



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.



'Mayor of Pottsville Markets' Dane, (right) pictured with his brother Liam, accepts Australian of the Year award. See story page 12

Message from Angela

Flood Relief

During April and May, PBNC leapt into action as a pop-up crisis and recovery centre for people impacted by our region's devastating flooding event caused by Tropical Cyclone Debbie. Everyone stepped up to listen to people about their needs. We provided:

- information – crisis response and flood recovery services' contacts, including mental health support contacts
- telephone, computer and internet access and free repairs to flood-damaged equipment
- material aid – including toiletries, sanitary items, clothing, linen, household goods and furniture and food
- our details to Tweed Shire Council to be included in the local service provider contact list
- direct support for and donations to individuals and community groups who travelled to flood affected locations to enable them to coordinate and provide direct assistance, which included: cleaning, meals, pop-up donation centres, laundry services, social and other media updates

It was fortunate that PBNC had the infrastructure, resources and willing workers to expand its activities to contribute in practical and supportive ways to provide direct and non-direct flood relief.

A valuable factor in this extraordinary and devastating natural disaster was the power of people through social media – especially Facebook. The rapid mobilisation of willing helpers was truly amazing and the goodwill shown by those who supported donation drives and flood relief funding campaigns shone through the gloom like beacons.

(cont...)

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5 minute interview with...
Marcia
Opp Shop

Do you have a favourite book or author?

The Temple of the Familiar by Alice Walker. It is educational in terms of patriarchal practices against women. We need to be aware of things that are done to women and we need to stand up for our sisters.

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

The Dalai Lama. I have been to an audience with him in Manchester. He is so wise and loving and caring about people as well as the earth.

What is your favourite food?
Malaysian. My slogan is - just eat real food.

Do you have a favourite movie?
Loving. Actors Joel Edgerton and Ruth Negga were outstanding. The story was beautiful and well told.

If you could travel to anywhere in the world, where - and why?
Bolivia. The original culture of the Bolivians is still present. They haven't succumbed to Western ways.

Whom do you most admire and why?
My daughter Lisa. A film producer and teacher of film production. She is smart, caring, accepting with the most awesome work ethic.

What does PBNC mean to you?
It is a fabulous organisation which offers so much for Pottsville and the whole Tweed Coast.

(...cont)

Some good and not-so-good news...

The good news is that PBNC was successful in its Expression of Interest to continue to operate the Pottsville Beach markets. Tweed Shire Council recently notified PBNC that our new three-year permit will take effect from 1 July 2017. PBNC has operated the markets continuously since 2003, so it was a relief to know that we can carry on providing popular, inclusive and vibrant markets which attract local producers, growing numbers of locals who understand the benefits to shopping locally, many tourists to boost our local economy, and various opportunities for special interest groups and charities to benefit from their market participation.

Fortunately for us, as part of a succession plan, Danny and Paul have been trained comprehensively in all aspects of market coordination, because in June long-term Market Coordinator, Lee, announced she will be retiring from this position after the 16 July market. Lee has given almost 14 years' dedicated service to ensure Pottsville Beach markets operated smoothly and enjoyably for all stakeholders - thank you, Lee, from everyone at PBNC.

The not so good news is that the NSW government 15-month program funding for PBNC's Tech Savvy Seniors Assistance Program (TSSAP) will not be continued in the 2017-18 financial year. This is very disappointing news for our Tech Centre. This decision was made despite the very high volume of participants and outstanding results for seniors who came from all over our region to receive TSSAP services. The services included one:one tutoring, specialist technical advice, telecommunications contract assistance and advocacy, equipment maintenance (at no or low cost), and internal and external referrals to healthy ageing activities.

333 seniors participated, with 72 yet to complete their full suite of service options. Evaluation findings highlight that the program is highly effective in achieving the following outcomes. Seniors:

- have increased confidence using technology, including smart phones, tablets and computers
- are more likely to use technology to access services (including government services)
- are less socially isolated, leading to better physical and mental health, and
- are less likely to be taken in by scams or experience cyber-theft.

PBNC is an effective community hub, providing a range of programs and activities, so TSSAP participants are much more likely to be linked into other services they need, earlier and more easily, than if the TSSAP was located elsewhere.

All participants reported improvements to their digital literacy and personal health and wellbeing. All stated that they were happy to recommend TSSAP to friends and family. We are hopeful that we will be able to procure funds for the Tech Centre to continue this popular service through another government source. We are expecting that the federal government will soon open a funding round under its Digital Literacy for Older Australians strategy. We'll keep you posted.

Farewell

With heavy hearts, we say farewell to two long term volunteers, Marilyn and Arthur, who sadly passed away in May and July. Both were dedicated community volunteers and their contributions and company will be sorely missed at PBNC. See their stories page 4 and 5.

It's never too late to learn something new

Aunt Lorraine Parsons looks pretty happy with herself in this pic. She had just taken possession of a near-new laptop to enable her to resurrect her computer skills. Aunt is another satisfied Tech Centre TSSAP customer after receiving very specialized and personalised tutoring with Drew, covering laptop and smart phone operations.

Drew was also able to assist Aunt Lorraine to change her telecommunications provider contract to save money and increase options for her to access the internet at home, via tethering to her phone. Aunt is determined to come back to PBNC as a peer tutor when time permits because she wants others to learn new ways to interact with the digital world at PBNC.





Marilyn Joy Gorter
8th March 1944 -
27th May 2017

Memories of Marilyn

"She was tough on the outside but marshmallow on the inside..."- Jan

"She was a good old stick!" - Lyn

Marilyn started at PBNC in June 2008 and made many contributions over the following eight years, particularly in the Opp Shop. It was during those many hours in the Opp Shop that Marilyn formed a strong friendship with Yvonne. Here are some of Yvonne's memories of her dear friend.

"Marilyn was one of those colourful characters who lived life to the full although life hadn't always been easy for her. About 17 years ago Marilyn was in a bad car accident which left her with severe back pain that haunted her from then on. Despite this she spent much of her time assisting others.

Over the years, Marilyn worked tirelessly to support children and youth in critical situations, and to help people of all walks of life dealing with challenges associated with disabilities and hardships such as domestic violence.

Marilyn was born and lived in Sydney until she and her two children moved to Cabarita Beach. Here Marilyn made her mark in the region as she became involved in many local community endeavours.

Many hours were spent at the Cabarita Youth Service where Marilyn ran a BBQ every Friday afternoon to help raise funds. She would make trays of sandwiches before she came into PBNC. The sandwiches would go in the fridge, Marilyn would work in the Opp Shop for four hours, then she would change into her T-Shirt and away she would go, taking the sandwiches to one of the youth functions at Cabarita.

On a personal note, Marilyn had a stubborn streak! She was a leader. She was strong and could (and would) take charge. She was up front and called a spade 'a steam shovel!'

She was very active and independent. She would do anything for anyone, and gave generously of her time. Always doing something!...like sending 30 packets of pens to an orphanage in Bali.

Marilyn loved crafts. She was very clever and over the years these crafts included glass molding, ceramics, mosaics, and painting. She sewed and did alterations.

Every Wednesday night was family night. A brilliant cook, the favourite dish was her famous curried prawns and rice.

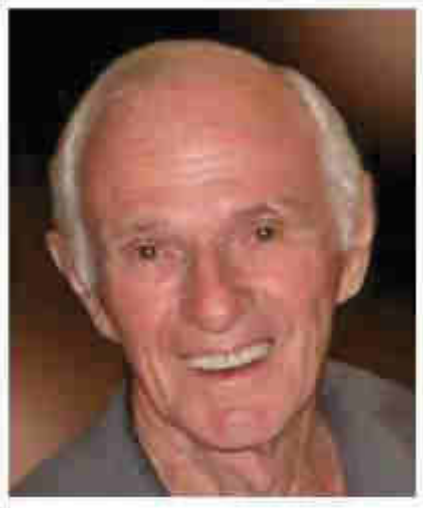
Marilyn had a love for all things Japanese. She hosted Japanese international students and even travelled to Japan. Over recent years, Marilyn donated many of her Japanese treasures to the PBNC Opp Shop.

Marilyn liked to keep in touch with people and they kept in touch with her. It was a great joy to her on her birthday this year when she received a letter and some photos from one of her Japanese students.

Marilyn became a very loved part of the PBNC family. As a long-term volunteer, Marilyn saw PBNC as a place that brings people together where they can form friendships and keep going with purpose. She had a good understanding of people and was a good advisor and listener. These attributes served her well to be a great mentor for the younger ones. She always loved PBNC's soup day!

She spent her last two months living at Freedom Aged Care at South Tweed with her little dog, 'Scooby'.

Marilyn's family and friends met at the Cabarita Beach Hotel for an uplifting memorial. It was exactly as Marilyn would have liked.... complete with her favourite food.... prawns!"



*Arthur
Rawlinson*

18th December 1926 -

7th July 2017

Friends and relatives celebrated Arthur's life at a service, followed by a community gathering at the Pottsville Community Hall - a place of many fond memories for Arthur.

To many at PBNC, Arthur is remembered as a tireless, dedicated and inclusive community stalwart; environmentalist and progressive thinker; generous, funny and mischievous friend; and long-term PBNC volunteer and supporter.

In the very early days of Arthur's volunteering at PBNC he delivered Tax Help—a free service for low income earners. He participated in numerous activities and put up road signs to let people know when the markets were on and took them down after each market. This twice per month road signage ritual happened for almost 14 years.

He enjoyed volunteering which included assisting in the reading recovery program at the old primary school. Arthur was also a long-term Pottsville Community Hall committee member and was responsible for organizing the famous Pottsville Balls as part of the country balls circuit. His role in teaching dance and guiding and partnering girls and young women with their dancing is legendary. He partnered many belles of the ball and enjoyed his role in ensuring that dancing was a part of younger generations' social activities.

Some of his special interests, other than dancing, were his community and environmental conservation work. He was also an active member of the Pottsville Community Association and DuneCare and other environmental groups.

He was loved for his cheeky sense of humour and playful nature. When asked his age, it was always 21! He endeared himself to everyone he met and would be invited to family functions and community events because of his kindness, compassion and affable personality.



A community springs into action

In the very early hours of the morning on March 31, the Tweed Coast was among many regions hit by major flooding. Places many of us were familiar with and loved were decimated and many people were affected. A drive through the area weeks later still showed signs of the massive destruction along the roadsides - guard rails curled back like orange peel; road signs flattened; concrete slabs thrown around.

A major flood recovery centre was established at Murwillumbah Community Centre, which, being recently built and designed to be significantly above known flood levels, was spared the damage which occurred through Knox Park, where the centre is located.

Sadly the old community centre, Nullum House, the region's centre for homeless people (and food pantry), which sits adjacent to the new centre, was flooded and lost many resources.

Villages around Pottsville, such as Burringbar, Mooball and Crabbes Creek were severely impacted, with many residents living in remote areas and without communication. Local volunteers got together and organised relief, locating vulnerable people, gathering non-perishable cooking ingredients from various outlets including PBNC; and then cooking up and delivering meals to those in need of them.

(cont...)



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PBNC was approached by numerous support organisations and individuals to combine resources to respond to myriad flood-related needs.

The centre is always bustling, but now flood relief took priority. Donations of food and toiletries were bagged, stored and distributed as needed. A raft of flyers for various forms of flood relief was printed out and fixed to the centre's front desk for easy access and lists were quickly compiled of all available relief. Workers counselled, comforted and directed people to information and supplies.



The Beachside Communicare Pantry which operates at PBNC every Wednesday morning, took over the whole courtyard with donations of food, toiletries, linen, clothing and household goods and cleaning supplies being sorted, bagged and distributed. Students from Banora Point Pacific Christian College were called in to assist and PBNC workers put up and dismantled marquees and assisted where needed. It was so good to see such a flurry of activity to support those impacted by the floods ■



Murwillumbah Kinship Festival 2017

Connect, share and participate in the wisdom and practice of healthy families, strong values and vibrant community culture! This was the message from The Kinship Festival held on Saturday 20 May 2017 at Knox Park Murwillumbah. The Kinship committee felt that, after the trauma of the recent flooding, creating a sense of connection and healing for all families is more important than ever.

(cont...)







(cont...)

This year's event featured a large scale sand, soil and ochre art installation that the whole community helped create.

The festival welcomed families and community to enjoy a day of meaningful connection – incorporating a community corroboree, live music from Garry Kafoa and Ukerebagh band, OKA, The Mangrove Jack Band and Mereki, Indigenous Artisan market stalls, face painting, kids nature crafts and play activities, community art installation and free bush tucker and vegetarian lunch.

The festival represents Indigenous culture through traditional dance, song, language and weaving, as well as performances from different groups from across the Bundjalung nation.

The Elders Sharing Wisdom Workshop featured elders sharing values, stories and wisdom. A traditional bush tucker lunch was provided for anyone who came to enjoy the festival ■





Community award goes to 'The Mayor of Pottsville Markets'

Long term PBNC worker, Dane, dubbed 'The Mayor of Pottsville Markets', recently received a regional community award as 'Australian of the Year' at the recent Australia Day Awards ceremony held by Pottsville/Cabarita Beach Lions Club.

Dane began working in the office doing admin tasks at PBNC in the old days, when the centre was housed within the old school principal's house. He moved from this role to that of volunteer market assistant, and now also has paid work at The Recyclers Op Shop in Tweed, where he works in furniture removal.

One of Dane's passions is sport – watching and discussing it – and this passion helps him to connect with marketgoers and stallholders at PBNC's markets which are held on the 1st and 3rd Sunday of each month.



Dane with out-going Market Coordinator, Lee

"The markets have been great for Dane," said Dane's mother Jo, who works as one of PBNC's Centrelink agents. "He's very sociable and is always meeting people he went to school with. Most of the stallholders have a lovely relationship with him," she said.

PBNC manager Angela had this to say about Dane. "It's a pleasure to see Dane as he goes from stallholder to stallholder with such confidence, and heartwarming to see how he is able to engage with those interested in sport and local issues."

Congratulations to Dane on getting this well-deserved award!

Thanks to Chris Trew The Pottsville Bike Man!

One lucky young volunteer at PBNC who had no transport now has a set of wheels, thanks to the generosity of a local community member.

Chris Trew, The Pottsville Bike Man, responded to a request from PBNC for a bike for one of our young volunteers who lives in a rural area and has difficulty getting into town for work and business. Chris donated a road bike which another PBNC worker, Lofty, who is skilled in bike maintenance, readied with some last minute adjustments.

The recipient of the bike is now mobile and very happy with his new acquisition. Thanks, Chris!



Cardiopulmonary Refresher Course

Twelve PBNC workers fronted up to the Sandbar Room on 20 April for their annual refresher of the CPR components of their First Aid Certificates (which last three years), with all passing the assessments. Those participating were Community Capacity Workers Michelle and Ken (Brighter Futures); Danny and Drew (Tech Centre); Lily (ARMA) and Cath (CFSS); and John (Opp Shop/Outdoor Maintenance); James (Secondhand Furniture); Nyree (Opp Shop); Lee (PBNC's DHS Agency); Jill (Opp Shop/Front Desk) and Lorelle (Front Desk, Management Committee).

Facilitator Paolee from Code Blue Training made the course fun as she always does, ensuring everyone was included in role playing.

Feedback from participants was that they enjoyed the course very much, due to Paolee's style and also the knowledge that they were keeping skills up-to date which may one day save someone's life.

Learning about FASD

A seminar on FASD (Foetal Alcohol Spectrum Disorders) presented by Dr Doug Shelton was held during February at Twin Towns Clubs and Resorts, Tweed Heads. The seminar was organised by psychologist Meg Perkins, who recently coordinated the Close the Prison Gap Conference at Mantra, assisted by a crew from PBNC.

More than 70 people attended, with those from PBNC being manager Angela, Lily, Cath and Kym, who all work at the centre with parents, carers, children and young people.

Foetal Alcohol Spectrum Disorder (FASD) is a term used for a spectrum of conditions caused by pre-natal exposure to alcohol. It is a widespread, under-recognised problem worldwide.

Alcohol can cause damage to the unborn child at any time during pregnancy, especially early in the pregnancy, when mothers may not be aware they are pregnant.

Characteristic features within the FASD spectrum are seldom apparent at birth and may not be noticed until the child reaches school age when behavioural and learning difficulties become problematic and not all FASD presentations have facial abnormalities.

FASD is referred to as the 'invisible disability' as it often goes undetected, whether it be overlooked, ignored, attributed to another condition, or even simply blamed on 'poor' parenting or post-birth environments.

FASD is the leading preventable cause of developmental disability in the western world. More children are born each year with FASD than with autism, spina bifida, cerebral palsy, Down syndrome and SIDS combined. There is a lack of understanding of FASD in the service provider community. The presentation of 'problem' behaviours and the frequent absence of external signs often results in assumptions about the individual which are unfair, rather than helpful strategies based on knowledge that FASD is a physical, brain-based condition. Those with FASD have difficulty gaining and remaining in employment, education or relationships, and are widely represented within the prison system because of their inability to self-regulate.

Attendees at the seminar learnt about FASD and the difficulty those with the condition have in following orders, regulating their behaviour and just dealing with the everyday processes of living without guidance from a support person who knows their needs.

Understanding this means community workers can be more empathetic and patient when dealing with clients who may have the disorder, and make the appropriate referrals to see they are well supported in their lives.

Education of the wider community would make people more aware of the damage caused by drinking alcohol during pregnancy, and lessen the incidence of this sad, debilitating and widely prevalent set of disorders ■



Anthony's swan song

Toddler Tunes and Stories (TT&S) has been a very popular activity at PBNC since its inception in 2004. In that year Anthony and his wife Michelle took their children to a music session for toddlers at Banora Point, which they all loved. This provided the inspiration for them to create PBNC's Toddler Tunes and Stories, a FREE activity where parents and carers and their toddlers can have fun with music, movement, imaginary play and floor time.

Since then many participants have enjoyed the sessions held every Friday during NSW school terms, in the Sandbar Room at PBNC. The room is often packed full of active, excited children who love to hear their names as the group sings the "Welcome" song. They also love to surround Anthony, hanging from his arms and legs; playing with musical instruments, dressing up, singing songs or listening to stories.

At the session's end, children sing the 'Goodbye' song. Anthony's final TT&S session in March was an emotional occasion for many and there were plenty of misty eyes during the farewell song.

Anthony left PBNC to work at a childcare centre in Chinderah, where he will assist preschoolers to transition to school. Newly appointed community capacity worker at PBNC, Paul has taken over facilitation of the group, assisted by Deb and Sonia. With his love of music and art and a background in primary school teaching, Paul has succeeded in retaining the popularity and vibrancy of this group ■



Art and Play

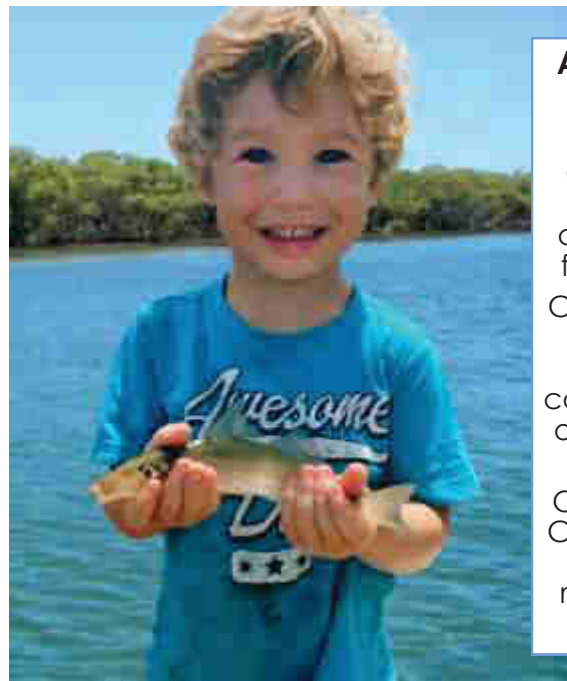
Art and Play, PBNC's art based activity for toddlers and preschoolers, has been resurrected after the departure of Emma-Lea last year.

The activity was resumed by Yvonne, pictured with her daughter Willow, receiving flowers from PBNC in gratitude for all her hard work. Also pictured are Art and Play participants Jess and her son Max, who is clearly unhappy at the departure of Yvonne and Willow!

CFSS family support worker Kym has taken over the facilitation of Art and Play, assisted by Sonia and Mary.

Art and Play takes place downstairs in PBNC's Coral Bay, on Tuesdays from 10 to 11pm.

It's seriously messy fun so wear your old clothes and prepare to get covered in colourful paints and bubbles!

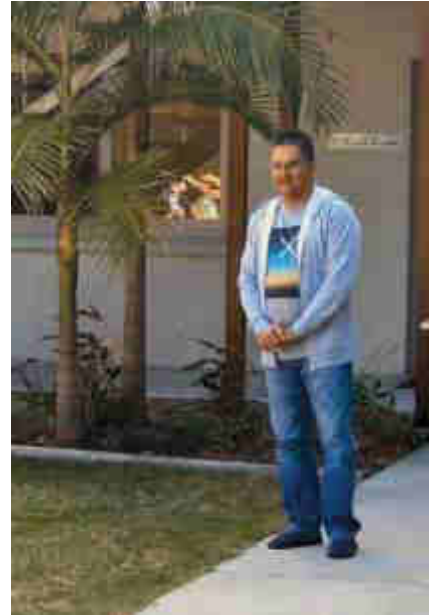


Awesome catch, Chase!

Chase (3) proudly displays his first catch. Chase is the son of Oriana, a co-facilitator of PlayTime Group. Oriana and Chase have recently relocated.



b u b b l e s



S O U P



2017





Many thanks to the clever and creative gourmet soup chefs who provided a wide array of delicious soups for all to savour. Remarkably, there was a thirteen-way tie, with all soups winning the PBNC soup stakes this year.



Gourmet
Soup Chefs -
Danny, Ken,
Shana, John,
Kym, Angela,
Tony, Cath,
Julie, Drew,
Lily and
Michelle.



Appreciation Certificates

5 year

Ashley Miller
Cathy Miller
Jonathon Hawkins
Tony Crockett
Mauveen Bowles
Peter Browne
Sandy Kemenz
Chris Warner
Jan Hampson

Lily Crockett
Marilyn Wood
Pauline Roberts
Peter Loxley-Lewis

10 year

Mollie Heath
Wendy Fielding

15 year

June Swan
Lorraine McCaughey





Cream of Chicken, Broccoli and Spinach soup

from Kym

Ingredients

- 2 chicken fillets
- 1 onion
- 3 cloves of garlic
- 1 carrot
- 2 sticks of celery
- 1 packet of spinach
- 1 hand of broccoli
- 1 carton chicken stock

Method

Bring all ingredients to boil then simmer

When cooked blend then add cream

Serve with toast

YUM YUM



Moroccan Lamb soup

from Ken

Ingredients

- 1 kg lamb
- Moroccan Seasoning
- 800 gms diced tomatoes
- 600 ml chicken stock
- 1 tin chickpeas
- 1 cup angel hair pasta
- 1 parsley
- coriander

Method

Brown onions in Moroccan seasoning

Chop lamb into small pieces and add to seasoning to coat

Add tomatoes and chicken stock.

Simmer for 90 minutes

Add drained chickpeas, angel hair pasta (broken up), parsley and coriander



Indonesian Chicken and Vegetable soup

from Angela

Ingredients

- coconut oil
- ginger (thumb sized)
- 3 cloves of garlic
- 2 tbsp Rendang curry paste
- 1 kg diced chicken thighs
- 1 chicken stock
- 2 cans coconut milk
- 1 carton chicken stock
- 2 sweet potatoes (cubed)
- corn kernels
- 2 carrots (cubed)
- kaffir lime leaves
- 1 tin sliced water chestnuts
- 2 zucchini (sliced)
- Asian greens (chopped)
- coriander (torn up)
- pepper and salt

Method

Heat coconut oil in large pot and sauté ginger and garlic

Add curry paste. Stir and cook for 1 minute

Add chicken. Cook 5 - 7 mins.

Add stock, coconut milk, sweet potato, corn, carrots, kaffir lime, water chestnuts

Cover and simmer

Add rest of vegetables and cook for extra 5 minutes.



Sweet Potato and Bean soup
from Jo

Ingredients

- 2 kg sweet potatoes
- 2.5 ltrs vegetable stock
- 2 x 400g cans white beans
- 1/2 tbsp. good curry powder
- 4 cloves garlic
- minced ginger
- Paprika
- Yoghurt and parsley or coriander to serve

Method

Peel and chop sweet potato into small cubes.

Place into boiling stock with salt and pepper.

Simmer for 15 minutes or until soft.

Add half the beans and the curry powder, garlic and ginger.

Stir well for 5 minutes.

Blend.

Add the rest of the beans and salt and pepper for taste.

Serve with yoghurt and coriander or parsley.



Scotch Broth
from Ken

Ingredients

- ham hock or bacon bone
- bacon pieces
- carrots
- onions
- potatoes
- celery
- turnips
- parsnips
- 1 packet soup mix (peas, barley and lentils)
- water

Method

Chop up all the vegies coarsely and grate one carrot

Put the cut vegies and grated carrot into a large pot with the soup mix and as much water as desired

Simmer for about 2 hours

Enjoy!



Thai pumpkin soup
from Lee

Ingredients

- 1/2 Jap pumpkin
- 2 or 3 large carrots
- medium sweet potato (orange)
- 2 medium onions
- sachet Thai curry sauce or paste (red or green but not hot)
- 1 or 2 chicken stock cubes
- 8 leaves lemon myrtle
- 1/2 cup fresh coriander
- 1 can lite coconut milk
- squeeze lime juice

Method

Chop & peel vegetables.

Heat butter in large saucepan & fry vegies for about 10 mins.

Add sachet Thai curry sauce or paste Mix with fried vegies.

Cover with water & add 1-2 chicken stock cubes or 2 heaped teaspoons chicken stock powder or stock.

Plus 8 leaves lemon myrtle (if available) and fresh coriander to taste

Boil til soft

Puree after removing lemon myrtle leaves.

Add a can lite coconut milk

After serving add a squeeze of lime juice & fresh coriander.



Neighbour Day

Neighbour Day took place on Sunday 26 March and a launch for the event was held at South Tweed HACC centre on Friday 17 March. Neighbour Day is Australia's annual celebration of community, encouraging people to connect with those who live in their neighbourhood.

Community service representatives and other members of the wider community were invited to attend the launch, enjoying a cuppa together, meeting old friends and acquaintances and making new ones.

Mayor Katie Milne opened the event with a heartfelt speech on the importance of neighbours, telling the group how friendly she found the community of Fingal when she first arrived from Sydney many years ago, and talking about how much communities achieve when they work together, without bias, for the things they value in their community.

Those at the event mingled and found out about available services. Having fun were members of the Over 50s Club, who meet each week to play a wide variety of card games and enjoy a barbecue at the HACC centre.

People were encouraged to take the time to get to know their neighbours, as neighbour disputes are more easily solved if neighbours have good communication. Many people feel isolated and are likely to feel happier and more included in their community if they have friendly neighbours ■

John

John began volunteering with PBNC in November 2012, greeting people to the Opp Shop with his beaming smile while ferrying goods to and fro between the shop and the downstairs storage area.

John has since progressed to paid work as a Community Capacity Worker at the centre, though he still does voluntary work here as well. He continues his Opp shop work and assists at PBNC's Secondhand Furniture Store where he tests and tags electrical equipment, does maintenance tasks around the premises and helps out wherever and whenever he is asked.

John moved from Murwillumbah to Pottsville in 2008. John said he used to visit the secondhand furniture store and the Opp shop frequently and he eventually approached the voluntary coordinator Yvonne to ask if he could volunteer there.

Before coming to PBNC he did casual gardening and caretaking, and spent four years volunteering with Mullumbimby and District Neighbourhood Centre. His interests outside work are gardening, painting and movies - action and comedy.

John has had some battles through life. He was diagnosed with leukaemia at two and a half years old and began treatment several years later. The treatment continued and John has now been 31 years in remission. He believes he is one of the oldest survivors of this condition.

"PBNC has made me more confident and sociable. It's made me happier and I enjoy life a lot more," said John, adding that having different roles gave him more self-esteem.

"Lots of regulars come in to PBNC - everyone would be lost without it," he continued. "It gives ongoing support for the community and tries to help everyone," John continued. "All the people who work here are lovely - they all get along."



Tristan came to PBNC as part of the Southern Cross Distance Education initiative in January 2017.

He became interested in PBNC's community garden and volunteers an hour a week to help maintain and develop the garden.

Key gardener Lew mentors Tristan and is very impressed with him. "Tristan is personable, pleasant, cooperative, easy to work with and interesting to talk to...for a 17 year old, he's amazing!" said Lew.

Tristan lives in Kingscliff and is interested in computer and Playstation 4 gaming with The Fable series, Skyrim and Deadpool being his present favourites. He is also into anime. He is hoping to begin a course at TAFE during his year 12 schooling with the hope of finding employment in the electrical trade.

Tristan said that PBNC has helped him socially and he has found it to be a good place to meet friendly people with whom he has a lot in common.

Tristan



Mervyn

At eighteen years old, Mervyn is one of the youngest workers at PBNC, and he is also proving to be one of the most flexible and keenest.

Mervyn comes in to the centre most days and has worked in the community garden, the Second Hand Furniture Store (including furniture pickup and delivery), the office (shredding), the kitchen (tea making and washing up); and outdoor cleaning (such as windows).

Mervyn lives with his father on the outskirts of Pottsville. Until recently, he was reliant on getting a lift with his dad or other people, (including PBNC workers) or walking – which can cause severe blisters, as he has found out! Luckily for Mervyn, he is now the proud owner of a mountain bike that was donated to him.

Mervyn left school early but now says he is considering going back to complete the missed years. He'd like to maybe eventually become a teacher. His past jobs include gardening; fruit picking; construction; bricklaying and general maintenance.

In his spare time, Mervyn says he likes to “make something out of nothing”. He's made chopping boards and other household items, and recently, with his father, made a fire pit, of which he is very proud. He reckons it's a beauty and they do lots of cooking on it.

Being a local since birth, Mervyn always knew about PBNC, and when he was out of work and looking for something to do, he came here to volunteer. He said that since coming to PBNC he has become more positive.



“It's been eye-opening and has made me see more opportunities,” said Mervyn. “I feel good about coming to the centre. The people are excellent – respectful and really helpful.” He said he is learning new skills every day. Those mentoring Mervyn and working side by side with him at PBNC say he is a pleasure to work with – keen, efficient and a quick learner, with a great attitude.

“PBNC is a place where you can go to talk and get things happening,” Mervyn added.



Ashlea

Ashlea started volunteering at PBNC in March 2012. She works at the Tech Centre doing admin, front desk and training.

She is also in her second year on the management committee and facilitated the PBNC writers' group WordsFlow for several years. Ashlea has lived in Pottsville with her family (and 17 year old dog Kim) for the past 9 years.

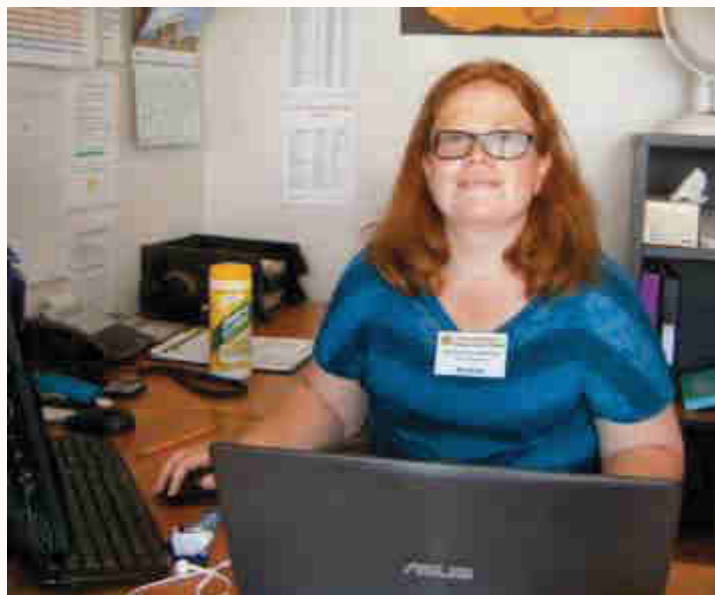
When her schooling at Kingscliff High finished she was completely lost, Ashlea said. Ashlea came to PBNC at the suggestion of a neighbour. She said that since coming to the centre she has come out of her shell so much and become much more confident talking to people.

While volunteering at PBNC she completed a BA degree majoring in Communication and Culture. Ashlea said it was good to be able to use the space at PBNC where she could work on her own outside the family home.

Ashlea loves writing and is currently editing an urban fantasy novel which she has written. She has also begun scriptwriting and is currently working on a mystery for TV. She also enjoys playing video games, watching streamed movies and reading.

Ashlea's sister Kaylea (15) also volunteers at PBNC's Tech Centre during the holidays.

"PBNC is a supportive social hub for me where I have made lots of friends," said Ashlea.



Tom began volunteering in May 2016 at PBNC's Tech Centre, where he services and repairs customers' computers.

Away from PBNC Tom's interests are in computers - mainly on the technical side. He likes studying the latest trends in computer technology and his deep and extensive knowledge of the subject has made him an invaluable member of the Tech Centre team, attracting praise from Tech Centre co-coordinators Danny and Drew for his expertise and dedication.

Tom lives at Banora Point with his family, having moved north from Wollongong in 2005.



Tom

Tom worked for three years at Hungry Jack's in Tweed Heads and also did work experience in a computer store as well as volunteering with Charity Computers.

"I came to PBNC for a chance to get out of the house and gain more experience working on computers," Tom said, adding that PBNC has provided him with the opportunity to socialise and to apply his knowledge of computing and increase his experience which could, hopefully, lead to paid work.

Dave

Dave began volunteering at the Opp Shop in January 2014. His work involves transporting clothes from the preparation area (where they are sorted and cleaned) to the racks where customers can peruse them and make their choices. He also ferries goods up and down for sale or storage as needed.

Originally from Victoria, Dave left his job as a hospital orderly three years ago, after he received a diagnosis of Huntington's Disease, a disease usually characterised by involuntary movement and intellectual, emotional and behavioural problems. It is a late onset disease, with symptoms generally appearing when a person reaches their mid-thirties or forties. The HD gene was isolated in 1993 but there is still no cure for the disease.

Treatment of HD and research into its causes has greatly improved in recent years, though currently there is no government funding for research, due to the comparative rarity of the disease. Dave will travel to Sydney soon to participate in research tests. He said he hoped that even if this research did not help him, it would prove beneficial to other HD sufferers in the future.

In his spare time, Dave enjoys swimming at the beaches and fishes in the creeks around Pottsville, where he catches whiting and flat head. He also enjoys going out fishing with a friend in his boat at Lennox Head.

When Dave first came to Pottsville from Victoria, he visited PBNC to see what was happening there. He met Community



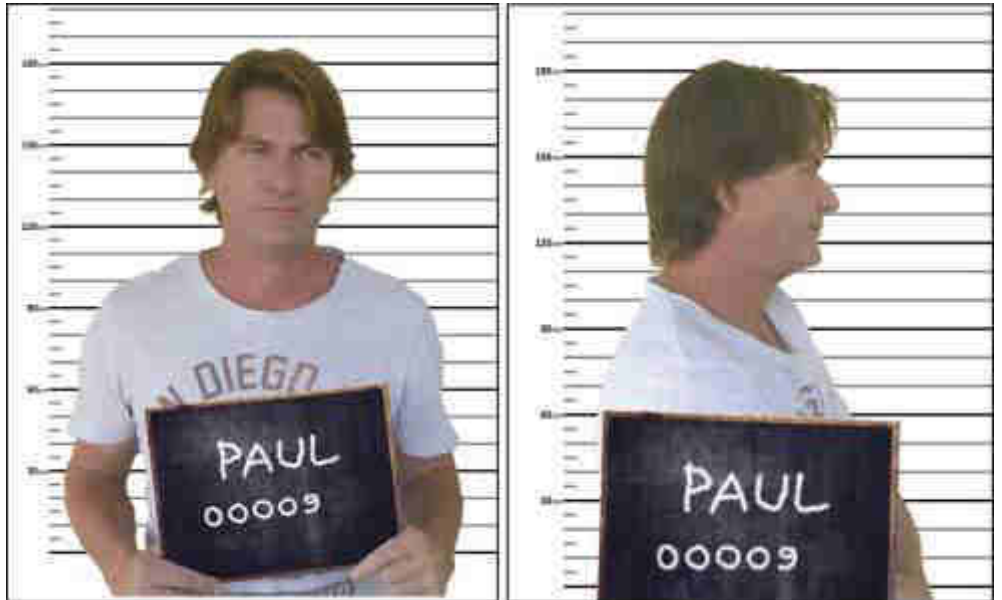
Capacity Worker and Tech Centre Co-Coordinator Drew, who mentioned the various volunteering opportunities at the centre. Dave soon began working at the Opp shop, and with the help of Drew, he has now progressed to paid work at The Recycler's Opp Shop at Tweed, where he works two days a week, while still volunteering one day a week at PBNC.

To get this job, Drew assisted him with technological support and a reference. Dave said he really enjoys both his volunteering and his paid work – they prevent him getting bored and he is aware of how work helps him to manage his condition.

"PBNC is the best place to be. It's a great place to hang out, and you can get support when you need it," Dave added ■



The journey from volunteer to paid worker



Paul began volunteering with PBNC in July 2015 and is now a paid worker at the centre.

His career at PBNC began when he participated in the centre's Triple R program, where he joined the team who would go on to create the Baza Trail, a bush tucker trail at the rear of PBNC. He labelled himself the "creative consultant" and was pivotal to the design of the trail, which is based on the shape of a bird, the Pacific Baza or crested hawk, which nests in the large tuckeroos growing in the trail site.



Paul moved from the Baza Trail project to PBNC's book stall when he realised there was a gap there since the departure of Jim, the instigator of the book stall who had, sadly, recently passed away. Paul resurrected the stall with passion and maintained and developed it.

With his background in primary school teaching, his love of art and music and his quirky sense of humour, it became clear over time that Paul possessed a very diverse skill set that could be utilised at PBNC over a wide array of different work areas.

This is why Paul now finds himself, in 2017, doing a variety of paid work at PBNC. He is contributing as part of the market coordination team; an emergency relief worker with PBNC's ARMA (Assisted Referral and Material Aid); a DHS Agent (Centrelink); facilitator of Toddler Tunes and Stories (see story page 7); assists with the Toy Library, is part of the cleaning team, and is about to start in the Budget Kit Education Project.

"There's something very special going on at PBNC," Paul said. "It's the connection between volunteers, paid workers and the community. PBNC provides that connection which helps us to understand each other. In turbulent times such as now, that's what is needed in the world."

Welcome to new workers

January to June 2017

Lofty

Furniture / Maintenance
/ Gardens

Merv

Gardens

Russell

Furniture

Sue

Admin

Peter A

Tech Centre

CJ

Opp Shop / Boomerang Bags

Karen

Tech Centre / Boomerang Bags

Lewreen

Opp shop

Greg

Furniture /
Maintenance / Markets

Suzie

Admin / Opp Shop
/ Markets

Lee

Boomerang Bags

Carol

Admin / Boomerang Bags

Doug

Furniture

Janelle

Opp Shop

Jane

Tech Centre

Coral

Opp shop

Alex

Gardens

Northern Rivers Community Gardens Initiative

Story and photos by Jane

Despite dire weather predictions, the rain clouds dispersed and the sun shone through at Mullumbimby Community Garden on Saturday 20 May.

PBNC garden representatives Lily, Lew and Jane attended in response to an invitation from Mullumbimby Sustainability Education & Enterprise Development (MullumSEED) in conjunction with Northern NSW Health to 'converge' with other Northern Rivers Community Garden and council representatives.

Community gardens can be a hub to foster community life and health. They can be a wonderful space for people from all walks of life to come to learn, relax, and make new friends. They can provide a unique way to educate people about growing and cooking healthy food. There's nothing like seeing the real thing.

All the regional community gardens are at different stages of establishment and have had their own unique journeys thus far. This made for fruitful dialogue where ideas were shared around the group and information passed on about the many challenges that have stalked different gardens. Each of the gardens have different landscapes and each garden has been supported and influenced by different combinations of people with a wide range of different skills. The convergence was a great opportunity to meet and start sharing our knowledge and experiences with each other.

After a friendly meet-greet-&-cuppa, Joel Orchard (President of MullumSEED) took everyone out for a tour of the garden. It was easy to see the wonderful successes that have been achieved since this garden was started in April 2009.

The Mullum site is on the southern end of Stuart Street, on the east side of the tennis courts, and covers an area of five acres. As well as the community plots, there are over 70 private allotments that people lease and maintain. It is well worth a visit if you're over that way. Joel suggested that Tuesday is a good day to look around because they have a communal lunch every week at 1pm!

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After the tour, Adam Guise from Northern NSW Health talked about the important role that Community Gardens can play in community preventative health and education. Adam shared some concerning statistics that have found obesity in 50% of the NSW population, and alarmingly, also for 25% of children living in NSW. Adam also spoke to the group about how important it is to know council policy frameworks and to liaise with councils throughout the establishment process.

Joel then led a discussion which touched on many of the challenges that regional gardens have encountered. Issues such as water, safety, security, traffic, parking, and the construction of amenities can all mean unexpected delays and financial outlays.

Finally, there was more time for some networking. There was keen interest amongst the group to continue and make this a regular event, hosted at various gardens throughout the region. Lew had a great suggestion that we could propagate and share our cuttings and seedlings with each other.

Hopefully this event will be the start of a new initiative, encouraging each independent community garden to network with others to broaden and strengthen our community bonds.

Already we have had a visit to PBNC's Community Garden by Debbie Firestone, Tweed Shire Council Sustainability Officer, who gave us some ideas on developing our garden.

Thanks to Joel and Adam for organising this first Convergence. Perhaps PBNC may even host the next convergence, to be held in November ■





Tweed Shire Council's Deb Firestone visits PBNC's community garden

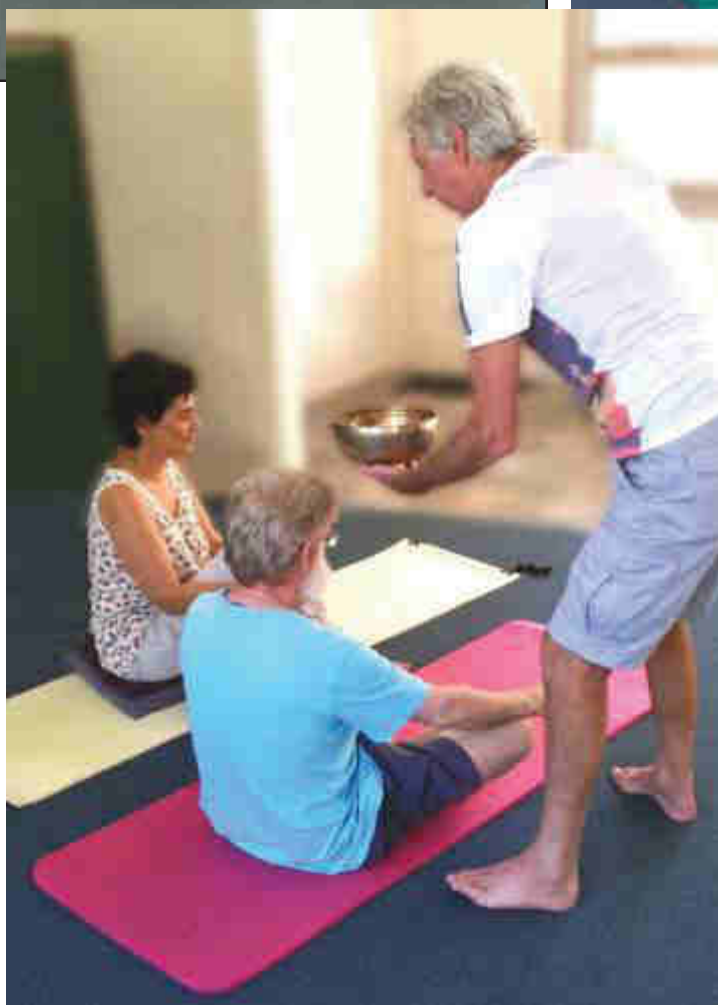
At the Mullum Community Gardens Convergence in May, PBNC gardeners Lily, Lew and Jane met Deb Firestone, Sustainability Officer with Tweed Shire Council, and invited her to visit PBNC's community garden.

A few weeks later, Deb met with the gardeners and they toured the garden and talked about plantings and future plans. Deb offered advice and help which was really appreciated. They then showed her around PBNC and she seemed impressed by the centre and all on offer here!

Community gardens give people the opportunity to learn about gardening and share their knowledge and skills. They give people the chance to eat fresh, organic produce and be more self-sufficient.

At PBNC we aim to keep maintaining and developing the community garden, and continuing to liaise with councils and gardeners in the region with the aim of increasing people's awareness and knowledge of community gardens, making the whole area more sustainable ■

In May PBNC was fortunate to host a visit from Vance, who offered to bring his singing bowls to the centre's meditation group, **Meditation with Robyn**. Singing bowls are used worldwide for meditation, music, relaxation, and personal well-being. Vance brought his bowls from the Gold Coast and offered this session for free. Many thanks to Vance for this wonderful experience.



singing bowls

To find out more about
Meditation with Robyn,
phone Robyn
(above right)
on
0427 212 210

A Home Among the Gum Trees

Beryl Hayes, a Pottsville local and participant with U3A Art held on Monday mornings at PBNC, has won this year's Alice Springs Beanies and Cosies Festival with her quirky entry *A Home Among the Gum Trees*, winning from a field of 6000 entries.



Beryl has been competing in this festival for two years and also won the competition last year with her tea cosy *Australia Square*, featuring a koala and lorikeets. Another design featured a redback spider.

Beryl said she has always enjoyed doing craftwork. For the festival, she said organisers prefer imaginative designs – “the more outlandish the better!” It takes her 12 months to do one of her intricate and unique creations.

Beryl sells her work and the proceeds go towards cancer research at the Mater Hospital, which she said had been very supportive and caring to her and her husband over the years. In three years she has raised more than \$6000 for the hospital ■

Beach-nesting birds workshop

Birdlife Australia held a workshop, *The Conservation of Beach-nesting Birds: Volunteer Monitoring in the Reef Room at PBNC in January.*

Improving the conservation outlook for beach-nesting birds is incredibly challenging. Volunteers make an amazing difference to the future of these species by monitoring breeding beaches, reporting and protecting nests, and educating other beach users.

The workshop focused on the methods used to safely monitor beach-nesting birds. Participants learned where beach nesting birds nest and how to interpret the quirky behaviours of nesting birds by going on a beach walk after the workshop,

The Birdlife Australia event was presented by Meghan Cullen, and is one of many such workshops being held around Australia. Meghan said that it was found to be more efficient to have community members monitoring their areas rather than have rangers travelling to each area. Those wishing to be monitors were instructed on how to observe birds from a safe distance (using binoculars or scopes); how to recognise the signs of nesting birds (whose nests are very camouflaged amongst seaweed, shells, sticks and other beach debris); and how to log their results into a portal for data collection.

On the Tweed Coast we have many endangered species of beach-nesting birds including those pictured above. We can help protect them by not taking dogs to places such as the Hastings Point estuary, an identified Dog Exclusion Area, where birds nest on the open sands, making the eggs and their chicks extremely vulnerable. If you wish to let your dog off-leash there are many designated areas. This will help ensure healthy chicks reach maturity ■



Beach Stone Curlew



Pied Oyster Catcher



Eastern Curlew

Out and about in Pottsville

by Jen Hope

Have you been to the Second Hand Furniture Store at Pottsville Beach Neighbourhood Centre yet?

The guys are super friendly and happy to help out with questions or just have a chat. They work hard arranging all of the furniture, making it easy to locate items.



There are some amazing finds at the Second Hand store - everything from lamps, cupboards, couches and more. My husband (far left) and I bought some retro wooden chairs. You can see him looking pleased in the photo!

The guys will also deliver for you for a small fee. I am looking forward to seeing what is in stock next week.



Once you have looked at the Furniture Shop, don't forget to visit the lovely ladies in the Opp shop. There is a photo of them working hard on the left. They are always happy to serve every customer.

I have purchased quite a few tops from here. The range is extensive. There are also books galore in a stall right outside on Sundays - go have a look!

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There is always such a great atmosphere at the Pottsville Markets, held on the 1st and 3rd Sunday of each month.

There are so many stalls and I love browsing through them and finding unique arts and crafts.



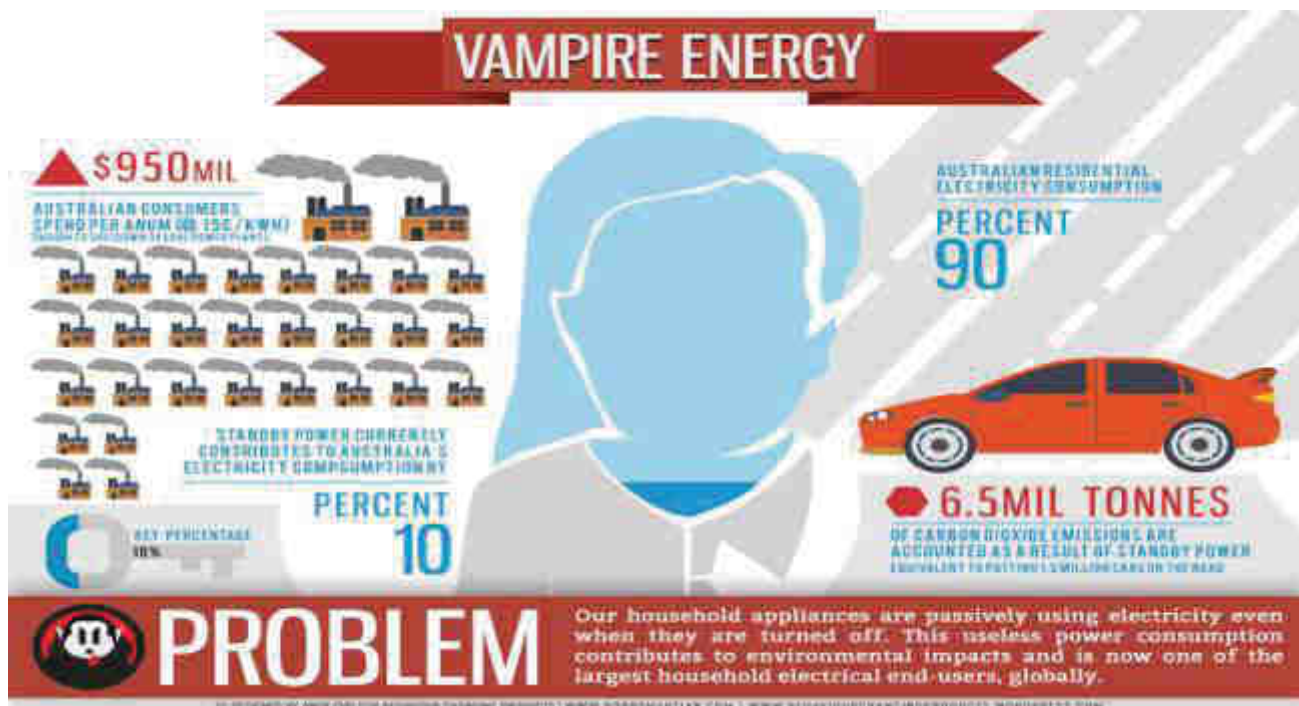
Among my favorites are the dream catchers blowing in the wind. We have also purchased a beautiful wooden table which we use daily. You can find items that are made locally so you can support our community.

Meet The Honey Lady at the Pottsville Markets selling the best honey around - pure natural products. Don't forget to swing past the Marine Rescue tent at the Markets too. They rely purely on donations for their great cause.



I love ending the day with a walk on Pottsville Beach. It really is Heaven on Earth!





We need to deal with vampires!

Electricity prices are scheduled to increase 1.9% this year and 6.9% in 2017/18. The NSW Bonus Feed In Tariff ended 31/12/2016. We have just broken hundreds of climate records.

Australian households are directly responsible for about one-fifth of Australia's greenhouse gas emissions. The average household's energy use generates over 7 tonnes of greenhouse gas emissions from its premises. However, most families can lower their greenhouse gas emissions and save money by reducing their energy bills. The easiest way to reduce greenhouse emissions and save up to 10% on your energy bills is to eliminate waste. A little conscious effort could reduce this by 10%.

The first step is to eliminate waste totally, which can be done at no cost. The next step is to be more efficient in our energy use, switching to energy efficient appliances and making smarter use of appliances, such as opening a window instead of running the air conditioner in the kitchen while baking.

Thirdly, once waste has been eliminated and remaining power use is efficient, it is less expensive to meet more of your energy needs with renewable energy.

The economics of domestic solar power has changed now. The goal is to maximise the amount of electricity you utilise from your solar panels. It is currently possible to yield a 15% return on an investment in solar panels by sending all of your power to the grid. This can be increased by half again simply by timing your power use so that half of the power you generate is used to meet your household needs.

Finally, once you have designed your power use and generation, you can shop around to ensure you have the tariff structure that is financially optimal for your specific situation and negotiate for what discounts may be possible.

PBNC actively promotes sustainability in every aspect of our lives and its activities are aimed at improving the sustainability of Pottsville as a community. In an attempt to enhance the impact of our operations, PBNC is commencing a trial of Sustainability Coaching. You can book in for FREE one hour consultations to guide you through the processes to become more sustainable. Initially the coaching sessions would focus on energy issues. However you can also seek other suggestions.

**Please call
Pottsville Beach Neighbourhood Centre
on (02) 6676 4555 to make an appointment
with PBNC's Sustainability Coach, Lew.**



Gumnuts are here



A new crop of gardeners from Pottsville Gumnuts Child Care Centre & Preschool joined us in June.

The children will be coming regularly to help PBNC gardeners with tasks such as planting, watering, harvesting and weeding.

This is the second year PBNC has hosted the Gumnuts group in the community garden.

Thanks Gumnuts for your invaluable help!

Momentum Youth Festival

A week after it was postponed due to the largest flood the area had seen in years, the Momentum Youth Festival kicked off on April 8.

The festival is run each year by Cabarita Youth Service, in conjunction with youth mental health and suicide prevention service Headspace and other services, to celebrate National Youth Week. National Youth week is held every year and celebrates young people between the ages of 12 to 25.

As my sister and fellow Technology Centre Volunteer, Kaylea, and I arrived at Ambrose Brown Park to set up the PBNC stall, clouds had started to drift in. The air held a cold chill as we set up the stall.

At 3pm people from the community started to drift into the

park, with the younger people using the empty space of the park to play with the free foam footballs that had been supplied to them.

Attendees enjoyed the food and entrainment on the centre stage. The PBNC stall allowed us to showcase our services to youth and their guardians, who might not know about all of the services and activities that we offer them.

At 4pm it started to rain and, while this caused a short pause to celebrations as people left the park to find shelter, people soon started to return once the rain ceased.

As dusk fell we packed up the PBNC stall, declaring the day a success.

By Ashlea Miller





On Anzac Day PBNC had our regular fund-raising visit from the gentlemen of Pottsville and District RSL.

From left: Dave Craft, Merv Mason, Mark Radischiki, Gary O'Rourke, Clive Cramb.

The Hon. Ray Williams, NSW Minister for Multiculturalism, and Minister for Disability Services (far right) with Geoff Provest, Member for Tweed, recently visited PBNC to experience the many varied PBNC services, programs and activities designed to strengthen our community.

We took the opportunity to mention that our Tech Savvy Seniors Assistance Program was due to conclude at the end of June and we asked him to investigate funding options for us to continue to run this very popular program.

We also sold him two Boomerang Bags as he passed by our stand on his way out!



Pink Nodding Orchid discovered at PBNC

Gardeners at PBNC were thrilled to discover a pink nodding orchid flourishing in the centre's landscaped native gardens. It is a threatened species in NSW, with less than 20 populations of the orchid, all north of Bundjalung National Park, including Tweed Shire, though it is quite prolific in Queensland, where it can be found mainly in the open forests around Brisbane. This was the second sighting of the orchid at the centre - one was found last year on PBNC's bush tucker trail (the Baza Trail) but it did not appear this year.

The pink nodding orchid (*Geodorum densiflorum*) is a ground orchid that flowers in December and January, and is dormant (not visible above the ground) during winter.

The plant has three to five leaves up to 35cm long, marked by prominent ribs and flowering stems to 30 cm long which carry up to 20 white to deep-pink flowers. The stem grows erect, nods when in flower and then straightens for seed dispersal. The flowers do not open, but remain as a tube.

Also known as *Geodorum neocaledonicum* and *Geodorum pictum*, it is the only *Geodorum* found in Australia.

Source: *SaveOurWaterwaysNowInc*



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

**Art and Play —
for Toddlers and
Preschoolers**

Coral Bay Room
10am - 11am
(school terms)



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



Wednesday

Technology Centre
9am - 5pm

Opp Shop
9am - 1pm

Toy Library
9.30am - 12.30pm



Saturday

Opp Shop
9am - 1pm

**Side by Side (Autism Family
Support Group) - 1pm till
4pm, first and third Sat of
month (school terms only)**

**Phone Belinda
0404 249 869**

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

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

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



Sunday

**PBNC Markets, Opp Shop,
Furniture Shop, Trash &
Treasure (7am - 1pm) and
Community BBQ -**

1st & 3rd Sun each month.

Next markets (2017):

Aug	6 & 20
Sept	3 & 17
Oct	1 & 15
Nov	5 & 19
Dec	3 & 17

REGULAR SERVICES & PROGRAMS

PBNC ADMINISTRATION (REFERRAL & INFORMATION)

Monday to Friday 9.00am - 4.00pm

BRIGHTER FUTURES

Monday to Friday 9.00am - 5.00pm

DHS (CENTRELINK AGENCY)

Monday to Friday 8.30am - 1.30pm

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 (inc. Tech Savvy
Seniors Assistance Program)

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 Tuesday 10am- 11am, (school terms)

ARMA

Assisted Referral and Material Aid.
Contact Admin for more details.

MEDITATION WITH ROBYN

Sandbar Room - Tuesday 1.30 - 2.30pm

STRETCH-YOUR-MIND

Reef Room - Thursday 12.30 - 2.30pm

TOY LIBRARY

Monday to Friday 9:30am - 12:30pm

SCRABBLE

Tuesday 10am - 12pm

TODDLER TUNES AND STORIES

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

CFSS-TV

Child and Family Support Service
Appointments necessary - contact PBNC 6676 4555
or a Family Support Worker on 0455 911 715 or 0413 879 279



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), Support Group

is PBNC's holistic family support group for all family members with children on the autism spectrum

1st and 3rd Saturday each month 1pm - 4pm

Ph Belinda
0404 249 869



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



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