



We acknowledge the people of the Bundjalung Nation. We pay respect to their cultures, and acknowledge their strong and continuing connection to their land and waters. Bundjalung Country; always was, always will be.



REGENERATE

See story pages 4, 5 and 6



our newsletter

Drift is produced at
Pottsville Beach
Neighbourhood Centre,
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Cover: RRR

2

Index, LCSA Conference,
5 min. interview - Pauline

3

Jim Rae

4 5 6

The Triple R Project,
Boomerang Bags

7

Zaatar

8 9

Palm Oil

10

Rainbow Living
Probiotics

11

Triple P

12

Caba Creative

13

Bill and Edna's 70th
wedding anniversary

14

Toy Library

15

Renee's scarf
AGM announcement

16 17

15 Minutes of Fame

19 20

What's on at the centre

LCSA Conference 2015

The Local Community Services Association (LCSA) conference was held on 23 - 24 August in Sydney, with Angela and Lily attending as representatives of PBNC. These annual events are always full of information for community service workers and help them to get in touch, and stay in touch, with other community and neighbourhood centres and be updated on recent changes in the industry. Workers learn how varied their work is from centre to centre, and how different each centre is. The conference also serves to inspire workers as great speakers are featured and innovative ideas are discussed. This year the theme of the conference was *Hear the Voice of the Community* and much of

the conference involved discussion about proposed reforms. Attendees were reassured by FACS representatives that the reform process would not be rushed and that changes would be **driven by a district's particular needs**. This is one reason it is important for community **workers to "turn outwards"** from their centre and have discussions with individuals and groups in the community with whom centres have not traditionally been involved with eg corporate bodies. Speaking to varied groups helps to identify community needs that may not have been identified previously.

Community workers at the conference were, on the whole, positive and determined to keep their centres going, and left with some new ideas on how to engage with their community with renewed zest and commitment ■

For all back issues of Drift visit the PBNC website <http://www.pottsvillebeachnc.org.au/>

8 9

Palm Oil

10

Rainbow Living
Probiotics

11

Triple P

12

Caba Creative

13

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14

Toy Library

15

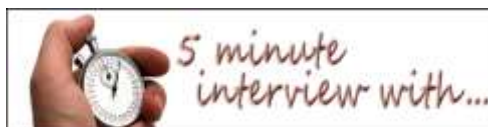
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AGM announcement

16 17

15 Minutes of Fame

19 20

What's on at the centre



Pauline

Admin/
Tech Centre



Do you have a favourite movie?
I love *The Sound of Music* - and a few more besides.

If you could travel to anywhere in the world, where - and why?
Switzerland to see the incredible scenery and I must say I have found the Swiss are very friendly.

What famous person would you choose to spend an evening with and why?

It would be Julie Andrews because she is such an **inspiration and a 'lady'**.

What is your favourite food?
Roast Beef and Yorkshire pudding (just like Mum made) and also Steak and Kidney pie with suet crust pastry, cabbage, carrots, mashed potato and a good gravy.

Do you have a favourite book or author?

Catherine Cookson. She writes novels in the local dialect about the north of England.

Whom do you most admire and why?

My girlfriend Cass. She is a single mother who has really had to struggle to bring up her daughter who is now an amazing young lady.

What does PBNC mean to you?

I enjoy the social side and helping to train new volunteers. **It's a great place for the community to gather; plus we provide a very good referral service.**



facebook

"Like" us on facebook

www.facebook.com/pbncinc



James 'Jimmy' Rae

It is with great sadness that we learned of the sudden passing of Jim Rae on 7 August, 2015.

Jimmy, as he was known by most, was introduced to PBNC by his great friend and PBNC worker Russel. There was an urgent need for someone to show interest in sorting out the volume of books we were getting and make them ready for sale. Jimmy took this on and within a few weeks had them displayed so customers could easily choose their purchases. There were so many positive comments that Jimmy took the initiative to open a small book stall in front of the canteen on Thursdays and Friday mornings and then managed the book sales each market day.

Jimmy's friendly nature soon attracted customers to his book stall for help with selecting books or just for a chat. Jimmy also helped on market days either in Trash and Treasure or the Sausage Sizzle.

Even though his illness was bothering him, Jim did his best to keep going for many months. He enjoyed the company. We featured Jim's story this year in ***Drift*** Jan/Feb issue.

Jimmy will be sorely missed. Our sympathies go out to his wife Carol (pictured above with Jim) and family.

The TripleR Project

Repurpose,
Reduce,
Regenerate!

The TripleR project is a six-month community project hosted by PBNC, with spaces for fifteen job seekers who work to deliver some great outcomes for the community. The name TripleR embodies three target areas – repurpose computers, reduce waste and regenerate bush. Participants get to use skills they already have and gain new ones as they work in the various areas and also assist with other tasks at PBNC as the need arises.



Repurpose computers: Workers give old and discarded computers another lease of life. The group's supervisors are Drew and Danny, co-coordinators of PBNC's Technology Centre. Danny, also a specialist technician, has reported that the group has just completed their first repurposed computers. To do this, the workers sort through donated stock and test for faults, catalogue and store suitable components, source other replacement parts if needed and then rebuild the computer to fully functional units ready for distribution free of charge to community members on low incomes. Other tasks the workers may do are reception and customer service and tutoring.



Reduce plastic bag use: Workers are creating shopping bags, called Boomerang Bags, sewn from donated materials. Once the bags have been stamped with logos, they are distributed to various stations in Pottsville, from which people who have forgotten their bags may take the Boomerang Bags to do their shopping. This eliminates the need for plastic bags which are a major threat to wildlife (especially marine life) once they have been used. The bags are called Boomerang Bags in the hope they will be returned to the station for others to use again and again. Steps in the creation of the bags include the sorting and cleaning of material, cutting, ironing, sewing, distributing to the stations and liaising with other members of the Boomerang Bags project, such as Pottsville Beach Primary School.

(cont.....)

PBNC's Finance Worker/Volunteer Coordinator Julie and PBNC workers Lorelle and Yvonne are supervising the Boomerang Bags team.

Donations to the project may be left at PBNC or the primary school. Sewing threads and materials, such as unwanted doona covers, sheets, pillowcases, tablecloths, tea towels and men's shirts will be gladly accepted.



Regenerate bush: Workers, under the guidance of community worker and horticulturist Lily, are creating a bush tucker trail beneath the existing canopy of littoral rainforest trees at the rear of PBNC. The team have liaised with local Aboriginal cultural advisor Magpie, Cabarita Trail co-ordinators and Tweed Shire Council Plant Nursery, and visited two other bush tucker trails, one at Fingal Head Public School and one beside Norries Headland at Cabarita. Workers have prepared the site; fencing, pruning trees and removing stumps where necessary, and identifying those trees already established and listing plants required for the trail. They are now beginning to mark out and plant into the design, which at the time of going to print is still a surprise! The trail will be a place where people can learn about bush tucker plants, rest and revitalise, or just take an interesting path on their way to and from PBNC.

(cont.....)

At the end of the six-month project, the community will have benefited from having many more Boomerang Bags, resulting in a reduction in plastic bag use and, therefore, less injury and death in our wildlife and marine life. Individuals and families will have benefited by receiving a free repurposed computer, giving them the opportunity to research and complete homework, update computer skills, apply for jobs, undertake online courses and keep in touch with others online, and anyone using the centre or just passing through may choose to wander around the imaginative, educative and relaxing bush tucker trail.



Boomerang Bags

Boomerang Bags is a not-for-profit organisation providing an innovative alternative to plastic bags in a way that connects and engages with local communities, fosters sustainable behaviour, raises awareness and reduces waste while creating a sense of purpose and community ownership.

Dedicated volunteers, schools and community groups around Australia get together to create thousands of re-useable Boomerang Bags using recycled materials. It's about local communities working together in a grassroots movement to create positive social and environmental change.

Boomerang Bags create multiple levels of community mobilisation due to the creative approach to drive community action on sustainability. To support Boomerang Bags or to become a volunteer, visit

<http://boomerangbags.org/>





Spicing it up with Niki (the other Spice Girl!)

Zaatar

Zaatar is a Middle Eastern spice blend consisting of sumac, thyme, oregano, marjoram, salt and sesame seeds. It can be used in a variety of foods, such as roast vegetables, dips and pizzas.

To make a simple zaatar dip

Mix zaatar with olive oil.

Use flat bread to dip into the mix.

Roasting vegetables with zaatar

Cut up the vegetables that you wish to roast and put them in a baking tray. Mix zaatar with olive oil and drizzle the mix over the vegetables. Place in the oven for ½ – ¾ hr at 180 degrees C.

Pizza

Spread tomato paste over pizza base. Spread base with mix of zaatar and olive oil. Add desired pizza toppings and sprinkle with feta or mozzarella cheese. Place pizza in the oven for 20 minutes at 180degrees C.

Hopefully this is just the first article by Niki in a series on Middle Eastern cooking to feature in Drift. Niki has been a volunteer at PBNC on and off since 2001 and currently works on the Front Desk in Admin.

Thank you

PBNC is very grateful for Cricks Tweed's generosity and outstanding service in relation to a recent new car purchase. We are very happy with our new Subaru Forester. Thank you to Dale, Kyle and the friendly team at Cricks Tweed.

P.S. Congratulations to Kyle on recently becoming a first-time Dad. Well done!

<http://crickstweed.com.au>

Say No to unsustainable palm oil

by Emma Peel

Palm oil is a type of edible vegetable oil, high in saturated fats, that is derived from the palm fruit grown on the African oil palm tree. Eighty-five percent of palm oil is grown in Malaysia and Indonesia, where unfortunately unsustainable practices are used most of the time.

The palm fruit yields two distinct oils – palm oil and palm kernel oil. Palm oil is extracted from the pulp of the fruit, is edible and used primarily in food products. Palm kernel oil is extracted from the seed of the fruit and is used mainly in the manufacture of soaps and cosmetics. Fifty million tons of palm oil is produced annually and this single vegetable oil is found in approximately 40-50% of household products in countries such as Australia, United States, England and Canada. In fact, palm oil is now the most widely used vegetable oil on the planet, making up 65% of all vegetable oil traded internationally.



By 2020, the use of palm oil is expected to double. According to the World Wildlife Fund, an area similar to the size of 300 football fields of rainforest is cleared every hour to make way for palm oil plantations. This large-scale deforestation is pushing to extinction many species such as rhinos, elephants, orang-utans, Sun Bears, Clouded Leopards, Proboscis Monkeys and Sumatran Tigers. Recent findings show that if nothing changes species like the Orang-utan could become extinct in the wild within the next 5-10 years, and Sumatran Tigers in less than three years. Currently, a third of all mammal species in Indonesia are considered to be critically endangered as a consequence of this unsustainable development that is rapidly encroaching on their habitat.

An estimated 1000-5000 orang-utans are killed each year for palm oil development. The Orang-utan is a keystone species and plays a vital role in maintaining the health of the ecosystem. An example of this is the spread of rainforest seeds in Indonesia, many of which can only germinate once passed through the stomach of an orang-utan, hence this primate is essential for the existence of the forest. Government data shows that over 50,000 Orang-utans have already died as a result of deforestation due to palm oil in the last two decades. The Orang-utan is not the only species affected by palm oil development; their situation represents the story of thousands of other species facing the same fate in South-East Asia.

Palm oil development increases accessibility of animals to poachers and wildlife smugglers that are looking for these kinds of valuable creatures. They use the road networks that are constructed to allow palm oil plantation workers and equipment access to the forest, to then simply drive to an area to sit and wait for their target where previously they may have had to trek through inaccessible areas of forest. They capture and sell wildlife as pets, use them for medicinal purposes or kill them for their body parts. The destruction of rainforests in Borneo and Sumatra is not only a conservation emergency, but also a major animal welfare crisis.

This industry is also linked to other major issues such as climate change, habitat degradation, animal cruelty and indigenous rights abuses in the countries where it is produced, as the land and forests must be cleared for the development of the oil palm plantations.

(cont.....)

(...cont)

Globally, the destruction of tropical forests is a major contributor to climate change, as the removal of the native forests often involves the burning of invaluable timber and remaining forest undergrowth, emitting immense quantities of smoke into the atmosphere. This process makes Indonesia the third highest greenhouse gas emitter in the world.

In some cases, forest clearance has forced indigenous peoples off their land, reducing essential eco resources such as clean water and fertile soil and be the cause of other major human rights violations such as child labour in remote areas and more often than not, the children receive little or no pay for their efforts.

Sustainable palm oil is an approach to oil palm agriculture that aims to produce palm oil without causing deforestation or harming people and animals.

So what can we do?

You can start by simply being more conscious of what you buy - say no to palm oil; buy only products from companies that use sustainable palm oil; support local businesses; read labels and research palm oil ingredients/derivatives listed in products; and donate to organisations fighting to save rainforests and animals.

If you care about the wellbeing of the world's rainforests, animals and the fate of our planet, now is the time to start taking responsibility for the choices you make as a consumer.



References and links for information and how to get involved:

http://www.saynotopalmoil.com/What_can_i_do
<http://www.saynotopalmoil.com/>
<http://greenpalm.org/>
<https://drpongo.files.wordpress.com/2012/01/productpalmoillist2012flexweek.pdf>
http://www.wwf.org.au/our_work/saving_the_natural_world/forests/palm_oil/
<http://www.orangutan.org.au/palm-oil>
<http://palmoilaction.org.au/>
<https://www.facebook.com/pages/Say-NO-to-Palm-oil-Save-the-orangutan>
<https://www.facebook.com/palmoilproductsinAustralia>
<https://www.facebook.com/PalmOilFreeProductPage>
<https://www.facebook.com/palmoilaction>
<https://www.facebook.com/palmoilproductsinAustralia>

Have you wondered about gut health? Research shows there's a profound dynamic interaction between your gut, your brain and your immune system, starting from birth and this is vitally important for MOST people, as the majority of people have such poor gut health due to poor diet and toxic exposures in our environment.

Most of us do not recognise or know (including many doctors) that digestive problems wreak havoc over your entire body leading to allergies, arthritis, autoimmune diseases, rashes, acne, chronic fatigue, mood disorders, dementia, cancer and much more in people of all ages.

Probiotics and digestive enzymes are paramount to keeping your gut flora and digestive system happy, healthy and functioning properly. When your gut is balanced and functioning correctly, you can begin to enjoy a myriad of other benefits to your body.

Rainbow Living Probiotics is a Pottsville business started by me, a local mum, who began my own journey in gut health repair using living probiotics. I also aimed to find a healthy, yummy and bubbly drink for my **young son to enjoy that wasn't full of sugar, colour and preservatives.** As I began noticing amazing changes in my own body, and my son even began enjoying this drink too, it soon became too good not to share with others, and so our business began!

Fermented products like our Water Kefir are considered functional foods because they offer a naturally bubbly, fermented probiotic drink teeming with beneficial living bacteria, enzymes, pre-digested nutrients, amino acids, vitamins, minerals, calories/energy and billions of probiotics making it fantastic for your gut flora, overall health and wellbeing. It is also just simply delicious and refreshing to drink while your body enjoys the health benefits!



By Emma Peel

The living water kefir grains convert raw organic sugar (don't worry - the culture consumes most of the sugar) into healthy enzymes and probiotics. All parts of this beverage including any floating bits and fruit pulp can be consumed and are very good for you. These are signs that your beverage is 'alive'!

This great product is made using organic or spray-free ingredients; filtered water; is dairy-free, gluten-free and suitable for vegetarians. It is affordable because at Rainbow Living Probiotics, we believe everyone should have the opportunity and knowledge to improve their gut health. We are passionate about organic goodness and healthy living, sourcing all ingredients with great care to make sure you get the best product possible.

For more information or to make orders please contact us by:

Finding us on facebook for weekly available batches of delicious water kefir uploaded to the page:

<https://www.facebook.com/rainbowlivingprobiotics>

OR contact Emma on :

phone : 0405693043

email: rainbowlivingprobiotics@gmail.com

We will be coming soon to a market or store near you!



Stepping Stones Triple P Parenting Seminars Series

Is this you?

Most of the time, you know you are doing a good job with parenting. But there are times when things get a little tricky. Like when your

toddler won't eat her dinner or your six year old won't share his toys. If only someone could give you some ideas to make those times easier! If this sounds like you, then a Stepping Stones Triple P seminar may be right for you.



What is a Stepping Stones Seminar?

Stepping Stones Triple P seminars tackle the most common issues for parents of children with a disability. Seminars are for large groups of parents – possibly 20 or more. It's an informal presentation, a little like a public forum. There are three seminars that each last 90 minutes and cover a different topic. We encourage parents to try to attend all three.

When: Seminar 1 – Positive Parenting for Children With a Disability
Tuesday 13 October 2015; 12.30 to 2.30pm - Week 2 Term 4
Seminar 2 – Helping Your Child Reach Their Potential
Tuesday 20 October 2015; 12.30 to 2.30pm - Week 3 Term 4
Seminar 3 – Changing Problem Behaviour into Positive Behaviour
Tuesday 27 October 2015; 12.30 to 2.30pm - Week 4 Term 4

Where: Pottsville Beach Neighbourhood Centre
Location: 10B-12A Elizabeth St, Pottsville Beach NSW 2489
Phone (02) 6676 4555 Website: www.pottsvillebeachnc.org.au

Cost: FREE as part of a research project Free parking too

Who: Any parent/caregiver of a child with a disability, aged 2-12 years

How: RSVP by contacting the NSW Stepping Stones Triple P Project Team –
Call (02) 9114 4106 or email fhs.steppingstones@sydney.edu.au
.....or register at the door or visit PBNC and ask to access
their computers + internet (friendly staff will help with this too)

For more information contact:

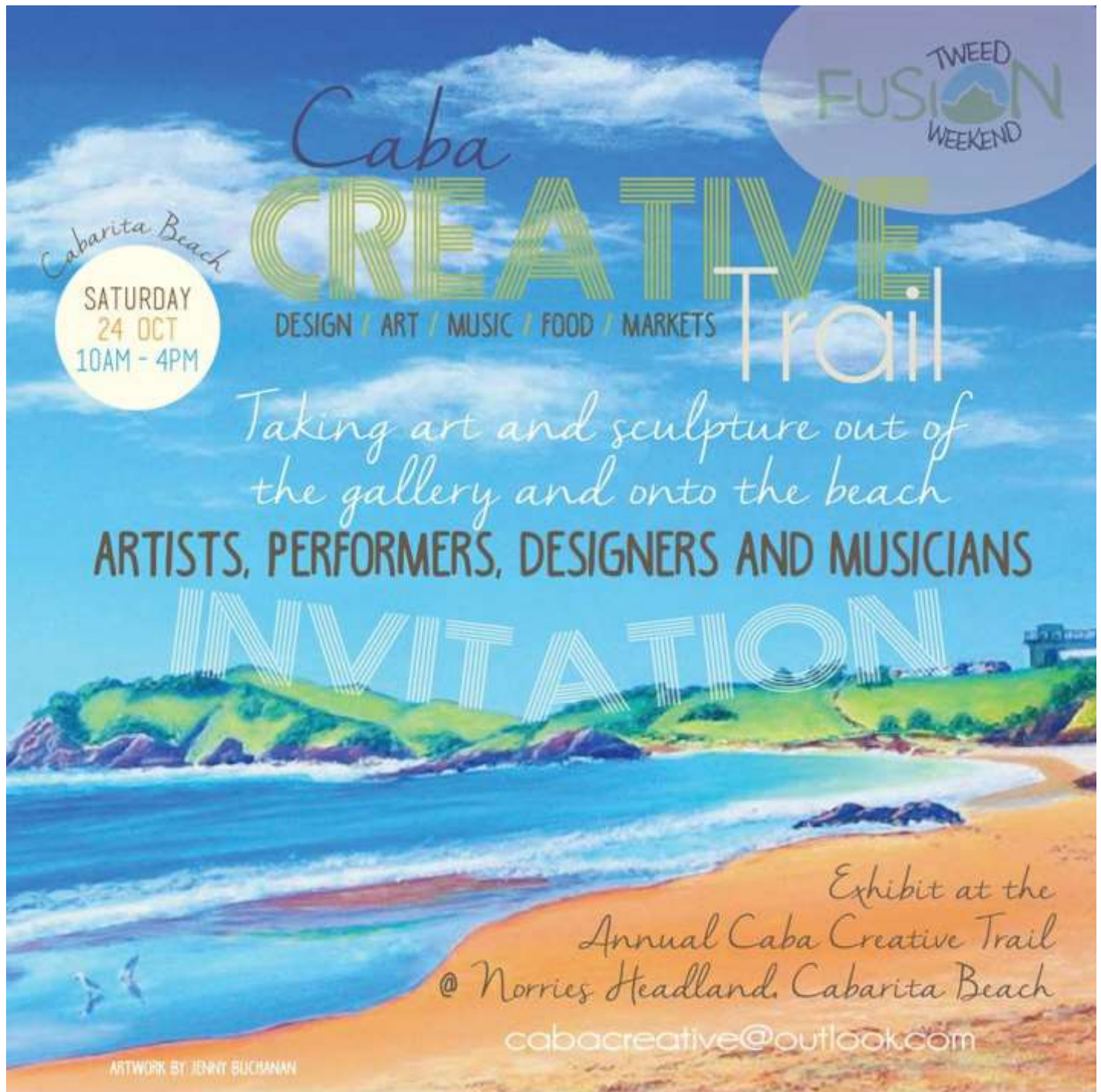
Stepping Stones Triple P Project Team NSW - (02) 9114 4106 or fhs.steppingstones@sydney.edu.au



Presenter: Diane Core
0447 376985

Sponsored by:





Caba Creative will transform the stunning 2km path overlooking the Pacific Ocean into a temporary outdoor gallery featuring sculptures, performers, buskers and artists.

Throughout the day there will be live music, buskers, performance artists, face painting, and public art projects for visitors to enjoy. The park at Norries Headland will be converted into a colourful bazaar of over 50 local artisans, designers and food stalls with live music and performances on the main stage and a second buskers (unplugged) stage.

This event really is something different for the region and one that provides the opportunity to experience the diversity and amazing talent we have on our doorstep. It is designed to celebrate and foster an appreciation of the arts in the Tweed and to showcase Cabarita Beach as a wonderful creative destination.

For music, performer or artist booking enquiries email cabacreative@outlook.com



Congratulations Bill and Edna

Bill and Edna Hallett married on 18 August, 1945, and celebrated their 70th Anniversary on 18 August, 2015. Bill and Edna have been volunteering with PBNC since 2008.



PBNC's Tweed Coast Toy Library more popular than ever before!

PBNC's Tweed Coast Toy Library is more popular than ever before, with occasions of service increasing significantly over the past 12 months to reach record highs.

In May each year, Toy Library users are asked to complete a simple survey in order to provide feedback to the State funding body, Family and Community Services - Families NSW.

We at PBNC are able to gain insights into how families benefit from the Toy Library and also PBNC's other family-friendly activities.

This year the feedback was overwhelmingly positive, as you can read from the comments here . . .





Renee ready for rough weather

In the May/June issue of *Drift*, we showed Renee helping PBNC worker Jan to knit this scarf. It took them quite a few weeks to finish the tricky knitting project, but now it is complete.

In the photo you can see Renee proudly modelling her scarf as soon as it was finished.

We hope it keeps her warm in the colder weather.



Notice of Annual General Meeting

Tuesday 20 October, 2015
Starting 6.30pm
Reef Room

Everyone welcome
Light refreshments

To RSVP by Tuesday 13 October, 2015
phone (02) 6676 4555 or email
www.pottsvillebeachnc.org.au

Fifteen Minutes of Fame

by Emma Peel



What is your name and the name of your event?

Jennifer Unwin.

I am the Creative Director for Eventbiz Arts and marketing.

Our event is called *Fifteen Minutes of Fame*.

I am an events co-ordinator with a keen interest in supporting community events.

Would you like to name any relevant qualifications or experience you have?

I have lived in the area for 26 years and have lots of interests in arts and creative people supporting each other. I enjoy being innovative and like fostering youth interests in arts and love seeing youth projects blossom into something amazing. I come from a strong admin background and the arts is my release in all of that.

I am married to an artist, and mother of two dancers and one digital artist, so I have creativity in the family.

I've also been involved with Tyalgum Classical Music Fest and Murwillumbah Performing Arts Festival.

Aside from listening to great local talent, we are always aiming to put actions in place to continue to have this event every month. By having this regular event continue, we are raising funds to keep the doors open and to make repairs and maintenance on the local memorial hall. We have plans to upgrade our kitchen facilities, making it a great venue for local music, community meetings, functions and other community programs.

What do you aim to achieve?
What are your goals?

The event is held at The Stokers Siding Dunbible Memorial Hall on the first

Friday of every month at 7:30pm. Doors open at 7pm and you can get delicious meals from 7pm (from \$10) catering to everyone including vegetarians, vegans and people who prefer gluten free.

Our next *Fifteen Minutes of Fame* evening is September 4.

When and where are your events held?

The aim of this great evening is to enjoy, discover and be entertained by music and arts from local talented people and also to eat delicious food.

What are your events about?

How long have you been running your events?

Fifteen Minutes of Fame has been running for five years.

What role do you play?

I am the events co-ordinator, publicist and grant writer.

How and when did this concept first become an idea and how did it come to fruition?

I came into this project a little later. It was originally created by two neighbours who were really into their music. They chatted one day and decided they wanted to start an event for the community and surrounds so that everyone could really get to know their talented local artistic community. They started this event five years ago and managed it for three years. In recent years the hall has now taken over the event, appointing a hall committee, but also relying on a dedicated group of community volunteers including local foodies that make delicious meals for all the events.

A lot of our funding is self-generated, raising money from ticket sales and food but we also rely on donations, grants and sponsorship from community and business organisations.

Are your events self-funded?
If not, what sources of funding do your events have?



We definitely have had an amazing **response** and it's starting to grow even more. We now have a facebook page and have quite a good following there, and are building a website.

So far, are you having a good community response?

We would like to encourage all locals to come perform or to just relax and enjoy the show. We encourage youth to come and be artistic, grow their confidence here before they go out into the big wide world to grow and perform at even bigger levels. They can also sell their cds here, hopefully giving a platform to share more of their work and make some money.

We also encourage other community members to attend and to use this event to promote other community activities.

I love hearing the new talent that comes through here and the feeling of being able to be a part of that experience. When people present their work, passion and love and I get to be there for that, in such an amazing little hall, I think that's really special. I enjoy that I paid next to nothing to hear such quality, powerful, talented stuff.

What is your favourite thing about your events?

We are just starting to get there, still in the beginning stages but we are on the right track and we will get better at it as we go along and watch it evolve every month.

Do you feel you are achieving your goals?

If money was no object, what is the one thing you would really love to be able to do with *Fifteen Minutes of Fame*?

I'd like to take it to the street, incorporating some outdoor performances too. We could create something like a big community weekend music festival, tapping into the variety of artistic experiences that we have in this area and give them all a voice.

There's been so many favourites but some would include:

Opera singer (Pottsville resident) Tara Williams – powerful, talented singer.

Cello with a ukulele – duo singers, sounded fantastic, very unique.

Cabaret performer Ivy Lucille - very theatrical and amazing to watch.

If you could pick three positive experiences or activities so far, what would they be?



Dunbible Hall
244 Stokers Road
Stokers Siding
NSW 2484

To book acts call 02 6677 9359 or send a message via the facebook page.

fifteenminutesatstokers@gmail.com
[facebook](#)

The Pelican Party... left wing or right?



Photo by Tony at Cudgera Creek, Hastings Point

Monday

Technology Centre
9am - 4pm

Opp Shop
9am - 4pm

Toy Library
9.30am - 12.30pm



PlayTime Group
Sandbar Room
9.30am - 11.30pm
(school terms)

Tuesday

Technology Centre
9am - 5pm

Opp Shop
9am - 1pm

Toy Library
9.30am - 12.30pm

Get Fit, Keep Fit
Sandbar Room
9.00am - 10.15am

Scrabble
Starfish Room
10am - 12pm

Art and Play
Coral Bay Room
10am - 11am
(school terms)

Wednesday

Technology Centre
9am - 5pm

Opp Shop
9am - 1pm

Toy Library
9.30am - 12.30pm

Diabetes Support Group
(1st Wed each month)
Reef Room
2 - 4pm
Phone Ruth (02) 6676 0411

PBNC Home Educating Group (each Wed except 1st Wed each month)
Sandbar Room
1 - 4pm (school terms)
Phone Kym 0401 078899

Friday

Technology Centre
9am - 1pm

Opp Shop
9am - 4pm

Toy Library
9.30am - 12.30pm

Furniture Shop
9am - 1pm

Get Fit, Keep Fit
Sandbar Room
9.00 - 10.15am

Pottsville Toddler Tunes & Stories
Sandbar Room
10.45am - 12pm (school terms)

Wordsflow
Sandbar Room
12.30 - 3.30pm (school terms)
Phone Cheryl
0412 455 707



Thursday

Technology Centre
9am - 5pm

Opp Shop
9am - 1pm

Toy Library
9.30am - 12.30pm

Furniture Shop
9am - 1pm

PlayTime Group
Sandbar Room
9.30am - 11.30am
(school terms)

Stretch Your Mind
Reef Room
12.30 - 2.30pm

Meditation with Robyn
Sandbar Room
1.30 - 2.30pm
Phone Robyn
0427 212 210

Saturday

Opp Shop
9am - 1pm

Aspergers Support Groups
Side by Side (1pm first Sat of month) & **GameOn** (1pm 3rd Sat of month) - School terms only
Phone Deb or Terry
(02) 6676 0483

Sunday

PBNC Markets, Opp Shop, Furniture Shop, Trash & Treasure (7am - 1pm) and **Community BBQ** -
1st & 3rd Sun each month.

Next markets (2015):

Sept	20
Oct	4 & 18
Nov	1 & 15
Dec	6 & 20

Regular Services & Programs

PBNC ADMINISTRATION

Monday to Friday 9.00am - 4.00pm

BRIGHTER FUTURES

Monday to Friday 9.00am - 5.00pm

DHS (CENTRELINK)

Monday to Friday 8.30am - 1.30pm

DIABETES SUPPORT GROUP

1st Wednesday each month 2pm - 4pm - Reef Room
Ph: Ruth (02) 6676 0411

MEN'S SHED AND SECONDHAND FURNITURE SHOP

Thursday/Friday 9am - 1pm; Market Sunday 7am - 1pm

GET FIT, KEEP FIT

Sandbar Room - Gentle exercise for Seniors
Tuesday 9.00 - 10.15am, Friday 9.00 - 10.15am

OPP SHOP

Monday & Friday 9am - 4pm
Tue, Wed, Thu, Sat 9am - 1pm
Market Sunday 7am - 1pm

PBNC TECHNOLOGY CENTRE

Computer Lessons, Internet Access and Equipment Servicing

Monday 9am - 4pm
Tues, Wed, Thu 9am - 5pm
Friday 9am - 1pm

POTTSVILLE PLAYTIME GROUP

Sandbar Room
Monday & Thursday 9.30am - 11.30am (school terms)

ART AND PLAY

Coral Bay Room (next to Reef Room) Tuesday 10 - 11am,
(school terms)

COUNSELLORS

Counselling by appointment most days. Contact Admin for more details.

MEDITATION WITH ROBYN

Sandbar Room - Thursday 1.30 - 2.30pm

STRETCH-YOUR-MIND

Reef Room - Thursday 12.30 - 2.30pm

TOY LIBRARY

Monday to Friday 9.30am - 12.30pm

WORDSFLOW

Sandbar Room - Friday 12.30 - 3.00pm (school terms)

SCRABBLE

Tuesday 10am - 12pm

TODDLER TUNES AND STORIES

Sandbar Room - Friday 10.45 - 11.45am (school terms)



Australian Government
Department of Human Services



medicare
child support

DHS (Centrelink) Agency

Monday to Friday
8.30am - 1.30pm

Applications to join our association are always welcome - just ask for an application form from one of the friendly front desk crew or call PBNC 02 6676 4555

Consortium of Neighbourhood Centres



Brighter Futures North Coast (CONC)
A regional child and family support program

Monday to Friday 9am - 5pm
Upper Level Admin Building
Ph 02 6676 2277

Side by Side (SbS)
and
GameON (GO):

PBNC's social support groups for children & young people with Aspergers & their parents/carers.

SbS - 1st Sat each month 1pm
GO - 3rd Sat each month 1pm
Ph Deb or Terry
02 6676 0483.

 beachsidecommunicare

Community Pantry
every Wednesday 10am - 12pm
Coral Bay Room

Contact PBNC Admin Office
for more details or bookings
(02) 6676 4555
or visit the website
www.pottsvillebeachnc.org.au