, fusilli), tubular (rigatoni, penne, macaroni)



1. Place bacon, carrots, celery and potato in a large saucepan and stir to combine. Cook over high heat, uncovered, stirring often, for 5 minutes
2. Add garlic, beef stock, tomatoes and red kidney beans to the pan, cover and bring to the boil. Reduce heat to medium-low. Simmer, covered, stirring occasionally, for 30 minutes or until the vegetables are tender.
3. Increase heat to high. Add pasta and cook, uncovered, stirring occasionally, following packet directions or until pasta is soft (firm but not hard). Season with salt and pepper. Ladle into serving bowls and sprinkle with parsley. Serve immediately with bread or toast.

NOTE: be aware of any food allergies!

# 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](mailto: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 for 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, admin, gardening, maintenance, TEI (targeted early intervention) programmes assistance, and IT. Volunteering provides many benefits to both mental and physical health by:

- \* providing a healthy boost to self-confidence, self-esteem, life satisfaction, and the ability to gain new friends
- \* preventing depression and anxiety
- \* giving support to stay physically healthy
- \* giving back to the community
- \* helping to acquire new skills to gain employment