



We respectfully acknowledge the traditional custodians of the land on which our centre stands, the Bundjalung nation.



Picnic Time for
(families and)
Teddy Bears



See story
on
Page 4



our newsletter

Drift is produced at

Pottsville Beach
Neighbourhood Centre,
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What's On At The Centre

Production team:

Tony Crockett, Angela Maxwell,
Lily Crockett, Chris Warner



Margaret with partner Keith

Farewell Margaret Klootwyk

Lorraine and Connie (all co-workers and friends from the Opp Shop), played bowls with Connie and Barbara (another co-worker and friend), and enjoyed taking part in skits at the bowls club. She was interested in crosswords and could always solve them, according to Connie.

Margaret was one of the first people Jan B met when Jan began volunteering at the Opp Shop and they soon became good friends. Margaret had a quirky sense of humour and "did not tolerate fools gladly", said Jan. You always knew where you stood with Margaret, she added.

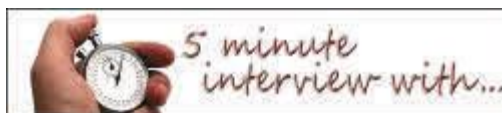
Margaret called the centre her 'remedy for loneliness'.

Farewell, Margaret - your friends at PBNC will miss you and remember you as a good, loyal friend with a wicked sense of humour ■

Margaret Klootwyk worked at PBNC for twelve years. Sadly Margaret passed away recently, and is missed by her many friends at the centre.

Margaret moved to Pottsville Beach from New Zealand in the late 1990s. Feeling lonely and disconnected, she volunteered in May 2000 to work in the Opp Shop, where she remained till June 2012. She was also employed by PBNC as its first paid cleaner.

Margaret played Mahjong with Jan,



Helen

Tech Centre
Reception



Do you have a favourite movie?
I am not a movie goer but love kids movies such as **Toy Story**.

Do you have a favourite book and/or author?

Not favourite but I am currently reading **My Place** by Sally Morgan - very interesting.

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

Katy Perry, the singer currently here in Australia. I see her as a very rounded young lady (who keeps her clothes on).

Whom do you most admire and why?

My three sons. They are all successful in their own right and are "fine young men".

If you could travel to anywhere in the world, where would it be and why?

England. I have never been there (I do have a Scottish and Irish background).

What is your favourite food?

Savoury food - especially mud crab (I don't have a sweet tooth).

What does PBNC mean to you?

It's the centre of the community. I have learnt a lot about people and the history of the area. I have learned up-to-date technology on computers, phones, Ipads etc. Volunteering at PBNC has made me feel part of the community.

PBNC Notice Board



Linking People and Strengthening
Our Community

12a Elizabeth St, Pottsville Beach

Notice of Annual General Meeting

Tuesday November 19th, 2013

starting 6.30pm
Reef Room

Everyone welcome
Light refreshments

To RSVP by November 12th, 2013

phone (02) 6676 4555 or email
admin@pottsbnc.ngo.org.au

No sticky tape please

PBNC Christmas Party

Get in the swing and wear some bling!

It's time to kick up your heels again at the **PBNC Christmas Party** to be held at **Pottsville Beach Sports Club** on **Monday, December 9th at 6pm.**

Invitations are being sent out to all PBNC workers. Please remember to RSVP by Wednesday, November 27 so that arrangements for the party can be finalised.

To get you into the Christmas spirit, you are encouraged to **wear Christmas colours (red, green, silver or gold) and/or some Christmas bling!**

Pantry Christmas Party

Date: Wednesday
18 December

Time: 9.30am-
11.00/11.30am

Place: Reef Room and
courtyard PBNC

What's on: Christmas
Carols with Phil
**Guest, sausage sizzle and
morning tea**
Everyone is invited!

PBNC responds to Blue Mountains Bushfire Emergency

Workers at PBNC wanted to know how they could help the Blue Mountains community recently devastated by bushfires.

After some research, it was decided that the best way to do this would be through a financial donation. PBNC donated \$1000, to be delivered in the form of twenty gift cards, each valued at \$50, to be spent at the Valley Heights Bunnings store (Valley Heights is the next village to Springwood and Winmalee, the worst hit areas). This will ensure that the money is spent locally.

The PBNC logo will be on the cards, so the recipients will know that their situation has not gone unnoticed by us, who are located on the coast, in the far north of NSW - well away from bush fires at this moment.

PBNC workers:

Do you have inhouse info you wish to advertise? If so please contact the Drift team in Admin (upstairs)

6676 4555

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Picnic Time for (families and) Teddy Bears

Angela, Chris and Ken attended the Teddy Bears' Picnic on September 4th, in their roles with the Brighter Futures program, an early intervention program operating throughout the Tweed Shire from its outreach based at PBNC.

The picnic was part of Child Protection Week, which ran from September 1st till September 7th, and took place at Recreation Park in South Tweed. The aim of the picnic was to provide a day of fun and creativity for children and their families while highlighting the importance of child protection. Information was available on services which assist children to feel safe and nurtured, and help families to establish and maintain safe, happy homes where children can grow and flourish. The Brighter Futures team and Angela set up creative activities from their marquee in the park and said they

really enjoyed the day. Making jewellery from coloured, tubular pasta was very popular with the children, who ranged from two to about ten years old. Another fun activity was making snakes from paper dinner plates ■



SERVICE FOR THOSE AT RISK OF HOMELESSNESS

Maribeth is a Community Engagement Officer with the Department of Human Services (DHS). Maribeth provides information and assistance to those who are homeless or at risk of homelessness and is working each Wednesday at PBNC to enable people who are homeless or at risk of homelessness to benefit

from Maribeth's focused support.

Linda and Mitch also work in the DHS Community Engagement Unit and are developing a six-week program to assist customers to learn about technology for accessing and using the My Gov website. They are looking forward to meeting our community and utilising the technology centre and the DHS agency here at PBNC ■



Staying Safe Online: Are seniors more at risk?



3.41 *Anyone can be a victim of cybercrime but*

Australia's seniors, as a relatively wealthy and recently growing demographic online, are an attractive target for innovative cybercriminals both domestic and international.

3.42 *Available research also suggests Australian seniors are being disproportionately targeted by, and fall victim to, certain types of online criminal activity dependent on age. The trends also reflect the uptake of online activities by older groups:*

3.118 *Compared with the rest of the world, Australian seniors are an attractive target for cybercriminals. Relatively new to the internet, many are also relatively affluent.*

(From: The Parliament of the Commonwealth of Australia
Cybersafety for Seniors: A Worthwhile Journey. Report.
March 2013, Canberra)

Seniors Techno-Protection seminar

Did you know Australian seniors are the group most widely targeted by online (cyber) criminals? Two factors contribute to their vulnerability – Australian seniors are generally fairly new to the Internet, and they are also quite affluent compared to the rest of the world.*

To assist seniors (those over 60) to be more aware and protect themselves better against this type of crime, Pottsville Beach Neighbourhood Centre (PBNC) is holding a **Seniors Techno-Protection** seminar. If you are a senior who uses the internet, whether computer smart or just a beginner, you are encouraged to attend.

Speakers will be Mitch, from the Department of Human Services (DHS), who will talk on how to access government services online, and Brendon, from NSW Fair Trading, who will talk about how to recognise and avoid scams. Also speaking will be Drew, Danny and Pam, from PBNC's **Tech-In for Seniors** (TIS) program, presenting information and advice on a range of cyber protection issues, chatting about your concerns and answering your questions. Drew, Danny and Pam aim to make the seminar fun for you, and will be happy for you to bring along your questions and join in discussions.

The seminar will be held on **Friday, November 22 at the Technology Centre, Pottsville Beach Neighbourhood Centre, 12A Elizabeth St, Pottsville Beach from 9.30 till 11.30am**. Morning tea will be provided. To book a place in this very important session, phone PBNC on **02 6676 4555**.

This event is an initiative of Pottsville Beach Neighbourhood Centre and is funded under the **Commonwealth Productive Ageing through Community Education** Program.

*Source: **The Parliament of the Commonwealth of Australia Cybersafety for Seniors: A Worthwhile Journey**. Report, March 2013, Canberra



Yet another great result

Jack began volunteering with PBNC in February this year, working in reception at the Tech Centre. Like many of PBNC's volunteers, Jack had a strong working background but was finding it difficult to access job vacancies, get interviews and ultimately get a job.

Jack updated his computer skills through the Technology Centre's Tech-In for Seniors (TIS). With assistance from Karina, a volunteer trainer at the Tech Centre who helped with the letter of offer and the induction for work readiness, Jack was able to complete the lengthy and complex application forms and undergo the extensive and intricate induction process necessary to gain the job of retail assistant at BWS, a new liquor outlet at the recently built Woolworths mall in Cabarita. Jack was initially one of 300 applicants. This was narrowed to 28, with Jack finally securing the position. It's a very busy outlet and a very demanding job but one that Jack enjoys.

Another of Jack's skills, showing a very different side, is horticulture, where his speciality is orchids



and creating mini gardens. Jack said he was very thankful for the assistance given to him at PBNC, and he attributed part of his success at gaining a job to the help he received at the centre. He presented manager Angela with a dainty "garden in a bowl", consisting of small flowering succulents, as a token of his appreciation of a small role that Angela played in Jack's early communications with Woolworth's Human Resources Department ■

Pottsville District Men's Shed Meeting

A group of men in Pottsville have taken up the challenge to establish a men's shed for Pottsville and district residents. To get this project off the ground and to gauge the level of interest in a men's shed, a public meeting will be held at the **Pottsville District Sports Club on Thursday, November 21st from 4pm to 6pm.** At this meeting we hope to have local and State government representatives, representation from the other men's sheds in the district, the Pottsville Beach Neighbourhood Centre and as many interested Pottsville and district residents as possible.

Pottsville Beach Neighbourhood Centre (PBNC) engages many men in its diverse volunteer program, which includes mentoring and men's shed activities in the lower level of its new building. However, PBNC's space is limited, and is therefore supportive of an additional men's shed to create an opportunity to reach and accommodate more men and associated tools and equipment. PBNC Manager, Angela Maxwell, says, "I see this prospective new men's shed project as being complementary to the existing suite of PBNC activities that appeal to men in our community. Our success in attracting and retaining male volunteers, from all backgrounds, ages and stages, is testimony to the benefits of a community-based 'workplace' for

creating social connections, combining skills, problem solving and completing 'back yard' projects. Feedback from our volunteers indicates that all of these elements enhance men's sense of self, purpose, health and wellbeing. I fully endorse the Pottsville men's shed steering committee's vision, as I see many opportunities for collaboration between PBNC and the Pottsville men's shed group."

At the 21st November meeting we will be discussing the men's shed program in Australia, what it is and how it can support a community. We will also be looking at the benefits a men's shed can have for men and their families in Pottsville and how it can support the wider community through projects and education.

A man's shed was once part of every home, a place where repairs to household furniture, etc., could be done and a place where a man could go to get his mind off the demands of life and do something with his hands. It became entrenched in our culture but in recent times is not catered for in modern homes and is sorely missed. Community men's sheds are now filling that void and have become a place where men can go to work and spend time together in a friendly environment. They are used by men of all ages and are places where new skills can be learned from men who have honed these skills throughout a lifetime of work and want to pass on what they know. They are places to go

for a coffee and a chat away from in front of the TV. The range of activities can be as broad as your imagination and as extensive as the skills of the men in the shed. They are definitely gaining a place in the Australian society which is testified by the fact that there are now over 1000 registered sheds in Australia and the idea has spread to other countries.

I would like to invite you to this public meeting where we can consider starting a shed in Pottsville and where you can have your say in if and how this should happen.

There is an old African proverb that says 'if you want to go quickly, go alone, but if you want to go a long way, go in a group'. This is a long term project which needs as much community involvement as possible to go the distance. Don't let lack of involvement scuttle what can be a great community program. Hope to see you there! For more information you can go to www.mensshed.org and browse through the official men's shed site. Also, to register an expression of interest in this project, please contact the Pottsville Beach Neighbourhood Centre on (02) 6676 4555 and leave your details with them. This will be passed onto the Pottsville Beach Men's Shed Steering Committee who will return your call.

Allan May, Pottsville men's shed project team member



Magical benefits for families

PBNC is once again presenting the very popular parenting program **1-2-3 Magic and Emotion Coaching**. Carers of children aged 2-12 years old who wish to strengthen family bonds and build parenting skills are encouraged to attend.

Consisting of three FREE lessons, the program will provide parents and carers with knowledge, skills and strategies to assist them in their parenting role. They will hear about key ideas regarding children's abilities, talk about the common problems faced by parents and carers and learn ways to make parenting more enjoyable.

The sessions will take place on **Monday November 11, 18 and 25** from **6.30 till 8.30pm** in the **Reef Room** (underneath the new building) at **Pottsville Beach Neighbourhood Centre, 12A Elizabeth St, Pottsville Beach**.



Couples are encouraged to attend together. Grandparents, aunts and uncles are also welcome. If you don't have child-minding arrangements in place, there are limited child-minding places available on site – please discuss your needs when booking.

To register or confirm your place, call **Angela** or **Karen** on **02 6676 4555** or email admin@pottsbnc.ngo.org.au

For more information about our centre and this program, visit: www.pottsvillebeachnc.org.au

PBNC introduces **Money Matters**

Can we assist you?

Money Matters is a program designed to assist people to manage their finances, no matter how much or how little income you live on.

A Community Capacity Worker will guide you through a four step program, which will include some of the following:

- ❖ How to set up a Personal Money Plan and Spending Diary
- ❖ Short & long-term goal setting
- ❖ Setting up an Action Plan and Tips to save money
- ❖ Helpful hints to solve spending leaks and advice on maintaining your new relationship with money.



If you are interested in learning more, Pottsville Beach Neighbourhood Centre (PBNC) invites you to book a Money Matters appointment. You will have a one-on-one, individually tailored Money Matters management session.

For more information, call **Karen at PBNC** on **02 6676 4555**.



**Trade &
Investment**
Office of Liquor, Gaming & Racing

Charitable Fundraising Authority

Charitable Fundraising Number
17296

This document certifies that

Pottsville Beach Neighbourhood Centre Inc

holds a charitable fundraising authority under section 13A of the *Charitable Fundraising Act 1991*, subject to compliance with the Act, the *Charitable Fundraising Regulation 2008* and the conditions attached as Annexure A.

This authority is in force from **28/10/2013** until **27/10/2018** unless surrendered or revoked earlier.

It is not transferable.

P Wick

Manager, Licensing

Issued under delegation from the Minister administering the *Charitable Fundraising Act 1991*

09/10/2013

Fundraising Certificate

Last month PBNC received its current Charitable Fundraising Authority certificate, which authorises the centre to raise funds until 27/10/2018. These funds are essential to the sustainability of the centre and in the provision of popular and responsive community programs.

All PBNC workers, both paid and unpaid, play a part in the raising of funds, which come from areas including the Technology Centre, Opp Shop, Secondhand Furniture Store, Markets and the Community BBQ (or sausage sizzle) and receiving donations from generous individuals, families and businesses.

Thanks all PBNC workers for your part in helping raise funds to keep our vibrant and hugely popular centre surviving and growing!

Kingscliff High School Study Centre (KHS Homework Group)

The Kingscliff High School Study Centre has been meeting in the Reef Room and courtyard at PBNC on Tuesdays and Thursdays from 4pm till 6pm since 2012. The aim of the centre is to enable students to access focused support with elements of their education, in a small group environment with dedicated teachers, to enable students to improve their individual performances.

The centre started with a small core, and focused on skill building and assessments in a wide range of subject areas, with two tutors working with Kingscliff High School staff to personalise student assistance. The group grew, with sometimes up to fifteen students per session and almost all year levels represented in the one room. Topics included algebra, essay structure, lab reports, recipes, exercise science, design projects, poetry, visual arts, Japanese, with the space in the Reef Room being adapted to suit the needs of each student.



Feedback was received from students on how much their performance had improved, with one HSC English student who had missed out on classes due to illness attributing her class-topping exam score to a particularly intensive tutorial at PBNC the previous week.

Outside of academic fields, students built relationships within the sessions. Some who preferred to stay quiet in class found an environment where they could openly discuss relevant topics with each other or in a one-on-one setting.

Tutor, teacher and Kingscliff local, Marc Ucello, said he could see the great need for programs such as this to exist and continue in the best interests of the students and the community. It is hoped that this program will continue next year.

For further information on the Kingscliff High School Study Centre, ring Kingscliff High School on (02) 6674 9777.

Pottsville Beach Neighbourhood Centre Work, Health and Safety (WHS) Training Day

PBNC hosted an interactive training day in October to enable workers to be engaged in learning and practising WHS procedures. Approximately 45 key workers (unpaid and paid) attended the day and feedback from them has been very positive.

Training day planning was initiated by Men's Shed volunteer, Peter Wood, who has an extensive background in education, including WHS, and has been heavily involved in updating PBNC's safe work procedures across numerous work groups.

PBNC has more than 200 volunteers and it was thought to be unworkable to train everyone in one morning. Participants were chosen on the grounds that they worked over one or more areas and/or on more than one day at PBNC, or worked in relief positions (as in being on-call for the Op Shop). They were divided into three groups, Muddies (men's shed and maintenance), Oysters (op shop and markets) and Flatheads (admin and tech centre), which circulated between three concurrent sessions, Dealing with Challenging and Difficult Behaviour (held in the Reef Room), Manual Handling (courtyard) and Emergency Procedures (Sandbar).

Afterwards, everyone came together to listen to a presentation on fire safety from emergency services personnel at the Kingscliff Branch of Fire and Rescue NSW.

Scott Dutton from Fighting Fair presented *Dealing with Challenging and Difficult Behaviour*, and soon had his audience fired up and laughing as they learnt more about their

own emotional responses and how to best handle their emotions and those of others in conflict situations. Occupational Therapist Rachael, from Advantage Injury Management, reinforced safe manual handling procedures and people learnt some new tips to take back to their work stations.

Angela, Karen, Julie, Drew and Peter instructed people on site specific emergency procedures, using the Emergency Procedures Flip Chart, Site Evacuation Plan, and individual room floor plans. They explained where equipment, maps, exits, alarms and emergency evacuation meeting points were located and how to use this information and equipment in times of emergency.

Shane, Julie and Todd from the Kingscliff Fire Brigade instructed all participants on the use of fire extinguishers and fire blankets, and what to do in the case of fire at PBNC, with Drew providing technological backup with the interactive whiteboard. Shane was very impressed with the way in which maps and equipment were clearly displayed and positioned at PBNC. They also spoke of ways to safeguard against fire in our own homes and provided helpful handouts. This session finished with an amusing YouTube video from The Office, to demonstrate how NOT to conduct a fire evacuation. Before leaving, they joined in for a quick snack and informally answered questions from interested participants.

Many workers assisted to get the day up and running, ranging from developing the program and educational material (special thanks to Tony for his very well illustrated site and room plans) to the engagement of presenters, sending invitations, rostering, creating training settings, and catering, etc. The training will be followed up to ensure that every

worker has an understanding of these very important WHS procedures.

Participants enjoyed morning tea and then a delicious mixed array of sandwiches from Ocean Shores Bakery (aka Pottsville Bakery) located at Pottsville Waters Shopping Centre, complemented by platters of fresh fruit from the Pottsville Fruit Shop.

Due to the resounding success, organisers hope to repeat this type of training at least annually.

PBNC Manager Angela who was part of the 'Flatheads' said:

"I thoroughly enjoyed the whole program of WHS training events and thanks to everyone for their involvement and participation. Scott's presentation was entertaining and engaging from start to finish. His clever 'ice-breaker' put us into a pretty relaxed frame of mind. Too often, conflict resolution training content and practice can be dry and draining, but not in the case of Scott's techniques. He wound up the group with great effect, and I think it helped to have a few comedians participating! OT Rachel started out quite nervously, admitting she was new to the field of presenting (and it was freezing down below in the courtyard). However, she warmed up in the admin building during her talk on maintaining comfortable workstations in relation to desk, chair, and computer equipment positioning. Our group listened intently and discussed openly our emergency procedures. Tony's evacuation plan and floor plan were put to use very effectively and, luckily for our ears, the air horn was not operated. After the Firies presentation, I now feel more confident in containing a small fire with the right fire extinguisher, and even more confident and prepared using PBNC's evacuation and emergency response procedures. But let's hope we never have to put it all into practice for real."

Are you a Shark, Owl, Turtle or Teddy Bear?

Diana M, a worker at PBNC's Tech Centre, was in the 'Flatheads' group for the training day and submitted a detailed report. Here's some feedback from Diana.

"During the group session covering conflict resolutions, everyone learned about their partners (for the session); eyebrows were raised and lots of laughter erupted as unexpected and interesting feedback was shared.

"The facilitator (Scott Dutton) used animals as symbols for different personality types. Depending on how each of us handle conflict and confronting situations, we stood beside our relevant animal token of **Shark, Owl, Turtle or Teddy Bear**. As well as being informative and interesting, it was such a lot of fun for all.

"During the session run by Rachael, the Occupational Therapist, we were shown the correct way to carry heavy bags and boxes which was extremely valuable for everyone, especially Men's Shed, Op Shop and Tech Centre workers."

Diana praised presenters for "their excellent power point demonstration on emergency evacuation procedures" and commended Angela on "bringing fun into the session by giving a beautiful demonstration on safe use of an air horn (without actually activating it) and shouting "EVACUATE! EVACUATE! EVACUATE!"



An attentive crowd of PBNC workers listening to the Fires.

Another Wetlands Walk

In October a group of workers from PBNC took another guided walk through the Pottsville Environment Centre. This time Lily led the group, which consisted of Marcella, Cathy, Ashlea and her sister, Kalee. There had been a little rare rain the night before, and everything looked refreshed and sparkling and the group saw more birds and animals than before.

Among the animals was a large goanna (see photo), which had lost its tail. It seemed to change colour from reddish brown, when on the red dirt track, to dappled green and grey on the tree trunk, up which he ran to avoid us.

We also saw a scrub turkey, ibis, fairy wrens, crows and various other birds, a colony of fruit bats or flying foxes (which were NOT smelly!) and many ants' nests of varying sizes. The walk took about an hour and a half, taking the Melaleuca Trail and coming back via the Eucalyptus Trail, where we looked in vain for koalas (hard to do when you are also being alert for snakes or winding roots on the paths).

We finished the walk with morning tea, where we ate lamingtons from the bakery and blueberry muffins home baked by Marcella.

More local walks will take place when conditions are suitable and if there is sufficient interest from PBNC workers and others. To register your interest in future walks, ring Lily at the centre on **6676 4555** or email lilypbnc@gmail.com
PS Homebaked muffins cannot be guaranteed ■



what's on at the centre

PBNC ADMINISTRATION
Monday to Friday 8.30am - 1.30pm
DIABETES SUPPORT GROUP
With Ruth - Reef Room 1st Wed each month 2pm - 4pm
SECONDHAND FURNITURE SHOP
Th, Fri 9am-1pm; Market Sun 7am-1pm
GET FIT, KEEP FIT
Sandbar Room Tues 9.15 - 10.15am, Fri 9.15 -10.15am
OPP SHOP
Monday & Friday 9am - 4pm Tues, Wed, Thurs, Sat 9am - 1pm
POTTSVILLE PLAYTIME GROUP
Sandbar Room Monday 9.30am - 11.30am
PBNC TECHNOLOGY CENTRE <i>Computer Lessons & Internet Access</i>
Sandbar Room Tues 9.15 - 10.15am, Fri 9.15 -10.15am
TODDLER ART AND PLAY
Coral Bay Room (next to Reef Room) Tuesday 10 - 11am
STRETCH-YOUR-MIND
Thursday 12.30 - 2.30pm
TOY LIBRARY
Monday to Friday 9:30am to 12:30pm
WORDSFLOW
with Rosemary Nissen Wade Sandbar Room - Fri 12.30-3.15pm (in school term)
SCRABBLE
Tuesday 10am - 12 noon
UFO CRAFT GROUP
with Clair - Reef Room Thursday 9:30 - 11:30am
Contact Administration Office for more details or bookings (02) 6676 4555.

DHS (Centrelink) Agency
Monday to Friday 8.30am to 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 6676 4555

Side by Side is a social support group for children and young people with Aspergers and their parents or carers. The group meets during school terms from 1pm on the first Saturday of each month for combined primary and secondary school age, and the third Saturday each month for teens. Contact Debbie or Terry on 6676 0483 for more details

Monday	Wednesday	Friday
<p>Technology Centre 9am-1pm</p> <p>Pottsville PlayTime Sandbar Room 9.30am-11.30pm</p> <p>Toy Library 9.30am-12.30pm</p>	<p>Technology Centre 9am-5pm</p> <p>Toy Library 9.30am-12.30pm</p> <p>Diabetes Support Group with Ruth (1st Wed each month)</p>	<p>Technology Centre 9am-1pm</p> <p>Furniture Shop 9am-1pm</p> <p>Get Fit, Keep Fit Sandbar Room 9.15-10.15am</p> <p>Toy Library 9.30am-12.30pm</p> <p>Pottsville Toddler Tunes & Stories Sandbar Room 10.45am-12pm (in school term)</p> <p>Wordsflow with Rosemary Nissen Wade Sandbar Room 12.30-3.15pm</p>
Tuesday	Thursday	Saturday
<p>Technology Centre 9am-5pm</p> <p>Get Fit, Keep Fit Sandbar Room 9.15am - 10.15am</p> <p>Toy Library 9.30am - 12.30pm</p> <p>Scrabble 10am - 12noon</p>	<p>Technology Centre 9am-5pm</p> <p>Furniture Shop 9am-1pm</p> <p>Pottsville Playtime Sandbar Room 9.30am-11.30am</p> <p>Stretch Your Mind Reef Room 12.30-2.30pm</p> <p>Toy Library 9.30am-12.30pm</p> <p>UFO Craft Group Reef Room 9.30am-11.30am</p>	<p>Opp Shop 9am-1pm</p> <p>Side by Side Aspergers Support Group - From 1pm (see ad above)</p>
<p>DANCING WITH NIKKI Freestyle dance classes for pre-schoolers to adults - \$5 per lesson Contact Nikki on 0417 036 609</p>		
<p>Community Pantry every Wednesday Coral Bay Room 10am-12 noon</p> <p>Tweed Coast U3A conducts classes at PBNC e.g. Quilting, Booklovers, Gardening, Art & Cryptic Crosswords. Ph PBNC (02) 66 764555 or email admin@pottsbnc.ngo.org.au</p>		
		Sunday
		<p>Pottsville Beach Markets, Opp Shop, Furniture Shop (7am-1pm) & Community BBQ - first & third Sunday each month Markets Nov 17, Dec 1 & 15, Jan 5 & 19</p>

