

WAUCHOPE COMMUNITY NEWSLETTER



AUGUST 2010

Produced by the Wauchope Neighbourhood Centre

NEIGHBOURHOOD CENTRE NEWS

FREE LEGAL ADVICE SERVICE

The legal advice service offers a 30 minute appointment for advice on any legal matter. Appointments are available every 2nd Wednesday and the last Thursday of each month.

To make an appointment please call the Centre on 6586 4055.

This service is made available by the support of two local solicitors from JM Glass and GWM.

Bookings Essential

Tax Help Program

We are approaching that time of year again and the Neighbourhood Centre will once again be running the Tax Help program. This program offers assistance with completing tax returns for low income earners.

Eligibility criteria does apply, so please call the centre for more information.



WOMEN'S GROUP IN WAUCHOPE

**Wauchope Neighbourhood Centre
3 Waugh Street Wauchope**

We invite interested women to come along to the Neighbourhood Centre to join our re-vamped womens group. The group is about having fun, making friends, learning and empowering women through informative talks, workshops & activities.

**The group meets monthly on the last Tuesday of the month.
All sessions run from 10.30am to 12.00 & include morning tea**

Gold coin donation

- * Tuesday 31st August – Personal development**
- * Tuesday 28th September – meditation & stress management**
- * Tuesday 26th October – makeup & beauty tips**
- * Tuesday 30th November – easy & cheap xmas gift ideas**

**More information & to book please call
Neighbourhood Centre on 6586 4055**

NEIGHBOURHOOD CENTRE NEWS

BROADBAND

FOR SENIORS

Funded by the Australian Government

WAUCHOPE NEIGHBOURHOOD CENTRE BROADBAND FOR SENIORS INTERNET KIOSK

Your new Broadband for senior's kiosk gives you the opportunity to discover how the web can play a great part in helping you to stay in touch with friends and family, along with offering access to the wealth of information available online. This is your chance to find out what all the excitement is about.

The kiosk features two computers with broadband access for use by older members of our local community. We are also providing training, so beginners are very welcome!

Monday – Wednesday –Friday

10am – 2pm

At the Wauchope Neighbourhood Centre

3 Waugh St, Wauchope

Booking are essential please call 6586 4055



**SUPPORT GROUP FOR PARENTS & CARERS
OF CHILDREN WITH A RARE ILLNESS**
**We are looking at establishing a local support group
And are inviting interested people to attend a morning tea
On Thursday the 12th August
10.30 -11.30
At Wauchope Neighbourhood Centre
3 Waugh st, Wauchope
Please RSVP 65864055**

COMMUNITY NEWS

MOVE WELL, EAT WELL, LIVE WELL

As a part of the 'Move Well, Eat Well, Live Well' Program
Port Macquarie - Hastings Council is launching the
Pedometer Loan Scheme

Come along and find out what FREE healthy resources
Your local library has available for loan.

Wednesday 4th August 2010

9.30am – 10.30am

Port Macquarie Library

Grant Street, Port Macquarie

Giveaways and lucky borrower prizes!!

Happy Healthy Harold and Storytime for the kids from 10.30am

A free healthy morning tea will be provided

Please RSVP for catering purposes on 6581 8111



Also as a part of the 'Move Well, Eat Well, Live Well' Program
The following rural communities:

- ◆Kendal hall ◆ Hollisdale hall ◆ Ellenborough hall ◆ Rollands Plains hall
- ◆Telegraph Point hall ◆ Byabarra hall ◆ Comboyne hall
- ◆Wauchope Senior Citizens Centre ◆ Birpai and Bunyah Lands Councils

Have received the following high quality exercise equipment :

5 fit balls

5 Aerobic steps

10 resistance Bands

10 Yoga mats

10 sets of Hand weights

1 Heart Moves DVD



Suicide is a major community health problem, therefore,

Lifeline Mid North Coast NSW

Will present an ASIST Workshop

(Applied Suicide Intervention Skills Training)

In Port Macquarie on the 24th and 25th of September

At Uniting Church, Sherwood Road, Port Macquarie

This training is effective First Aid training to help persons at risk of suicide.

Places are limited so please book early

Cost is \$60(normally \$350) with thanks to funding from Wesley Mission

There will also be ASIST TuneUp a 3.5 hour refresher for previous ASIST participants on Wednesday the 8th of September, cost \$10

To book your place please contact Lee-Anne Foord

Lifeline Mid North Coast

Tel: 6581 2800

Fax: 6581 2461

Email: lifematters@lifelinemidnorthcoast.org.au



LANDCARE GRANTS

Through the Junior Landcare Grants Program, any school or organisation that would like to involve their students in landcare projects, in conjunction with local landcare groups, can apply for grants to assist them with the cost of their projects

COLES JUNIOR LANDCARE SCHOOL GARDEN GRANT- Schools and youth group can apply for grants of up to \$1,000(ex GST) to create gardens in their school or community such as bush tucker gardens or vegetable gardens.

YATES ENVIRONMENTAL MANAGEMENT PLANNING GRANT – Schools and youth groups can apply for grants of up to \$1,000 (ex GST) to undertake School Environmental Management Plans (SEMP) or to undertake works indentified in an earlier SEMP.

For more information:

Website: www.juniorlandcare.com/Grants.htm

Ms Sheena Martin (02) 9412 1040



COMMUNITY NEWS

TELEGRAPH POINT FAMILY FUN DAY

Thank you to everyone who attended our recent Family Fun Day at Telegraph Point in the July School holidays. It was a great day with entertainment, activities and lots of fun. Special thank you to Bunnings staff for all their help on the day with the BBQ, face painting and activities. We have more school holiday fun planned for the October school holidays – so keep a look out for location and dates.

HERE ARE SOME PICTURES FROM THE DAY:



ENJOYING THE SHOW



Port Macquarie Hastings Library getting ready for the puppet show



TROPPO BOB ENTERTAINING THE CROWD



WORKSHOPS AND TRAINING OPPORTUNITIES

Wauchope Neighbourhood Centre Community Garden Free Gardening Workshops



Fridays during school term 10.30am -12noon

Wauchope Neighbourhood Centre
3 Waugh St, Wauchope
Phone to book now on 6586 4055

1st Friday of the month – Seasonal tasks

What to plant
Jobs in the garden
Pest watch

2nd Friday of the month – Propagation & Potting Day

3rd Friday of the Month – Seed Saving Day

Collect
Harvest
Packaging

4th Friday of the Month – BBQ & Chat

For more information please call the Neighbourhood Centre on 6586 4055.
Or visit our website www.pmninfo.org.au and click on the Wauchope link in the services tab

FREE COMPUTER WORKSHOPS

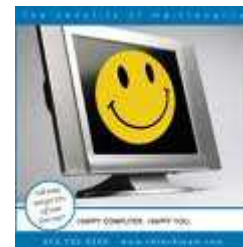
Introduction to computers for rural communities

Commencing: Thursday, 5th August at Hollisdale

10am -12am for 3 weeks

Information includes:

- Navigating the computer
- Setting up & organising files & folders
- Creating and printing documents
 - Basic word processing
 - Introduction to email



To book please phone the neighbourhood centre on

6586 4055

VOLUNTEER NEWS

CURRENT VOLUNTEER VACANCIES



Wauchope Pink ladies – 2 to 3 hours one day per week

Wauchope Neighbourhood Centre – require volunteers to help in the community garden

Wauchope Delivered Meals – require volunteers for their service

For more information on these or any other volunteer queries please call the Neighbourhood Centre on 6586 4055.

INTERESTED IN VOLUNTEERING?

Find out information about volunteering, where you can volunteer, what is involved, how you can help and become involved in your community.



We run regular Information sessions on volunteering
The next session will be: Tuesday 10th August, 10am to 11.30am

For an appointment to discuss your volunteering options
please contact the Neighbourhood Centre on 6586 4055

Wauchope & District Delivered Meals Service

WE COULD DO WITH A HAND.....

Wauchope & District Delivered meals service is calling for new volunteers who have time to lend a hand. To deliver meals all you need is an hour to spare in the middle of the day, once or twice a month. You don't need a vehicle as we can roster non-drivers with a driver for their shift. This is an ideal volunteering job for couples as one can drive while the other takes the meals in. If you aren't available in the middle of the day, but would still like to volunteer, maybe assisting clients with their grocery shopping at a time to suit would be better. Whatever role you choose the rewards are the same – meeting new and interesting people, assisting fellow community members to remain in their homes, contributing to their overall wellbeing and becoming part of an organisation that has been providing a valuable service to the Wauchope community for the past 28 years. To obtain volunteer information pack, call into our office at 1/5 High Street Wauchope or phone 6585 2386.