



THE ULLADULLA AND DISTRICTS COMMUNITY RESOURCES CENTRE NEWSLETTER

AUGUST-SEPTEMBER 2024

WHAT'S NEW NEWSLETTER

FREE LEGAL ADVICE

Shoalcoast Community Legal Centre Inc.



Shoalcoast Community Legal Centre offers free and confidential legal advice by phone or face to face. We visit the Ulladulla and Districts Community Resource Centre fortnightly on a Wednesday.

Bookings are essential.



1800 229 529



www.shoalcoast.org.au

We can assist with:

- Traffic Offences
- Neighbour Disputes
- Employment Issues
- Tenancy
- Credit and Debt
- Parenting Matters
- Separation / Divorce
- Planning Ahead
- Victims Compensation
- Domestic Violence
- Consumer Issues
- Personal Safety
- Procedural Advice

Who We Are and What We Do

The Ulladulla and Districts Community Resources Centre is your local Neighbourhood Centre. We are here to assist all members of the community and visitors to the area who contact our Centre.

We have a variety of services that visit the Centre. We also offer information and referral, administrative support, group activities, Food Store and food parcels, Justice of the Peace, Work Development Orders, free computer tuition, Tax Help and we hold courses and events.

The Centre is located at: 78 St Vincent Street, Ulladulla NSW 2539 Phone:

02 4454 0477

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Weekly CRC Visiting Services and Activities

DAY	GROUP OR SERVICE	CONTACT	HOURS
Monday	NA JP Community Desk Family Services RFCS Financial Counselling YOGA	4454 2990 4454 0477 1800 372 000 1800 570 655 4454 0477	12pm-2pm 9am-12pm By Appointment 4 th Monday of month 10-11AM
Tuesday	AlAnon Headspace Interagency (first Tuesday of the month) JP Community Desk Family Services Campbell Page	4454 3823 4446 7300 4454 0477 4454 0477 1800 372 000 1300 139 920	10am-11.30am By Appointment 9.30am-11am 9am-12pm By Appointment weekly
Wednesday	Correctional Services Food Store Personnel Group Shoalcoast Legal 2 nd and 4 th JP Community Desk Headspace	4424 6700 4454 0477 0413 463 069 1800 229 529 4454 0477 4446 7300	9am-4pm 9.30am-11am 9am-4pm By Appointment 9am-12pm By Appointment
Thursday	AlAnon Ostara Workskills Stroke Recovery 3 RD Thurs JP Community Desk My Plan Manager NDIS	4454 3823 9055 1630 4403 9646 1300 650 594 4454 0477 8379 7000	1pm-2.30pm By Appointment Fortnightly Monthly 9am-12pm 4 th Thursday of month
Friday	Food Store Personnel Group JP Community Desk	4454 0477 0413 463 069 4454 0477	9.30am-11.00am By Appointment 9am-12pm
Other Activities	Counsellor - Sarah Date Computer and Literacy Lessons Admin Support Worker Tax Help (Aug-Oct)	0400 173 391 4454 0477 4454 0477 4454 0477	By Appointment By Appointment By Appointment By Appointment

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Australian Government
Australian Taxation Office

Tax Help Volunteers at the CRC ph: 4454 0477



**Get free help with
your tax return from
a Tax Help volunteer**

- > Are your tax affairs simple?
- > Do you earn around \$60,000 or less?

To find out more,
contact the ATO on **13 28 61**
or visit **ato.gov.au/taxhelp**

Domestic Violence – a story by Agony Ann

“She felt trapped. Her abusive partner had locked her in the house whilst he went to work and she had no means of communication with no access to the outside world. It seemed incongruous in this day and age of endless methods of communication. She wondered where it all went wrong. Where was the polite, strong and loving man she had met only a year ago? It had seemed so perfect. Until they had moved in together and almost overnight things went wrong. He had lovingly suggested she give up her job as now he was able to support her which she accepted but then he had taken her phone and messaged her friends and family that all was well but she had decided to “find” herself and would not be in touch for a while. Alarm bells started to ring but by now she was under his spell”.

This is sadly a not too uncommon situation of “coercive control” which is now covered by NSW Law. If you suspect that anyone you know is suffering in this way there is help available.

If you need help or advice please call the Centre on 4454 0477 or contact Shirley Taylor from Waminda on 0409 540 407.

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Supporting South Coast Locals for 50 Yrs

Elders Insurance Ulladulla is proud to support Ulladulla CRC and many other business and community groups by giving sponsorship dollars, free advice, and volunteering our time.

When you need some advice on insurance, ask the company local's trust - call Elders Insurance Ulladulla



Business



Farm



Home & contents



Vehicle

Contact Your Local Elders Team for a personalised quote today

02 4455 1277  Search for 'Elders Insurance Ulladulla'



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We're still here
and working for you!
Please call 1300 874 000.
personnelgroup.com.au



249 PRINCES HIGHWAY ULLADULLA NSW 2539
PHONE (02) 4455 5339

Our friendly helpful staff are available for all your pet care and large animal needs. From advice about flea or tick control through to an emergency in the middle of the night



Vincentia
6 St George Ave
Ph: 4441 8886

Ulladulla
268 Green St
Ph: 4455 6000

Sussex Inlet
By Appointment
Ph: 4441 8886

Email: support@jervisbayhearingcentre.com.au

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- ✓ Go Vita Health Foods
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- ✓ Natural Skin Care & Make Up



Your Health Shop

Your Health Nutrition Centre
Phone 4455 3565
Shop 16 Rowen's Arcade, Ulladulla