



SHOALHAVEN NEIGHBOURHOOD SERVICES INC.

Stronger connections. Stronger communities.

Our Community News

FREE

Summer Edition 2023

01 December– 29 February 2024



MULTICULTURAL COMMUNITIES COUNCIL OF ILLAWARRA

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 The Multicultural Communities Council of Illawarra (MCCI)

Inside this issue:

Christmas is fast approaching for this year so get ready to write your letters to Santa.

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

Stay safe throughout this Summer and drink plenty of water. Enjoy the sunshine, but don't forget:



SLIP



SLOP



SLAP



SEEK



SLIDE



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PERSONAL HEALTH

Personal health is the ability to take charge of your health by making conscious decisions to be healthy. It not only refers to the physical well-being of an individual but also comprises the wellness of emotional, social, spiritual and intellectual areas of life as detailed within this article.

The **physical** aspect recognises the need for regular physical activity, healthy food choices, care for illness/injury and the reduction of unhealthy behaviours such as smoking, recreational drug use and excessive alcohol consumption.

We encourage participation in activities that enhance our physical self, include walking, cycling, wheeling, sports, active recreation and play and can be done at any level of skill and for enjoyment by everybody.

Continued page 3

FREE LEGAL ADVICE

Shoalcoast Community Legal Centre Inc.



Shoalcoast Community Legal Centre offers free and confidential legal advice by phone or face to face.

Bookings are essential.



1800 229 529



www.shoalcoast.org.au

We can assist with:

- Traffic Offences
- Neighbour Disputes
- Employment Issues
- Tenancy
- Credit and Debt
- Parenting Matters
- Separation / Divorce
- Planning Ahead
- Victims Compensation
- Domestic Violence
- Consumer Issues
- Personal Safety
- Procedural Advice

Mon-Fri 9.00 am - 4.00 pm | info@shoalcoast.org.au | 80 Bridge Road Nowra

We can also assist with family law and scams. Phone our staff to complete a client intake. A solicitor will call you back, or speak to you in person at our Nowra office or outreach locations (Milton/Ulladulla, Eurobodalla, Snowy/Monaro, Bega, Queanbeyan/Palerang).

Recycling in the Shoalhaven

It's coming up to that time of the year when the 'trees' are put up and decorated with all sorts of objects. Below are some points to consider for your choices in decorations:

- ⇒ baubles, tinsel, bonbons and other Christmas decorations CANNOT BE RECYCLED - PLACE IN YOUR RED BIN
- ⇒ consider re-using and donating (in good condition, not broken, dirty or tatty) to an op-shop
- ⇒ use cardboard (cut shape) for wreaths, cover with hessian/burlap, ribbons to hang

Consider re-usable hand-made decorations and if you really need to cover your tree with items that cannot be re-used next year. Consider using material strips in lieu of tinsel, cover small or larger balls with pretty material/s (glitter not required - it's messy!) or drawings from the younger ones. Learn more easy ways to reduce your Christmas waste: [Recycling in the Shoalhaven page](#)

<https://mindfulofthehome.com/diy-natural-christmas-decorations/>

<https://forcreativejuice.com/cool-diy-rustic-christmas-decoration-ideas-tutorials/>

Continued from page 1

The benefits of physical activities can improve your brain health, help manage weight, reduce the risk of disease, strengthen bones and muscles and improve your ability to do everyday activities.

Emotional wellness includes the degree to which you feel positive and enthusiastic about your self and life. It includes the capacity to manage feelings and related behaviours including the realistic assessment of your limitations, development of autonomy and ability to cope effectively with stress. The well person maintains satisfying relationships with others. Awareness of and accepting a wide range of feelings in yourself and others is essential to wellness.

The **social** dimension encourages contributing to your environment and community. It highlights the interdependence between others and nature. As you travel a wellness path, you will become more aware of your importance in society as well as the impact you have on multiple environments. You will take an active part in improving our world by encouraging healthier living and initiating better communication with those around you.

Social activities are activities that involve communication and interaction with others. These are built into social systems such as work, school and culture. For example, a meeting or class is essentially a social activity.

The **spiritual** element identifies our search for meaning and purpose in human existence. It includes the development of a deep appreciation for the depth and expanse of life and natural forces that exist in the universe. The spiritual activities may involve the following:

- practicing meditation or yoga
- praying or taking part in organised religion
- spending quiet time alone pondering the meaning of life
- building awareness through journalling
- serving your community, spending time in nature, appreciating music and the arts

Intellectual activity is a meaningful functioning of mind (intelligent thinking). Using intellectual and cultural activities in the classroom and beyond the classroom, combined with the human resources and learning resources available within the school and the larger community, a well person cherishes intellectual growth and stimulation.

Such activities include chess, Sudoku, crosswords, puzzles, learning music or a new language, journal writing, hidden object games, etc, to name a few.



Supporting multicultural seniors to live well at home

What we offer

Care finders

Helping people understand and access aged care and connect with other relevant supports in their community

Free

Friendship Program

Connecting volunteers with seniors who appreciate receiving regular visits

Free

Multicultural Social Groups

Facilitating groups for people from similar or different cultures for activities, information sessions and outings



Tamara

Patricia



Get in touch for

- help to access My Aged Care
- joining social groups for activities, outings and new friends
- help to improve mobility and strength
- someone to visit you at home

How to find out more?



tamara.tehuia@mcci.org.au
patricia@mcci.org.au



02 4229 7566

Tips for SURVIVING the SUMMER heat!

- ⇒ Drink plenty of water: drinking plenty of water in the summer heat is the most important thing you can do (avoid alcohol, hot or sugary drinks, including tea and coffee, as these can make dehydration worse).
- ⇒ Start your day early.
- ⇒ Keep your house and body cool: stay in the coolest room in the house and use the stove and oven *as little as possible*.
- ⇒ Take vitamins and minerals.
- ⇒ Eat light meals and the RIGHT food - eg, fruits and vegetables.
- ⇒ The elderly: check on your elderly friends, family, neighbours - perhaps take them shopping, to the library, or to the cinema with air conditioning; check they are drinking enough water.
- ⇒ Lather up with minimum 30 SPF *sun screen* lotion (all over - hands, feet, legs, neck, everywhere that is exposed to the sun, wear a hat), reapply every 2 hours.



SPF 30-50+:

- 30 blocks about 97%,
- 50 blocks about 98%,
- 100 blocks about 99% - not 100%.

Re-application is the key, not the highest percentage.

DID YOU KNOW?

Flying foxes suffer from heat stress on very hot days. If you see flying foxes panting or climbing down the roost tree towards the ground, please contact a licensed wildlife rescue and rehabilitation provider (assisting heat-affected flying-foxes requires experience to avoid additional harm to the animals).

The Grey-headed Flying Fox is listed as vulnerable under state and federal legislation, so to find out how you can help them this summer go to

bit.ly/3Lyhgdo.



Call Wildlife Rescue South Coast on 0418 427 214 for help.



ANIMALS and the SUMMER HEAT!

Identifying heat stress and heat injuries is essential knowledge for anyone dealing with any animal, domestic or non-domestic. Injuries can include burns to their paws and heat stroke.

Animals will display heat stress by panting, sluggish movements and may appear confused and lethargic

Both indoor and outdoor pets are at risk of overheating. Outdoor dogs require a suitable kennel - never to be made of tin or metal and a tree alone is not adequate protection for seasonal elements.

Tips to keep your dog safe!

Running/jogging/walking with your dog: Best before or at 7.00 am when it is cooler. The hottest times of the day are between 10.00 am and 6.00 pm. The heat of the pavement/road can burn their paws (paws help to control body temperature).

Be mindful of how long you are out with your dog/s: The smaller the dog, the smaller their legs, therefore, the more energy they have to use just to keep up with you! The more energy used the more internal heat is generated - they will tire before you, leading to heat stress.

Never leave your dog unsupervised in the car (even with the air conditioner running). Going shopping? - leave them home, you don't need to take them shopping if they are going to be left sitting in the car (even with the windows open). Opening the windows can be a problem in itself - jumping out at someone, people wanting to pat or just chat, and being bitten if they put their hand near or in the open window, or just being barked at for speaking or passing the vehicle. It leaves you open for legal action if harm is caused, and the outcome for your dog could be worse.

Grooming: Keep your dog appropriately groomed, coat cleaned and detangled to ensure they can properly insulate and keep cool. Have a Siberian Husky? These are cold weather dogs so their coats are made for both cold and hot. Check your dog breed for the best 'haircut' - check with a *professional* person (ie, registered dog breeder or vet, not your friends or neighbours, and especially not back yard breeders!) experienced with your chosen breed of canine.

Cats: Indoors (cooler), clean water at all times, groomed as with dogs, kitty litter cleaned frequently. Outdoor cats should have access to indoor areas to escape the heat of the sun. Their paws can also burn on tar/cement so ensure they have a mat/carpet to rest on.

Wildlife: As with domesticated animals, wildlife will display heat stress by panting, sluggish movements and may appear confused and lethargic.

Up The Garden Path

Growing your own food may be one of the most powerful steps you can take for the health of yourself, your family and your planet.

Summer gardener fun

There are some great plants you can put in now, before the weather gets warmer. Try tomatoes, spinach, cucumbers, zucchini, carrots, lettuce, radish, beetroot, celery, leek, onions, silver beet and eggplant, plus edible plants such as nasturtiums, pansies, sweet peas, plus many others. Check online for a more extensive listing, eg, sydneywildflowernursery.com.au, or your local nursery. Flowers not only look and smell nice, they add a colourful touch to a salad, make desserts, and invite the insects necessary for the environment. Don't forget to:

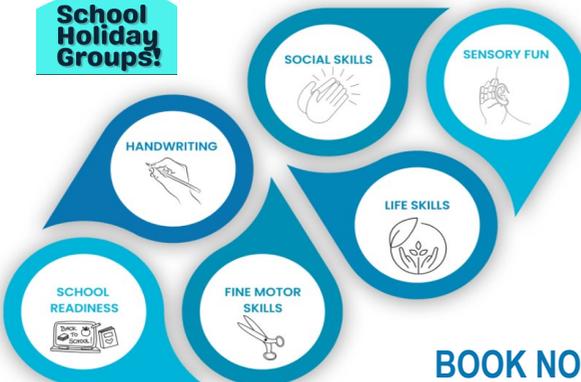
- fertilise lawns in preparation for Summer growth
- spray lawns for Bindii
- re-pot your indoor plants
- regularly water azaleas to extend blooming
- top up mulch on your veggie patches, herb gardens and ornamentals beds
- try not to over-water flowers as this will cause root rot



Shoalhaven
Occupational Therapy

At Shoalhaven Occupational Therapy, our group programs are a fantastic way to bring the skills learnt in individual sessions into a group setting. We offer a range of group programs to cater for a variety of needs.

**School
Holiday
Groups!**



BOOK NOW

CONTACT US

Phone: 02 4421 6013
10B 29-31 Kinghorne St
Nowra - The Holt Centre



EAST NOWRA NEIGHBOURHOOD CENTRE ACTIVITIES

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

MONDAY

Busy Bears Craft Group ~ 9.30 am to 11.30 am ~ Cost \$2.00 pp

- Weekly craft group. New members welcome.

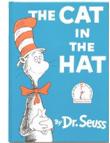
Me & My Grandparents ~ 1.30 pm to 2.30 pm ~ Free

- During school terms. All are welcome - **registrations are essential.**
- Weekly program designed to build close relationships between grandparents and their grandchildren.

TUESDAY

Reading with Bub ~ 9.00 am to 10.00 am ~ 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. All are welcome - **registrations are essential.**
- Join us for an hour or two each week to have a cup of tea or coffee, educational information sessions, and to meet new people.

FRIDAY

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 ~ 10.30 am to 12.00 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.



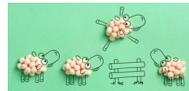
NOWRA NEIGHBOURHOOD CENTRE ACTIVITIES

41 Worrigeer Street Nowra - 02 4421 5077

MONDAY

Monkey Mondays Playgroup ~ 9.30 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 meet new friends, play, create, and read stories.
- Please bring sunhat and water bottle - fruit is provided.



Meditation ~ 6.30 pm to 7.30 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/>
- Gamblers Anonymous (GA)
<https://gamblersanonymous.org>
- 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.

CHRISTMAS CLOSURE TIMES

FRIDAY 22 DECEMBER 2023 TO MONDAY 15 JANUARY 2024



About the Smith Family

The Smith Family believes that every child deserves a chance and that circumstances should never limit the achievement of potential. With research showing that education has the power to transform lives, not just minds, the national charity's *Learning for life* program enables children and young people in need to get the opportunities they require to fully participate in their education and create better futures for themselves. The Smith Family currently supports more than 40,000 students through the *Learning for Life* scholarship program.

Who is eligible for *Learning for Life*?

To be eligible for Learning for Life families must meet the following criteria:

- live in a community where The Smith Family has a presence and attend a partner school
- possess a Health Care Card or Pension Concession Card
- demonstrate a commitment to education (ie, children attend school regularly)
- be referred to us by one of our partner schools

For more information about *Learning for Life* scholarships, contact your local Family Partnership Co-ordinator to discuss your options - you can chat on the phone, or make an appointment:

Team Leader

Tamara Wilkinson

0403 905 760

tamara.wilkinsom@thesmithfamily.com.au

Program Co-ordinator

Melissa Bell

0466 687 233

melissa.bell@thesmithfamily.com.au

- * Delivering outcomes beneficial to the long-term economic and social wellbeing of young people and for national productivity and social cohesion.
- * Offering a 'scalable' solution for children in need through *Learning for Life*.

For more information on The Smith Family

Website: [thesmithfamily.com.au](https://www.thesmithfamily.com.au) | Phone: 1800 633 622

If you would like information on sponsoring a child, please visit
<https://www.thesmithfamily.com.au/sponsor-a-child>



**Be prepared for bushfires and floods.
Join the Care2Prepare program today!**



Carers NSW invites carers, older people and people with disability living in Shoalhaven to participate in an exciting project to develop a disaster preparedness plan for you and the people you support.

Our Household Readiness Officers will work with you to identify risks and create a plan so you are ready and know what to do.

If you live in a flood or bushfire-prone area register today!



For more information visit
www.carersnsw.org.au/care2prepare
or phone 02 9280 4744.



Countries of the world

COMMUNITYGAMES



Q T V
 D A S Q U C T V Y
 T K D V I L H T I L P M A
 H D D A I U D H L B A S A S Y S A
 K A Q C N I O R S Y T V N Q E P E E F
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CHINA
 SWEDEN
 IRAN
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 AUSTRALIA
 TURKEY



**Southern Cross
Housing**



Nowra 2023 Christmas Party

Event Details

Southern Cross Housing in conjunction with Prosperity in the Park Committee would like to invite you to our annual Tenant's Christmas Party.

Join Us For

- Free Activities
- Free Food
- Free Gifts
- Free Services

Register Here

Please RSVP by Friday 8th December 2023 by following the QR code below, or by contacting the Communities Assist Department:



communities@scch.org.au



1300 757 885



Important Information

When: Wednesday 20th December 10AM-1PM

Where: Parramatta Park
7 Parramatta Street, East Nowra



**Shoalhaven
Anti-Poverty
Committee**

2/80 Park Road
Nowra NSW 2541

Contact Us



www.scch.org.au



info@scch.org.au



1300 757 885

A WORD FROM MAXINE

Manager, Shoalhaven Neighbourhood Services Inc.

One way to look after your wellbeing is by doing some gardening. At the moment Shoalhaven Libraries (Nowra, Ulladulla, Sanctuary Point) have seed libraries available where you can get some free seeds, so drop in to your local library and the staff will show you what is available.

Check out the article on Page 7 for the types of vegetables and plants to grow for this season.



Animal Awareness Days Calendar

(www.worldanimalprotection.org/animal-awareness-days)

International Cheetah Day - 4 /12/23

Wildlife Conservation Day - 4/12/23

Monkey Day - 14/12/23

Zebra Day - 31/01/24

International Polar Bear Day - 27/02/24

World Bonobo Day - 14/2/24

World Hippo Day - 15 /02/24

World Pangolin Day - 17/02/24

World Whale Day - 18/02/24



Bonobos and chimpanzees look very similar and both share 98.7% of their DNA with humans - making the two species our closest living relatives. Bonobos are usually a bit smaller, leaner, and darker than chimpanzees.

Their society is also different, bonobo groups tend to be more peaceful and are led by females. However, bonobo life isn't entirely violence-free - if two groups of bonobos come together, they may engage in some serious fighting.



Pangolins are sought after in China because of their scales, which are believed to have strong medical benefits in traditional Chinese medicine. However, there is no medical evidence to support these beliefs.

Today, tens of thousands of pangolins are cruelly poached in the wild and traded illegally.



AIDER

ASSISTANCE FOR INFIRM, DISABLED AND ELDERLY RESIDENTS

What is AIDER?

AIDER is a one-off FREE service, supporting residents to live safely and confidently in areas where bush fires may start.

The property must be bush fire prone, meaning an area of land that can support a bush fire or is likely to be subject to bush fire attack.

Who is eligible?

Aged residents and residents with disabling conditions who have limited domestic support family, relatives, friends or other services.

AIDER services may include:

- > thinning vegetation
- > removing leaves, sticks and fallen branches
- > trimming branches from around and overhanging the home
- > mowing or slashing long grass
- > cleaning gutters

An assessment of your property will be completed by NSW RFS staff.

Advice will be given about completing your Bush Fire Survival Plan.

All works are completed by NSW RFS Mitigation crews.



**A ONE-OFF
FREE SERVICE
TO REDUCE BUSH
FIRE HAZARDS**



Visit the **AIDER** page on the **RFS website**



To find out more please call: (02) 8741 4955



NSW RURAL FIRE SERVICE



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 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, administration, gardening, maintenance, TEI (targeted early intervention) programs 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