

THE NEIGHBOURHOOD

NEWSLETTER OF THE GOSFORD NARARA COMMUNITY CENTRE

2 PANDALA RD, NARARA NSW 2250 PH: 43 294477
WWW.COMMUNITY SOS.COM.AU

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Do You need help with your Tax?

Get free help with your tax return from a Tax help volunteer.

Appointments are now being taken for Tuesday and Friday mornings starting 19th July.

FREE TAX HELP



Here at the Gosford Narara Community Centre we have a free service to help people with their tax.

Each year this valuable community service gives assistance to many low income earners to help prepare and lodge their individual tax returns.

This service will start on Friday 19th July and will run every Tuesday and Friday mornings until the end of October.

Appointments are now being taken.

To check your eligibility and make an appointment.

Phone 43 294477

THE LIVELIFE MOBILE PERSONAL ALARM



WHETHER YOU'RE AT HOME
OR OUTDOORS SIMPLY
PRESS THE HELP BUTTON

Perfect for
people who
are at risk
of falls

With the Livelife Mobile Alarm you can go anywhere knowing help is just a press of a button away. When activated, the pendant sends up to 5 help messages using the built-Swiss precision GPS via text with a link to Google Maps showing the wearer's location to within 2 metres. It then starts calling up to 5 emergency contacts using Telstra Mobile Network. Order by Phone

1800 936 774

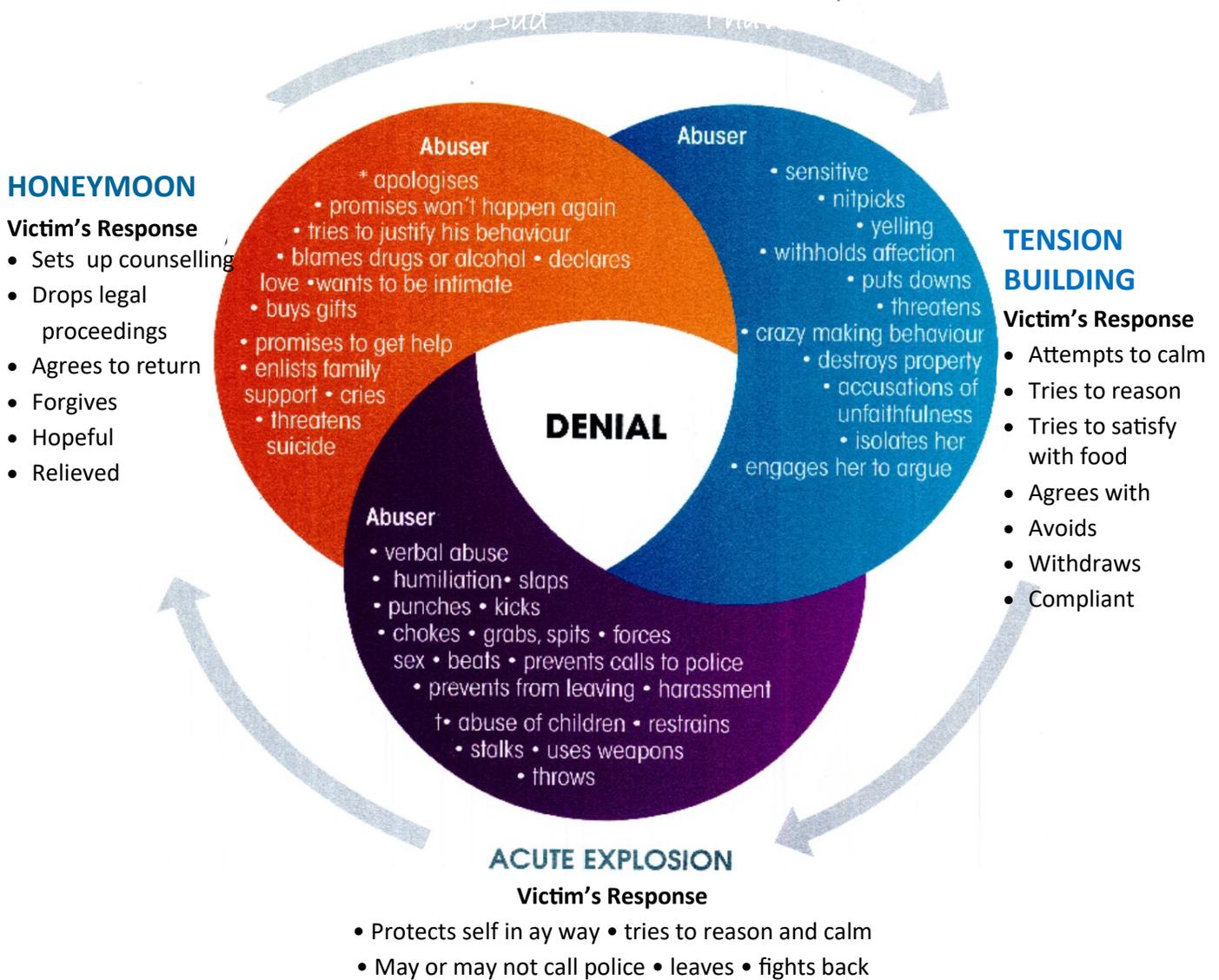
Cycle of Violence

I can't leave

I Have no money

What if he catches me?

He will find me



The circle of violence explains the situation for some women, not all.

There are many reasons women stay. Below are some examples

- Fear
- Shame
- Guilt
- She still loves him
- Financial issues
- Impact on children
- Lack of support
- Fear of not being believed

LEAVING IS A PROCESS

financial counselling australia



If you are a person in this situation or know someone who needs help - please call us on 4329 4477 so we can connect you to the right services that can help with the process. We care for your safety.

Why Walking?

Walking in groups is fun, free, accessible and brings terrific health benefits – both physically and psychologically. It creates opportunities for socialising and meeting new people and makes people feel connected: both to each other and to their community.

A study of 1,800 walkers in 14 countries showed that outdoor-walking groups improved their members' blood pressure, resting heart rate, cholesterol, body fat and mood.

So, it's no surprise that Heart Foundation walkers are sixty-three per cent more likely than the average Australian adult to be meeting Health Department recommendations for weekly physical activity.



Help us get our community moving

Have you thought about starting your own walking group?

It's a great way to be social and stay active – and we'll support you all the way.

We are looking for people interested in coordinating the group, or just wanting to participate.

Interested? Contact us Now

email: manager@gnnc.com.au

phone: 4329 4477

web: www.communitysos.com.au/contact



HELP! I'M IN CRISIS



“HELP!”
I'm in
Crisis
Emergency
Relief Fund

Our “Help! I’m in Crisis” fund is an emergency relief support to help those who are in crisis through circumstances that have found them in dire need. We believe it the utmost importance that as a community/neighbourhood centre, being often the first port of call for people who are in desperate need, that we should have the resources available to assist.

Currently we are not funded for emergency relief support so we are looking to the public for donations of money and/or non perishable grocery items in support of those who need our help. All money donations over \$2 are tax deductible.

We want to help those who have found themselves suddenly homeless through rises such as disasters, domestic violence and other financial loss- mostly in circumstances beyond their control.

Most people find themselves in crisis at some point in their lives and here at Community Support & Outreach Services Central Coast (Community SOS) we are passionate about helping people to find relief in these times.

Please donate towards our cause by going to our webpage at:

www.communitysos.com.au and clicking on the “Give NOW” button.

We sincerely thank you for supporting us to support others.

DO YOU NEED HELP WITH FOOD?

**At Community SOS we are here to
help you**

With sincere thanks to our supporters in the community we have available food hampers for those who are struggling to meet their current living costs.

If this is you then please call our centre on **43 294477** to have a food hamper arranged for you, or -

Just drop in and we can put one together for you

There is no charge for the food so we are only able to supply approx. one weeks worth.

This is usually enough to see most people through until they receive their next payment

We are happy to accept any non-perishable food and very happy to help. Thank you

THE CENTRAL COAST REGIONAL FINANCIAL COUNSELLING SERVICE

This service is available to people in the community who are experiencing financial problems.

We understand that it can be embarrassing to find yourself in financial difficulty. This service is free and available to anyone facing financial hardship.

We can offer help in the following areas:

- ◆ Repayment arrangements
- ◆ Realistic budgeting methods
- ◆ Negotiation and advocacy
- ◆ Adapt spending patterns
- ◆ Long term financial planning



THESE ARE JUST SOME OF THE SERVICES WE PROVIDE.

This service is strictly confidential and is governed by policies to protect clients, by both Gosford City Community & Information Service Ltd. and the Financial Counsellors Association of NSW (FCAN)

Visit our website by clicking on this link for more information

Or

Phone 43 294477 for details.

THE NO INTEREST LOAN SCHEME



The No Interest Loan Scheme (NILS) is a community lending program designed to help low income earners acquire goods and services including vehicle registrations.

With NILS there is no interest, no fees and no hidden charges.

NILS provides individuals and families on low incomes access to safe, fair and affordable credit.

For more information follow this link:

<https://www.communitysos.com.au/no-interest-loan-scheme>

To find out if you're eligible -

Please Call 43 294477

Would you like some help with your electricity or gas bill?

We have EAPA Vouchers to assist people experiencing hardship.

EAPA is a crisis/emergency relief scheme.

The EAPA Scheme operates through a voucher system and each voucher is worth \$50 .

EAPA appointments are available on Monday's from 9.30am to 2.00pm at the Gosford Narara Community Centre—2 Pandala Rd, Narara

To make an appointment just call

43 294477



What is a Work and Development Order (WDO)?

Work and Development Orders (WDOs) are a way to help people who can't pay their fines.

People who are [eligible](#) for a WDO can clear their fines with approved [activities](#) instead of money.

If you're not able to pay a fine you've incurred, and you meet the eligibility criteria, Revenue NSW can issue you with a Work and Development Order (WDO).

A WDO will reduce your fine by allowing you to provide unpaid work, or participate in certain courses or treatment.

An approved sponsor organisation or health practitioner will need to agree to support your WDO activity and apply on your behalf.

Community SOS Central Coast can help you apply for a WDO and offer the following activities to 'pay your fines off'.

- **Financial Counselling**
- **Activities at our Narara Community Centre such as**
 - gardening,
 - building maintenance,
 - reception admin., and other eligible activities.

The amount your fine is reduced by will be determined by the activity you complete in your WDO.

Who's eligible?

You're eligible if you:

- are homeless
- have a mental illness, intellectual disability or cognitive impairment
- have a serious addiction to drugs, alcohol or volatile substances, or
- are experiencing serious financial hardship.

If you don't meet the eligibility criteria, you may still be able to request a WDO under [exceptional circumstances](#)

Can't Pay Your Fines?

Ask here about **Work and Development Orders**

- Clear your fines debt
- Get your licence back
- Make a fresh start

DID YOU KNOW

If you are eligible to apply for a Work and Development Order, you can apply to have all of your fines included in the Order.



Office of
State Revenue
State Debt Recovery

Call 43294477 to apply. (ask for Vivian)

Spotlight on Suzie Tuddenham's Yoga

Hatha & Yin Yoga Classes



In this Edition we would like to introduce you to Suzie Tuddenham. Suzie and her sister Chelsea have been providing Yoga classes at the Gosford Narara Community Centre since 3rd April, 2018.

Suzie now runs the classes at the Centre every Monday and Tuesday from 9.30—10.30am during school terms.

Yoga is designed to Improve your Strength, flexibility and posture. Balance your body and mind.

A very popular fitness program that is suitable for everybody. For all shapes and sizes
And at all levels of health and fitness.

Suzie welcomes all ages!

Class Prices are as follows:

- ◆ Casual Class - \$15 with concession - \$13
- ◆ 10 Class package - \$130 with concession - \$110

Contact Details: suzietuddenham@gmail.com

Ph: 0417 651 668



What regular activities are on at Gosford City Community and Outreach Centre?

Fontaine Academy Of Dance

Classes : Tuesday 4.30pm - 5.30pm

Wed 10.00am -11.00am, 4.15pm -5.15pm

The Good Oils Painting Group

Thursdays 9.30am -12.00pm

Probus Club

Meeting 2nd Thursday of each month

9.00am -12.00pm

Gosford City Community Church

Every Sunday 9.30am-12.30pm

Australian Native Orchid Society

2nd Wednesday of each month

7.30pm -9.30pm

Motor Neurone Disease Support Group

Meets every 2nd Thursday, 1pm-3pm

Call 0419 225 594

BW Dance

Every Saturday—classes commence 8.30 and end 12.45pm.

Call Amanda 0407 782 966 for more info

Coastwide Child & Family Services Playgroup

Tuesday: 9.30am -11.00am

Suzie Tuddenham Yoga

Monday & Tuesday 9.30 – 10.30am

Friday Quilters

9.30am-12.30pm

Theosophical Society

Meets 2nd Tuesday of every month

8.00pm-10.00pm

Play around the World

Russian Playgroup

Monday 10am-12 noon

Call Natalia 0410 041 837

Brisbane Waters Outdoor Club

Meets 1st Wednesday of every month

7.30pm

Handy Phone Numbers

COUNSELLING SERVICES

- Central Coast Primary Care 4365 2294
- Kamira 4391 1341
- Grief Support Line 9489 6644
- Mental Health Access Line 1800 011 511
- Lifeline 4320 7400
- Salvation Army 0418 633 732
- Headspace 4304 7840
- Central Coast Community Women's Health Centre 4324 2533
- GriefLine 1300 845 745
- Beyondblue 1300 22 4636
- Biala Cottage (Sexual Assault) 4320 3175
- Mens Line Australia 1300 789 978
- Beyondblue 1300 22 4636

DOMESTIC VIOLENCE SUPPORT SERVICES

- Staying Home Leaving Violence 4356 2600
- Central Coast ADVICE 4323 5524 / 4356 6280
- 1800 RESPECT 1800 737 732
- VOCAL (Victim Support Services) 49262711
- Baptist Care 8713 4333
- Interelate / Family Relationship Centre 4363 8000
- Uniting Unifam—4325 9666
- Central Coast Domestic Violence Court Advocacy Service 4321 0099 / 4350 6941
- Rape Crisis Centre 1800 424 017
- Relationships Australia 1300 364 277
- NSW Domestic Violence Line 1800 656463

ABORIGINAL & TORRES STRAIT ISLANDER SERVICES

- Yerin 4351 1040
- Nunyara 4350 2698
- Bungree 4350 0100
- Bara Barang 4312 5133
- Mingaletta 4342 7515 (Peninsula)
- RYSS Indigenous Justice Program 4323 2374
- Wirringa Baiya Aboriginal Women's Legal Centre 1800 686 587
- Indigenous Women's Legal Contact line 1800 639 784

ACCOMMODATION

- Link 2 Home 1800 152 152
- Central Coast Tenants' Advice and Advocacy Service 4353 5515
- FACS Housing 1800 422 322
- Coast Shelter 4325 3540 (Singles, men, women, youth, women with children)
- Catholic Care 4356 2600 (Young parent families)
- Doorways Uniting Care 1800 067 967 (Youth, Women, Men & families))
- Wesley 4305 3300 (families)
- Bungree 4350 0100 (Aboriginal support)

CULTURAL & LINGUISTICALLY DIVERSE (CALD)

- Northern Settlement Services 1800 813 205
- Interpreter Service 1300 651 500 / 131 450
- Centrelink Multilingual Service 131 202
- FACS Housing Interpreter Service 1300 652 488

CARE FOR PETS/ANIMALS

Safe beds for Pets 9782 4408
Peggy's Promise 0414 011 650
RSCPA 4372 2044