

# NEWSLETTER



Communities  
& Justice

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.

THANK YOU FROM EVERYONE AT  
SUGARVALLEY NEIGHBOURHOOD  
CENTRE FOR A FANTASTIC 2019

SO MANY GREAT MOMENTS

SO MANY GENEROUS DONATIONS

ALL MADE POSSIBLE BY OUR  
FANTASTIC COMMUNITY



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

Ph: 4953 1667

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



You can follow Sugarvalley  
Neighbourhood Centre on Facebook  
and keep up to date with  
the community



**NEED  
HELP?**

Sugarvalley Neighbourhood Centre has always provided a welcoming and relaxing place to meet and tap into local support services. We can assist with food, playgroups, sanitary items and more. If our centre is not able provide the help you need, we can refer you to alternative support services.



We are also here for  
a coffee and a chat !

*it's ok  
not to be  
okay*



# WHAT'S ON

SUGARVALLEY NEIGHBOURHOOD CENTRE

65 Carrington Street, West Wallsend

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

## 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](http://sugarvalleync.org.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 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



**Second Bite**  
food for people in need



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.

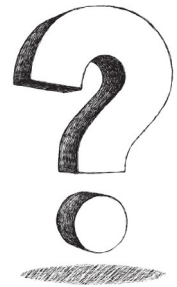
**Available Friday's at Sugarvalley**

## FREQUENTLY ASKED QUESTIONS:

- ⇒ **Do you have food available?** - *“Absolutely! On Fridays, Oz Harvest & Second Bite arrive with fresh food. Bring your bags from around 11.00am and head out to the hall”.*
- ⇒ **Do you provide electricity or petrol vouchers?** - *“Unfortunately not however we can refer you to other services that can sometimes help with these”.*

**For all enquiries come in or call the front office on**

**02 4953 1667**



# DONATIONS

We often have people come in wanting to donate items that we unfortunately cannot accept for a variety of reasons.

*However at the moment we would deeply appreciate any*

- ◆ Non perishable foods and toiletries
- ◆ Sewing or art supplies

*thank you*



# Thank you!

The following partners for generously donated vouchers or products for our Christmas Hampers. Without community support we could not help those who would otherwise go without at Christmas!

THANK YOU!!



**Sugarvalley Early Learning Centre**



**"Virtual Reality: You have to see it to believe it"**

Shop 4 / 178 Pacific Hwy Charlestown  
NSW 2290

0249 430 943





#### Why Plan it youth?

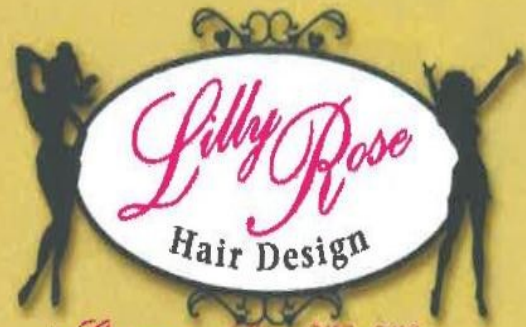
Plan-it-youth offers young people the opportunity to plan for their next step into education, training or employment. A mentor can assist this process by offering their experience, support and guidance on a one-on-one basis.

#### 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



74 Carrington Street West Wallsend

Ph: 4955 1779

Men's Cuts \$20

Ladies from \$30

Eyebrow Wax \$10

Lash Tint \$15

## 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



# Coffee

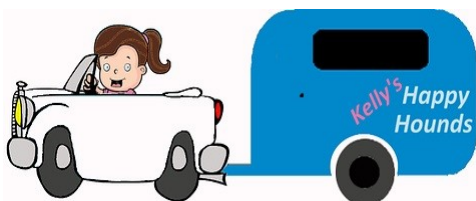
ON  
CARRINGTON

COFFEE ON CARRINGTON 63 CARRINGTON ST WEST  
WALLSEND

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

- Tradie Tuesday
- Fresh made to order sandwiches & wraps

Mobile dog groomer service making it easy for  
dog families to look after their puppies.



0406 265 345





Impacting lives with the love of Jesus

## NEW HEIGHTS CHRISTIAN CHURCH

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

Youth - Friday night youth group

Kids Church - Sunday morning, all ages.

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

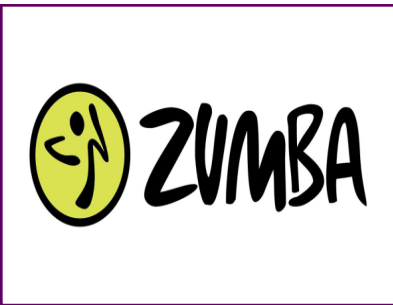
Soccer Competition – Mens and Womens teams - season runs from March to August

Celebrations and Participation in Community Events -

Clean Up Australia Day, City Serve, Easter Camp at Tahlee, Sunday School Picnic, donations of food 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.

Jeremiah 29:11 “For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future”



- Sugar Valley Neighbourhood Centre Hall
- Tuesdays 6.30pm
- Thursdays 9.30am
- \$10 per class

CALL ROB

0413881659

65 Carrington Street, West Wallsend

ZUMBA WITH ROB



## The Curly Curl Hair- dressing 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

0249 532 623

## Curves

171A Main Rd,

Speers Point, NSW 2284

(02) 4953 0551

Start Your Journey To A Healthier, More  
Active Future!



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





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)**

## 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



**GERARD MOLLOY**  
Registered Psychologist

**Reg. NDIS Provider.**

**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**



# 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

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

## 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.

## PETE'S MOWING



Local bloke

Attention to detail

Cheap rates

Pensioner discounts

Phone today 0423 944 886



**NOW OPEN 7 DAYS**

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



WEDNESDAY NIGHTS

## BANG FOR YOUR BUCKS RAFFLE

15 Mystery Balloon prizes PLUS 12 meat trays

Pick a meat tray or try your luck and POP a balloon



## WEST WALLSEND WORKERS CLUB

53 Carrington St, West Wallsend

Phone 4953 2920 info@wwwc.com.au wwwc.com.au

TAB

Find us on Facebook: Westy Workers

ABN 84 001 052 651



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



**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](mailto: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.