



# WHAT'S NEW NEWSLETTER

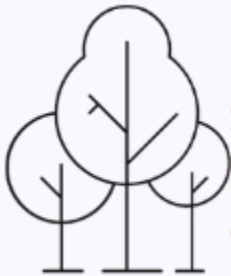


**THE ULLADULLA & DISTRICTS COMMUNITY  
RESOURCES CENTRE INVITES YOU TO OUR AGM**

**WITH ERIN MULLALLY - SHOALCOAST COMMUNITY  
LEGAL CENTRE INC. AS OUR GUEST SPEAKER**

**10AM 24 OCTOBER 2022  
AT 78 ST VINCENT ST, ULLADULLA, NSW 2539**

**RSVP BY 17 OCTOBER 2022 BY PHONE: 02 4454 0477  
OR EMAIL: [reception@ulladullacrc.org.au](mailto:reception@ulladullacrc.org.au)**



## WHAT'S ON...

### **TAX HELP**

Available until 31 October  
2022

Ring to make an appointment  
on: 4454 0477

## TWICE A WEEK

**FOOD STORE WEDNESDAY  
AND FRIDAY MORNINGS  
9.30-11AM**

For those on low incomes, our  
Centre offers free bread, fruit  
and veg with affordable food  
items. Call in at 78 St Vincent  
Street, Ulladulla

## ROOMS AVAILABLE

**WE HAVE OFFICE SPACE**

Are you interested in hiring a  
room? Do you want to run a  
group? We have great rates.  
Ring 02 4454 0477 to book or  
call in and look at our facilities  
at 78 St Vincent Street,  
Ulladulla

## **Work Development Orders Can't Pay your Fines? Call 02 4454 0477 or attend our Centre at 78 St Vincent St Ulladulla:**

Ask Maria or Lyn about Work Development orders. You can clear your debt by doing activities instead of using money! You can volunteer, attend a course or counselling, gain help and learn a new skill as well as pay off your fines! Overdue fines are serious- your licence can be suspended, it can lead to cancelled car registration, automatic deductions from your account, and Revenue can seize your goods or make a Community Service order! So act now!

# FREE LEGAL ADVICE

## Shoalcoast Community Legal Centre Inc.



1800 229 529



[www.shoalcoast.org.au](http://www.shoalcoast.org.au)

### We can assist with:

- Traffic Offences
- Neighbour Disputes
- Employment Issues
- Tenancy
- Credit and Debt
- Family Law
- Victims Compensation
- Consumer Issues
- Personal Safety

## Delicious: Cheese & Capsicum Meatloaf (winter warmer)

### Ingredients

- 500g minced beef
- 1 cup mashed potato
- 1 medium onion, finely chopped
- 1 medium green capsicum, cored and seeds removed
- 100ml tomato juice or passata
- 1/2 cup (125ml) milk
- 500g Jarlsberg or Swiss Cheese cut into finger thick chunks
- Paprika for dusting



### Method

- Preheat oven to 180 c
- Combine all ingredients except the cheese and paprika and season with 2 tsp salt and 1/2 tsp black pepper. Spread the mixture on a sheet of foil or baking paper to a thickness of 2cm. Place the cheese evenly down the centre of the meat and, starting with the longest edge nearest you, roll up carefully into a log shape. Seal the edges to prevent cheese leakage.
- Place the meatloaf in a shallow oven dish and bake for 45 mins.
- Remove from oven and sprinkle with paprika.

CRC VISITING SERVICES AND GROUPS

Mondays:

Crochet Group	040 4268 407	9.30-12pm
N/A	4454 2990	12-2pm
Wellways	0408 664 387	9am – 4pm

Tuesdays:

AlAnon	4454 3832	10.30 -11.30am
Legal Aid (by appointment)	4422 4351	9.30-4 (monthly)
South Shoalhaven Interagency (Monthly)		9.30-11.30am
Wellways	0408 664 387	9am – 4pm
Uniting	0429 118 892 or 4253 6580	

Wednesdays:

Correctional Services (P&P)	4424 6700	9am-4pm
Food Store		9.30am-11.00am
Personnel Group	0413 463 069	9am-4pm
Headspace By Appointment	1800 718 383	10am – 5pm
Shoalcoast Legal	4422 9529 or	9.30-2pm
2 <sup>nd</sup> & 4 <sup>th</sup> Wed/month	1800 229 529	

Thursdays:

AlAnon	4454 3832	1-2.30pm
Ostara	9055 1630	By Appointment
	Marie: 0439 182 587	
Yoga	4454 0477	10 – 11.30am

Fridays

Food Store		9.30-11.00am
Personnel Group	0413 463 069	Fortnightly

Other Visiting Services:

Psychologist – Ross Wade	0418 665 402	By Appointment
Counsellor – Sarah	0400 173 391	By Appointment

Other Activities:

Computer & Literacy	4454 0477	By Appointment
Admin Support Worker	4454 0477	By Appointment
Tax Help	4454 0477	By Appointment August - October




We're still here  
and working for you!  
Please call 1300 874 000.  
[personnelgroup.com.au](http://personnelgroup.com.au)

- ✓ Vitamins
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- ✓ Sports proteins
- ✓ Dried fruit & nuts
- ✓ Functional foods
- ✓ Water Filters
- ✓ Local Raw Honey
- ✓ Gluten/Dairy Free Products
- ✓ Natural Skin Care & Make Up
- ✓ Safe Cleaning Products



**Go Vita health Foods**  
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Phone 4455 3565  
Shop 16 Rowen's Arcade, Ulladulla

Your Health Shop



**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



## Want more flexible insurance payments?

At Elders Insurance, we understand that everyone's financial circumstances are different. That's why we give you the option to spread your annual insurance payment over 12 months at no extra cost.

Contact your local agent **Matt Dell** today.  
**4455 1277**

Suite 10, 15 Bross Street, Ulladulla  
[eldersinsurance.com.au/ulladulla](http://eldersinsurance.com.au/ulladulla)



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**Jervis bay  
HEARING  
centre**

<b>Vincentia</b> 6 St George Ave Ph: 4441 8886	<b>Ulladulla</b> 268 Green St Ph: 4455 6000	<b>Sussex Inlet</b> By Appointment Ph: 4441 8886
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Email: [support@jervisbayhearingcentre.com.au](mailto:support@jervisbayhearingcentre.com.au)

**Shoalcoast Community Legal Centre**  
offers free confidential legal advice  
by telephone or by face to face  
appointments  
(fortnightly on a Tuesday)  
at the Ulladulla and Districts Community  
Resource Centre. Please call 1800 229 529

