

NEWSLETTER



Sugarvalley Neighborhood Centre Newsletter,



Sugarvalley Neighbourhood Centre is funded by the Department of Family & Community Services NSW. Views expressed by contributors in this newsletter are not necessarily those of the Sugarvalley Neighbourhood Centre Editorial Team. The editor reserves the right to amend contributions where necessary to make them suitable for publication.

BUY A BRICK

PAVE YOURSELF INTO OUR HISTORY WITH A PERSONALISED BRICK TO BE LAID IN OUR GARDEN.

BECOME PART OF OUR HISTORY AND HAVE A BRICK ENGRAVED FOR THE REAR GARDEN OF SUGARVALLEY NEIGHBOURHOOD CENTRE – HONOUR FAMILY, FRIENDS, LOVED ONES, PETS, A BUSINESS OR IN MEMORY OF A SPECIAL PERSON. ALL PROCEEDS WILL GO TOWARDS BUILDING THIS SPECIAL COMMUNITY PATHWAY.

DON & SHIRLEY ELLIOTT

**OFFER 1: \$30
INDIVIDUAL PAVER**

Your donation of \$30 or more entitles you to have your name engraved into a paver as a lasting record of your valued support. The paver will be permanently installed in our rear garden play area, proudly showing your donation
Size: 230 x 115 x 40mm

Emily Fielding
2014 
I am 6 Years old

**OFFER 2: \$30
HAND DRAWN PAVER**

Your donation of \$30 or more entitles you to have your name engraved into a paver as a lasting record of your valued support. The paver will be permanently installed in our rear garden play area proudly showing your donation
Size: 230 x 115 x 40mm



CONTACT THE CENTRE TO FIND OUT HOW YOU CAN BUY YOUR OWN BRICK AND LEAVE A MARK IN OUR HISTORY

PH: (02) 4953 1667

SOPHIE@SUGARVALLEYNC.ORG.AU

**The Neighbourhood Centre Is Open
Monday - Friday
9:00am - 3:30pm**

Ph: 4953 1667

sugarvalleync.org.au

You can follow Sugarvalley Neighbourhood Centre on Facebook and keep up to date with community events, information and community initiatives.



In This Issue

- Buy a Brick Fundraiser
- Silent Auction
- Volunteer Awards
- Plan-it Youth
- WALK TO D'FEET MND
- Friends with Dignity

**DIFFERENT BRICKS ARE AVAILABLE FOR BUSINESSES.
PLEASE CONTACT THE CENTRE TO SEE ALL OPTIONS AVAILABLE**



WHAT'S ON

SUGARVALLEY NEIGHBOURHOOD CENTRE

65 Carrington Street, West Wallsend

MONDAY	<p>Parents as Teachers 10.00am - 12 midday (free)</p> <p>Playgroup style program (partnership with The Canopy and Wesley Mission)</p>
TUESDAY	<p>Sweet Yarns 10.00am - 12 midday (free)</p> <p>Playgroup style program (partnership with Wandiyali and Goodstart Early Learning)</p> <p>Foodbank Food assistance program (times vary depending on delivery)</p> <p>Zumba 6.30pm (\$10 per class)</p>
WEDNESDAY	<p>Wesley Mission Outreach Service</p> <p>Emergency relief may be available (by appointment only)</p>
THURSDAY	<p>Zumba 9.30am (\$10 Per Class)</p>
FRIDAY	<p>Oz Harvest and Second Bite Food assistance program from 11am</p>

Other services available:

- Computers, printing, photocopying, laminating, faxing
- Financial counsellor (by appointment only)
- Free washing machine/shower facilities
- Information and referral
- Resume/cover letter help
- Library (free books and games)
- OOSH (before and after school hours)
- MP Clayton Barr (by appointment only ph: 4991 1466)
- Private Psychologist and Dietitian (by appointment only, see us for details)
- Hire of hall & rooms for functions & training
- Justice of the Peace service
- Community garden/chickens

opening hours: Monday - Friday 9am - 3:30pm phone: 4953 1667 website: sugarvalleync.org.au

NEED HELP?

Sugarvalley Neighbourhood Centre has always provided a welcoming and relaxing place to meet and tap into local support services.

If you need any support throughout the year, please come and see our staff so we can support you the best way we can.

West Wallsend Tennis Club

Membership, Coaching & Court hire

Also senior monthly bus trips!

Phone Fay: **4953 2852**

Come and Try Croquet

- ➔ A non contact, tactical Sport
- ➔ Suitable for ages 9-99
- ➔ Social
- ➔ Skilful
- ➔ Inexpensive

Mount Sugarloaf Croquet

TUES - THURS - SAT

9am — 12 Noon

ENQUIRIES:

Brenda - 4958 6666 or 0438 586 655

Don - 4953 1254 or 0423 102 264

SUGARLOAF animal hospital

Opening Hours : Mon - Fri 8:00am - 7:00pm
Sat 8:00am - 12:00pm

After hours available upon request.

67 Carrington Street, West Wallsend, Australia 2286

Phone : 02 4955 1833 | Fax : 02 4955 1970

email :enquiries@sugarloafanimalhospital.com.au

“The Guild”

Meet on the 1st Monday of every month at our Neighbourhood Centre. The Guild go on outings each month. A new destination is chosen each meeting.

West Wallsend High School & Community Museum

Currently closed to the public

We need more volunteers!
Ph: **4953 2111**

Displays: Include domestic, commercial, mining, historical photos

Research aid: Photographs, maps, histories and much more

Volunteers: are vital to the success of our museum, if you have some time to spare, our volunteers and visitors would be thankful.



COFFEE ON CARRINGTON 63 CARRINGTON ST WEST WALLSEND

MON-FRI 6AM-6PM SAT 8AM-12 NOON

0412 699 644

* Tradie Tuesday * Fresh made to order sandwiches & wraps

* Seniors Thursdays 10% discount * Retro Shakes Coffee

Did you know that Sugarvalley Neighbourhood Centre has an Automated External Defibrillator (AED)?



AEDs provide first aid treatment for life-threatening instances of cardiac arrest. The AED assesses a patient's medical situation and then delivers a measured electrical shock to restore the normal effective cardiac rhythm, if required. All staff at the centre are trained to use the AED.

The AED is located at the entrance to the back hall.



Sugarvalley Neighbourhood Centre Parents as Teachers Playgroup aims to provide an open, welcome space where parents/grandparents/carers and their children can connect through community and play.

When: Mondays 10am-12pm during school term

Where: Sugarvalley Neighbourhood Centre,
65 Carrington Street West Wallsend



2019 ROTARY VOLUNTEER AWARDS

Volunteers are the heart of Sugarvalley Neighbourhood Centre

Our volunteers engage with the community every day and in every imaginable way – from fundraising at local events, to raising awareness of the centre and helping those in need.

They share their passion for the Neighbourhood Centre

right across West Wallsend, and help to ensure that no family goes without.

During National Volunteer Week we enjoyed recognising our volunteers amazing achievements at the Wallsend-Maryland Rotary Club Volunteer Awards.

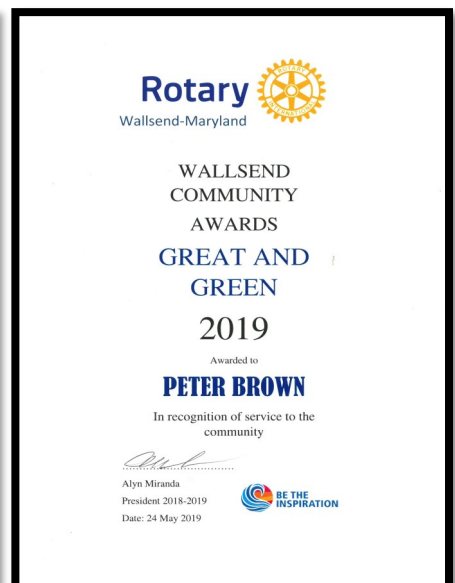
AWARDS:

Peter Brown for Great and Green

Jen Bashford for Valiant Volunteer

George Ditz for Service to the Community

Sugarvalley Neighbourhood Centre won Role Model of the Year



10TH ANNIVERSARY AUSTRALIAN TOUR
BILLY ELLIOT
 THE MUSICAL
 ELTON LEE JOHN HALL STEPHEN BALONY



STARRING
WADE NEILSEN
 AS BILLY

At the age of twelve years old, Wade has always had a passion for dancing and performing. From five years old, Wade has trained in ballet, tap, modern and hip hop at Susan Shiner Dance Academy.

Wade has also been training in acro for the last 3 years. Wade has performed locally in his hometown of Newcastle as part of the mass ensembles in *Hairspray the Big Fat Arena Spectacular* and *Grease the Arena Experience*. When Wade isn't dancing or performing, he enjoys playing soccer, fishing, listening to music and hanging out with his friends.

Wade is thrilled to be making his professional debut as Billy in *Billy Elliot the Musical*.

Miss Shiner, Miss Felicity SSSA staff and students are beyond proud of our young man's achievements, his hard work and dedication is commendable and we wish him all the very best for his up and coming adventures as BILLY not only in Sydney but in Melbourne, Adelaide, Perth and Brisbane.

Please follow his journey by liking - *Billy Elliot The Musical - Australia - Facebook Page*, you can also see the entire cast and tour dates on their website: billyelliothemusical.com.au

SSDA will be having a farewell for Wade on Monday 17th June 5:30pm at the Studio for any students / parents who would like to share in wishing him farewell please join us.

SSDA will be organising a bus (or two) as a group booking for the December / January School holidays please text Miss Felicity expressions of Interests or put your name down at reception.

27 May 2019 to 25 August 2019

Donate
 your drink
 containers to us



Do your bit to help
 us raise funds with
RETURN and EARN



Eligible containers

Containers should be empty, uncrushed, unbroken and have the original label attached. Wine, spirits, condal and plain milk containers are generally not eligible. If a container isn't eligible for a refund, please use a recycling bin.



Find out more at returnandearn.org.au

What better time to recycle! Show your support and help the environment. Simply nominate to donate to:

Sugarvalley NBHD Centre
 at West Wallsend Workers Club Vending Machine

High Tea
 WITH FRIENDS
 PRESENTED BY FRIENDS WITH DIGNITY

On 25th May 2019, Friends with Dignity held a High Tea with Guest Speaker FWD National ambassador, Rosie Batty. The High Tea was held to help raise critical funding for Friends With Dignity which is a national not-for profit charity organisation that assists families and individuals displaced by Domestic and Family Violence.



Plan-It Youth Program Wraps Up Another Successful Term



THE Plan-It Youth Program is a highly valued career mentoring program at West Wallsend High for Year 10 students.

The community mentors led by Bob Broadfoot OAM, meet their students weekly for ten weeks to help them explore potential future careers and how they can achieve them.

The graduation ceremony for these students was held this week At West Wallsend Workers Club for the mentors, families and senior staff involved with the program.

Some of the activities that the students and mentors participated in during the program included: getting to know you activities, goal setting, career planning, interview techniques and an excursion to Hamilton TAFE.

New Heights Christian Church is a non denominational Christian Church family who meet and worship at 30 Northville Drive Edgeworth NSW.



NEW HEIGHTS
CHRISTIAN CHURCH

Impacting lives with the love of Jesus

We are an inclusive welcoming church that is based firmly on God's Word as communicated through the Bible . New Heights Christian Church strives to invite, encourage, inspire, and equip people of all nations to live as fully devoted followers of Jesus As well as meeting on **Sundays at 10am for our regular Praise and Worship Service** New Heights Christian Church caters for people of all ages with:

- **Home Groups** – where we dig deeper into Gods word and discuss life's big and little issues
- **Rise Youth** - Friday night youth group
- **Kids Church** - Sunday morning , all ages.
- **Music** - our bands consist of guitars, drums ,keyboard and singers to lead us into Worship
- **Maturees** – For the young at heart , monthly gatherings/outings in and around our local area and beyond .



Your Beauty, Your Way

T: 0423 383 934

Shop 5, 8 Withers Street, West Wallsend

MELANIE'S
BEAUTY STUDIO

Price List - February 2018

Nails

Acrylic Nails	
Full set clear	\$65
Refill	\$40
Full set French (Pink & White Powder)	\$70
Refill	\$50
Acrylic Overlay on natural nails	\$45
Acrylic Overlay French	\$55
Acrylic Removal	\$20
Nail Repairs	\$5
Full set Form Sculpture Nails	\$80
<u>Gel Hands</u>	
Gel Polish Overlay colour (2 wk manicure)	\$40
Gel Polish Overlay French (2 wk manicure)	\$40
Buff and Polish colour	\$20
Buff and Polish French	\$25
<u>Gel Toes</u>	
Gel Polish Overlay colour	\$40
Gel Polish Overlay French	\$50
Buff and Polish colour	\$20
Buff and Polish French	\$30
<u>Deluxe Manicure</u>	
Hand soak, cuticle treatment, exfoliate, mask, hand and 1/2 arm massage with buff/shape nails and polish of your choice	\$40
<u>Deluxe Pedicure</u>	
Massage Pedicure Chair, foot spa soak, cuticle treatment, exfoliate, callus treatment, mask, foot massage with buff/shape nails and polish of your choice	\$60

Make Up Artistry

Evening/Bridal Make Up	\$75
Evening/Bridal Make Up with false lashes	\$80
Day Make Up	\$60
Day Make Up with false lashes	\$65
Flower Girl Make Up	\$15-\$30
Make Up Consultation 1/2 hour	\$25

Tue, Wed, Thu, Fri 10am till by appointment
Sat 9am-12pm

Gift Certificates available



Eyes & Eyebrows

Brow wax	\$15
Brow shaping	\$20
Brow tint	\$15
Brow wax & tint	\$25
Eyelash tint	\$20
Brow wax, tint and lash tint	\$40

Waxing

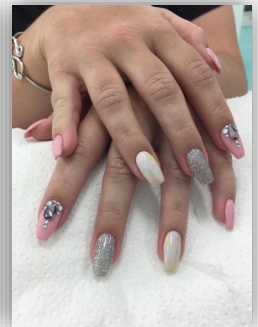
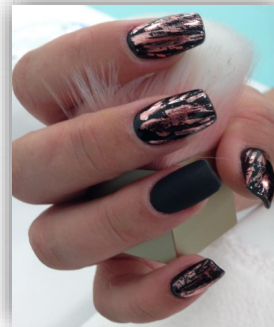
Lip	\$15
Chin	\$15
Lip and Chin	\$25
Lip, Chin and Brow	\$35
Sides of face	\$20
Nose	\$10
Ears	\$10
Underarm	\$20
Basic Bikini	\$25
1/2 leg (upper or lower)	\$30
3/4 leg (above knee)	\$35
Full leg	\$45
1/2 arm (to elbow)	\$25
Full arm	\$35

Spray Tanning

2 hour development time	\$25
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Lips

Rejuvenate dry cracked lips with a moisturising scrub to exfoliate, a soothing lip mask to calm and cool and finish off with a hydrating lip balm. Making your lips luscious and ready for your favourite lipie. \$10



GERARD MOLLOY

Registered Psychologist

Reg. NDIS Provider.

BA (Hons) Psych. MAPS

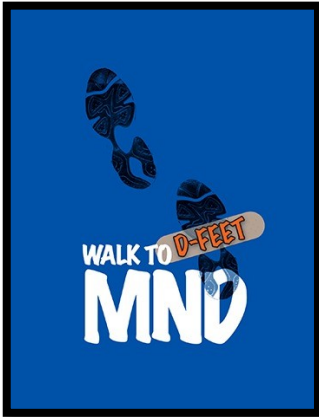


Located Upstairs at Sugar Valley Community Centre, 65 Carrington St. West Wallsend

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

For Appointments: TRUDY (Admin.) 0421022075





WALK TO D'FEET MND HUNTER

On 26 May 2019, Sugarvalley Neighbourhood attended the Walk to D'Feet MND Hunter at Speers Point with the bbq trailer to assist in raising funds for the cause. Over \$900 was raised from bbq sales.

Teams made up of family, friends, colleagues and individuals, regardless of age or fitness levels, walk to raise funds and awareness for research and support for people living with motor neurone disease.



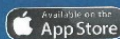
Download now...

The **CANcierge APP** provides easily accessible, relevant and reliable information to help you navigate your cancer care at Calvary Mater Newcastle.



This App was designed by Calvary Mater Newcastle patients, carers and the cancer care team with the support of the Calvary Mater Newcastle Auxiliary.

Download for free today from the Apple and Android stores.



About Me
Record all your vital information.



My Team
Who will be on your team during treatment?



Caring for Me
What support is available to you as a patient? Who can help you cope better?



My Treatment and Tests
What do you need to know about your treatments? What test might you have?



My Hospital
How to find your way around Calvary Mater Newcastle and the services available.



My Community
What community services are available to help you?



Aboriginal and Torres Strait Islander Peoples
Find links to services and resources to assist Aboriginal and Torres Strait Islander peoples affected by cancer related illnesses.

Calvary Mater Newcastle



Donate HERE

There are over 85,000 women that need our help this year.

Due to homelessness, poverty or escaping domestic violence, women in crisis are forced to use newspapers, toilet paper or tissues as makeshift pads.

Your generous donations of sanitary items will make a real difference to people in need.

Thank you for helping us to **SHARE THE Dignity.**

FOR MORE INFORMATION AND TO FOLLOW THE MOVEMENT.
www.sharethedignity.com.au @sharethedignity #sharethedignity /sharethedignityaustralia



Available every
Friday at Sugarvalley
Neighbourhood Centre
Second Bite
food for people in need



If you are unable to buy groceries due to financial difficulty, we receive Food Bank every week and can assist with your needs.

We can provide basic stock, non-perishable food items like sauces, canned goods, pasta and rice.

The Curly Curl *Hairdressing Salon*

55 Carrington Street West Wallsend

OPENING HOURS

Monday: 12:30-5pm

Tuesday: 10:30-5:30pm

Wednesday: 12:30-5:00pm

Thursday: 10:30-5:30pm

Friday: 10:30-5:30pm

Saturday: 10:00-1pm

Ashley will work Monday all day

and Tuesdays by appointment.

Mens Trim \$15

Ladies Trim \$25-\$30 (dry off included)

Senior Men \$10

Senior Women \$20 (dry off included)

Short hair perms \$55-\$60

Kids cut \$10-\$15

Crew cut \$7

All our services are at a reasonable rate.

Please call for a Quote

Phone: 4953 2623 Mobile: 0425
221 149

CLAYTON BARR'S MOBILE OFFICE

This is just to remind you that Clayton Barr, MP, State Member for the Electorate of Cessnock, holds a 'Mobile Office' in West Wallsend by appointment.

Clayton's Mobile Office: By appointment only.

Where: Sugarvalley Neighbourhood Centre, 65 Carrington Street, West Wallsend.

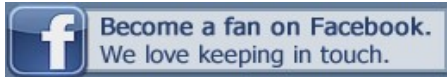
Appointments: Call my office on 4991 1466 or toll free on 1300 550 114.

Clayton is available to talk about any issues you may be having with the State Government or any of its Departments. While you are welcome to drop in at any time, appointments through Clayton's office will make it possible to avoid delays.

Clayton looks forward to seeing you at his mobile office and hearing about how he can help you.

All new
CLASSES
LIKE NO ONE ELSE'S.
FOR women
JUST LIKE you.

Curves at the Point,
171 Main Road Speers Point



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](tel:49531865)

UNDER NEW MANAGEMENT

WEST WALLSEND NEWSAGENCY

NEWSPAPER

Come & see us for all of your -
MAGAZINES • NEWSPAPERS
LOTTO • STATIONERY
GREETING CARDS • GIFTS
GIFT WRAP

Thanks to everyone for the warm welcome!
 Ph: 0249 532 488



OPENING HOURS

Mon-Fri 6am-5.30pm
 Sat 6am-12pm
 Sun 6.30am-10am

NOW STOCKING
 Stiff, Sore & Sorry
 Tilleys Soaps
 & Diffusers

SUGARLOAF ACCOUNTING

For all your
TAXATION, ACCOUNTING & FINANCIAL SERVICES
 ABN 67 468 687 116

- PROMPT TAXATION RETURNS**
- GST SUPPORT & ADVICE**
- FULL BUSINESS ACCOUNTING**
- CONCISE BOOKKEEPING**
- PERSONALISED FINANCIAL PLANNING**

*Superannuation, Investment, Retirement
 Life Insurance, Centrelink, General Advice*

INDIVIDUALS & BUSINESSES ALL WELCOME

Friendly Personalised Service Guaranteed
 After Hours Appointments Available
 Competitive Rates

ENQUIRIES & APPOINTMENTS

(02) 4955 3350

Carrington Street, WEST WALLSEND 2286

Sugarloaf Accounting is an accredited member of the National Tax & Accountants Association

Insight Wealth Planning Pty Ltd is a Corporate Authorised Representative of GPS Wealth Ltd ABN 17 005 482 726 AFSL 254 544

www.insightadvice.com.au
contact@insightadvice.com.au

Return & Earn at

West Wallsend Workers Club





SCHOOL OF HUMANITIES AND SOCIAL SCIENCE SHARE THE DIGNITY FUNDRAISING EVENT

The School of Humanities and Social Science at the University of Newcastle held a fundraiser for Share the Dignity on 21 May 2019. Money raised went to Share the Dignity and products donated were sent to Sugarvalley Neighbourhood Centre as an official Share the Dignity collection partner.

Associate Professor Trisha Pender discussed the importance of the work the school does on violence against women, in particular through the work of the '16 Days of Activism to End Violence Against Women'. Dr Xanthe Mallett talked about her work with victims of domestic violence as a forensic criminologist. Dr Mallett also discussed the importance of the next generation of workers in the fields that work with domestic violence survivors being engaged in ground-roots movements as well as being informed academically.

Professor Catharine Coleborne as Head of School discussed the importance of looking at the impacts of domestic violence on all of us as people, noting the way the university as a whole and the School of Humanities and Social Science in particular are working both academically and practically to address these issues.

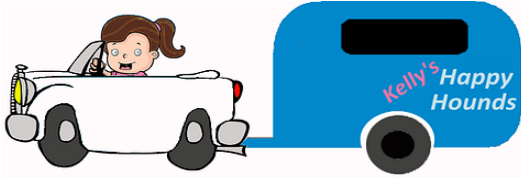


Commonwealth Bank Donation

Sugarvalley Neighbourhood Centre was honoured to receive a \$500 donation from employees at the Commonwealth Bank Callaghan University Of Newcastle branch as part of their community donation program. It's part of a nationwide community donation program for the bank, which has pledged \$500,000 to recognise organisations that make a difference in their communities.

Each Commonwealth Bank branch and customer-facing team has been allocated \$500 to donate to causes important to their local community. Commonwealth Bank's Callaghan branch team voted to support the great work of our centre.





Kelly's Happy Hounds

All types of grooming, we come to you!

Ph: 0406 265 345



It's not just a religion... It's a *RELATIONSHIP*



Cameron Park Fellowship
Meeting at Cameron Park Community Centre
107 Northlakes Drive, Cameron Park

Join us each Saturday.

10am – 12pm Worship
12 – 2pm Lunch & Fellowship

For more information please call 0409 592 799



ZUMBA WITH ROB



West Wallsend Community Centre

Tuesday 6.30-7.30pm ZUMBA

Thursday 9.30-10am ZUMBA TONING

Thursday 10-11am ZUMBA

\$10 hour class

\$5 class visit \$40

0413881659

Zumba is fun and designed for all ages,

young and young at heart

65 Carrington St
West Wallsend



West Wallsend

PARENTS AS TEACHERS SUPPORTED PLAYGROUP



A GROUP FOR MUMS, DADS OR PARENTS TO BE

ARE YOU A PARENT WITH YOUNG CHILDREN ?



- ⇒ Meet other parents
- ⇒ Share a morning tea together
- ⇒ Make toys from everyday items
- ⇒ Have fun playing with your child
- ⇒ Be welcomed in a supportive environment



10.00am—12.00pm

Every Monday School Terms

For more information contact

Sherrie on 49545277 and Jacqueline on 49226511

Sugarvalley Neighbourhood Centre (02) 4953 1667
65 Carrington Street West Wallsend

WEST WALLSEND

COMBINED

PENSIONERS ASSOCIATION

Become a member and be kept informed of the many changes that have an effect on persons receiving pension payments, their welfare and quality of life particularly in the present economy

Benefits Include

Friendship Pension and Health Information

Social Events

Access to Government Departments

Through the Combined Pensioners and Superannuates Association

Day Tours and Holidays Contact the Secretary 0402 055 835 for an application form

MJP Mechanical

NOW OPEN

Wade Hawes
7 Withers Street
WEST WALLSEND (West Wallsend Service Station)
0426 272 447
mjpmechanical@gmail.com

All Mechanical Needs
Car Service from \$199

Blue Bells

Take Away

Open 6 Days

Tue - Sat 10:00 am – 7:30 pm

Sunday 10:00 am – 3:00 pm

Monday - Closed

68 Carrington Street

West Wallsend 2286



West Wallsend Swim Centre

Indoor heated 25m pool open all year round

Extensive learn to swim programs for all ages

Coaching & style correction for competitive





OzHarvest is Australia's leading food rescue organisation, collecting quality excess food from commercial outlets and delivering it directly to more than 1000 charities supporting people in need across the country.

Available every Friday at Sugarvalley Neighbourhood Centre



Why Plan it youth?

Plan-it-youth offers young people the opportunity to plan for their next step into education, training or employment. A mentor can assist this process by offering their experience, support and guidance on a one-on-one basis.

Become a mentor

All it takes to be a Plan-It Youth mentor is a commitment to spend approximately two hours a week in a school-based mentoring program at West Wallsend High.

To support you as a mentor, Plan-It-Youth offers a free one-day training program with an accredited trainer. The skills you gain will be invaluable to you as a mentor and may also prove to be useful in other areas of your life.

For further information, contact the PIY team leader Bob Broadfoot
rbroadfoot6@bigpond.com



NOW OPEN 7 DAYS


Weekend Breakfast

Omelette	-	\$15.00
Bacon, Baby Spinach, Onion, Sun Dried Tomatoes, Cheese		

Breaky Wrap	-	\$12.00
Bacon, Baby Spinach, Onion, Sun Dried Tomatoes, Cheese		

Breaky #1		\$10.00
Bacon, Eggs, Toast		

Breaky #2	-	\$15.00
Bacon, Eggs, Tomato, Mushrooms, Turkish Toast		



Drink

TOOHEYS

Happy Days

\$4.50
SCHOONERS

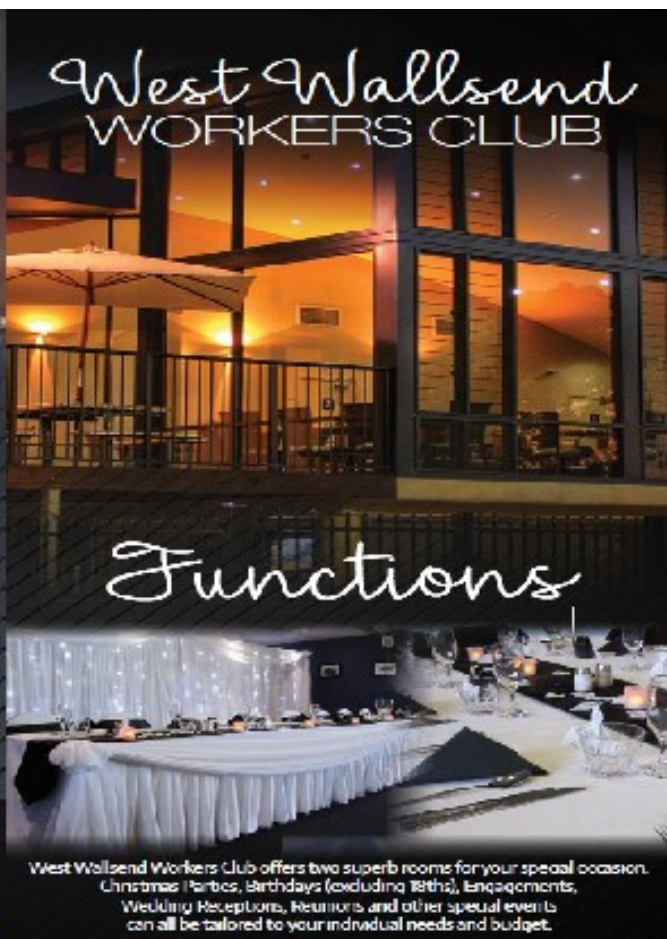


Tooheys New, Old,
Iron Jack, Extra Dry,
XXXX Gold & Hahn Light
9am to 6pm
EVERY DAY

*West Wallsend Workers Club practises the responsible service of alcohol
**West Wallsend Workers Club practises the responsible service of alcohol

WEST WALLSEND WORKERS CLUB
53 Camington St, West Wallsend
Phone 4953 2920 info@www.wwc.com.au www.wwc.com.au
Find us on Facebook: Westy Workers
NSW 84 001 002 101

TAB **KENO**



West Wallsend WORKERS CLUB

Functions

West Wallsend Workers Club offers two superb rooms for your special occasion. Christmas Parties, Birthdays (excluding 18ths), Engagements, Wedding Receptions, Reunions and other special events can all be tailored to your individual needs and budget.



Play

MEMBERSHIP DRAWS

FRIDAY NIGHT MEMBERSHIP DRAW
Win up to \$6,000
Drawn before or after the raffle, determined at random on the night.
LTFS/19/03162

SUNDAY LUNCH MEMBERSHIP DRAW
Win up to \$4,000
Drawn before or after the Sunday Lunch Raffle, determined at random on the day.
LTFS/19/03161

BINGO

TUESDAY
From 10.30am - Great prizes including Club Cash, Vouchers & Meat Trays - Courtesy Bus available

RAFFLES

FRIDAY RAFFLE
Tickets on sale from 6pm - Drawn 7pm

SUNDAY NIGHT RAFFLE
Tickets on sale from 5.30pm - Drawn 6pm

KING OF THE CLUB. WIN UP TO \$5,200!
Receive one entry for every \$10 worth of raffle tickets purchased in the Sunday Night Raffle. If your name is drawn, choose the King of Clubs from the board to WIN!
Jackpot starts at \$100 and increases by \$100 each week if not won.

COURTESY BUS
Servicing a 5km radius of the Club
Wednesday to Sunday from 6pm



Eat

REEDS BY THE Creek

TUESDAY TO SUNDAY
\$10.50 LUNCHES

TUESDAY NIGHT
SELECTED BURGERS \$13

WEDNESDAY NIGHT
\$15 SELECTED MEALS
Includes chicken ranch salad, beef, cheese & bacon burger, crumbed chicken & coleslaw burger, bangers, mash & veg, battered hoki, chicken breast and vegetable crepe.

THURSDAY NIGHT
\$13 CHICKEN SCHNITZEL
Includes chips and salad or vegies plus your choice of gravy or Dianne, pepper, mushroom or creamy garlic sauce.

SUNDAY LUNCH
\$12 ROAST OF THE DAY

KIDS EAT FREE TUESDAY TO THURSDAY
Kids 12 and under
1 kids meal for every main meal (over \$15)
Not available for takeaway

Sweet Yarns



When: Weekly

Where:

Sugarvalley Neighbourhood Centre
65 Carrington Street West Wallsend

Cost: FREE

Like us on Facebook for updates and times



Contact:

Lauren or Jena (Goodstart) 49567311

Angela (Wandiyali) 4954 5174

Michelle (Sugarvalley) 49531667



Sweet Yarns is a free play group collaboration between local services – Wandiyali Childcare, Goodstart Glendale, Sugarvalley Neighbourhood Centre and takes place at the Sugarvalley Neighbourhood Centre. The program is planned and run by qualified educators and community development workers who have had many years' experience and are parents themselves. Each week we will come together at Sugarvalley to have a yarn, make friends and learn through play.



Ever wondered how to help your kids learn?

Do you feel like no-one showed you how to learn?

Come along to a LEARNING UNLEASHED workshop

Rediscover your hopes and dreams about learning and education for you and your children... it's never too late!

Sugar Valley Neighbourhood Centre and
The Family Action Centre
are seeking community interest in running a *Learning Unleashed* workshop at West Wallsend.

This fun 1.5 hour FREE workshop will:

- draw on the expertise and strengths of carers and parents
- provide information about brain growth
- show you how to support children develop the best mindset for learning
- discuss the role carers and parents play in a child's approach to education

Light refreshments provided! Child friendly!

Learning Unleashed is an activity of the Uni4You Project
The Family Action Centre, UON

To find out more or to express interest, please contact:
Kathryn Puckeridge at The Family Action Centre
0437 446 509
Kathryn.Puckeridge@newcastle.edu.au



or

Sophie Dougherty at Sugar Valley Neighbourhood Centre
4953 1667
Sophie@sugarvalleync.org.au



Proudly supported by

NEWCASTLE PERMANENT
**CHARITABLE
FOUNDATION**

Includes
Temperature
regulated fridge

Make your next fundraiser or community event sizzle with the Sugarvalley Neighbourhood Centre BBQ Trailer



The Trailer is available for hire to all Non Profit Orgs and Groups. Please contact Michelle for booking details, fees, terms and conditions
manager@sugarvalleync.org.au or on 49531667

Pink Meets Teal

West Wallsend Junior Rugby League is hosting
"TEAL TOES FOR OVARIAN CANCER"

Les Wakeman Oval West Wallsend

20th of July 2019

Starting from 8am

Each team will play in teal socks showing support for Ovarian Cancer.

There will be raffles on the day

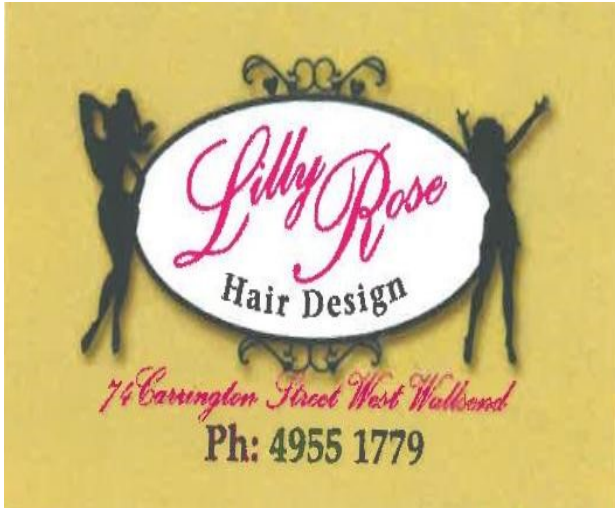
With many prizes to be won

Tickets are \$2 each or 3 for \$5

Come and help raise much needed funds for a great cause.



All Money raised will be donated to Professor Nikola Bowden Ovarian Cancer Researcher at HMRI



Men's Cuts \$20
 Ladies from \$30
 Eyebrow Wax \$10
 Lash Tint \$15

PETE'S MOWING



Local bloke
 Attention to detail
 Cheap rates
 Pensioner discounts
 Phone today 0423 944 886

Boho Clothing & Homewares located at
 8/8 Withers Street West Wallsend

www.sondernwonder.com

Naomi Moore BHSc(N&D) APD AN
 Consultant Dietitian

- All Medical Nutritional Needs
- Diabetes
- Weight Loss
- Bulk Billing with EPC
- Veterans Welcome



Ph: 49 532 532 Mob: 0410 547 048
 Email: naomithedietitian@bigpond.com

Tired of FAD diets?

Come in for personalised advice with Naomi who is our experienced and friendly dietician.

Consultations can be bulk billed with an Enhanced Primary Care plan (EPC)

Bulk billed groups for people with type 2 diabetes are starting soon.

Hunter Homeless Connect Day



Wednesday 7th August 2019

9am-2pm

Newcastle Showground Exhibition Centre
Brown Rd, Broadmeadow



Free transport passes to and from the event can be obtained from most community service providers.

**Are you experiencing homelessness?
Are you doing it tough and at risk of
homelessness?**

Extras include free...

Warm blankets, haircuts, eye testing, massage, toiletries packs, food and drink as well as entertainment and sporting activities all day.

Get help with...

- Housing assistance & registration
- Legal & financial problems
- Electricity/gas bills
- Employment/study
- Domestic issues
- Drug and alcohol issues
- Health screening
- Immunisations
- Staying connected with family

info@hunterhomelessconnect.org.au

SILENT AUCTION

Our friends at New Heights Christian Church have donated this beautiful handmade quilted blanket, which we are auctioning off in a SILENT AUCTION format as a fundraiser for our centre. Please come in to place your bid or send it through to us on a private message. All bids must be in by 1pm on Monday 5th August.



Contacts Help Advice Talk Confidential Information

LIFELINE

13 11 14

24 hrs/7 days—crisis support +
suicide prevention.

If you are thinking about suicide or
experiencing a personal crisis

MENSLINE AUST

1300 789 978

24 hrs/ 7days

Professional telephone and online
counselling, information and
referral service for men

LINK2HOME

1800 152 152

24hrs/7 days

Refers people to specialist
homelessness housing services and
other support services. Can provide
temporary accommodation.

JENNY'S PLACE

49296289 (Option 1)

A Safe and Supportive Place for
Women and Children who are
experiencing domestic violence or
are homeless. Includes emergency
Accommodation and Assistance.

NO INTEREST LOANS SCHEME

1800 509 994

Loans to purchase essential
household items to individuals on a
low income

POSTNATAL HELP

**Perinatal Anxiety and Depression
Australia Helpline**

1300 726 306

9am-7.30pm Mon-Fri

HEADSPACE

4929 4201

Providing early intervention mental
health services to youth, along with
assistance in promoting young
peoples' wellbeing, mental health,
physical health, work and study

CENTRELINK

Aged Pension **13 23 00**

DSP/Carer Benefits **13 27 17**

Family Assistance **13 61 50**

AWABAKAL

1800 292 225

Providing primary health care, aged
care, children and family services to
Aboriginal people