

SUGAR VALLEY NEIGHBOURHOOD CENTRE NEWSLETTER



FREE WEEKLY PROGRAMS

TUESDAY

Playgroup with Awabakal
10:15 - 11:45am

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WEDNESDAY

Art & Craft Group
10am-12pm



FRIDAY

Food Program Oz Harvest
11am start



SATURDAY

Chair Yoga With Aman
10am start



FRIDAY FOOD PROGRAM

Opening Hours
Monday to Friday
9am to 3:30pm

Phone
02 4953 1667

Website
sugarvalleync.org.au

Facebook
@sugarvalleync

Address
65 Carrington Street,
West Wallsend NSW 2286



SUGARVALLEY

NEIGHBOURHOOD CENTRE SERVICES

- Expos & Events
 - Volunteering
 - Computers, printing and photocopying, Scanning, laminating, faxing and internet access
 - Information and Referral
 - Indigenous/cultural activities, events & workshops
 - Resume and Cover letter Help
 - Youth school holiday programs
 - Free Library (books and games)
 - Free washing machine/dryer facilities
 - Assistance with housing & Centrelink services
 - Free shower facilities
 - Emergency relief
 - Rooms for Hire – Hall, Office Space and Function and Training Rooms available.
 - Justice of the Peace Service
 - Assistance with forms & admin services & emails
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In House Services

- Sugarvalley OOSHcare - 0428 380 491 or 0249 380 493
 - Clayton Barr - 02 4991 1466
 - Gerard Molloy – Psychologist - 0494 126 146
 - Naomi Malcolm - Dietitian - 0410 547 048 or 02 4953 2532
 - Financial Counsellor on request
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Are you in a crisis situation and in need of additional assistance?

Please talk to us.

We have other services such as emergency relief, school uniforms, nappies and hygiene products that we could assist with.

Thank You

very much to everyone who
donated to our Christmas Appeal

Rotary Club of Wallsend-Maryland

Sugarvalley Lifestyle Estate

George and his boys from Sugarvalley Early Learning
Centre

Busy Bees Cameron Park

West Wallsend High

Clever Kids Early Learning Centre

Clayton Barr





JOIN OUR FREE
ART
GROUP

WEDNESDAYS

10AM-12PM

SUGARVALLEY NEIGHBOURHOOD
CENTRE

65 CARRINGTON ST WEST WALLSEND

SEE YOU THERE!

FREE TEA/COFFEE AND MORNING TEA INCLUDED

CONTACT THE SUGARVALLEY NEIGHBOURHOOD CENTRE ON
49531667





Come along for a yarn and a cuppa. Our play space is set up for you and your family to enjoy with the support of our team.

We provide a range of activities for you and your jarjums in a space that supports our First Nation Culture.



Join Our awabakal Playgroup!

Every Tuesday

10.15am-11.45am

**65 Carrington Street West
Wallsend**

awabakal

Contact Us:
Dion Clement
0409560559

dclement@awabakal.org



**Come Play,
Learn, and Grow
Together!**



FOOD DRIVE

What to donate?

- Long-life milk
- Cereal / Oats / Pancake mix
- Sugar
- Honey / Jams / Vegemite / Syrup / Peanut butter / Butter
- Packet soups
- Instant noodles
- Tinned foods
- Pasta / Pasta sauces
- School lunch box items
- Chocolates and sweets
- Tea bags, instant coffee, long-life juice
- Milo / Hot chocolate
- Cordial / Fruit juice
- Toilet paper

**DROP OFF AT
OFFICE**

9AM - 3.30PM

FOR MORE INFORMATION

02 49531667

Sugarvalley Neighbourhood Centre is in need of donations of non-perishable food items for our clients. All items will be kept at the centre and handed to our clients who are in need of emergency relief assistance



DROP OFF LOCATION

**65 Carrington Street
West Wallsend NSW 2286**

admin@sugarvalleync.org.au



Friday Food Program

FREE

11am every Friday
Sugarvalley Neighbourhood
Centre
Arrive 15min Early

Thanks to
Food Bank & Oz Harvest



Walk

& Talk

FREE SOCIAL
WALKING GROUP,
DOGS ON LEADS
ARE WELCOME



Join your **local community** for a friendly **walk and talk** session!

9am Tuesdays
Meet out front of
Sugarvalley
Neighbourhood
Centre

What to expect

Meet new people, enjoy the outdoors.

FOR ENQUIRIES
CALL 0410789682

- Tile removal & disposal
- Dustless floor grinding
- Pergolas
- Patios
- Decking
- Carports
- Garages

0421 215 134

ABN 4164 3632 446

 **KC Home Restorations**

Fully insured




LAKEMAC
MINI EXCAVATOR HIRE

Small Yard Excavations
Wet & Dry Hire
Servicing the Local Area

Paul Juhnke
0491126044

Elermore Vale Men's Shed Inc

mensshedev@gmail.com
www.mens-shed-elermore-vale.com

0407787540

127 Crowface Road
Elermore Vale 2287 NSW



 Become a fan on Facebook.
We love keeping in touch.



Long Daycare Centre
75 Carrington St West Wallsend

- Open 7.30 am to 5.30 pm Weekdays
- Small 25 place centre
- Experienced and Caring Staff
- Childcare Rebate and CCB Available
- Small groups and Family orientated centre
- Great Educational Programme
- Focusing on child's individual needs

PH : 49531865

PETE'S MOWING



Local bloke

Attention to detail

Cheap rates

Pensioner discounts

Phone today 0423 944 886



GERARD MOLLOY

Registered Psychologist

BA (Hons) Psych. MAPS

Reg. NDIS Provider.



- Family/Relationship Counselling
- Trauma Counselling
- Managing Anger, Anxiety and Depression
- Veterans Counselling.
- Victims of Crime Counselling.
- Men's issues

For Appointments

TRUDY (Admin.)

0494 126 146

Sugar Valley Community Centre, 65 Carrington St. West Wallsend NSW 2286

Be a foster carer



Everyday Moments

Are Everything

Be a foster carer

It's the little things that matter most – like having a safe place to call home, someone you can smile with and the right support.

You can make an extraordinary difference in the life of a young person by sharing those ordinary, everyday moments.

We are looking for compassionate individuals, couples and families to become foster carers to provide a safe and supportive home for vulnerable children and young people. We'll support you 24/7 and provide all the training you need.

Share your world. Be a foster carer.

1300 592 227
lwb.org.au/foster-care

**LIFE
WITHOUT
BARRIERS**





MAKER MAYHEM



AT SUGARVALLEY NEIGHBOURHOOD
CENTRE

CREATIVE YOUTH SESSIONS

🧑🏻‍🎨 Fun & Creative Youth Program 🧑🏻‍🎨

- ✦ Hands-on activities each fortnight- painting, sculpture & more
 - ✦ Safe & supportive check-in circles to share & connect
 - ✦ Build confidence, learn new skills & work towards a group exhibition
- Perfect for young people who want to explore creativity, make friends, and be part of something special! ♥

ALL MATERIALS INCLUDED!

FORTNIGHTLY PROGRAM FRIDAY NIGHTS

STARTING IN FEBRUARY

FROM 4:30PM-6.30PM

65 CARRINGTON STREET WEST WALLSEND

PLEASE CALL OR EMAIL TO BOOK A SPOT

49531667

CREATINGABILITIES@OURSUPPORTS.COM.AU

ANYONE WELCOME

