

# Sugarvalley Neighbourhood Centre Newsletter

## Christmas Update

If you are in the West Wallsend/ Cameron Park surrounding areas and need assistance this Christmas please call our office on 49531667 and we can try to assist you, for hampers please call before 1st Dec 2021.

The Centre will be closed from 20th Dec 2021 to the 7th Jan 2021

Merry Christmas!



## What's On

65 Carrington Street,  
West Wallsend NSW 2286

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

Phone: 02 4953 1667

Website: [sugarvalleync.org.au](http://sugarvalleync.org.au)

|                  |   |
|------------------|---|
| <b>Monday</b>    | <b>Parents as Teachers</b> (Playgroup Style Program)<br>10am to 12pm – FREE Partnership with the Canopy and Wesley Mission. |
| <b>Wednesday</b> | <b>Walking Group</b><br>10am Start – See office for details   |
| <b>Friday</b>    | <b>Oz Harvest</b><br>11am to 1pm – FREE - Food Assistance Program   |

- Computers, printing and photocopying, laminating and faxing
- Information and Referral
- Resume and Cover letter Help
- Free Library (books and games)
- Free washing machine/dryer
- Free shower facilities
- Community Garden/Chickens
- Rooms for Hire – Hall, Office Space and Function and Training Rooms available.
- Justice of the Peace Service

### By Appointment Services:

- Sugarvalley OOSHcare 0428 380 491 or 02 4938 0493
- Clayton Barr – MP 02 4991 1466
- Gerard Molloy – Psychologist 0421 022 075
- Naomi Malcolm - Dietitian 0410 547 048 or 02 4953 2532
- Financial Counsellor on request
- Amber Lavburn – Speech and Language 0417 026 246

Sugarvalley Neighbourhood Centre is funded by the Department of Community & Justice 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.

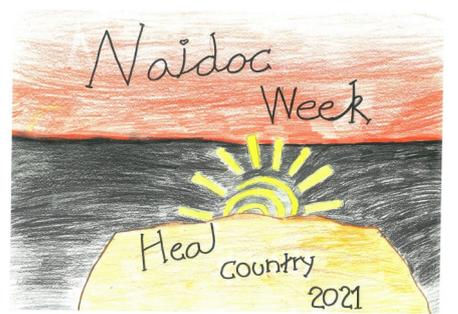
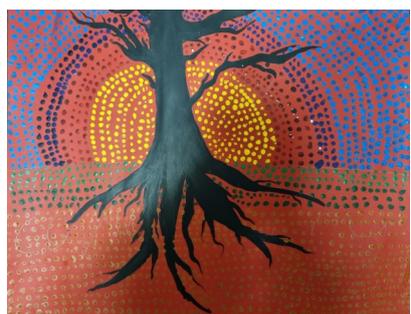
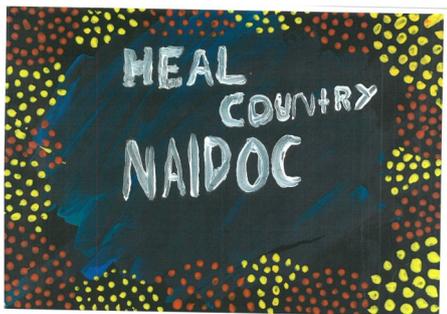


Communities  
& Justice

Find us on



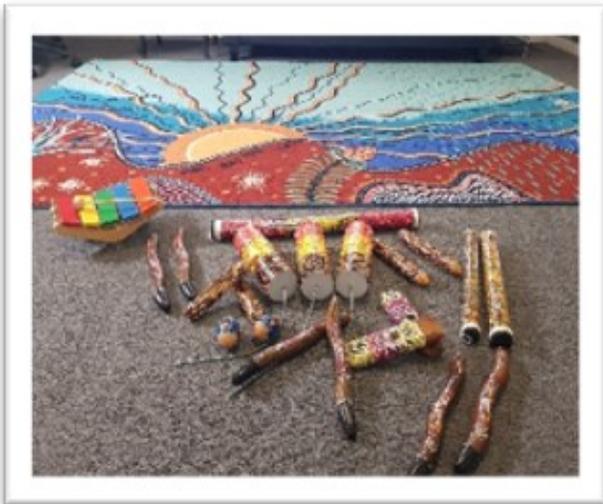
# West Wallsend High Artwork

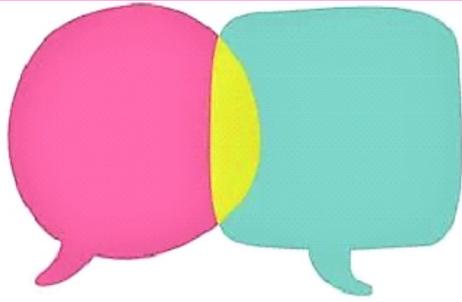


Sugarvalley Neighbourhood Centre acknowledges the Awabakal People, the Traditional Owners of our land and pay our respects to Elders past, present and future.

# NAIDOC

We have purchased some wonderful indigenous toys instruments and educational materials, we had to cancel our NAIDOC Event and hold a virtual event with Aunty Monica, we listened to some dream time stories, we drew a map using aboriginal symbols and played some music.





layburn

SPEECH & LANGUAGE

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

**SUGARLOAF**  
**animal**  
**hospital**

Layburn Speech & Language has opened a Speech Pathology clinic at Sugarvalley

*Amber Layburn*

- ◇ Registered for health funds, Medicare and is an NDIS Provider.
- ◇ Over 20 years experience
- ◇ Early communication development and late talkers
- ◇ Speech and language difficulties
- ◇ Stuttering
- ◇ Phonological awareness - building the foundations for literacy
- ◇ Difficulties with spelling, writing and reading comprehension
- ◇ Social communication skills
- ◇ Autism Spectrum Disorder
- ◇ Developmental delay and disabilities
- ◇ Please contact Amber on 0417 026 246.

For more information, also visit [layburnspeech.com.au](http://layburnspeech.com.au) or [www.facebook.com/](http://www.facebook.com/)

**All new**  
**CLASSES**  
**LIKE NO ONE ELSE'S.**  
FOR **women**  
JUST LIKE **you.**<sup>†</sup>

*Curves*

We are COVID safe! Edgeworth & Speers

Point Curves at the Point

171 Main Road Speers Point

0408774904 join today!

## Leisure and Social Groups

Group sessions are back on , currently these sessions are only for those double vaccinated. Roey is facilitating some of these groups as a placement for her leisure and health course.



FREE SOCIAL WALKING GROUP,  
DOGS ON LEADS ARE WELCOME

### SUGARVALLEY WALKING GROUP

Tues 23rd Nov  
Tues 30th Nov  
Tues 7th Dec  
Tues 14th Dec

Time - 10am  
leaving from - 65 Carrington Street  
West Wallsend

FOR INQUIRIES,  
CALL 02 49 531667  
OR EMAIL  
ROEY@SUGARVALLEYNC.ORG.AU

Please bring a water bottle and wear  
sunscreen, we will provide tea and coffee  
after the walk

JOIN OUR FREE **ART WORKSHOPS** WITH ROEY

ALL PARTICIPANTS MUST BE  
DOUBLE VACCINATED

THURSDAYS  
11 NOV  
18 NOV  
25 NOV  
2 DEC  
9 DEC

2 HOUR SESSIONS STARTING AT 10AM  
BOOKINGS ARE ESSENTIAL  
CONTACT THE SUGARVALLEY NEIGHBOURHOOD CENTRE  
ON 49531667 OR EMAIL ROEY@SUGARVALLEYNC.ORG.AU

NO EXPERIENCE NECESSARY. BEGINNERS ARE WELCOME  
THERE IS NO CHILDCARE AVAILABLE AND THIS GROUP  
IS FOR ADULTS OF ALL ABILITIES.  
ALL ART MATERIALS ARE INCLUDED (ACRYLIC AND  
WATER COLOUR PAINTS, BRUSHES, CANVAS, PAPER,  
TEXTAS, TERRACOTTA POTS

FREE TEA/COFFEE AND MORNING TEA INCLUDED

## Remembrance Day

Thank you John for hosting the Ceremony and to Leonie and Graham for assisting with the small service. The Remembrance Ceremony included the observance of a minute's silence at 11am and wreath laying.



## CWA East Maitland Donation

Helena is on the Committee of the HWA, she has given us free masks made by the women from the CWA, we have been handing them out to clients.



## 10 Year Celebrations

2021 marks a milestone of 10 years of service from our Gardening Volunteer Pete, Our Treasurer Bob and Michelle as the Manager at Sugarvalley.

We would like to thank Pete and Bob for supporting the Centre and myself through the past 10 years and congratulate them for 10 years of wonderful service to the community.



## Be Connected/Get online week Resin Class

We received a Grant from Be Connected and were able to use it to run a resin workshop, we showed a online presentation of how to use resin and the safety precautions, via a PowerPoint presentation and via You Tube.



## Share the Dignity Donations

We have received some women's sanitary products to give out to our community, thank you Share The Dignity!





## Open 7 days

|                |                   |
|----------------|-------------------|
| Monday         | 5:30am–3pm        |
| <b>Tuesday</b> | <b>5:30am–3pm</b> |
| Wednesday      | 5:30am–3pm        |
| Thursday       | 5:30am–5pm        |
| Friday         | 5:30am–7pm        |
| Saturday       | 8am–12pm          |
| Sunday         | 8am–12pm          |



**GERARD MOLLOY**  
Registered Psychologist

Located Upstairs at:

Sugarvalley Community Centre,  
65 Carrington St. West Wallsend

- **Family/Relationship Counselling**
- **Trauma Counselling**
- **Managing Anger, Anxiety and Depression**
- **Veterans Counselling**
- **Victims of Crime Counselling**
- **Mens Issues**

For Appointments: TRUDY (Admin.)

0421022075

Reg. NDIS Provider.



## Thank you Lake Macquarie Council

We received some funding from LMCC to provide a much-needed boost to community organisations on the frontline of the COVID-19 pandemic in Lake Macquarie.



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



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](tel:49531865)

## Parents As Teachers Supported Playgroup

Sugar Valley Neighbourhood Centre



Returning outdoors for 4 weeks during  
month of November 2021.  
10am - 11.30 am  
Monday 1st of November

Adults and eligible young people to have received full Covid-19 vaccinations.  
Playgroup to be held outdoors in back play area- weather permitting  
Masks required for anyone over 12 years  
QR check in required upon arrival  
Appropriate Health recommendations for sanitising and physical distancing  
to be followed at all times



Sherrie 0406342695

## PETE'S MOWING



Local bloke

Attention to detail

Cheap rates

Pensioner discounts

Phone today 0423 944 886



# LAKEMAC

## MINI EXCAVATOR HIRE

Small Yard Excavations

Wet & Dry Hire

Servicing the Local Area

# Paul Juhnke

# 0491126044

# West Wallsend WORKERS CLUB

# We're OPEN!

Check out our website,  
[wwwc.com.au](http://wwwc.com.au) or Facebook  
Westy Workers for info on  
current promotions and  
trading hours



WEST WALLSEND WORKERS CLUB

53 Carrington St, West Wallsend

Phone 4953 2920 [info@wwwc.com.au](mailto:info@wwwc.com.au) [wwwc.com.au](http://wwwc.com.au)

 Find us on Facebook: Westy Workers

ABN 84 001 052 651



# Contacts Help Advice Talk Confidential Information

Use the QR code function on your phone or device to access information about local support services, this is a wonderful directory provided by Hunter Homeless Connect, speak to us at the Neighbourhood Centre on 49531667 for assistance

**Access the  
Hunter Homeless  
Connect Community  
Directory here...**

SCAN THE BAR CODE TO ACCESS OUR MOBILE APP INFORMATION TILE



You'll find information on support services in your local region including housing & accommodation, food services, crisis and emergency services, employment & training, health & youth services and much more.



**Hunter  
Homeless  
Connect**

Building an inclusive community with zero judgement.