NEWSLETTER

The New Year is here and we are so excited to get started! We hope you have a great summer and enjoyed plenty of rest.

Sugarvalley Neighbourhood Centre has many amazing opportunities and programs planned for the year ahead. Come see us and get involved

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.

NSW GOVERNMENT 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

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

In This Issue

- Twilight Festival
- 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.

AVAILABLE TO USE

Washing Machine

Shower

AVAILABLE TO USE, FOR FREE!

what's on

- Playgroup Mondays 10:00-12:00 at the Centre. Free
- Seniors Broadband Tutoring by appointment only
- **4953 1667**. Free
- MP Clayton Barr by appointment only on **4991 1466**.
- Oz Harvest & Second Bite Weekly food donations—Monday & 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

WEST WALLSEND AND DISTRICT 2019 ANZAC DAY CEREMONY

Proudly funded by the NSW Government in association with Sugarvalley Neighbourhood Centre, West Wallsend Workers Club and Lake Macquarie City Council.

WEST WALLSEND ANZAC DAY CEREMONY 2019

ANZAC DAY MARCH

SOLDIERS' MEMORIAL PARK, Carrington Street West Wallsend

THURSDAY 25 APRIL 2019

Forms up at the corner of Carrington and Withers Streets at 9.30 am.

Steps off at 9.45 am proceeding to Soldiers' Memorial

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**

DREW PAGE
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SALES • LEASING • AUCTIONS

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

COFFEE ON CARRINGTON 63 CARRINGTON ST WEST WALLSEND

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

"like" us on Facebook

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

From February to April 2019, we are offering FREE HIRE of our BBQ to eligible organisations. Terms & Conditions Apply

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

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

Thank You for Your Support!

Thank you so much to the
Cameron Park Fellowship Church,
Sugarvalley Early Learning Centre and
The Rotary Club Wallsend/Maryland
for their recent Toy Donations at Christmas.
These donations helped so much over the Christmas period for local families

SUGARVALLEY
EARLY LEARNING CENTRE

ROTARY INTERNATIONAL

Cameron Park
FELLOWSHIP

NEW HEIGHTS
CHRISTIAN CHURCH

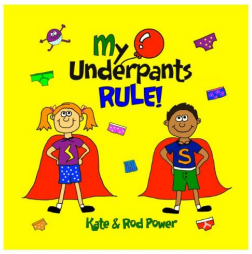
Impacting lives with the love of Jesus

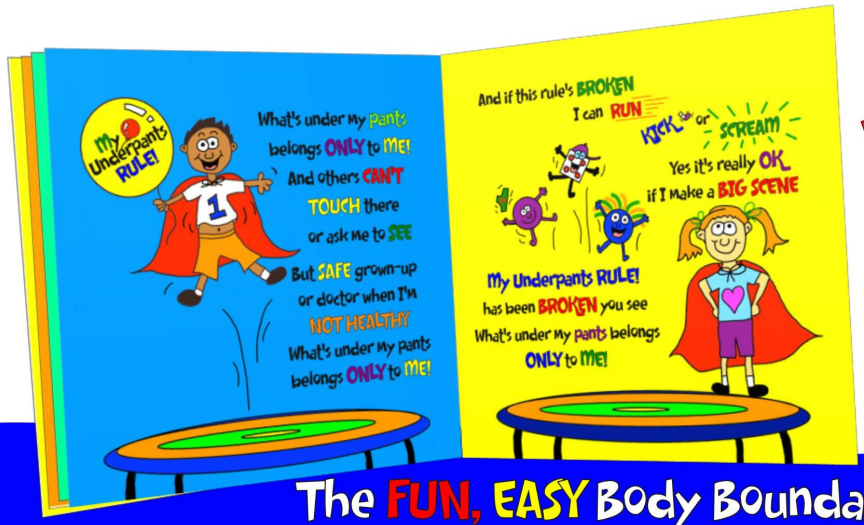
New Heights Christian Church is a non denominational Christian Church family who meet and worship at 30 Northville Drive Edgeworth NSW.

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.





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, colorful illustrations and child friendly humor, it helps parents/carers/educators gently and effectively teach children their

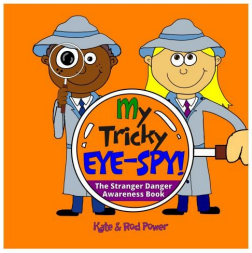
Teaching kids to protect themselves is CHILD'S PLAY!!

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 NEIOGHBOURHOOD 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

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

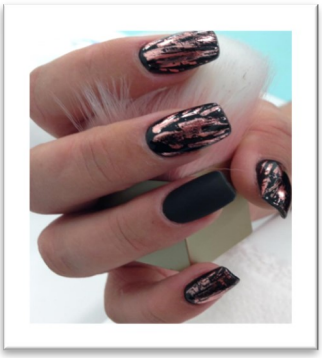
2 hour development time	$25

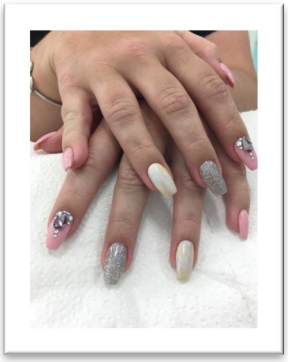
Lips

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 lippie. $10

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

Gift Certificates available





GERARD MOLLOY

Registered Psychologist

Reg. NDIS Provider.

BA (Hons) Psych. MAPS

APS Australian Psychological Society
Believe in Change

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

SUGARVALLEY NEIGHBOURHOOD CENTRE

25 FEBRUARY TO 26 MAY 2019

Donate your drink containers to us

return AND earn

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 foodnfriendship@gmail.com

Supported by - **Warners Bay Baptist Church**

food & friendship

SecondBite
food for people in need

Available every Monday and 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.

Curves at the Point,

171 Main Road Speers Point

0408774904 join today!

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

Thank you to everyone who came to visit us at the Twilight Festival held at the Canopy in Cameron Park.

Our BBQ trailer was put to good use with not a single sausage left over! The funds raised will go towards Community Programs we run at the centre.

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

SUGARVALLEY
EARLY LEARNING CENTRE

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

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PROMPT TAXATION RETURNS

GST SUPPORT & ADVICE

FULL BUSINESS ACCOUNTING

CONCISE BOOKKEEPING

PERSONALISED FINANCIAL PLANNING

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

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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

NEWSPOWER

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

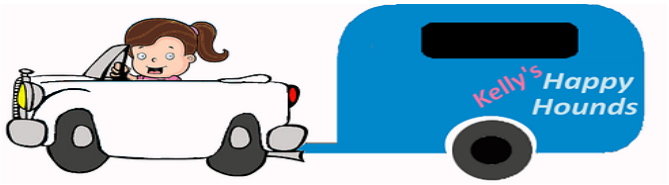
Find us on: facebook

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



Kelly's Happy Hounds

All types of grooming, we come to you!

Ph: **0406 265 345**

Your local
Newborn and Family Photographer
located here in our centre

Tulip Time
IMAGES

www.tuliptimeimages.com.au

Ph: 0410 487 706

Tulip Time Images on Facebook

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®

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

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.

Available on the App Store

GET IT ON Google Play

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

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

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

Lake Macquarie City Council

Energy & Water Ombudsman NSW

Free Bring Your Bills Day

The Sugarvalley Neighbourhood Centre, in conjunction with the Energy & Water Ombudsman NSW and Hunter Water, are holding a free **Bring Your Bills Day** to help consumers with their energy and water bills

Where

Sugarvalley Neighbourhood Centre
65 Carrington Street West Wallsend

When

Friday 12 April 2019
10.00am to 3.00pm

What to Bring...

- Current water, gas and electricity bills
- Past water, gas and electricity
- Fines
- Letters from suppliers
- Centerlink Health Card and any concession cards

Who will be there?

- Hunter Water
- Energy & Water Ombudsman NSW
- Revenue NSW
- St Vincent de Paul
- NSW Fair Trading
- Hunter Tenants
- Legal Aid
- Service NSW
- Trustee & Guardian NSW
- Centerlink
- Councillor Brian Adamthwaite
- Clayton Barr MP
- Wesley Mission

SUGARVALLEY NEIGHBOURHOOD CENTRE

Contact Sugarvalley Neighbourhood Centre for further information 4953 1667

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

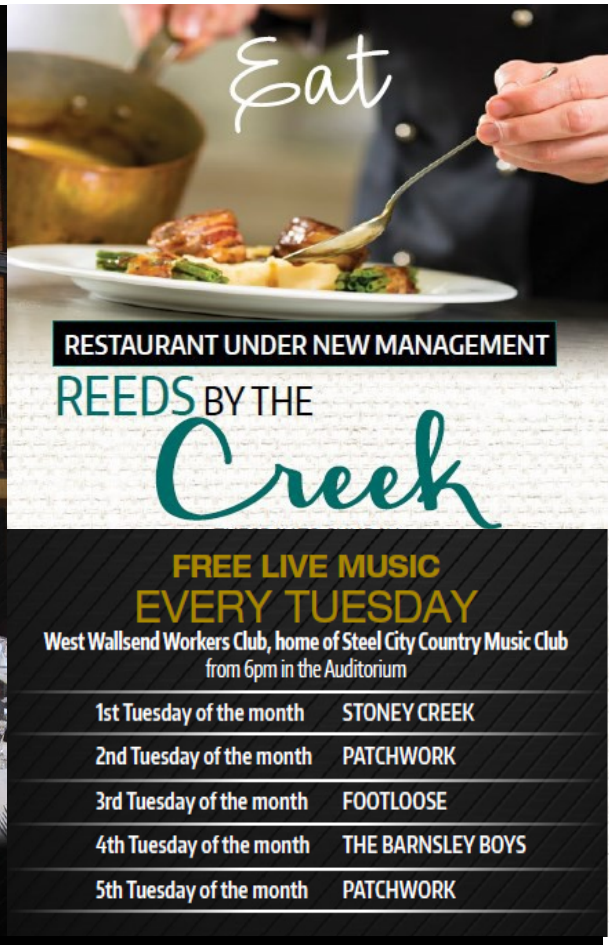
Bacon, Eggs, Toast

Breaky #2 - $15.00

Bacon, Eggs, Tomato, Mushrooms, Turkish Toast

Breaky #3 $15.00

Eggs, Baby Spinach, Tomato, Mushrooms, Turkish Toast



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!

Healthy Eating and Hygiene Classes 2019

Our Healthy Eating and Hygiene classes have kicked off again for 2019. This weekly class aims to teach locals how to choose and cook healthier food on a budget. Each session covers a different theme, which Terri adapts to suit the needs of the group she's working with.

Topics include balancing your diet; eating food for long-lasting energy; the truth about fats, oils and sugars; budgeting; healthy eating for young children and parents as well as reading food labels, planning, storing and strategies to reduce waste.

The nutrition education is low key and combined with hands on practice.

Recipe of the week

Sweet Curried Sausages

This is a bit of a twist on the tradition curried sausages. Serve with rice, mashed potatoes / sweet potato, couscous.

Ingredients:

1Tbls Oil or cooking spray

2 Onions, sliced

8 Thick beef sausages, blanched

2 Potatoes, diced

2 Tsp Curry powder

1 Can Tomatoes

1 Can Coconut milk

1 Cup Beef stock

½ Tsp Brown sugar

1 Can Chickpeas, drained & rinsed

1/3 cup Sultanas

1 Green Apple, cored, chopped

Directions:

Heat oil or spray in large saucepan or frypan on medium.. Sauté onion 3-4, until tender.

Add sausages and cook for 2-5 minutes turning, until brown.

Stir in potato and curry powder. Cook, stirring, 1-2 minutes until fragrant.

Stir in tomatoes, coconut milk, stock and sugar.

Bring to boil, Stir in chickpeas and sultanas.

Reduce heat to medium and simmer, uncovered, 15-20 minutes until potato is tender.

Stir apple through and serve sprinkled with parsley.

Variations:

Diced sweet potato, carrots, snow peas, beans, peas,

pineapple.

NSW YOUTH WEEK 2019

WHEN: Tuesday 16 April 2019
10am - 2pm

WHERE: Sugarvalley Neighbourhood Centre
65 Carrington Street West Wallsend

COST: Free with Lunch Provided

Sugarvalley Neighbourhood Centre is excited to host Youth Week 2019 which will feature local Initiatic Art Therapist **Lucy Butler.**
Come help create an Artwork which helps reflect what it means to be young in the West Wallsend Area.

Booking is essential as there are limited spaces available.
Contact the Centre to secure your spot

Lake Macquarie City Council

65 Carrington Street
West Wallsend
PH: 4953 1667

SUGARVALLEY NEIGHBOURHOOD CENTRE

West Wallsend

PARENTS AS TEACHERS SUPPORTED PLAYGROUP

Every Monday School Terms **10.00am—12.00pm**

Returns Monday **11th of February**

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 while increasing your knowledge about child development
- ⇒ Be welcomed in a supportive environment
- ⇒ Join in with group activities, morning tea and packing up

SUGARVALLEY NEIGHBOURHOOD CENTRE

The Canopy

Sugarvalley Neighbourhood Centre. 65 Carrington Street West Wallsend

Sherrie on 49545277 or Louise on 4950 5479

Lilly Rose
Hair Design
74 Carrington Street West Wallsend
Ph: 4955 1779

We have moved
Next door

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

74 Carrington Street
West Wallsend

Ph: 4955 1779
0434 022 462

PETE'S MOWING

Local bloke

Attention to detail

Cheap rates

Pensioner discounts

Phone today 0423 944 886

SONDER & WONDER

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

ww.sondernwonder.com

Naomi Moore BHSc(N&D) APD AN

Consultant Dietitian

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

Accredited Practising Dietitian APD

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.

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. *Pay a small donation and collect your groceries.*
	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

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

Thank You to 3 year old Daisy who gave us her lovely painting to hang in the Centre!

If you have a budding little artist that would like their artwork displayed in out next newsletter, please come and see us. We would love to see their work!