



WHAT'S NEW NEWSLETTER

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 that 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

Drop in or give us a call.

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



Spicy Fish Finger Tacos



Ingredients

- 6 frozen fish fingers
- 4 tortilla wraps
- 2 large tomatoes, chopped
- 1 small red onion finely chopped
- 1 lime, halved
- 1 tbsp. olive oil
- 4 tbsp. mayonnaise
- Few drops of tabasco or 1 tbsp. chilli sauce
- 1 small lettuce shredded
- 2tblsp chopped fresh coriander

Directions

Cook fish fingers in a hot oven for 12 mins turning after 6 mins. Wrap the tortillas in foil and place in the oven for the last 3 mins.

Place the tomatoes and onion in a small bowl. Squeeze in the juice of half a lime, add olive oil and mix together. Place mayonnaise in a separate bowl and mix in tabasco or chilli sauce.

Spread each taco with mayonnaise, add lettuce, tomato and onion salsa and a little chopped coriander. Cut fish fingers in half and add one and a half fish fingers to each wrap. Fold tortilla. Drizzle over mayonnaise and squeeze remaining lime over the tortilla.



Community Connect Expo

During October Ulladulla and Districts Community Resources Centre (CRC) attended the Community Connect Expo at the Dunn and Lewis Centre in Ulladulla.

The day was a huge success, there were over 90 stalls and over 1000 people attended. The Expo is a great opportunity for the CRC to connect with the community and other organisations.

We are very fortunate to have so many fantastic organisations in our community and the Expo provides a forum for these organisations to learn more about each other and how we can work together.

The Expo also gives the community a chance to see so many organisations in one place and to learn about what they provide, how they might be of service, clubs that people can join and volunteer opportunities for members of the community.

There were also performances from choirs, music groups from Ulladulla High School as well as an interesting discussion with students from the High School. We are fortunate to have such a passionate group of young people in our community.

Congratulations to the organisers at Community Connect, it was a wonderful day.

Laughing Stock



Two holiday makers met on the beach and struck up a friendship.

'Does your motel overlook the ocean?' asked one.

'Yes', said the other, 'and it overlooks comfortable beds, good food and everything else.'

I went to check out a wind turbine!

I wasn't a big fan!!

At TAFE NSW Ulladulla we are excited to be offering training to help people upskill or reskill in support of local businesses and communities in the southern Shoalhaven. In the last 12 months, TAFE NSW Ulladulla has provided a range of courses to meet local needs including:

- Certificate III and IV in Aboriginal & Torres Strait Islander Cultural Arts
- Certificate III and IV in School Based Education Support
- Certificate III in Horticulture
- Certificate III in Beauty Services
- Certificate II in Cookery

We've also delivered training to help local people looking for work to improve their literacy, numeracy, and digital literacy. Other training has covered Computer Skills, Traffic Control, Safe Work (White Card) to support the local construction industry and short courses providing hospitality skills.

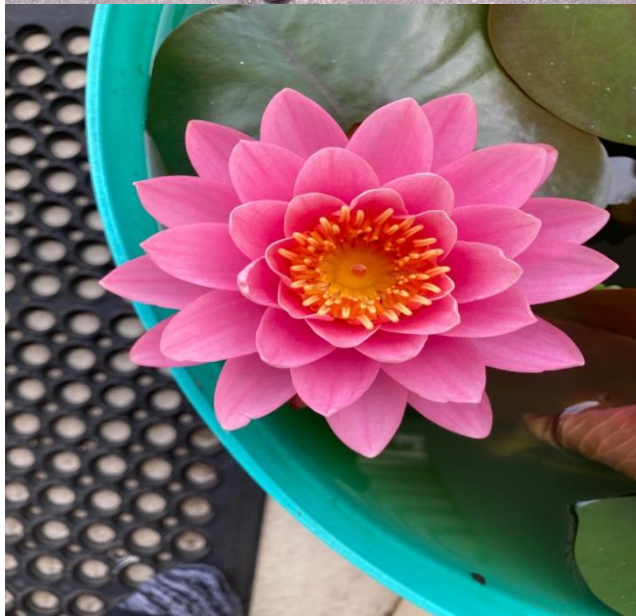


In addition, TAFE NSW Ulladulla has worked closely with Ulladulla High School to support students to find new and exciting pathways to their future careers. This included courses such as Electrotechnology, Beauty Services and Horticulture for Year 11 and Year 12 students, as well as 'taster' courses in Early Childhood Education, Electrotechnology, Floristry, Horticulture and Beauty Services for Years 9 and 10 students



TAFE NSW Ulladulla is set to continue to expand the range of courses in 2024 with Certificate II in Floristry and Certificate II in Hospitality. For more information visit the TAFE NSW website at www.tafensw.edu.au, phone 131601 or drop into your local TAFE campus at 156 Green Street, Ulladulla and say hello. Written By Stuart Bellingham TAFE Services Coordinator Ulladulla

Spotlight on Craig Walpole, contributor to CRC
"What's New" Newsletter.



My name is Craig Walpole. I live with my gorgeous ginger cat Debster. I have had a terrible life and a good life. I was fortunate to grow up in cheerful sunny "OZ" and having studied at a private boy's school- but that was a mixed blessing.

How long have you lived here?

I aim to be 62 years young, and I have been holidaying & living here since I was "this high" I have lived here 32 years.

What do you love about the area?

I love the beaches and headlands especially the North Molly rocky outcrop, and the temperate climate. That it is friendlier than Sydney, where I grew up! And the more peaceful lifestyle.

How did you get in to writing?

Well, I have been writing ever since Year 2. :) I generally loved writing all those essays /reports for a BA degree etc. I am particularly proud that I wrote up a conversation between Plato and Socrates

What is it that you like about writing?

It's a great way to change society. The pen is mightier than the sword and I like politics and history. I am forever writing emails in my head. Lately I know that it's just my opinion and not my responsibility, and that it takes many such opinions to change things. I see myself as a "man of letters."

Hobbies/work? Life experiences?

I love growing water plants especially lilies and frog attracting plants. Dancing, lap and beach swimming. Passive relaxations. I love music, songs I like are Eight Days a Week, Fields of Gold and Power and the Passion. I used to play the Piano and some drums.

I studied Natural Medicine for many years at tertiary level and I am really interested in things relating to health.

Work - I do love or like working - too much so, as I often don't spend time on interests. My work has ranged from labouring, clerical to co-managerial roles. Lately, I work at Yumaro nursery/recycling- I love recycling and McDonalds which was great. I have been contributing to Yumaro newsletters and getting into Canva publishing... yes! 😊

I have had many wild and woolly experiences, so I know I am a survivor. I know that I have guardian angels. I am a practicing Christian. I have been to 5 countries, and I love travelling and driving, mostly! I am paying off a trip to Japan next year. Cheers Craig.

Art Therapy: Interview with Romny Vandoros, Art Therapist



Romny Vandoros first heard about art therapy in 2006 while living in Australia. Shortly after her family moved to Singapore where Romny completed a Masters in Art Therapy. Romny works with a range of clients of all ages and stages, including neurodiverse, those living with dementia and disability. Reasons brought to therapy may be relationship concerns, loss, anger management, ASD, anxiety or finding ways to relax.

“Art therapy is not arts and crafts” says Romny, you do not need any prior art skills. Art therapy is a form of expression where you do not need to rely on words. Sometimes words are not enough, or they can be too much.

Art therapy is based on psychotherapeutic principles, symbols and metaphor, image making, shapes, colours and form and is a gentle therapy for all ages. The image created by the client can be understood as a bridge into the client’s inner world.

An art therapist can work with clients individually or in groups, and even on zoom. To begin, the art therapist may give a creative prompt to aid clients, and then they can interpret it in their own way. Materials used are important, for example, paint is very fluid and difficult to control whereas pencils and textas provide more control for the client. The art therapist carefully observes clients to guide them to materials may be appropriate. It is important that clients feel safe throughout the process.

Art therapy integrates the mind and the body. Images created hold or embodies the client’s thoughts, feelings, emotions, and memories. The art therapist might gently enquire about the meaning of the client’s marks, shapes, or images. It is the client who ascribes meaning to their creation, not the art therapist. Sessions are usually one hour and Romny provides all the art materials.

When Romny is not busy with her clients she can be found painting or walking in our local area and volunteering at the Community Resources Centre Food Store



Weekly CRC Visiting Services and Activities

DAY	GROUP OR SERVICE	CONTACT	HOURS
Monday	NA JP Community Desk Family Services	4454 2990 4454 0477 1800 372 000	12pm-2pm 9am-12pm By Appointment
Tuesday	AlAnon Hespath Interagency (first Tuesday of the month) JP Community Desk Family Services Campbell Page	4454 3823 1800 718 383 4454 0477 4454 0477 1800 372 000 1300 139 920	10am-11.30am By Appointment 9.30am-11am 9am-12pm By Appointment Fortnightly
Wednesday	Correctional Services Food Store Personnel Group Shoalcoast Legal (2 nd and 4 th Wednesday) JP Community Desk Belly Dancing RFCS Financial Counselling (1 st Wednesday)	4424 6700 4454 0477 0413 463 069 1800 229 529 4454 0477 0450 378 196 1800 570 655	9am-4pm 9.30am-11am 9am-4pm By Appointment (9.30am-2pm) 9am-12pm 2pm-3pm Monthly
Thursday	AlAnon Ostara Workskills Stroke Recovery Group (3 rd Wednesday) Yoga JP Community Desk	4454 3823 9055 1630 4403 9646 1300 650 594 4454 0477 4454 0477	1pm-2.30pm By Appointment Fortnightly Monthly 10am-11am 9am-12pm
Friday	Food Store Personnel Group JP Community Desk	4454 0477 0413 463 069 4454 0477	9.30am-11.30am By Appointment 9am-12pm
Other Activities	Psychologist – Ross Wade Counsellor - Sarah Date Computer and Literacy Lessons Admin Support Worker Tax Help (Aug-Oct)	0418 665 402 0400 173 391 4454 0477 4454 0477 4454 0477	By Appointment By Appointment By Appointment By Appointment By Appointment



Personnel Group

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and working for you!
Please call 1300 874 000.

personnelgroup.com.au

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**ULLADULLA
VETERINARY HOSPITAL**

**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



**jervis bay
HEARING
centre**

Vincentia 6 St George Ave Ph: 4441 8886	Ulladulla 268 Green St Ph: 4455 6000	Sussex Inlet By Appointment Ph: 4441 8886
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