



2016 WINTER EDITION

**WINMALEE NEIGHBOURHOOD  
CENTRE NEWSLETTER**



**On the front cover:** Our food delivery van has had a face lift. Now you'll be able to spot us out on our delivery runs three times a week. Make sure to give a honk if you see our friendly delivery crew!

## **IN THIS NEWSLETTER YOU'LL FIND...**

- I. Emergency relief**
- II. Food relief**
- III. Programs and activities**
- IV. News and updates**
- V. and much more!**





# FREE

BOWEL TESTING KITS

available at Winmalee  
Neighbourhood Centre.

**“You can’t have a  
STRONG COMMUNITY without first  
creating a HEALTHY COMMUNITY.”**

**- Morna, WNC Manager**



Did you know Winmalee Neighbourhood Centre is on Facebook? We are! Like our page to get all the newest news from straight inside the Centre. Find us by searching **WINMALEE NEIGHBOURHOOD CENTRE**.





# Emergency relief

**For those who are  
experiencing financial stress,  
Winmalee Neighbourhood  
Centre can help.**

If you are struggling with paying your electricity bill or your Telstra account, we may be able to assist through our EAPA & Telstra voucher program. We also provide advocacy for those experiencing financial difficulty with Sydney Water accounts.

This assistance is available on Tuesdays or Thursdays every week and is **strictly by appointment only**. Appointments can be made through the Centre by ringing **4754 4050**.

Appointments must be attended by the individual whose name is on the bill, and a copy of the bill must be brought to the appointment for our EAPA volunteer to assist you.



## **NO INTEREST. NO FEES. NO HIDDEN CHARGES.**

NILS stands for the No Interest Loan Scheme, and it provides small, interest free loans of up to \$1,200 to low income earners and those receiving support from Centrelink.

These loans are for white goods, household furniture, electrical appliances, and other worthwhile purposes.

To request an information kit or to book your appointment with our loans officer, please ring the Centre on 4754 4050.

To be **eligible** for a loan, you must be:

- on a low income OR
- receiving income support from Centrelink
- have lived in the local area for at least 6 months
- and have a willingness and capacity to repay







In partnership with Wesley Mission, Winmalee Neighbourhood Centre is able to offer small financial assistance in the form of **vouchers for train tickets and for shopping done at Kmart as well as grocery vouchers for Coles.**

These vouchers are available **by appointment with our manager only**. Please call 4754 4050 for more information.

**Applicants must bring:**

- ⇒ **An I.D. document**
- ⇒ **A current Centrelink Income Statement**
- ⇒ **A recent bill**
- ⇒ **A rental ledger (if applicable)**

This partnership also provides **free financial counselling** for Blue Mountains residents.

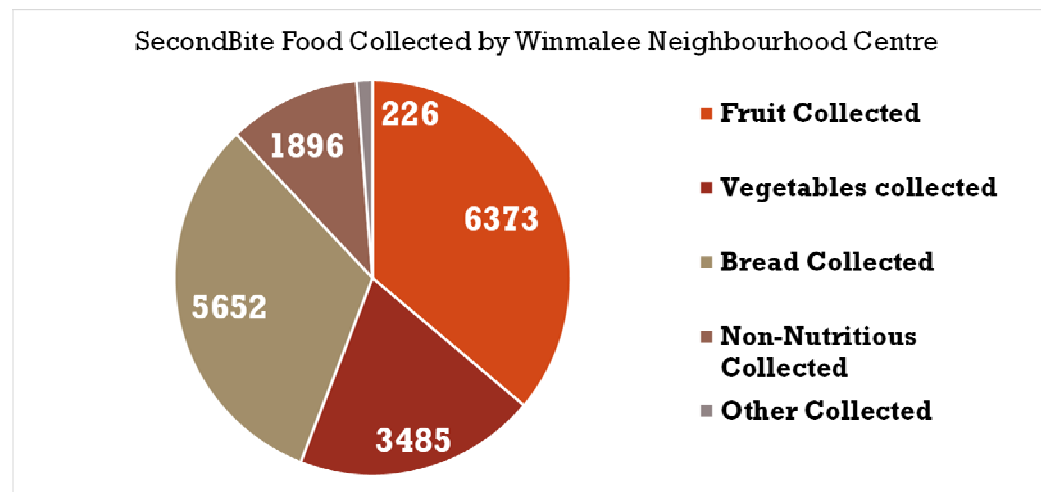
This service is free, independent, confidential, and face-to-face. It can help you if you are in financial distress or if you would simply like to manage your finances more effectively.

Sessions are by appointment only. For more information and to book your appointment, please ring Winmalee Neighbourhood Centre on 4754 4050.

# Food Relief



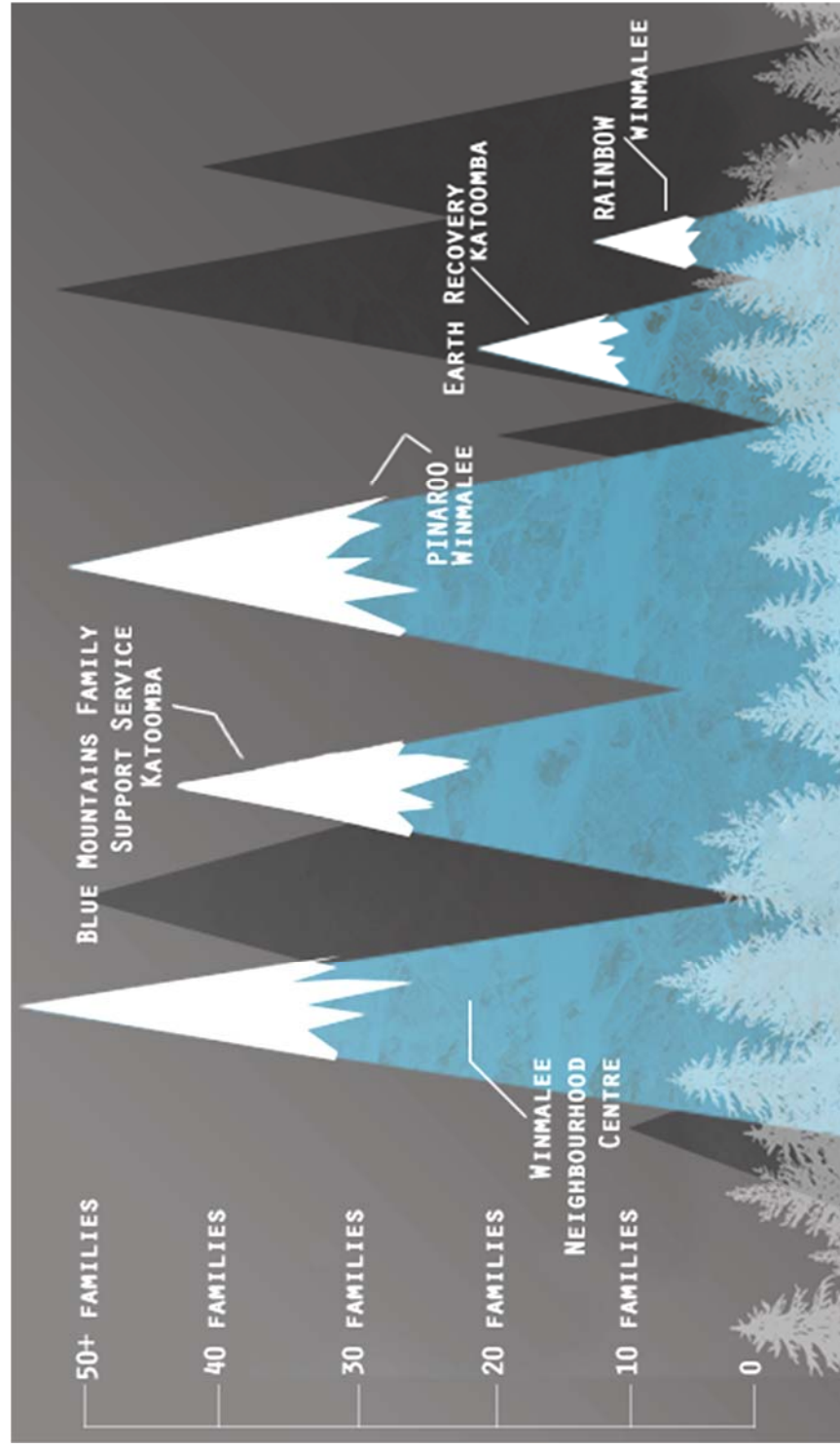
Winmalee Neighbourhood Centre's partnership with Second Bite enables collection of **fresh fruit, vegetables, and bread** three times a week (Mondays, Wednesdays, Fridays) from Coles Winmalee. This food is sorted and **made available to the community for free**. It can be collected at Winmalee Neighbourhood Centre or any of the other services we deliver to including: Blue Mountains Family Support, Earth Recovery, Springwood Neighbourhood Centre, Rainbow Preschool, Pinnaroo, and others.



This chart shows the total kilograms of food collected by Winmalee Neighbourhood Centre from January 2016 to April 2016.



## FAMILIES OUR FOOD REACHES PER WEEK IN THE BLUE MOUNTAINS





Winmalee Neighbourhood Centre's partnership with SecondBite extends beyond our Winmalee community.

The food our Centre collects from Winmalee Coles is distributed to services throughout the Mountains to assist families.

The graph on the opposite page illustrates the average number of families our food reaches per week all over the Blue Mountains.

This data represents almost **150 families per week** who receive food assistance thanks to our small team of volunteers and staff who pick up, sort, and deliver food three times a week.



SEASONAL FRUIT AND VEGGIES SORTED BY  
WINMALEE NEIGHBOURHOOD CENTRE AND ON OFFER  
TO THE COMMUNITY TO HELP THOSE WHO ARE  
STRUGGLING FINANCIALLY TO GET THE HEALTHY  
FOOD THEY NEED TO THRIVE.





The Neighbourhood Centre  
offers a  
**CHEAPER**  
grocery alternative.

In addition to our fresh food, the Centre offers fortnightly access to our **subsidised food cupboard project**. The first of its kind in the Mountains, this project allows individuals or families who receive Centrelink assistance to access the groceries they need at a greatly reduced cost.

Our food cupboard offers items such as washing powder, tinned food, meat, frozen items, and loads more! Items are all subject to availability, and the pantry list can be accessed through our website or by visiting the Centre.

Shopping day: **Friday, 10:30—12:30**

**You can shop fortnightly!**

Costs for your groceries:

**\$10.00 for 10 items on the pantry list OR**

**\$15.00 for 15 items on the pantry list.**



**130+ PEOPLE SIGNED UP  
WITH 12-20 INDIVIDUALS  
& FAMILIES ACCESSING  
PER WEEK!**

NOURISHING LIVES-  
STRENGTHENING COMMUNITIES  
A PROJECT OF  
**WINMALEE NEIGHBOURHOOD CENTRE**  
SUPPORTED BY SECONDBITE

THIS PROJECT PROUDLY SUPPORTED BY  
SPRINGWOOD ROTARY, SPRINGWOOD  
PRESBYTERIAN CHURCH, AND LA MONTAGNE.

# COME HAVE A BITE AT OUR **FREE** COMMUNITY LUNCH! WE'VE GOT A HOME COOKED MEAL READY FOR YOU!



The Community Support Kitchen runs every Monday—free of charge—at the Presbyterian Church Hall in Springwood. A delicious, freshly cooked meal is provided as well as a space to socialise and discover other great services to connect with. And sometimes there are even doughnuts!

**Where: Springwood Presbyterian Church  
Hall, 160 Macquarie Rd, Springwood**

**We'll be moving into our NEW venue,  
Springwood Baptist Church, on Monday  
October 3rd 2016! Mark your calendars!**

**When: Mondays, 11AM—12:30PM**

**Cost: FREE**



Gold coin donations welcome!





*Good Start  
Breakfast Club*

Winmalee  
Public School



**Australian Red Cross**  
THE POWER OF HUMANITY

Good Start Breakfast Club provides a healthy breakfast and nutritional education for thousands of school kids who may otherwise go to school hungry.

In partnership with Winmalee Public School and Red Cross, Winmalee Neighbourhood Centre helps facilitate the GSBC project. From February to March, over 1,000 breakfasts were eaten by children at WPS through this amazing program!

**Good Start Breakfast is held every Tuesday & Wednesday morning during school terms @ Winmalee Public School from 8:25 AM.**

If you'd like to volunteer with this program, please ring the Centre on 4745 4050 today!



WINMALEE NEIGHBOURHOOD CENTRE 2016



**Beetroot, onions, beans,  
lettuces, broccoli, cabbage,  
and herbs, *oh my!***

A decorative border made of green vines with small leaves, framing the text.

## **WINMALEE COMMUNITY GARDEN**

Located at the back of the Centre is a thriving fresh food garden. We have a handful of gardeners already on board, and our next gardener could be you! If you have a green thumb and you're interested in taking part, ring the Centre on 4745 4050 or drop in to have a chat with us about your part of the garden today!







## WINMALEE NEIGHBOURHOOD CENTRE'S FOOD WASTE CHALLENGE: NUTRITIOUS ODDITIES & OTHER FOOD FACTS

Welcome to Winmalee Neighbourhood Centre's Food Waste Challenge - Nutritious Oddities and other Food Facts.

WNC is committed to reducing food waste and as an extension to our food programs, we are running a program to help our community gain an insight into how they can save time and money by reducing their own food waste.

If you, **Love Food, Hate Waste** and want to **Save Money**, join us and learn how we can reduce Food Waste in our Community.



### **NUTRITIOUS ODDITIES AND OTHER FOOD FACTS**

CHECK OUT OUR FACEBOOK PAGE FOR GREAT TIPS OF THE DAY, RECIPES, HILARIOUS FOOD PUNS, AND MUCH MORE!



### **NUTRITIOUS ODDITIES**

VIEW OUR GALLERY OF NUTRITIOUS MARVELS THAT WOULD NORMALLY END UP IN THE WASTE BIN



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**TWO OF OUR ADORABLE #NUTRITIOUSODDITIES**



As part of this challenge, we are running a series of **Buy it, Cook it, Save it** workshops, which introduce families and young people to the concepts of reducing food waste, eating healthy nutritious food and saving money. Participants will also gain a better understanding of food labelling; menu planning and smart shopping; correct food storage and creating inexpensive meals by using leftovers, blemished or damaged foods.

Our first workshop was held on Tuesday, 3rd May 2016 and we did a lot of myth busting around food labelling and how to store both raw and cooked food. The response from the participants was very positive and everyone went home with lots of ideas about how to reduce food wastage in their own households.

If you would like to learn more about reducing food wastage, understanding food labelling and storage, we would love to see you at our next workshop.

**WORKSHOPS WILL BE HELD ON WEDNESDAY 27TH JULY AND TUESDAY 18TH OCTOBER, 6.30-8.30 PM AT THE NEIGHBOURHOOD CENTRE. EACH PARTICIPANTS WILL RECEIVE A SET OF STORAGE CONTAINERS.**

We would also consider holding a workshop during the day if there is demand. Contact the Centre to register an Expression of Interest. Please also give us a ring if you'd like us to hold a workshop at your centre instead!





**A SERIES OF 6 WORKSHOPS TO HELP PEOPLE STRUGGLING TO MAKE BASIC, NUTRITIOUS FAMILY MEALS ON A TIGHT BUDGET.**

Will include:

- **Learning basic cooking terminology and techniques used in everyday recipes**
- **Planning and preparing nutritious family meals**
- **Converting recipes to ingredients and then creating a shopping list.**
- **Shopping and storage tips to extend the budget.**
- **Ideas of how to make the most of leftovers and “past its best” food.**

Contact the Neighbourhood Centre for more information.

# Other relief assistance

## ♦ **GARDEN HELP**

In partnership with Springwood Baptist Church, the Neighbourhood Centre offers garden help to the elderly and those with mobility issues or chronic illness that make it difficult to upkeep an unruly garden. You can organise this service or request more information by ringing the Centre on 4754 4050.

## ♦ **PLANT-A-THOUGHT**

Springwood Rotary, Springwood Uniting Church, and Winmalee Neighbourhood Centre created the Plant-A-Thought project to assist fire affected residents to rejuvenate their gardens. Drop in at the Centre to have a look at the propagated plants available.

## ♦ **KNIT4CHARITIES**

Knitted baby clothes as well as warm, knitted blankets are available through the Centre for absolutely no cost. Let us help you stay warm this winter!





**Have you seen  
our website?**



You can find a lot of helpful information on our website including our weekly pantry list. So it's helpful to have it bookmarked for easy access.

**[WWW.WINMALEENEIGHBOURHOODCENTRE.COM.AU](http://WWW.WINMALEENEIGHBOURHOODCENTRE.COM.AU)**

If you'd like to **volunteer** at Winmalee Neighbourhood Centre,  
please contact us to see where you'd fit!



We are open to **donations**.



**INTERESTED IN WHAT ELSE IS HAPPENING  
AT THE CENTRE? KEEP READING FOR  
ACTIVITIES, COURSES, AND MORE!!**



## LOWER BLUE MOUNTAINS BOSOM BUDDIES

*Bosom Buddies is a **support group** initiated by breast cancer survivors & runs as a project of Winmalee Neighbourhood Centre. It is an informal group offering friendship & support. For a calendar of events, please ring 4754 4050.*



**There is something for everyone at Bosom Buddies! We would love for you to join our warm, friendly community!**

## Affordable Counselling

This service is available at the Winmalee Neighbourhood Centre with Tracy Kraukamp (Advanced Diploma of Counselling and Family Therapy AIFC). Tracy works closely with clients to deal with problems they may be facing, working with them to find ways to implement solutions for daily living.

This is a free service for fire affected persons and an affordable, negotiated rate for others. Appointments can be made by calling Winmalee Neighbourhood Centre on 4754 4050.





# ART & CULTURE

**AT WINMALEE NEIGHBOURHOOD CENTRE**

**Women's mosaic and lead light classes**

**When: every other Tuesday @ 9:30 AM**

**Where: Winmalee Neighbourhood Centre**

**Cost: \$10.00 per session**

**All supplies provided.**



**Seniors' Monthly Movie Screenings**

**When: First Thursday every month**

**Where: Winmalee Neighbourhood Centre**

**Cost: FREE**

**All seniors welcome! A different movie every month!**



### **Kids Can Act Drama Studio**

A Big Boys Drama Class (10-17 years) will be held **Thursday nights at 6:30pm** at Winmalee Neighbourhood Centre.

To find out more, call **0414 475 158** or visit  
**[www.kidscanact.com.au](http://www.kidscanact.com.au)**



FIONA MARY WARBATH **DESIGNS**  
about | gallery | courses | contact

### **Dressmaking Classes**

Beginners to advanced levels. Progress at your own pace to become a confident sewer.

For more information about classes taking place at Winmalee Neighbourhood Centre, please ring Fiona on **4751 6136**.

You can also visit Fiona's website: **[www.fmwdesigns.com.au](http://www.fmwdesigns.com.au)** for additional information.





# knitting group sew it seams +

## **Winmalee Neighbourhood Centre's Knitting Group**

**Join our knitting fairy, Sandy, for a good yarn.  
Beginners to advanced, all welcome!**

**When: 4th Wednesday every month 10AM-  
12:30PM**

**Where: Winmalee Neighbourhood Centre**

**Cost: Free**



## **Australian Sewing Guild**

**When: 4th Thursday every month from  
10AM-1PM**

**Where: Winmalee Neighbourhood  
Centre**

**Call Elaine on 4754 1186 or visit  
[aussew.com.au](http://aussew.com.au) for more information.**





# Yoga

## INTERESTED IN TAKING A YOGA CLASS?

### WEDNESDAY

**Evening Hatha Vinyassa yoga.**

**Where:** Winmalee  
Neighbourhood Centre

**When:** 7:15 PM

**Cost:** \$10.00

**No bookings required, class open  
to all!**

### FRIDAY

**Gentle yoga to start your morning  
off right.**

**Where:** Winmalee  
Neighbourhood Centre

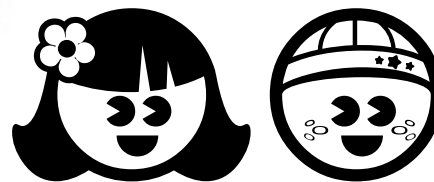
**When:** 8:30 AM

**Cost:** \$8.00

**Please bring your own yoga mat  
and some water.**







# Kids holiday activities

Winmalee Neighbourhood Centre supports Springwood Uniting Church's infants and primary school aged children's school holiday program. School holidays are coming up quick! New South Wales schools will break during the **first two weeks of July**.

This program will take place on Wednesdays during these school holidays at Winmalee Public School Hall. Fun games, crafts, and activities to entertain your kids, a nutritious morning tea of fruits, and a sausage sizzle for lunch make for a fantastic day!

**BOOKINGS FOR THIS PROGRAM ARE ESSENTIAL.**

**COST IS \$10.00 PER CHILD.**

**Contact:**

**Springwood Uniting Church office: (02) 4751 3951**

**Program coordinator (Mary-Ellen Jamieson): 04 155 334 91**



# Courses

## **FEE EXEMPT TAFE OUTREACH COURSES AT WINMALEE NEIGHBOURHOOD CENTRE**

### ⇒ **MICROBUSINESS**



Learn all the skills you need to develop your microbusiness from creating a business plan, legal issues, investigating networks of support, and more. Classes will be held Monday mornings at the Centre. This course is fee exempt.

### ⇒ **FIRST AID**

Classes are to be announced but will be fee exempt.



**For more details, please ring the centre. Dates have not yet been set.**





## Computers for Beginners

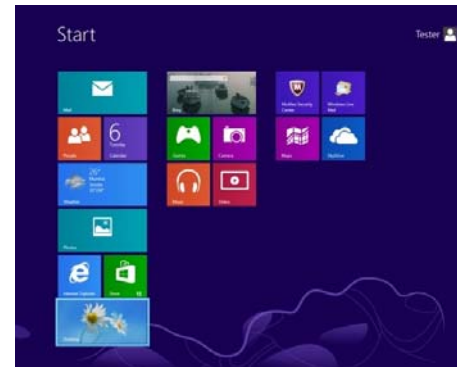
A series of 4 workshops for novice computer users.

Learn how to use your laptop and its basic applications to carry out everyday tasks such as document writing, managing your photos, using email and the internet including social media.

### WORKSHOP TOPICS

#### 1. KNOW YOUR LAPTOP—INSIDE AND OUT

- Navigate your desktop
- Store and retrieve your files
- Connect to your external accessories such as printers and cameras
- Use your laptop's audio/visual tools



## 2. THE WORLD OF WORDS

- Navigate
- Create, retrieve, save and print documents
- Edit and format words, paragraphs and pages
- Add pictures and objects



## 3. PHOTO MAGIC

- Upload photos from a camera or phone
- Sort, store and edit photos
- Share photos with friends via the internet



## 4. CONNECT TO THE WORLD

- Connect to internet
- Search the web
- Send email
- Use messaging and discussion boards





# DIVORCE AND/OR SEPARATION RECOVERY

Through **teaching and caring support**, this program aims to give participants an understanding of the divorce/separation experience, provide a **safe place** to process grief and loss, and find skills and courage to **rebuild**.

To **book your place** in this 7 week course, please ring Winmalee Neighbourhood Centre on **4754 4050**.

Time: **6:30—8:30 PM**

Date: **Tuesday July 19, 2016.**

Sessions following will be weekly on Tuesday evenings.

Cost: **\$25.00 pre paid**

Location: **Winmalee Neighbourhood Centre**

**CHILD CARE WILL BE PROVIDED.**





An event organised by Winmalee Neighbourhood Centre & Bosom Buddies and presented by Quest for Life.

# CANCER CARE WORKSHOP

## Living Well with Cancer

This all day workshop is designed for people living with the challenges that a cancer diagnosis brings. The program will enable participants to learn and share about the importance of self-care and the elements that build resilience. Participants will explore how to create inner peace, manage feelings better, and how to easily incorporate relaxation into their everyday life.

## BOOKINGS ARE ESSENTIAL!

Please ring **Winmalee Neighbourhood Centre on 4754 4050** to book your place in this workshop and prepay for your ticket.

- **\$25.00 per person for the workshop; prepay.**
- **Morning tea, lunch, and afternoon tea will be provided.**
- **Workshop will run on Saturday the 22nd of October.**
- **Please ring the Centre for more information.**



# Winc Services



Need a **Justice of the**

**Peace** to witness a document? Never fear, Winmalee Neighbourhood Centre is here. We can organise our friendly neighbour J.P. to come in and sign your documents quick smart.  
Just give us a ring!

**These services are also available at Winmalee Neighbourhood Centre:**

- \* Photocopying (A4 & A3)
- \* Faxing
- \* Laminating
- \* Binding
- \* & computer use

## APM EMPLOYMENT

APM Employment Agency is conveniently located at Winmalee Neighbourhood Centre to save you the hassle of travelling into Springwood or Penrith for your employment services.

Their services are meant to assist with job matching, pre-employment screening/assessment, preparation for work, job placement and post-placement support.

If you are unhappy with your current job provider or you simply need to sign up for one, keep APM in mind.

**Contact Matthew on 0437 877 499 for more information.**

*employment*  
**APM** *services*

# MORNA'S PLAY AREA

Free for the public to use during regular Neighbourhood Centre hours. Drop in and have a blast!



# ROOM HIRE

**\$50.00 DEPOSIT REQUIRED FOR EVENTS (I.E. PARTIES).**

<b>INGRAM ROOM</b>	10 people	\$15 P/H (PROFIT) \$10 P/H (NFP)
<b>FREESTON ROOM</b>	15-20 people	\$15 P/H (PROFIT) \$12 P/H (NFP)
<b>ALEXANDER ROOM</b>	40-45 people	\$25 P/H (PROFIT) \$15 P/H (NFP)





**Australian Government**

**Australian Taxation Office**

# TAX HELP

Winmalee Neighbourhood Centre is an accredited Tax Help centre. Our friendly tax help volunteer, Bill, will be available to assist you this tax season on **WEDNESDAYS**. Please ring the Centre in advance to book an appointment with him, and remember, you need to have a MyGov account set up that is linked to the ATO.

## **A little newsletter bonus....**

### **Winter Warmer Low Cost Nutritious Meal: Pumpkin Soup**

#### **INGREDIENTS:**

- 750 g jap (or what is on special) pumpkin diced
- 250 g potato diced
- 2 onion diced medium
- 3 chicken stock cube crumbled
- 3 1/2 cup water
- 250 mls thickened cream
- 1 pinch seasoning \*to taste

#### **METHOD:**

- STEP 1** Place all ingredients, except cream, in a large saucepan.
- STEP 2** Simmer until vegetables are tender.
- STEP 3** Remove from heat.
- STEP 4** Blend with a stick blender until smooth.
- STEP 5** Add cream and stir through (do not boil after adding cream).
- STEP 6** Season to taste.

# News



Another look at our upgraded delivery van for food runs. Many thanks to Lotza Signs for our van's awesome new look!







## IN CASE YOU MISSED IT...

Winmalee Neighbourhood Centre has had solar installed! We'll be saving money on our power bill, helping the environment, and funnelling our saved money right back into the Winmalee community.

“It will be spent on critical community services for people needing help in Winmalee, Yellow Rock and Hawkesbury Heights, including our ongoing bushfire recovery assistance in the wake of the 2013 fires.” - WNC manager, Morna, quoted in the April 15, 2016 issue of Blue Mountains Gazette.



**Thank you  
BM RENEW  
& WESTPAC!**

# Seniors' Week

Some of our wonderful volunteers and board members were honoured at this year's Seniors' Week Recognition Awards. Congratulations to our board members, **Ross Ingram** and **Uncle Graeme Cooper**, as well as Emergency Relief volunteer, **Margaret Wilkinson**, Food Cupboard volunteer, **Pearl Schipilliti**, and Community Garden volunteer, **Henry Hanko**, on receiving awards this year! **Thank you so much for all your hard work!**



Pictured: all of 2016's recipients of the Recognition Award. Congratulations all!





Winmalee Neighbourhood Centre also took part in their share of Seniors' Week activities.

Inside the Centre, we held a successful film festival viewing. The **Young At Heart Film Festival**, presented by the National Relay Service and the Australian Government, brought in a big crowd who enjoyed all 10 of the short films presented as well as morning tea and a light lunch. As a bonus, we played Milo & Otis afterwards and audience feedback told us that this was the best film of the day. **THANK YOU TO ALL WHO ATTENDED!**



We also took part in the Ageing with Altitude Mini Seniors Expo at the



Mid Mountains Neighbourhood Centre in April where we set up a **Love Food, Hate Waste** table and shared some yummy home made food that illustrated how to turn “waste” food into delicious treats. We met a lot of new faces and had a great time!





The ease-of-access ramp at the back of the Neighbourhood Centre in **FINALLY** being replaced. Thanks to the tireless efforts of WNC manager, Morna, our rear ramp is now brand new and ready for use. People now have ease of access from both the front and rear of the Centre.



Springwood Rotary, one of Winmalee Neighbourhood Centre's partners, cleaning graffiti off vandalised walls. Do you have a problem with graffiti? Yeah, so do we. That's why **FREE GRAFFITI REMOVAL KITS** are available at the Centre. Drop in and see us if you have need of one.





Springwood Baptist Church, one of our many partners, is running a lot of great activities right now. Here's just a couple for you to check out.

♦ **MAINLY MUSIC**

A fun music session for parents and young children. Cost is \$5 per family per week, and the event takes place on Wednesdays from 10-11:30 AM at Springwood Baptist Church.

♦ **CRAFTWORKS**

Tree change dolls, jewellery, and cushion covers this term. For more information, check out the Craftworks Facebook page at **CRAFTWORKSATSPRINGWOODBAPTISTCHURCH**.

**Contact Springwood Baptist Church:  
Location: 313 Macquarie Road,  
cnr Homedale Street, Springwood  
Contact church office on: 4751 3744**





Winmalee Neighbourhood Centre has developed so many partnerships that it would be difficult to give every single one of them a page in our newsletter, but we wanted to give everyone at least a shout out. Here are some of our other partners:



MOUNTAINS  
CHURCH



**FOR MORE ON OUR SPONSORS AND DONORS, PLEASE SEE OUR WEBSITE!**



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## WINMALEE NEIGHBOURHOOD CENTRE INC.

**ABN 82 441 986 299**

**62 White Cross Road**

**P.O. Box 4031**

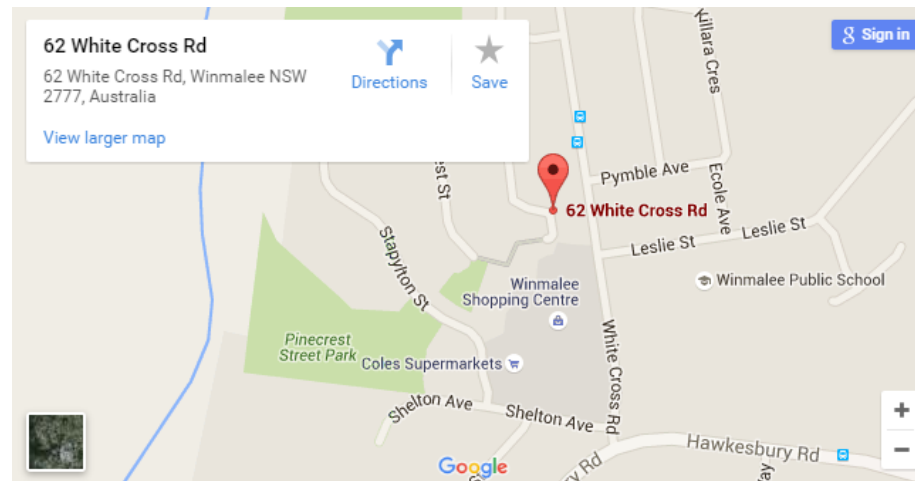
**Winmalee 2777**

**Phone: (02) 4754 4050**

**Fax: (02) 4754 4607**

**Email: [wincentre@tpg.com.au](mailto:wincentre@tpg.com.au)**

**[www.winmaleeneighbourhoodcentre.com.au](http://www.winmaleeneighbourhoodcentre.com.au)**



**WNC is a charity organisation. All donations made are tax deductible. We are always looking for partners and supporters for our numerous programs that assist with building community resilience.**

