

NEWSLETTER



Sugarvalley Neighborhood Centre Newsletter

February /March 2019



Family &
Community Services
Community Services

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.



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

Ph: 4953 1667

www.sugarvalleync.com

We are so excited to launch our new website and give you all the information you could possibly need at your fingertips!

www.sugarvalleync.org.au

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



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

**NEED
HELP?**

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

In This Issue

- You're Kidding me Expo
- Free BBQ Trailer Hire
- Bills Day
- Youth Week 2019
- ANZAC DAY 2019

How can *we help you?*



- Faxing, photocopying, scanning, printing, laminating, folding machine, internet & email access.
- Meeting/group lounge area, classroom hire, coffee making facilities.
- Washing machine for free use.
- Resume & cover letter help.
- Information, Referral & JP service.
- Assistance with Centrelink, Department of Housing and other government agencies.
- Hire of hall & rooms for functions & events.

what's on

- Playgroup Mondays 10:00-12:00 at the Centre. Free
- Sweet Yarns Playgroup Every Tuesday at the Centre
- MP Clayton Barr by appointment only on **4991 1466**.
- Oz Harvest & Second Bite Weekly food donations— Friday.
- Book Library Free book library, DVD's and Board Games
- Financial Counselling We have a financial counsellor who can come out to our Centre.
- Clothing Pool We have access to a children and adults clothing pool. If you would like to donate clothes, or need some children's or adults clothes please don't hesitate to drop in!
- Zumba exercise classes Tuesday evenings, Thursday mornings, call Robyn for all enquiries 0413 881 659

AVAILABLE TO USE



Washing Machine



Shower
**AVAILABLE TO USE,
FOR FREE!**



Anzac Day is one of Australia's most important national days of commemoration and is observed on 25 April each year. Anzac Day marks the anniversary of the first major military action fought by the ANZACs (Australian and New Zealand Army Corps) at Gallipoli in Turkey in 1915, during WWI.

However, the importance of Anzac Day goes beyond the anniversary of the landing on Gallipoli. It is a day to reflect on the sacrifices made by service women and men of both Australia and New Zealand who have participated and died in all wars, conflicts, and peacekeeping operations and to send our thanks to those currently in service.

The West Wallsend's war memorial – which features a statue of a Digger affectionately known as Old Snowy – was packed this ANZAC day as



people gathered to march, lay a wreath and pay their respect.



West Wallsend High School & Community Museum

Situated in the West Wallsend High School

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

Open: 10am to 2pm Wednesdays during School Terms Special Opening times can be arranged. Contact the School office on: **49053211**

Procedure on arrival: Report to the High School

Displays: Include domestic, commercial, mining, historical photos

Research aid: Photographs maps, histories and much more

Entry: A gold coin donation is always welcome.

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

"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 Tennis
Membership, Coaching & Court hire also
senior monthly bus trips!
Phone Fay: **4953 2852**



Approachable Agents With Local Knowledge

Contact Drew Page Real Estate
0475304017

7/6 Withers Street West Wallsend (Next to IGA)

Open from 9am to 7pm
7 Days a week

Agents that build relationships with care and honesty.

Follow us on Facebook and Instagram



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 * Great Coffee

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



Proudly supported by

NEWCASTLE PERMANENT
**CHARITABLE
FOUNDATION**

**FREE
HIRE**

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



Terms & Conditions Apply

**Contact Sugarvalley Neighbourhood Centre on
49531 667 for further details and to book**



NEW HEIGHTS CHRISTIAN CHURCH

Impacting lives with the love of Jesus

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

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 .
- **Cherish** - fortnightly women's gathering for coffee ,chit chat and devotions
- **Mens breakfasts** – meeting now and again for great food and chats
- **Soccer Competition** – Mens and Womens teams - season runs from March to August
- **Celebrations and Participation in Community Events** -
Clean Up Australia Day, City Serve, Easter Camp at Tahlee,
Sunday School Picnic , Garage sale and other events
throughout the year

Join us on this journey of life as we share together what it means to live in this world with all its wonder , diversity and complex issues whilst exploring how we can all work towards becoming fully devoted followers of Jesus.



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 Neighborhood Centre 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 Neighborhood Centre,
65 Carrington Street West Wallsend



You're kidding me expo

*The biggest child and family
expo in the Hunter*



Wednesday 15 May
9.30am-12.30pm
Event Cinemas Glendale



lakemac.com.au



The You're Kidding Me Expo is back for its seventh year in Lake Macquarie. The Expo brings together children and family services from all around Lake Macquarie and the Hunter Region.

Discover the variety of programs, resources and services that parents and families can access in Lake Macquarie.

From car seat checks, to speech screening assessments, to child development assessments and everything in between, the You're Kidding Me expo has it all. We've even got a kid's entertainment zone to keep the little ones happy.

Event details

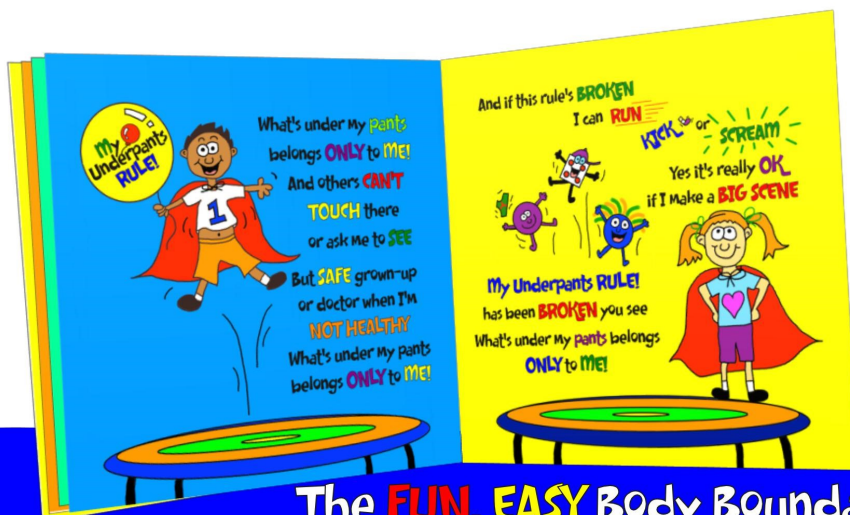
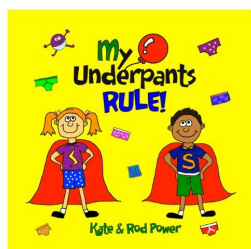
Date: Wednesday 15 May 2019

Time: 9.30am-12.30pm

Location: Event Cinemas Glendale, Stockland Drive, Glendale

Program of events

Time	Activity
9.30am	CPR for babies
10.10am	Nutrition for new mums
10.30am	Music with Julie Logan
10.50am	Reptile show with Wetlands on Wheels
11.20am	Yoga for parents and kids
11.40am	Energy savings for your house
9.30am-12.30pm	<ul style="list-style-type: none"> Free car seat checks Free child development assessments with First Chance Free face painting with Bunnings Free speech screening assessments with Early Start Speech Access to NDIS services, child development and parent support Meet your local neighbourhood centres Kids entertainment area and workshops Free gross motor milestones check with Family Chiropractic Charlestown



**International
Best-Seller!**

The **FUN, EASY** Body Boundaries Book (with no dark stuff)

A fun, easy way to teach children how to protect their private parts. Using a superhero theme, colourful illustrations and child friendly humor, it helps parents/carers/educators gently and effectively teach children their

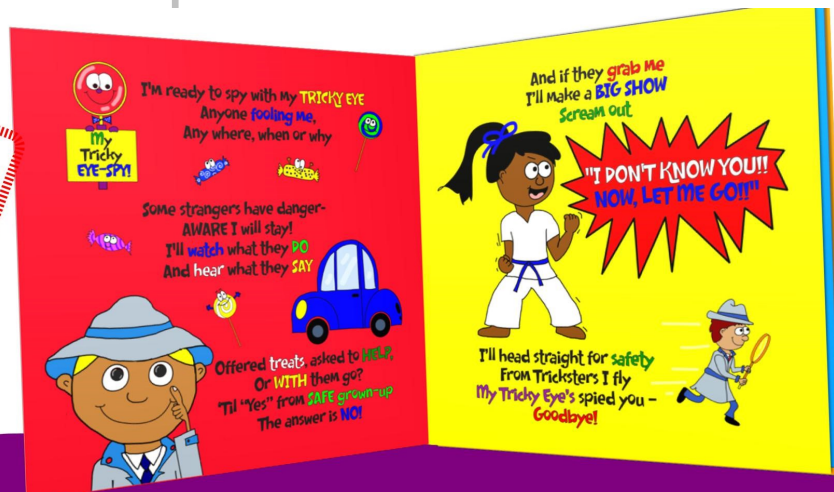
Teaching kids to protect themselves is CHILD'S PLAY!!

Through rhyming language, colourful illustrations, child-friendly humour and a fun themes, these books make learning about the tricky subject of personal protection FUN for kids and EASY for parents.

BOTH BOOKS AVAILABLE AT SUGARVALLEY NEIGHBOURHOOD CENTRE

My Tricky EYE-SPY! is a fun, engaging stranger danger awareness book aimed at 3 to 8 year old's that teaches children to be confidently aware of Tricky Stranger behaviour

NEW!



The **Stranger Danger Awareness Book!!!**



**MELANIE'S
BEAUTY STUDIO**

Your Beauty, Your Way

T: 0423 383 934

Shop 5, 8 Withers Street, West Wallsend

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
Gel Hands	
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
Gel Toes	
Gel Polish Overlay colour	\$40
Gel Polish Overlay French	\$50
Buff and Polish colour	\$20
Buff and Polish French	\$30
Deluxe Manicure	
Hand soak, cuticle treatment, exfoliate, mask, hand and 1/2 arm massage with buff/shape nails and polish of your choice	\$40
Deluxe Pedicure	
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

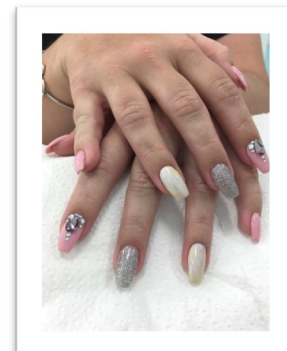
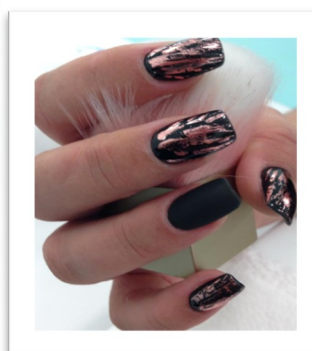
Lip	\$15
Chin	\$15
Lip and Chin	\$25
Lip, Chin and Brow	\$35
Sides of face	\$20
Nose	\$10
Ears	\$10
Underarm	\$20
Basic Bikini	\$25
1/2 leg (upper or lower)	\$30
3/4 leg (above knee)	\$35
Full leg	\$45
1/2 arm (to elbow)	\$25
Full arm	\$35

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 lipgloss. **\$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



25 FEBRUARY TO 26 MAY 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, cordial and plain milk containers are generally not eligible. If a container isn't eligible for a refund, please use a recycling bin.



Liquid
paperboard
(cartons)



Aluminium
and steel



Glass



Plastic

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

Mates Place



Member run

Low cost lunch

Men's Social Group Warners Bay

*All men
welcome*



*Bring your
ideas*

Mateship • Inclusion • Support

Food, Chat, Activities, Outings, Movies, Games, etc.....

When: Last Friday morning of each month (usually around 11am)

**Where: Various locations based on activity...or
Warners Bay Baptist Church, 64 Queen Street, Warners Bay**

**For details please call Ph: 4947 4325 (if unanswered please leave a message)
or email foodnfrienship@gmail.com**

Supported by - Warners Bay Baptist Church



**food
&
friendship**





Second Bite

food for people in need

**Available every
Friday at Sugarvalley
Neighbourhood Centre**

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.

The Curly Curl Hairdressing Salon

55 Carrington Street West Wallsend
(next to the workers club)

OPENING HOURS
as of Oct 1st 2017

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

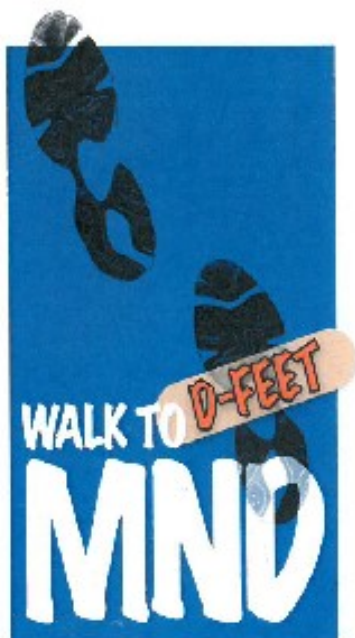
All our services are at a reasonable rate.

Please call for a Quote

Phone: 4953 2623 Mobile: 0425 221 149

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

**Curves at the Point,
171 Main Road Speers Point
0408774904 join today!**



Join us for our
Walk to d'Feet
Motor Neurone Disease
Hunter

Sunday, 26 May 2019
10am Start
Speers Point Park
Creek Reserve Rd, Speers
Point

The Walk is a 5km round route
returning to Speers Point Park

The Walk is wheelchair, stroller
and dogs on lead friendly
Register your pooch to receive a
MND Dog Bandana

Proudly supporting

Pre-register online
Before 21 May, 2019
For early bird
discounts
www.mndnsw.asn.au

Or register on the day
at a higher rate



For further information
Call 1800 777 175
Or email kymn@mndnsw.asn.au





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

SUGARLOAF ACCOUNTING

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PROMPT TAXATION RETURNS
GST SUPPORT & ADVICE
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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

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

Find us on:
facebook

NOW STOCKING
Stiff, Sore & Sorry
Tilleys Soaps
& Diffusers

OPENING HOURS

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

Return & Earn at West Wallsend Workers Club





NSW YOUTH WEEK **NSW Youth Week 2019**

Youth Week began as a NSW Government initiative in 1989, and has since grown to be a celebration of young people in every state and territory across the country.

It is organised by young people, for young people, in communities across NSW and Australia. Following the success of the NSW Youth Week program, Youth Week became a National event in 2000. National Youth Week is jointly supported by the Australian Government, State and Territory Governments and Local Governments.

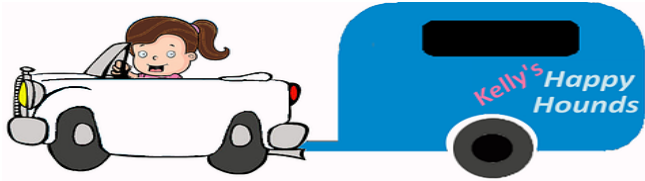
National Youth Week is an opportunity for young people to:

- share ideas
- attend live events
- have their voices heard on issues of concern to them
- showcase their talents
- celebrate their contribution to the community
- take part in competitions
- have fun!



We celebrated Youth Week by inviting local Art Therapist Lucy Butler to help the Youth of West Wallsend and surrounds to create a large mural painting which reflects as youth, what it means to be young in the West Wallsend area. Check out the finished piece! We think they have done a great job.





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

65 Carrington St
West Wallsend



Zumba is fun and designed for all ages young
and young at heart

New Sensory Tee-Pee Tent at Sugarvalley Neighbourhood Centre

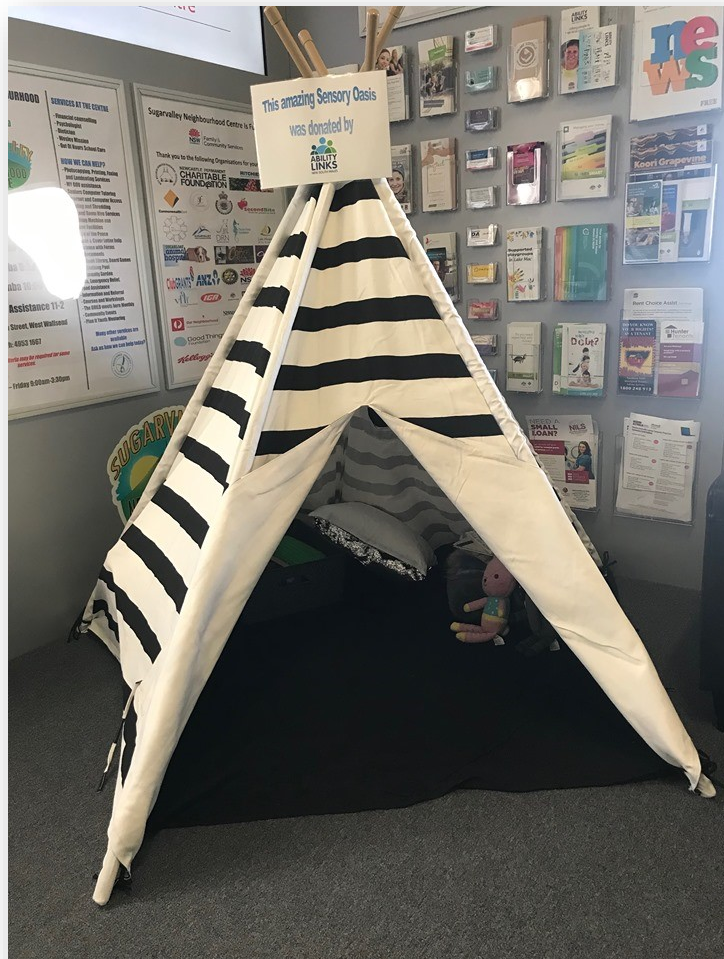


Sugarvalley Neighbourhood Centre has a new resource to help make it more appealing and accessible for all members of the community.

Thanks to Ability Links NSW, the centre has a special tee-pee set which is aimed at helping those who have sensory processing barriers.

The tee-pee, filled with special items is a “sensory oasis” and provides a quiet, safe haven for people with sensory processing barriers.

As well as providing a useful resource, the oasis can help create awareness in the local community about disabilities such as Attention Deficit Hyperactivity Disorder, (ADHD) autism spectrum disorders, anxiety and Opposition Defiance Disorder (ODD).



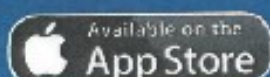
Download now...

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



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

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

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

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

Phone: 02 4953 2849



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

Swimming Aqua fitness classes for all levels

School groups catered for





Energy & Water
Ombudsman NSW

Free Bring Your Bills Day

The Sugarvalley Neighbourhood Centre, in conjunction with the Energy & Water Ombudsman NSW and Hunter Water, held a free **Bring Your Bills Day** to help consumers with their energy and water bills. It was a fantastic opportunity for locals to bring along their bills and any concession cards to get help with rebates, payment assistance, contracts, billing errors, energy saving tips and more.





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

Breaky #3 \$15.00

Eggs, Baby Spinach, Tomato, Mushrooms, Turkish Toast

Drink

TOOHEYS
Happy Days



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

*West Wallsend Workers Club practises the responsible service of alcohol

WEST WALLSEND WORKERS CLUB
53 Carrington St. West Wallsend
Phone 4953 2920 info@wwwc.com.au wwwc.com.au
Find us on Facebook: Westy Workers
ABN 84 001 052 651

TAB



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.

Eat



RESTAURANT UNDER NEW MANAGEMENT

REEDS BY THE
Creek

**FREE LIVE MUSIC
EVERY TUESDAY**

West Wallsend Workers Club, home of Steel City Country Music Club
from 6pm in the Auditorium

1st Tuesday of the month	STONEY CREEK
2nd Tuesday of the month	PATCHWORK
3rd Tuesday of the month	FOOTLOOSE
4th Tuesday of the month	THE BARNSELY BOYS
5th Tuesday of the month	PATCHWORK



EVERY THURS NIGHT AT 6:30 IN THE AUDITORIUM!
STARTS THURSDAY 1 FEB

Bring the family for a fun night of entertainment and great prizes.
Reed's by the Creek open from 5:30pm for dinner.

See you there!

KING OF THE CLUB

Starts Sunday 22 April

Buy \$10 worth of Sunday evening
raffle tickets to get one entry.
Choose the King of Clubs to WIN!
Starts at \$100 and jackpots by
\$100 each week if not won.

WILL IT BE YOU?

LTPS/18/24063



**\$10.50 LUNCH
MEALS**

TUESDAY – SUNDAY 11.30-2PM

New look Wednesday Raffle

**BANG FOR YOUR
BUCKS**

12 Meat Trays + 15 Mystery Prizes

Pin it to win it... but watch out for the booby prize!



Healthy Eating and Hygiene Classes 2019

Our Healthy Eating and Hygiene classes have finished for this term.

It has without a doubt been one of the most popular programs run here at Sugarvalley Neighbour Hood Centre. We are hoping to run more in the future. Follow us on our Facebook Page for details

Recipe of the week

Vietnamese Pork Tacos

Serves 4-6



This is a quick, easy and tasty variation from your normal beef or chicken tacos.

Ingredients:

500g Pork mince

½ Cup Hoisin sauce

½ Cup Sweet soy sauce

3 Tsp Minced garlic

Lettuce (shredded)

Shallots (chopped)

Cucumber (de-seeded & cut into strips)

Carrots (grated)

Wraps

Chilli (chopped) optional

Lime juice or lime wedges

Aioli

Directions:

Heat frypan over medium heat, spray lightly with oil.

Place pork mince in frypan cook.

Add garlic, hoisin sauce, sweet soy sauce and heat through.

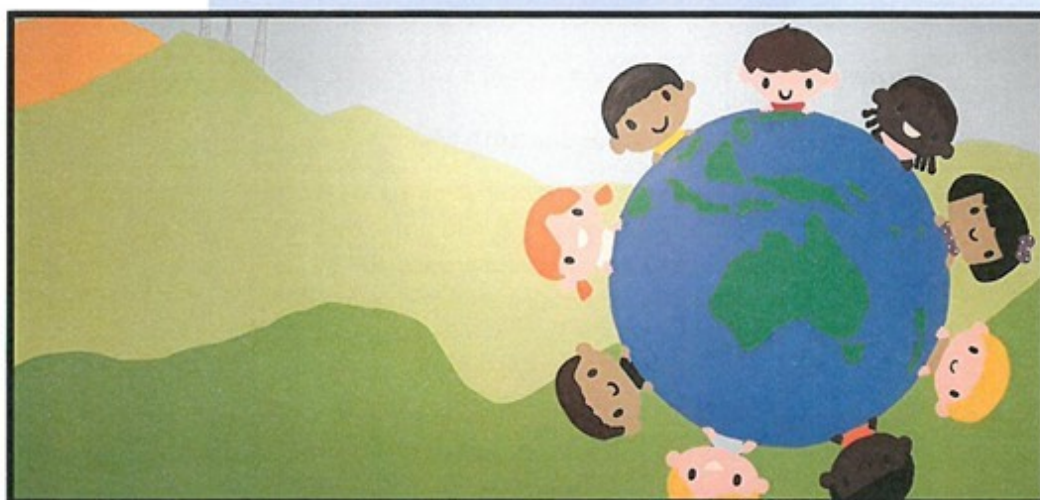
Prepare salads, heat wraps and serve.

Variations:

Pork fillet, rolled pork, beef, chicken (cooked in slow cooker, just separate the meat with a fork once cooked – pulled meat), tomato, onion, coriander, cheese, coleslaw.



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.



Underprivileged children in the West Wallsend, Cameron park local areas will have new uniforms to wear to school thanks to the generosity of the Cameron Park Fellowship Church Community.

For many families starting school is often welcomed with mixed feelings. Many children from comfortable homes are excited about the prospect of going back to school with new uniforms. However, for some children and their families, it ushers in another nightmarish school year characterised by potential ridicule from their peers as they strive to replace their worn-out uniforms.

One in six Australian children and young people are growing up in poverty, where even the bare necessities are hard to come by. In a family where there is no regular income, money goes on food, rent and bills. Finding money for a school uniform, proper shoes, textbooks or the next school excursion is often impossible. Through no fault of their own, these disadvantaged children are struggling at school because they don't have what they need to fit in, catch up or keep up with their peers. This can lead to bullying and exclusion.

If students don't have the right uniform, or they don't have all the right school supplies or can't participate in excursions, they can feel like they don't fit in and don't want to be attend. It can have a really devastating impact on their education and self-esteem.

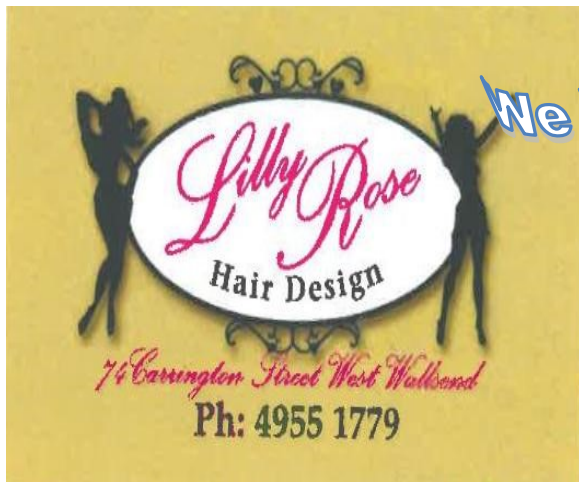


Sugarvalley Neighbourhood Centre and Cameron Park Fellowship Church embarked on a Uniform Drive to benefit those children at West Wallsend High School who are unable to get new uniforms or even second hand uniforms. Cameron Park Fellowship Church Community donated over 100 school uniform items including Polo Tops, Hooded Jumpers and socks.

We are sincerely thankful to the Cameron Park Fellowship Church for not only their generosity and kindness but for putting smiles on the faces of these students. As a result these children will have new, clean, warm school uniforms.

We cannot underestimate the power a new school uniform can have on a student. It improves a child's self-esteem, their school attendance record, behaviour and class participation. It also reduces the rate of illness in the winter months and ensures they feel a part of the school community.

Cameron Park Fellowship have also assisted us with our "2018 Christmas Toy Drive" we are extremely grateful for the generosity and care that the Cameron Park Fellowship and Sanitarium have given to our Community.



*We have moved
Next door*

Mens Cuts \$20
Ladies from \$30
Eyebrow Wax \$10
Lash Tint \$15.

74 Carrington Street
West Wallsend

Ph: 4955 1779
0434 022 462

PETE'S MOWING



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Email: naomithedietitian@bigpond.com

Tired of FAD diets?

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

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

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



Emergency Relief Assistance

This information sheet has been put together by the Sugarvalley Neighbourhood Centre and is current as of 1/12/16

Due to services changes and funding, some services or emergency relief may not always be available.

Please note also certain agencies can only help those in their geographical area of service. Thank You.

AGENCY	DETAILS
WESLEY MISSION Ph: 4915 3600 15 Denison St, Newcastle	Food, electricity, petrol, scripts & clothing vouchers. Financial Counselling. Referral to other Wesley Mission products like housing and family/ youth assistance.
FOOD & FRIENDSHIP Ph: 4947 4325, 66 Queens St Warners Bay Mon, Thurs, Fri 9am-2pm	Low cost fresh and packaged goods to healthcare, pension card holders and centrelink payment recipients. Tearoom and Fri activities
SALVATION ARMY Ph: 4940 0011, 67 Cleary St, Hamilton Salvos Connect: 1300 371 288	Food, electricity + gas, land rates, water rates, financial counseling, personal counseling, budgeting. Referrals to other Salvation Army services.
SAMARITANS 16 York Street, Teralba Ph: 4958 9777 Mon, Tues & Fri 10.00 - 12.00 8/163 Brighton Street, Toronto Ph: 4959 7857 Tues and Fri 9:30am-12pm 1pm-3pm	Food, electricity, petrol & phone vouchers. Food parcels. Referrals to other Samaritans services.
TORONTO ASSISTANCE CENTRE Ph: 4959 6588 Mon 9-1, Tue 9-4, Fri 9-4 192 The Boulevard, Toronto	Electricity & Petrol Vouchers. Food Pantry. Free bread two days a week. Counselling and a paralegal.
BAPTIST FOOD FOR LIFE STORE 124 South Street, Windale Ph: 4032 4807 Mon-Fri 10-3 58 Cowper Street, Wallsend Ph: 0478 409 612 Mon-Fri 9:30-3:00	Provides access to food services such as low-cost groceries and crisis food packs. <i>Pay a small donation and collect your groceries.</i>
SOUL CAFÉ Level 2/49 Hunter Street cnr of Watt st, Newcastle Ph: 4926 1758 BREAKFAST: Mon, Fri & Sat - 7:30am - 8:30am LUNCH: Mon, Tues, Wed & Thurs - 11:30am - 1:00pm LUNCH: Sun (Fortnightly) - 12noon - 1:00pm	Lunch & coffee daily. Access to services such as; legal aid, doctor, compass housing, centrelink, GA, Podiatrist, Mental Health Clinic who all do outreach to the centre.
MUM'S COTTAGE 29 St Helen Street, Holmesville Ph: 4953 4105 Mon-Fri 9:00-4:00	Food parcels, access to clothing pool and household goods. Help with accessing NDIS (National Disability Insurance Scheme), Disability services, Parenting classes, Counselling, Advice, Advocacy, Respite
SUGARVALLEY NEIGHBOURHOOD CENTRE 65 Carrington Street, West Wallsend Ph: 4953 1667 Mon-Fri 9:00-3:00	Oz Harvest food parcels and SecondBite Food parcels. SDRO work development order sponsors. No Interest Loans. Justice of the peace. Washing Machine use. Computer & Internet Access. Referrals. JP Service. Playgroup. Tea & Coffee facilities

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.

JENNYS 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