



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

# Season's Greetings



Cover story see page 4 and 5



our newsletter

*Drift* is produced at  
**Pottsville Beach  
 Neighbourhood Centre,  
 10B Elizabeth St,  
 Pottsville Beach, NSW 2489  
 (02) 6676 4555  
 admin@pottsbnc.ngo.org.au  
 www.pottsvillebeachnc.org.au**

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## A message from Angela

Gosh, this year is nearly over and I can't believe how fast 2013 went, let alone 2014, such is the pace of the PBNC! Now, to keep you all in the loop, and up to speed ....

### Harwood Institute Public Innovator Lab

At the end of October I attended a three-day intensive Public Innovator Lab training event in Sydney, delivered by the Harwood Institute [www.theharwoodinstitute.org](http://www.theharwoodinstitute.org) in collaboration with the Local Community Services Association (LCSA) head office, based in Sydney. The Harwood Institute for Public Innovation is based in Maryland (USA) and is described in their own words as "...a national non-profit that helps people and organisations address community challenges, improve their own effectiveness, and do their work in a way that makes communities stronger...." Their Public Innovator Lab training allows "participants to learn how they can use The Harwood Institute's frameworks to start changing the way they and their organisations or community teams are doing their work, so that their efforts become more effectively rooted in the context of their communities. Having an orientation such

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

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### Production team:

**Tony, Angela, Lily,  
 Chris W and Cathy M**



## Cathy

Admin/  
 Tech Centre



**If you could travel to anywhere in the world, where - and why?**  
**Europe. My parents have recently travelled there and they loved it.**

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

**Stephen King, because he is an intriguing story teller.**

**Do you have a favourite book or author?**

**I have many favourites but my favourite for this year is "A Song of Ice and Fire" series by George R. R. Martin.**

**What does PBNC mean to you?**

**PBNC is a place where I can connect with the community. I always feel welcome here and have met a lot of wonderful people.**

**Whom do you most admire and why?**

**I really admire volunteer fire fighters and SES workers who give up their time to help others.**

**Do you have a favourite movie?**

**I don't watch a lot of movies. I prefer to read.**

**What is your favourite food?**

**Cheese! Everything is better with cheese on top.**

(continued)

that you use the community, not the conference room, as your reference point for the day-to-day and strategic decisions you make - we call this turning outward."

The training was predominantly attended by representatives from neighbourhood centres in NSW and SA and NSW Family and Community Services personnel. The Consortium of Neighbourhood Centres – Far North Coast was represented by managers from South Grafton, Evans Head, Nimbin, Mullumbimby and Pottsville Beach.

The training was inspiring as well as validating because it is clear that PBNC's current practices are not entirely out of alignment with the Harwood approach. However, PBNC key staff will receive some in-service training to trial some of the tools and techniques across appropriate areas of operation in the coming weeks and months, with a view to embedding 'turning outward' choices in every activity.

#### **Department of Social Services Funding Extension**

In late November PBNC signed a two-month funding extension offer by the Department

of Social Services. This means that our current funding arrangement, under the Commonwealth Community Investment Program (CIP), will remain in place until the end of February 2015. DSS said this further extension was necessary to assess the extraordinary number of new funding applications, and to ensure services remained in place for families and communities over the Christmas and New Year period.

As reported previously, PBNC applied for new funds (because the CIP funding stream is due to cease) to deliver children and parenting support services. The outcome of this application should be known by the end of December 2014. Just a mild warning: you will hear loud shrieks of excitement, should PBNC's tender be successful!

On behalf of everyone at PBNC – thank you for your support and we wish you a very safe and enjoyable festive season.

*Angela*



Native Peanut Tree

## Nimbin Neighbourhood and Information Centre visits PBNC

In November, a group of workers from Nimbin Neighbourhood and Information Centre visited PBNC to network with key workers and to see firsthand PBNC's community-run social enterprises. The group viewed a powerpoint presentation on PBNC operations and enjoyed a shared picnic lunch. They identified a few areas where they could improve their emergency procedures and PBNC gave them the electronic copies of its flip chart and other resources. The visit was recorded in photos which were uploaded to PBNC's Facebook page. For those who have a Facebook page, 'like' us to be in the loop!



## Tweed Shire Access and Inclusion Awards December 2014

**A group of representatives from various areas of Pottsville Beach Neighbourhood Centre attended the Tweed Shire Access and Inclusion Awards on Tuesday, December 2.**

Manager Angela, Management Committee representative Lily and market volunteer Dane enjoyed a wonderful evening of entertainment and networking which culminated in the awards ceremony.

The Access and Inclusion Awards are held every year in the Tweed as a part of the shire's celebrations for the International Day of People with Disability. The awards recognise and acknowledge action by individuals, community groups, organisations and businesses that encourage and enable people to move more freely around their community, helping to make them feel connected and included in that community.

There were 21 nominees for the Access and Inclusion Awards, including sports clubs, community colleges, community and learning centres, disability organisations, community transport and individuals. As certificates and then finalists awards were given out, the hopes of the PBNC group were beginning to sink when up came our name on the screen with a collage of PBNC workers. Angela, Lily and Dane proudly went up to collect a finalist award and it now sits in pride of place in the main admin building and features on the cover of this issue of Drift.

Thanks go to Ben who nominated PBNC for an award because of the centre's inclusive, welcoming nature. Ben is vision impaired and often visits the centre with his dog guide, Kane. Ben makes use of the services offered at the Tech Centre and Centrelink Agency, and browses, chats and shops at the Opp Shop and Markets, and often pops into the

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Left to right: Tweed Byron Ballina Community Transport volunteers Bill and Marge, PBNC's nominator Ben with his dog guide Kane, and Lily, Dane and Angela from PBNC at the awards ceremony.

(...continued)

Admin centre for a visit. Ben said he always feels welcome at the centre and that people are always ready for a chat. It makes him happy that Kane is also very popular and welcome at the centre, where Kane is made aware by Ben that he can relax and enjoy some patting time with the centre's workers in all the various areas. For more on Ben's story, see pages 6 and 7 .

If you haven't already seen the award, ask to check it out at the Front Desk in the main admin building. The award is for every PBNC worker who has contributed to make the centre such a vibrant, welcoming and accessible place.

The winner of the 2014 Tweed Access and Inclusion Awards was Melissa James with her computer app CanGoEverywhere. Visit the website

<http://cangoeverywhere.com.au>



Entertainment included fabulous routines from dance group Studio Aperio



# Ben

**Ben Dierikx has been a visitor and user of PBNC services and activities since 2010. Ben has a vision impairment and is always accompanied by his dog guide\*, Kane, who unofficially fills the role of pet therapy dog whenever he visits PBNC.**

Kane is a little bit different to other dog guides, being trained by Ben and as part of his training being taught how to socialise and interact with people when he is out, without losing focus on his job. Usually people are not encouraged to interact with dog guides and vice versa as most other dog guides are not trained in this way and people can be a distraction to the dog putting their handlers at risk. Contrary to this, Kane is very sociable and loves nothing more than to flop on the floor of PBNC reception and receive many cuddles from PBNC workers and customers, when allowed (well - maybe he loves a swim in the creek a bit more!)

This year PBNC was invited to the Tweed Shire Access and Inclusion Awards 2014 (see story page 3) as the centre had been nominated by Ben for an award. Ben said he nominated PBNC because the centre has a very welcoming feeling



and he and Kane were always accepted there without question, something Ben has found lacking in a number of other places, in particular Sydney and Melbourne, but also some places in the Tweed. He and Kane have experienced problems accessing buses and taxis in the past and had difficulties at shopping centres, and have experienced being harassed and even separated from each other by security guards once in Sydney. Ben said he found our local supermarket, IGA, was fantastic for him and Kane, "like a home", which is how he also feels about PBNC.

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PBNC is a hub of access and inclusion, continued Ben, especially the Tech Centre. He found the Tech Centre workers very helpful, particularly during his recent TAFE studies. "Drew and the other workers were fabulous," said Ben. "Nothing was a burden for them. They are good at trouble shooting and are also happy to help with more basic tasks such as scanning, printing and paperwork. They are not patronising and treat you with dignity, intuitively going above and beyond what is asked of them." Ben also praised PBNC for the fact it is not rigid. People with disability cannot always work to a timetable, said Ben, and he appreciates the fact he can always drop into the Front Office for help if the Tech Centre is closed. Ben also frequents the Opp Shop and markets and enjoys chatting to workers while browsing. Ben has a request for anyone coming to PBNC with their dogs...please don't tether your dogs at entry ways to buildings or across thoroughfares (this is a PBNC rule). Tied up dogs can become aggressive which means it is very hard for Ben and Kane to enter a place, and the leashes present a trip hazard to everyone.

Ben has a very diverse background, having been born in Sydney and moving often as he was growing up. His schooling was in Sydney, Papua New Guinea, Burringbar and then Murwillumbah High School. After finishing school in 1987, Ben gained employment in the travel industry and later took a job as a tour leader

in Asia, travelling through Thailand, Vietnam, Cambodia and Laos where he also studied and became fluent in the local languages. It was during this time, at the age of 23, that Ben contracted neurocysticercosis, where parasites (found in raw food) infect the brain and eyes and which caused his vision impairment. Being unable to continue working as a tour leader Ben returned to Australia to study at university, gaining his Bachelor of Arts Honours Anthropology.

We hope to feature more about Ben in next year's Drift, to learn more about the barriers facing people with disability and what we can do to lessen these barriers. We also hope to hear more of his travel adventures, which include time spent in the Highlands of New Guinea! Thanks Ben for your great story and for taking the time to nominate PBNC for the Access and Inclusion Awards. Our Finalist Award is something of which all PBNC workers can be very proud ■



\*According to Ben, "Dog Guide" is the generic term for dogs that help people with vision impairment whether they are trained by Seeing Eye Dogs, Guide Dogs or any other organisation or person.



PBNC  
Christmas  
Party 2014





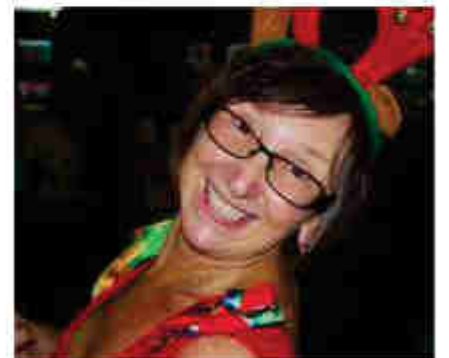




Many thanks from  
all 140 of us to  
Julie, Clive and  
their helpers for  
another wonderful  
Christmas Party!







# Community generosity at Christmas

**Many families will receive presents donated by members of the community and hopefully have a happier Christmas because of the kindness and community spirit of these people.**

Bec Gardner is a Family Day Care Educator who wants to instill in children the spirit of giving. She gathered presents donated by her children and the families of children she cares for, to be given to disadvantaged families through PBNC's various programs. Bec's husband Ben is pictured right with their children being presented with a Certificate of Appreciation for their donation of Christmas gifts for disadvantaged families. Unfortunately Bec was unable to be there as she was caring for children.



Jules Psaila collects items donated by her family and friends during the year and brings them to PBNC wrapped as Christmas/birthday presents to be given to disadvantaged families to enjoy.

She is pictured with Chris from Brighter Futures in front of a table full of gifts which Jules has donated. Jules was also presented with a Certificate of Appreciation from PBNC.



**PBNC has an information, referral and advocacy service, a DHS Centrelink Agency and a Brighter Futures family support service outlet providing assistance to disadvantaged families, many of whom will benefit from the generosity of Jules Psaila, the Gardners and their friends.**

# Kaye

**Hi, my name is Kaye and I recently completed my Student Work Placement at Pottsville Beach Neighbourhood Centre. This year I finally put my dreams of studying into action and the placement was part of my Community Services Certificate IV studies at Kingscliff TAFE. Prior to this I had worked in the banking industry and in administrative roles.**



My history with PBNC began when we first moved here in January 2007. My partner was still based in Brisbane for work and was only home on weekends; my daughter was not quite three years old; and my son three months old. As we had no family in the area and all my friends were still in Brisbane, this was a very tough and lonely time.

I discovered Pottsville Beach Neighbourhood Centre and this became my life bridge. I attended PBNC's Playgroup and Toddler Tunes and, through these activities, I made some very fast and true friendships. My children thoroughly enjoyed these activities and also made some great friends. I attended PBNC's 123 Magic course which taught me strategies to use as a parent when faced with some of the challenges that can arise from day-to-day family life, and many a Sunday has been spent browsing through the markets and enjoying the Dutch Pancakes that are oh-so-hard to resist!

The friendships I have made through PBNC are still strong and many of us gather on a camping trip after Christmas each year, and are in our sixth year of a Christmas dinner tradition we started when we all first met.

I have lived in Pottsville for nearly eight years. In 2015 I will have a daughter in Year 6; my middle son will be in Year 3;

and my youngest will be starting kindergarten. I am hoping to find work in community services and to further my studies and experience in this area.

Studying at TAFE was a real learning curve and a huge achievement. Completing my work placement at PBNC has been a blessing and gave me a huge insight to the background and internal workings of PBNC and many other community services. I assisted with the facilitation of Toddler Tunes on Fridays and enjoyed watching young families' interaction with their children and other children and parents, as I had done in the past. I saw the makings of many a friendship blossoming and children thoroughly enjoying themselves. I assisted with Art and Play, another fantastic activity run by Emma-Lea, a very talented parent who gives up her time and uses her talents for the benefits of other families. I met and got to know the amazing team that has helped to make PBNC what is today, and what it will be in the future.

I am so grateful to Angela, the manager, and the rest of the team at the centre for giving me the opportunity to work and grow from my experience at PBNC ■

# Emma

**In her six-week student placement with PBNC in November, Emma worked over a wide range of areas including the Tech Centre, Admin, Opp Shop, Trash and Treasure, Secondhand Furniture Store, Home Educators, Art and Play and PBNC's magazine, *Drift*.**

Originally from New Zealand, Emma lived in southern Queensland and Tweed before moving to Pottsville two years ago. Shortly after her arrival she started the Pottsville Beach Drumming Circle, a diverse group consisting of people from various walks of life and of varied ages and skill levels. The group meets in Ambrose Brown Park (behind the beach at Pottsville) every Sunday at 5pm. It's FREE and anyone can participate - Emma said some people just bring a rug and sit and listen.

While at PBNC, Emma completed Certificate 3 in Community Services Work, after having worked in the hospitality field for several years. She said she was enjoying the course and found she was learning how to listen to people as a community worker. A couple of tips were "don't bring your personal stuff", and, "there are three sides to every story". When it came time to do her student placement, Emma wanted to do it at PBNC. The centre has not been taking on many students as staff members required to supervise students have been busier than ever dealing with recent changes to the sector, so Emma's teacher at Kingscliff TAFE was told that Emma would not be able to undertake a placement here. However, Emma was in touch with Angela about the drumming circle and was able to chat further with Angela, who reversed the decision. Emma said she was very grateful to PBNC and to Angela and Julie, who took her on and found the time to supervise and mentor her.



While volunteering at the centre, Emma has been taking part in activities such as Art and Play, which is facilitated by her friend Emma-Lea. Being a single mum with a seven-year-old son, Emma also participated in the PBNC based Brighter Futures program, an outreach service for vulnerable parents and children, and found Brighter Futures workers Erin and Chris to be "really amazing and really helpful."

"The programs at PBNC are very good – they are well thought out and very beneficial to the community, especially the Aspergers support groups," Emma said. "Everyone at PBNC has been lovely and helpful, and one thing I really like is that, though everyone works, they have fun while they work," commented Emma, adding that she noticed that social interaction with other workers seemed to be very important to those at the centre. Emma said she hoped to find work in community services. Currently her main interests in the field are Women and Youth. She is continuing to volunteer with PBNC while looking for paid work.

To find out more about the drumming circle, phone Emma on **0405 693 043** or check out the Facebook site <https://www.facebook.com/pottsvilledrummingcircle>

# Cathy M

**Cathy M has been volunteering at PBNC since March this year, sharing her time between Admin and the Tech Centre.**

Cathy and her family have lived in Pottsville since 2008 and her children attend Mount St Patrick's School at Murwillumbah. When the children started school, Cathy went to TAFE to study Business Administration / IT Support and started looking for work, which proved to be more difficult than anticipated. Cathy then applied to volunteer at PBNC, with the intention of developing front desk reception, administration and computer skills to assist with her job prospects.

During her time here, Cathy enjoyed working on the front desk at the Tech Centre and Admin, as well as giving computer lessons and assisting with other tasks. She was also a valuable member of the **Drift** production team, where she helped to create wonderful front covers for the newsletter, including this issue.

Cathy said that working at PBNC has helped improve her confidence in terms of communication with customers and she has met some interesting people of all age



groups. "Everyone is so friendly and I have learnt so much about the local community," she said, adding that she has acquired some advanced computer skills through her work at the centre.

Sadly for us but good for Cathy, she will be leaving PBNC to start a job in January on a six month assignment for a recruitment agency on the Gold Coast. PBNC workers will miss you, Cathy, but wish you all the very best for the future. However, as you said "I will be back", we will be more than pleased to see you back here again any time!

## *The Falls Music & Arts Festival*

LOCAL COMMUNITY ORGANISATIONS RECEIVE GRANTS FROM FALLS MUSIC  
& ARTS FESTIVAL BYRON COMMUNITY FUND



### Falls Festival funding success!

During November PBNC applied for \$2,500 funding (by invitation from Byron Bay Falls Festival) to run a 1-2-3 Magic and Emotion Coaching course in 2015. It was decided to choose this parenting course activity as there is uncertainty as to whether PBNC will be able to offer parenting courses if its DSS tender is unsuccessful. PBNC was successful in its application and will now be able to offer its popular 1-2-3 Magic course in the first half of 2015 as a result.



# Ron learns about PBNC

by Management Committee member Mandy

## **Tweed Heads ALP candidate Ron Goodman dropped in for a visit to PBNC in November.**

I had met Ron recently at a couple of fundraisers and happened to mention that I volunteered at PBNC. I asked him if he would be interested in visiting our centre and he expressed a strong desire to know about the services offered to our community by PBNC. Angela wanted to meet Ron and show him around the centre so I contacted him and set up a suitable time.

Ron arrived at the centre and was welcomed by Angela and me. Angela happily explained the background and guiding principles of PBNC and Ron was introduced to various staff members including Ken, Danny, Drew and the lovely ladies in the Opp Shop. Ron was given a guided tour through the Administration building, Brighter Futures, Centrelink, Reef Room and Second Hand Furniture Shop/Men's Shed. We then moved onto the Opp Shop, Tech Centre



and Sandbar Room, meeting and greeting staff and volunteers, with Ron learning along the way the valuable contributions PBNC offers to the Pottsville community and surrounding areas.

Ron was inspired with the services we offer and the growth of PBNC; the history behind the buildings and how important PBNC remains as the focus of the community. Ron stayed for two hours absorbing as much information as he could. We gave him a Welcome Pack to take away with him to look and read through at his leisure, and hope to hear from him in the future regarding possible funding opportunities for PBNC ■



## Mayor's visit

**On Friday, December 19, the Tweed Shire Council Mayor, Gary Bagnall, was given a tour of the centre, meeting many volunteers, staff and community members. An area of particular interest to Gary was PBNC's Men's Shed.**

On his tour he took in how it operates while learning about PBNC's other social enterprises and activities at the centre, made possible by revenue from these enterprises.

Gary appeared very impressed by the extent and diversity of services and programs at PBNC, and the way in which these activities and people were interconnected. He visited the Men's Shed/secondhand furniture and electrical store and chatted to the men at work (and at rest...it was morning tea time!). He visited Toddler Tunes' last session for 2014, which was attended by several fathers as well as mums and extended family members. He browsed through the Opp Shop and saw its close working relationship with the furniture store, and was briefed on services, programs and learning opportunities available at the Technology Centre. He was happy to see the Community Garden, and marveled at the sustainability and functionality features of the new administration building.

While here, Gary took lots of photos and asked heaps of questions. PBNC feels confident that the Mayor is now well and truly educated on PBNC's fully integrated formula for community benefit. We all hope he is able to educate others on the importance of Tweed Shire Council maintaining its existing strong, supportive and collaborative relationship with PBNC ■

# Men at work



Workplace discussions



Moveable trolleys to transport goods in and out of storage and display them for sale were built by PBNC workers

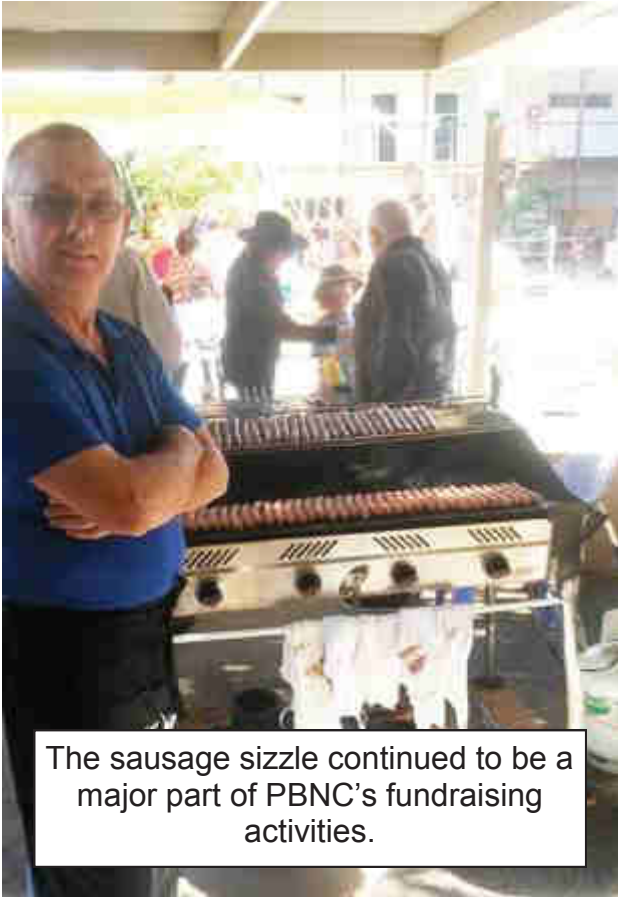


Garden maintenance



Playground fence painting

Men's Shed / Secondhand Furniture and Garden / Outdoor Maintenance crews had a busy year maintaining and improving the centre's buildings and surrounds. Here are some examples of their achievements.



The sausage sizzle continued to be a major part of PBNC's fundraising activities.



Workers looked the part in their new safety hi-vis shirts



Moving books was made easier with the new trolleys.



...and there was even time for a well-earned cuppa!

# A ukulele Christmas concert

**Christmas came early for the diabetes support group, which hosted a special early Christmas celebration in November with guests from the Banora Point Ukulele Group (led by Julia Gill).**

Thanks to rather poor video recording (by Angela from her smart phone), Danny had his work cut out for him to make a half decent DVD for PBNC to give the group as a memento. It was very easy to be entertained by the joyful ukulele playing and singing at the concert. And as Julia says: "You're never too old to learn something new, even if it's how to play a ukulele!"



# Fun, games and chicken neck dramas at Bunnings fundraiser

**Angela and several Pottsville PlayTime Group volunteers held a fundraising barbeque at Bunnings in December.**

The event was organised by PlayTime Group assisted by various staff including Karen, who couldn't be present on the day. Angela helped with transporting equipment and supplies, fetching more supplies as required on the day and serving at the event. The day was hot and hectic... and not without drama...of the chicken neck kind! (We were erroneously supplied with chicken necks instead of sausages in the first batch of supplies from the butchers). It was a successful day, with many people involved in the planning, purchasing, supplying, set up, cooking, cleaning, serving, pack up and rubbish removal tasks on the day.

It was lovely to work so closely with new PBNC volunteers and to be able to assist other prospective groups who wanted to know how we managed quantities, staffing, equipment, said Angela, and the public was largely very lovely to deal with on the day and Bunnings were very helpful.

The PTG will be using some of these new funds to subsidise family admission into Currumbin Wildlife Sanctuary as an end-of-year excursion for each group ■



# Mumzbuzz

On December 8, 2014 Karen and Angela trotted along - heavily laden with promotional material and heaps of great games, toys and puzzles from PBNC's Toy Library - to a lovely community event organised by local mums, Jess and Samy, from Mumzbuzz. The event was for local families with children under five years of age and held at the Salt Bar, Kingscliff.

It was an entertaining morning's work meeting mobs of excited children and their families, and mingling with other service providers who were there to show families a taste of what is available for them in their community.

Numerous PBNC resources were laid out in our area causing some curiosity, but the wooden fishing game attracted a never-ending stream of prospective fisherpeople of all ages. In fact, wave after wave they came, fished and darted off to another activity. The information stall created interest for the parents who were doing some fishing of their own – fishing within an ocean of PBNC information!

The morning tea was delicious and greatly appreciated as it was thirsty work communicating with so many industrious, inquisitive and interesting children and their parents.

PBNC is grateful to Mumzbuzz for holding this enjoyable event and inviting us to take part, and for their continued support in advertising PBNC's activities on their website

[www.mumzbuzz.com.au](http://www.mumzbuzz.com.au)







# Pantry Party!

Beachside **communicare** Community Pantry put on a great party in PBNC's gaily decorated courtyard on Wednesday, December 17.

The party included music from Phil Guest and friend, the ever-popular visit from Santa, and an array of sweets and icypoles. PBNC workers, who also help to set up and take down the pantry each Wednesday, worked on their mouth-watering sausage sizzle.







PBNC worker Clive (right), with fellow RSL members, sells poppies to PBNC workers for Remembrance Day, held on November 11 each year. The activity is a fundraiser for the RSL.



### Happy Birthday, Rita!

Opp Shop workers surprised long term worker Rita with an impromptu 84<sup>th</sup> birthday celebration in December. Rita works on the busy front desk, where she assists customers and handles sales.



# Speak Volumes Speech Pathology

*Empowering clients and their families to improve their communication and swallowing abilities across the lifespan.*

At Speak Volumes Speech Pathology we are highly passionate about improving the lives of children and adults with communication and swallowing disorders. We are based at the Pottsville Beach Neighbourhood Centre in Pottsville, NSW, and provide mobile services to homes, schools, preschools and aged care facilities within 30km of Pottsville.



We provide family-centred and person-centred services for all clients. This means that we collaborate with families, teachers, and other health professionals involved in the client's wellbeing to ensure a holistic approach is delivered and the best possible outcomes are achieved. Our services are flexible, individualised, and responsive to the needs of the client and their families – giving parents, carers, and individuals more control during the assessment and intervention process, while promoting independence. Family-centred and person-centred approaches mean supporting client and family choices, and the relationships which are important to the client's long term well-being.

## What does a speech pathologist do?

The role of the Speech Pathologist is to prevent, assess, diagnose, and treat speech, language, social communication, cognitive-communication, and swallowing disorders in children and adults. Some examples of the areas that we target include:

- **Speech disorders** – these occur when a person has difficulty producing speech sounds correctly or fluently or has problems with the sound of his or her voice or resonance.
- **Language disorders** – these may be spoken or written and include receptive language (difficulty understanding others), expressive language (sharing thoughts, ideas, and feelings), and/or literacy. Language disorders may involve the form (phonology, morphology, syntax), content (semantics), and/or use (pragmatics) of language in functional and socially appropriate ways.
- **Social communication disorders** – these present as difficulties with the social use of verbal and nonverbal communication, and may include problems (a) communicating for social purposes (e.g., greeting, commenting, asking questions), (b) talking in different ways to suit the listener and setting, and (c) following rules for conversation and story-telling. Social communication



disorders are found in all individuals with Autism Spectrum Disorder, and also with other conditions such as traumatic brain injury.

- **Cognitive-communication disorders** – these include organising thoughts, paying attention, remembering, planning, and/or problem-solving. These disorders are often the result of a stroke, traumatic brain injury, or dementia, although they may also be present from birth.
- **Swallowing disorders (dysphagia)** – these are feeding and swallowing difficulties, which may be present in children or adults. They often follow an illness, surgery, stroke, or injury.
- **Effective communication** – speech pathologists may also work with people who do not have a speech, language or swallowing disorder, however they would like to learn how to communicate more effectively. This may include accent modification or other areas of enhanced communication.

### **Amber Allen (B. Sp. Path; MSPA) – Director and Principal Speech Pathologist**

Amber has experience working with children and adults with a broad range of communication and swallowing needs, including children with speech and language difficulties such as articulation disorders, language delays, and Childhood Apraxia of Speech, adults with cognitive communication difficulties, and speech and language difficulties of a neurogenic nature (such as those with dementia or stroke related deficits), non-verbal children and adults requiring Augmentative and Alternative Communication (AAC), stuttering therapy for both children and adults, social skill development for children with Autism Spectrum Disorder, literacy development for children with reading difficulties and feeding therapy for children with sensory processing difficulties (and “fussy eaters”). Amber is also trained in audiometry and prescription of hearing aids (Dip. H.D.P.E), and is committed to enhancing the communication skills of children and adults with hearing impairments.



Amber has experience implementing a number of evidence based programs including PECS (a non-verbal form of communication aimed at improving speech acquisition), the Lidcombe program (an evidence based program for children who stutter), the Camperdown program (an evidence based program for adults who stutter) and the SOS approach to feeding (targeting problematic feeding behaviours in children).

Feel free to phone us on (02) 6676 0854 or visit the Speak Volumes website at:

[www.speakvolumes.com.au](http://www.speakvolumes.com.au)

for more information regarding upcoming workshops, fees and rebates available.



## 2015 Tweed Valley Relay For Life

Preparations are well underway for the 2015 Tweed Valley Relay For Life to be held at Merv Edwards Fields, Kingscliff, on March 7 and 8, 2015.

The Relay committee is already hard at work organising the 2015 event after the huge success of the 2014 relay. Dot Holdom, the Relay Chair said: "We are looking forward to the 2015 year event, and it would be great to get as much community support behind us. This event raises funds for such a great cause." Dot goes on to say that participants will enjoy a range of entertainment including music, food stalls, silent disco as well as the brand new Miss Relay Competition, a Polaroid photo booth and the moving HOPE ceremony.

Relay For Life is an overnight community fundraising event which aims to raise funds in the fight against cancer, but most importantly, to get the message out there about the importance of cancer prevention and the many services that those affected by cancer can access.

Participants enter the relay as teams or as individuals on the day. Some teams set a challenge to see how many laps they can relay round the track; others just come along for the fun day and to commemorate those loved ones lost. However you are not expected to constantly relay round the track.

"The point is just about getting together and showing our support to those in our community who are affected by this horrible disease. If cancer is not directly involved with your family, chances are you know someone who is," said Dot Holdom.

Cancer Council is the only organisation that works across every area of every cancer: research, prevention, support and advocacy. They are there not only for those touched by cancer today but to prevent and manage cancer into the future. Their unique combination of local program delivery, community engagement and national influence enables everyone who cares about beating cancer make the biggest possible difference.

To register for the Tweed Valley Relay For Life visit [relayforlife.org.au/TweedValley](http://relayforlife.org.au/TweedValley) check out the event's Facebook page by searching Tweed Valley Relay For Life or call the local Cancer Council NSW office on 02 6639 1300.



**3pm Saturday - 9am Sunday  
7 & 8 March 2015**  
Merv Edwards Fields, Kingscliff

Register. Participate. Donate.  
1300 65 65 85

[facebook.com/RelayForLifeAustralia](https://www.facebook.com/RelayForLifeAustralia)

[relayforlife.org.au](http://relayforlife.org.au)



# Tweed Valley Relay For Life



**Monday**

**Technology Centre**  
9am - 4pm

**Opp Shop**  
9am - 4pm

**Toy Library**  
9.30am - 12.30pm

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



**Tuesday**

**Technology Centre**  
9am - 5pm

**Opp Shop**  
9am - 1pm

**Toy Library**  
9.30am - 12.30pm

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

**Scrabble**  
Starfish Room  
10am - 12pm

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

**Wednesday**

**Technology Centre**  
9am - 5pm

**Opp Shop**  
9am - 1pm

**Toy Library**  
9.30am - 12.30pm

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

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

**Friday**

**Technology Centre**  
9am - 1pm

**Opp Shop**  
9am - 4pm

**Toy Library**  
9.30am - 12.30pm

**Furniture Shop**  
9am - 1pm

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

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

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

**LEGO Time**  
Sandbar Room  
3.30pm - 5.30pm  
(school terms)  
Phone  
Emma-Lea  
0434 790969



**Thursday**

**Technology Centre**  
9am - 5pm

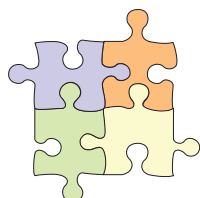
**Opp Shop**  
9am - 1pm

**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



**Saturday**

**Opp Shop**  
9am - 1pm

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

**Sunday**

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

**Next markets (2015):**

**Jan 4 & 18**

**Feb 1 & 15**

**Mar 1 & 15**

## Regular Services & Programs

### PBNC ADMINISTRATION

Monday to Friday 9.00am - 4.00pm

### BRIGHTER FUTURES

Monday to Friday 9.00am - 5.00pm

### DHS (CENTRELINK)

Monday to Friday 8.30am - 1.30pm

### DIABETES SUPPORT GROUP

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

### MEN'S SHED AND SECONDHAND FURNITURE SHOP

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

### GET FIT, KEEP FIT

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

### OPP SHOP

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

### PBNC TECHNOLOGY CENTRE

Computer Lessons, Internet Access and Equipment Servicing

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

### POTTSVILLE PLAYTIME GROUP

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

### ART AND PLAY

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

### COUNSELLORS

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

### TAX HELP

(Seasonal) July to October

### STRETCH-YOUR-MIND

Reef Room - Thursday 12.30 - 2.30pm

### TOY LIBRARY

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

### WORDSFLOW

Sandbar Room - Friday 12.30 - 3.15pm (school terms)

### SCRABBLE

Tuesday 10am - 12pm

### TODDLER TUNES AND STORIES

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

## 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), GameON (GO), LEGO Time & Home Educating Support Group

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

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

**LEGO Time** 3.30-5.30pm Fridays -  
Ph **Emma-Lea 0434 790969.**

**Home Educating Support Group**  
1-4pm Weds  
(except 1st Wed each month)

School terms only

Ph **Kym 0401 078899.**

**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](http://www.pottsvillebeachnc.org.au)