



SHOALHAVEN NEIGHBOURHOOD SERVICES INC.

Stronger connections. Stronger communities.

Our Community News

FREE

Spring Edition 2025

01 September – 30 November

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.

Welcome to the Spring edition of our newsletter! In this edition, we explore the importance of bringing people together, fostering connections, understanding barriers, and a sense of belonging.

Unity promotes collaboration, strengthens community ties, creates a space to share ideas, offers support, and embraces diversity.

By pursuing common goals, participating in events, or engaging in conversations, we reinforce the connections between individuals and groups.

We also discuss mental health and explore ways to better support individuals within our community.

Inside this issue:

Bringing People Together	1, 3
Tax Help	4
Mental Health and Wellbeing	5
Where to go for Support	5
ScamWatch	7
Home Fire Safety	11
Spring Garden Ideas	13
Puzzles	15

BRINGING PEOPLE TOGETHER

When people come together, amazing things can happen. Community helps us form relationships, find support, and gain opportunities we might not otherwise have. Not only does a sense of community benefit individuals, but it can play a key role in creating vibrant and inclusive public spaces that are reflective of the needs and desires of the people who use them.

Belonging, Support, and Purpose: A sense of belonging is crucial to our mental and physical health - a universal human need stemming deeply from our ancestral roots. A sense of belonging is also critical to creating a strong support network where we are more likely to engage with others or participate in activities. This in turn, gives us a sense of purpose and direction, and ultimately, the collective effort builds a stronger sense of security and confidence.

Continued page 3

SHOALHAVEN DISABILITY EXPO 2025

Shoalhaven
DISABILITY
FORUM

SHOALHAVEN DISABILITY EXPO 2025

Wednesday | 17th September | 10am to 1pm

(Quiet hour - 12noon to 1pm)

Shoalhaven Indoor Sports Centre
Cambewarra Road, Bomaderry NSW

Join us at the Shoalhaven Disability Expo 2025, where you'll find an array of service providers dedicated to enhancing the lives of individuals with disabilities. Explore comprehensive support services, innovative assistive technologies, and personalised care options. Connect with over 90 experts in therapy, education, employment, and independent living.

For more information please contact us:
shoalhavendisabilityexpo@outlook.com.au

Supported by:



Continued from page 1

Knowledge: Being part of a community provides people with access to a wealth of information and expertise that they might not have had otherwise. That knowledge could come from a single mentor, your entire community or even through interactions with other communities.

Fun: Community events and festivals provide opportunities for socialising and connecting.

The most important thing in bringing people together is establishing a shared purpose, whether through shared interests, community activities, or collective goals. This shared purpose acts as a unifying force, fostering a sense of belonging and connection. Additionally, creating inclusive spaces and encouraging open communication are crucial for building relationships and promoting togetherness.

Bringing communities together is crucial for fostering strong social connections, promoting inclusivity, and enabling collective action to address shared challenges and create positive change. It strengthens community bonds, improves well-being, and contributes to a more just and equitable society.

- Harmony Week, celebrated from March 17 to 23, is an annual Australian celebration of cultural diversity, focusing on inclusiveness, respect, and a sense of belonging for everyone. It is an opportunity for Australians from all backgrounds to come together and recognise the richness of their shared history and diverse cultures.
- Music unites people through shared experiences, emotional connections, and the release of social bonding hormones. It provides a universal language, fosters empathy, and creates opportunities for social interaction and bonding, whether through listening, singing, or playing together.
- Sport brings people together through shared experiences, community engagement, and the promotion of teamwork and belonging. Sport can help foster connections, build a sense of identity, and create opportunities for social interaction, both on and off the field.

Source: <https://www.evergreen.ca/stories/building-together-why-a-sense-of-community-is-so-important>





If you earn around \$70,000 a year or less and have simple tax affairs, the Tax Help program is for you!

Our Tax Help Volunteers can assist you to:

- Lodge your return
- Claim a refund of franking credits
- Submit non-lodgment advice
- Lodge an amendment

Shoalhaven Neighbourhood Services Inc.

Nowra Neighbourhood Centre
41 Worrigeer Street Nowra
02 4421 5077

East Nowra Neighbourhood Centre
Unit 2/80 Park Road East Nowra
02 4422 1299

Appointments with Jennifer
Fridays from 9:30 AM - 2:30 PM

Appointments with Sue
Tuesdays from 11:00 AM - 1:30 PM

Tax Help finishes 31st October 2025

Mental Health and Wellbeing

The World Health Organisation (WHO) defines mental health as ‘a state of wellbeing in which the individual realises his or her abilities, can cope with the normal stresses of life, work productively and fruitfully, and is able to make a contribution to his or her community’.

Mental health is fundamental to our overall wellbeing, influencing our physical health, our capability to lead a healthy lifestyle, and the management and recovery from physical health conditions.

People with physical health problems, especially long-term conditions, are at increased risk of poor mental health - particularly depression and anxiety. Around 30% of people with any long-term physical health condition also have a mental health problem. Poor mental health, in turn, exacerbates some long-term conditions, such as chronic pain.

Source provided by <https://www.who.int> › activities › promoting-well-being

Where to go for support

- 13 Yarn Crisis Support: 13 92 76
- 1800 Respect: 1800 737 732
- Alcohol and Drug Information: 1800 250 015
- Beyond Blue: 1300 22 4636
- Gambling Help: 1800 858 858
- Kids Helpline: 1800 55 1800
- Lifeline: 13 11 14
- Link2Home Homelessness: 1800 152 152
- MensLine: 1300 78 99 78
- Mental Health Line: 1800 011 511
- Open Arms Veterans and Families: 1800 011 046
- Qlife- LGBTIQ+ (3:00 PM - Midnight): 1800 184 527
- Suicide Call Back Service: 1300 659 467
- StandBy support after suicide: 1300 727 247
- Thirrili National Indigenous Postvention Service: 1800 805 801



10 HEALTHY HABITS for MENTAL FITNESS

 SCHEDULE "ME-TIME" DAILY	REWARD YOURSELF 	 PLAY TO YOUR STRENGTHS	ASK FOR HELP AND OFFER TO HELP 	 DE-STRESS YOUR DIET
 CHOOSE A POSITIVE ATTITUDE	PRACTICE RELAXATION TECHNIQUES AND GET ENOUGH SLEEP 	 SET GOALS AND STAY ON TARGET WITH A JOURNAL	GET REGULAR PHYSICAL ACTIVITY 	 PRESS PAUSE ONCE IN A WHILE - DOWNTIME IS GOOD



South Coast & Country

COMMUNITY LAW

FREE LEGAL ADVICE

South Coast & Country Community Law offers free and confidential legal advice by phone or in-person.

BOOKINGS ARE ESSENTIAL.

SEPARATION / DIVORCE	SPEEDING, LICENCE & REGISTRATION ISSUES	TENANCY
CHILD SUPPORT	ALCOHOL / DRUG DRIVING	CREDIT & DEBT
PROPERTY	PENALTY NOTICES	EMPLOYMENT
PARENTING	NEIGHBOURHOOD DISPUTES	DOMESTIC AND FAMILY VIOLENCE ORDERS
POWER OF ATTORNEY DOCUMENTS	DISCRIMINATION	PERSONAL VIOLENCE
GUARDIANSHIP DOCUMENTS	CONSUMER ISSUES	VICTIMS SUPPORT

scclaw.org.au | 1800 229 529 | info@scclaw.org.au

To provide feedback on the newsletter, please scan the QR code



Thank you for taking the time to provide feedback.

Offering insightful suggestions and remarks will help us improve future editions of the newsletter.

ScamWatch

Spoofing: Scammers mask their phone numbers to appear they are calling from a trusted organisation, asking for personally identifiable information (PII). The ACCC and the National Anti-Scam Centre (NASC) are aware of instances where scammers have impersonated publicly available ACCC phone numbers, which can be found on the agency's official website, in an attempt to steal sensitive or private information. One reported case involved a scammer using the ACCC acronym to impersonate an unrelated organisation, and spoke in a language other than English.

Ghost stores: Ghost stores pose as local businesses, often using similar names to genuine boutiques. They share emotional stories about financial struggles and closing down sales with deep discounts. Targeted ads on social media platforms like Facebook and Instagram promote these stores, which typically use Shopify for e-commerce. However, the products sold are often of poor quality, and the companies or sellers often refuse refunds and don't respond to customer complaints.

Stop - Don't give money or personal information to anyone if you're unsure. Scammers will create a sense of urgency. Don't rush to act. Say 'no', hang up, delete. Do not click on any links or download attachments from messages unless you are sure it is from someone you can trust.

Check - Ask yourself could the call or text be fake? Scammers pretend to be from organisations you know and trust. Contact the organisation using information you source independently, so that you can verify if the call is real or not.

Protect - Act quickly if something feels wrong. If you have had money or personal information stolen contact your bank.

If you have been scammed or given out your personal information, call IDCARE on 1800 595 160 and report it to ScamWatch to help stop the scam and warn others.

Source: <https://www.scamwatch.gov.au/stop-check-protect>.

EAST NOWRA NEIGHBOURHOOD CENTRE ACTIVITIES

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

MONDAY

Busy Bears Craft Group ~ 9.45 am - 11.45 am ~ Cost \$2.00 pp

- Weekly craft group. New members welcome.

TUESDAY

Reading with Bub ~ 9.00 am - 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.

Me & My Grandparents ~ 1.30 pm - 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.

WEDNESDAY

Cuppa & Chat Women's Group ~ 10.30 am - 12.30 pm ~ Free

- During school terms. All are welcome - **registrations are essential.**
- Join us each week to have a cup of tea or coffee, educational information sessions and to meet new people.

FRIDAY

Compassionate Friends Support Group ~ 10.30 am - 12.30 pm ~ Free

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

SUNDAY

Brilliant Stars ~ 4.00 pm - 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 ~ 9.30 am - 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 a sunhat and water bottle - fruit is provided.

Meditation ~ 6.30 pm - 7.30 pm ~ Cost \$20.00 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)**

<https://aa.org.au>

- **Al-Anon Support Group**

<https://al-anon.org.au>

- **Narcotics Anonymous (NA)**

<https://na.org.au>

NEED A MEETING ROOM?

Our Neighbourhood Centre's currently have meeting rooms available to hire. Please call (02) 4421 5077 for further information.





**South Coast
& Country**

COMMUNITY LAW

SHOALHAVEN KOORI COMMUNITY

TOUCH FOOTY FUN DAY



SAVE THE DATE!



HOLD A STALL AND/OR REGISTER A TEAM TO PLAY!

Keep an eye out for more registration details soon.
For more information, email info@scclaw.org.au

Home Fire Safety

A fire can take hold in three minutes, yet it only takes seconds to prevent one. Be prepared. If there is a fire in the home, leave, stay out, call **000**.

Smoke alarms: Check the date (alarms have a lifespan of ten years). Check regularly for the accumulation of dust and insects and give them a clean. Test smoke alarms regularly and change batteries annually or replace if not working. A multi-storey residence must have a working alarm on each level placed between bedrooms and living areas.

Escape plans: Draw a floor plan of the home, including two ways of escape from each room (primary and secondary exits). Ensure everyone knows how to get out. Delegate someone to assist any pets and anyone with a disability. Decide on a meeting place outside, e.g. the letter box, as well as an alternative place. Keep exits clear and keep door and window keys in or next to locks so they can be opened easily. A grid can be found on [fire.nsw.gov.au/escape plan](https://www.fire.nsw.gov.au/escape-plan).

Keep looking when cooking! Store flammable materials such as aerosols, cleaning agents and cooking oils away from heat. Turn pot handles inwards so they can't be grabbed or knocked by anyone, especially children. Remain in the kitchen while cooking, turn off stove before you leave. Keep your oven, rangehood, and grill free of grease and fat as these can ignite a fire. Keep loose clothing, fabrics, tea towels, curtains and flammable items away from the stove. If a pan catches fire, turn off the stove if safe to do so, use the pan lid to cover the flame and use an extinguisher or fire blanket in the first few seconds of ignition. Leave the kitchen, close door if there is one, and call **000**.

Electric blankets: Electric blankets are not designed to be used while sleeping. Test the blanket before use by laying it on top of the bed, feeling the internal wires for any abnormalities and inspecting cords/controls for damage. Turn it on for 5 minutes, then feel for any uneven hot spots. Replace the blanket if any of the above occurs. For storing **roll** the blanket, as folding can cause damage!

Heaters: Check heaters before you use them. Any faults or suspected ones, must be checked by a qualified repairer or replaced. Check all cords for fraying and damage. Plug directly into a wall socket, do not overload power boards, and ensure everything is kept a metre from the heater (follow the manufacturers instructions for any new heaters). Ensure the area is level, well ventilated and away from awnings and other combustible materials.

Never use outdoor heating or cooking equipment inside: Including heat beads or LPG, this type of equipment can lead to a build up of lethal gases.

Source: <https://www.fire.nsw.gov.au>

Jordanian Baklava

Ingredients:

- Filling: 2½ cups walnuts or pistachios (or mix), finely chopped
½ cup sugar
2 tsp ground cinnamon
¼ tsp ground cloves
- Layers: 1 packet (400g) phyllo/filo pastry, thawed if frozen
1 cup melted clarified ghee (clarified butter)
- Syrup: 1½ cups sugar
¾ cup water
1 tsp lemon juice



Instructions:

1. Preheat oven to 175°C (350°F).
2. Sugar syrup
 - In a saucepan, mix sugar and water. Bring to boil, then lower to a simmer for 10-12 minutes.
 - Add lemon juice, let it simmer for another 1-2 minutes.
 - Set aside to cool completely.
1. Prepare the filling
 - Mix chopped nuts with sugar, cinnamon and cloves in a bowl.
 - Set aside.
4. Assemble the Baklava
 - Brush a rectangular baking dish (approx. 22.86 x 33.02 cm) with melted ghee.
 - Layer 8-10 sheets of phyllo/filo pastry, brushing each sheet generously with ghee before adding the next.
 - Evenly spread the nut mixture over the layered sheet.
 - Cover with another 8-10 layers of phyllo/filo sheets, again brushing each with ghee.
 - Trim any overhanging pastry with a sharp knife.
 - Cut the baklava into diamond or square shapes before baking (use a sharp knife).
5. Bake for 35-45 minutes, or until golden brown and crisp.
6. Once the baklava is out of the oven, immediately pour the cooled syrup evenly over the hot baklava. Let it sit for at least 4 hours (or overnight) so the syrup is fully absorbed.

Spring Garden Ideas

Growing your own vegetable or herb garden is a rewarding and satisfying achievement when you can pick your own fresh herbs, flowers and vegetables! Spring is the best time to plant cool season crops like lettuce, spinach, kale and radishes. These vegetables thrive in mild temperatures and can be harvested before the heat of Summer sets in.

Cold frames: Cold frames are a glass-topped box that traps heat and humidity and can be made at home for an early start. This simple structure helps protect young plants from late frosts and allows you to extend your growing season.

Raised garden beds: A raised garden bed allows for better drainage, improved soil quality and easier maintenance. They are especially beneficial for root vegetables such as carrots, beets and onions.

Container gardens: These gardens are perfect for those with limited space, or looking to add a pop of colour to their patio, balcony or porch. Hanging baskets add height and variety. Fill them with trailing plants such as petunias, ivy, or strawberries for a colourful cascading display.

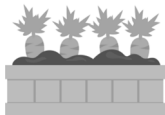
Mini herb gardens: A mini herb garden can be planted in a container. A mix of rosemary, thyme, mint, and oregano will provide fresh herbs for cooking and a refreshing aroma! Other herbs such as basil, coriander, parsley and chives are easy to grow and add fresh flavours to a meal.

Repurposed containers: Old teapots, wooden crates and vintage buckets can make for some delightful and eco-friendly planters.

Companion planting: Pairing compatible plants can improve growth and deter pests, e.g., planting marigolds near tomatoes helps repel nematodes (microscopic parasitic worms aka eel worms), while basil enhances tomato flavour and growth.

Choose colourful spring flowers and mix and match: Planting tulips, daffodils or pansies in decorative pots creates a colourful and welcoming entrance to your home, or adds appeal to your garden however small or large. Combine different plant varieties, e.g. pair tall grasses with trailing flowers and bushy foliage for depth and texture. Check with a local plant expert so you don't end up with a pretty weed!

Source: <https://www.abc.net.au/gardening/how-to/cold-frame/9438064>



A WORD FROM MAXINE
Manager, Shoalhaven Neighbourhood Services Inc.

Most people need to lodge a tax return or a non-lodgement advice before 31 October each year. Our Tax Help program is free and helps eligible people earning \$70,000 or less lodge their tax return online, claim a refund of franking credits, submit a non-lodgement advice or lodge an amendment.



To find out if you are eligible or to make an appointment contact us on 02 4421 5077.

Animal Awareness Days Calendar 2025

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

SEPTEMBER

International Primate Day	1
Japan Dolphin Day	1
International Vulture Awareness Day	6
World Manta Day	17
International Red Panda Day	20
International Tamarin Day	22
World Rhino Day	22
World Gorilla Day	24
World Cassowary Day	26
World Rabies Day	28

OCTOBER

World Vegetarian Day	1
World Farmed Animals Day	2
World Animal Day	4
International Migratory Bird Day	11
International Sawfish Day	17
World Okapi Day	18
International Sloth Day	20
National Reptile Awareness Day	21
International Wombat Day	22
International Snow Leopard Day	23
Freshwater Dolphin Day	24
International Gibbon Day	24
World Lemur Day	31

NOVEMBER

National Bison Day	1
World Vegan Day	1
World Anteater Day	19
World Fisheries Day	21
International Jaguar Day	29



Puzzles

Q1. Which number does the question mark represent?

	2253		
			4341
		3522	
?			

Q2. Paraddiddle's Comet was first observed by star gazer James Paraddiddle in 1420. It was next seen in 1623 and again in 1826. What year will it next be visible from Earth?

Q3. If January equals 717, March equals 5315, June equals 4624, then what does August equal?

Riddles

Q4. What English word has three consecutive double letters?

Q5. How can the number four be half of five?

Q6. If the English alphabet goes from A to Z, what goes from Z to A?

Q7. Which number is the odd one out?

- | | | | |
|---|-----|---|-----|
| A | 168 | E | 564 |
| B | 492 | F | 690 |
| C | 744 | G | 834 |
| D | 338 | H | 258 |

Q8. Place the numbers 1 to 9 in the boxes so that each row of 3 adds up to 15.

Q9. Tom's garden is full of bird and bee life.

There are 44 eyes and 96 legs in his garden.

How many birds and bees are in the garden?

Answers on page 16

Puzzle and Riddle answers:

Q1 = 1614: column from left, row from top, row from bottom, column from right

Q2 = 2029: add 203 to each number

Q3 = 6848: number of letters in month and position in calendar, multiplied for last 2 digits

Q4 = Bookkeeping/-er

Q5 = IV (Roman: I = 1, V = 5)

Q6 = Zebra

Q7 = D: 3 + 3 + 8 = 14, the others add up to 15

Q8 = 2-7-6 // 9-5-1 // 4-3-8

Q9 = 9 birds (2 legs each), 13 bees (6 legs each)

Social Support Program

Did you know Shoalhaven Neighbourhood Services provide social support to people over 65 and Aboriginal and Torres Strait Islanders over 50, who require low-level assistance.

Our services are designed to meet your needs and we are ready to help you to get out and about and continue to enjoy doing the things that are important to you. These include accompanying you with shopping, and appointments, home visits and small group outings, to connect you with your community.

For more information, please call 02 4421 5077.

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.

Newsletter advertising rates:

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

Estimated readership over 5,000 in the Nowra area.

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 and administrative roles.

Volunteering provides many benefits to both mental and physical health by:

- * enhancing self-confidence, self-esteem, life satisfaction, and the chance to make new friends
- * reducing the risk of depression and anxiety
- * supporting an active lifestyle for overall physical health
- * contributing positively to the community
- * gaining new skills for better employment opportunities

