

Newsletter June July 2024



Strath Neighbourhood Centre Inc
6 Parker Avenue, Strathalbyn 0431 337 044
strathnc@gmail.com

Regular Weekly Activities Contact the office 0431 337 044 for details

Monday afternoons 1 - 3.30pm

Bingo from 1.00 pm every Monday. \$5

Monday mornings from 9.30

Herb Group 9.30 Last Monday of each month.

Tuesday from 9.30am

Wise Employment

Tuesdays from midday

Community Lunch

2 course meal \$5 per person.

All welcome

Wednesday 9.00am - midday

Repair Shed

Wednesday 9.30am - midday

Garden Grubs

Home garden help

Wednesday 10.00 - 11.00

Fitness for Fun

Wednesday 12 – 4.30 pm

Alexandrina Contract Bridge Club

Thursday from 9.30 am.

Wise Employment

Thursday 10.00 - 3.00

Table Tennis and community activities \$5

Community Garden work

Friday

Rugs N More Group

10.00 – 12.00 1st & 3rd Fridays

Line Dancing 1.00pm—3.30pm



Membership Renewals are due from 1st July 2024. See the membership renewal form on the back page for details. Membership remains at \$20 or \$10 concession.

Please note **Yoga with Bauke** will be taking a break from Tuesday 18th June and will resume on Tuesday 16th July.

Landscape SA is offering a free forum to promote their new Stewardship Program. Details further on, to be held on Saturday 29th June 9,30 – 2.30 pm here at the Centre. Follow the link to register.

Australian Red Cross EmergencyRedi Workshop is being held on Monday 24th June 9.30 – 11.00 am. This session will give you an introduction to emergency preparedness and help you design your own emergency Rediplan.

The session is free, but please register on 0431 337044.



**Australian
Red Cross**

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Quiz Night

A great night was had by everyone at our first quiz night of the year. Huge congrats to the winning team "The Missing Anne's". Also well done to our wooden spooners "In The Grave Last" winning the coveted wooden spoons + lollipop prize.

A huge thanks goes to all those who donated prizes and items for the silent auction.

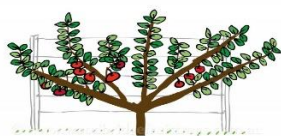
"No Trumps" made up of Bridge Club members were wonderfully dressed up and included Pat Elliott winning best dressed character as Morticia Adams!



We also welcomed Miss Phryne Fisher to the Quiz night!

Contestants were quizzed on categories such as World War 11, Nature and science, gaming logos, cities starting with "B", songs featuring flowers and general knowledge.

Teams on the night included "The Nutters", "Clueless", "The Seven Hopefuls", "We Love Food", "The Villagers" and the cast of the musical "Grease".



Welcome to new volunteers Meg and Sharon. They have much experience in gardening and horticulture, and you may have noticed the Centre's fruit trees being heavily pruned to fit their espaliered trellises. Thanks also to the Garden Grubs who have planted some native groundcover in the Bush Garden.

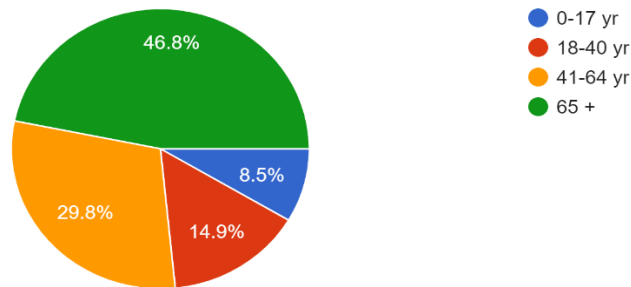
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Strath Community Engagement Survey response.

A huge thankyou to 94 respondents who provided insight into their thoughts on our Strathalbyn neighbourhood.

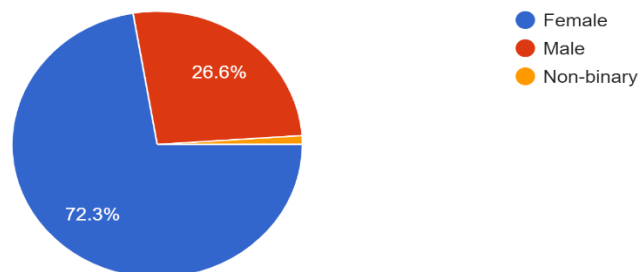
Age Group

94 responses



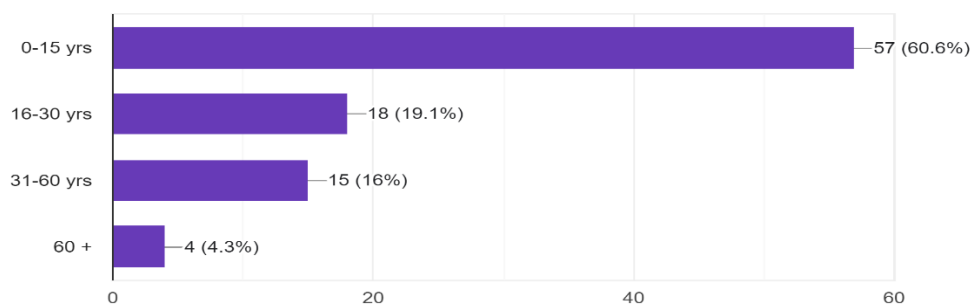
Gender

94 responses



How long have you lived in the Strathalbyn area?

94 responses



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What is the best thing about the Strathalbyn neighbourhood?

- 54% Friendliness
- 21% Country living
- 11% Open green spaces
- 9% quietness
- 5% eateries/shops

What is something you would like to change about Strathalbyn?

- 20% Upgrade facilities (including toilets, disabled parking, footpaths, dog parks, bbq facilities, better playground, reopen emergency dept at hospital, basketball stadium, parking, no pavers)
- 17% Youth hub/activities
- 16% More Shops
- 15% Too much development
- 13% negative attitudes of community
- 11% More public transport
- 5% More low-cost housing
- 3% More low-cost activities

What skills, knowledge or resources would you be willing to contribute to the change?

- 43% I can volunteer my time and/or skills
- 25% I can advocate (by being helpful, pitching ideas, voicing opinions)
- 14% Unsure of how I can help
- 10% I will vote for change
- 8% I will be friendlier

What do you know about the Strath Neighbourhood Centre?

- 30% SNC is helpful for the community
- 23% Limited knowledge of SNC
- 20% SNC provides activities that I am interested in.
- 15% SNC combats social isolation.
- 12% I am already volunteering at SNC.

What programs, activities or services would get you involved in your neighbourhood?

- 18% Life Skills activities (including gardening, how to prune, how to take cuttings, information sessions, carers groups, cooking classes, financial advice, cleaning, writing classes, employment assistance, advanced care directives, IT basics, IT security, IT support, making a will.
- 16% Fitness/Sport (including line dancing, table tennis, darts, bowls, yoga, walking, hiking,
- 13% Craft (including rugs n more, basket weaving, sewing, mosaics, macrame, art, sketching, creative writing, flower arranging, crochet, knitting, embroidery, cross stitch)
- 9% Youth activities

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9% Lunches/emergency food

7% sit and chat

7% therapeutic (social work, mental health, isolation and loneliness, sound bath, carers support, mentoring, aged care support)

5% Board Games/movies/bookclub/quiz nights

4% Bingo

3% Community groups including CFS, CWA and churches

3% Disability support groups

2% Indigenous specific activities

2% Mechanics (working on cars, repair shed)

2% Admin support

What is the main barrier that prevents you from being involved in your neighbourhood?

28% Lack of time

21% I'm already involved

17% Unaware of activities

13% lack of Transport

11% Health issues

7% Cost

3% Other

There is a lot to work on here and one of the greatest needs is for youth engagement. Life skills, fitness and craft also feature highly and with 43% of respondents acknowledging they could volunteer time and skills. For our Centre, being able to meld the need with active skilled people would be wonderful.



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STRATH NEIGHBOURHOOD CENTRE INC.

WHO USES OUR CENTRE

2023/24

1470

CENTRE USERS

New!
to the Centre
14%



63%
Female



4%
First Nations
People



51% live with
Disability

21769

interactions with
Strathalbyn
Community



WHO LIVES IN OUR COMMUNITY

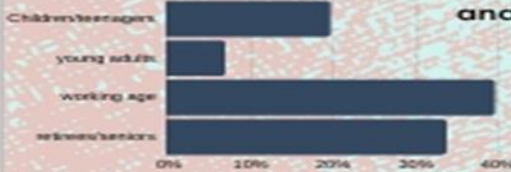
CATCHMENT POPULATION

12,151

STRATHALBYN TOWN
AND DISTRICT

Comprises 40%
of Alexandrina
Council
population

*"Pretty much I like
everything about SNC:
company, tea and
friendship."*
Ian



High rates of
unpaid carers
and volunteers

German is the
most dominant
language other
than English

Growing numbers of
residents born
overseas.



Higher rates
of couples
with children

A YOUNG population,
with higher rates of every
age group under 60 than
the wider council



More tradies



21% households rent
4.5% live in social housing
40% have mortgages
32% high mortgage/rental
payments
27% loneperson households



High rates of
households
with no car; 3%

HIGHEST rate
of mental
illness in
council area;
12%

9%
of Strathalbyn town live with
DISABILITY

9%
DISENGAGEMENT
for 15-24yo

4%
UNEMPLOYMENT

WHO WE WANT TO BUILD STRONGER CONNECTIONS WITH

1

School aged
population

2

Young Adult
population

3

Culturally
linguistically
diverse

6 PARKER AVENUE, STRATHALBYN, SA, 5255
04 31337044
WWW.STRATHNC.COM.AU

Find us on
Facebook

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You're invited to this free forum at Strathalbyn to introduce you to Landscapes Hills and Fleurieu's new Stewardship program and to show what it can offer you. We also want to hear from you about how we can make the program work best for you, your local area and your community.

What to expect:

- Meet your local Stewardship Officers and hear about the new Stewardship Program and what it can offer you.
- Share your ideas and concerns about your situation, your local area and your community regarding land, water and nature.
- Your ideas will help us identify gaps, opportunities and strategies to support our planning across the district with actions relevant to you and your community.
- Morning team and lunch provided.

Date: 29th June 2024

Time: 9:30 am - 2:30 pm

Location: Strath Neighbourhood centre 6 Parker Ave Strathalbyn

Places are limited. To register, follow the link: <https://bit.ly/3Rs15kX>

Strath Neighbourhood Centre will be offering help with Tax Returns again this year.

This will begin in late July. More information in the next wetter.



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Our wonderful Social Work students, Teena and Jordan have spent 500 hours each with us since March! If you haven't yet met them, hurry in. Their practical placement finishes, and they are returning to their lectures at Flinders Uni. We hope they have learnt much and experienced a wonderful cross section of our Strath community. Our volunteers here will miss their smiles, enthusiasm, ideas and enjoyment of what they are learning.

We wish them every success in their chosen field of Social Work when they graduate and also hope that they miss us so much that we'll get the occasional visit.

Time Flies!

During our time here we have learnt so much about social work and even more about the community. We have been mainly focusing on the Community Needs Analysis and how we can create new opportunities for SNC to grow and adapt to the changing needs of Strathalbyn. We have been out and about in the community chatting to people about what they want and need from SNC. We have also been lucky enough to contact other community centres with social work students and compare programs, which allows us to grow.

We have absolutely loved getting to know people in the community and getting to hear peoples' stories. We have made bonds that will last a life time. We have appreciated everything that SNC has done for us and are so thankful that we have been able to complete our first placements at such an amazing place. We are both super excited about what is to come. We're very sad to be leaving but as time has gone by so quickly, it doesn't feel like we have been here that long. We want to thank each and every one of the volunteers and staff that have made us feel so welcome and given us the chance to use our voices and express our opinions. We hope to be back very soon! Thank you everyone, we really appreciate all that you have done for us!!

Teena and Jordan

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STRATH NEIGHBOURHOOD CENTRE

DO YOU HAVE SOME SPARE TIME

**WOULD YOU LIKE TO
SUPPORT OUR COMMUNITY**

**WE ARE LOOKING FOR VOLUNTEERS TO
HELP WITH
COMMUNITY LUNCHES
A SENSORY GARDEN
EVENTS
ADMIN SUPPORT**

**WE WOULD LOVE TO
HEAR FROM YOU**



give us a call 0431 337 044
EMAIL strathnc@gmail.com

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Happy Winter Solstice

In Australia, Tasmanians brave the icy waters for the Nude Solstice Swim – a communal skinny dip in the River Derwent at Long Beach, Sandy Bay.

And at Australia's research stations in Antarctica and on Macquarie Island, expeditioners take on an even colder swim – plunging into sub-zero temperature waters.

There is also the option of staying warm indoors while the sun stands still on June 21st this year.




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Meet Max Anderson ▶▶▶

AUTHOR of "DIGGER"
**One man, one pan and
a million square miles
of outback . . .**

*Enjoy a winter
afternoon immersed
in this boy's own
adventure story*



Tuesday 2 July
STRATHALBYN NEIGHBOURHOOD CENTRE
2.00 pm

**EVERYONE
WELCOME**

U3A Members Free . Non-members Gold Coin Donation

AFTERNOON TEA INCLUDED



U3A

Presents on Tuesday 2nd July,
an afternoon adventure
story. All welcome to come
and hear Max Anderson,
author of "Digger".

Life in a Bag

We welcomed Pauline Verwaal Whitford who organises the **Life in a Bag** initiative across the southern Adelaide suburbs and the Fleurieu Peninsula. Paula has donated some bags for members of our community in need.

Paula says the "very simple idea" encouraged people to put together a bag of toiletries, long-life food, treats, and warm winter items to be donated to a person experiencing homelessness or domestic violence.

The group does not accept money, lobby businesses for goods, or do a lot of publicity. Instead, the volunteers want communities to share the word amongst themselves and help one another.

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Membership New/Renewal Application 2024/25

Members shall be persons who have agreed to abide by the rules of The Association and paid the annual membership fee of \$20 or \$10 for concession.

BENEFITS OF MEMBERSHIP

- Entitled to vote at an Annual General Meeting.
- Eligible for election on the Committee if you have been a member for the preceding financial year.
- Eligible to nominate another financial member for a role on the Committee.
- Financial year is 1st July to 30th June.

I would like to join the Strath Neighbourhood Centre - \$20 Membership fee

I would like to join the Strath Neighbourhood Centre - \$10 Concession fee

First Name: Surname:

Home Phone: Mobile:

Address:

Email: Signature:

Date of Application: Date paid

You can pay in person at the Centre or via Electronic funds transfer (EFT)

Account name: Strath Neighbourhood Centre Inc

Account number: 045 743 140

BSB:105 019 (Bank SA)

Reference: Your Surname and send this completed form back via email as confirmation

Address: 6 Parker Avenue, Strathalbyn

Mobile: 0431 337 044

Email: strathnc@gmail.com

FB: [facebook.com/StrathNC](https://www.facebook.com/StrathNC)

WEB <https://strathnc.com.au>

