

Supporting the wellbeing of all Great Lakes residents

neighbourhood centre news

Forster Neighbourhood
Centre



linking communities ~ bridging the gaps

Winter Edition 2022

3 Special Events Celebrating Naidoc Week 2022

Narration and storytelling about local Worimi culture and significant sites by local Aboriginal Elders.



**WALLIS LAKE
CULTURAL EXPERIENCE**
on Free Spirit Cruises
Wednesday 6th July 2022
10.00am - 12noon
Boarding Location: The floating pontoon
adjacent to the Amaroo on Memorial Drive Forster
Please arrive 15 minutes before leaving.

Tickets: Individual \$30 Family \$50
Ticket numbers limited so bookings essential.

**Purchase tickets from
Forster Neighbourhood Centre
1 Coral Ave Tuncurry or Enquiries: 6555 4351**

Forster Neighbourhood Centre Inc.   Communities & Justice



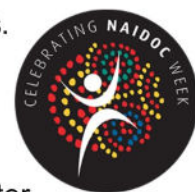
FORSTER / TUNCURRY COMMUNITY DAY CELEBRATION NAIDOC WEEK 2022

Forster local Aboriginal Lands Council and Tobwabba AMS invite all the Community and Service Providers.

DATE: 7th July 2022

TIME: 10.00am - 2pm

WHERE: Tobwabba Aboriginal Medical Service
68A Macintosh St. Forster



In Loving Memory of "Aunty Margie Donnelly"
2022 Aboriginal NAIDOC Debutante Ball
One last Dance as a tribute to Aunty Margie



DATE: Saturday 9th July 2022

TIME: 5pm for a 6pm Start till Late

VENUE: Tuncurry Beach Bowling Club,
21 Parkes St, Tuncurry

DRESS: Semi formal

ENTERTAINMENT: DJ Baker Boy

TICKETS: \$35 Adults | \$15 Children (12 & Under)

Tickets include 2 course meal & Entertainment

Tickets available at Homebase Youth Service,
Level 1 Bridgepoint Building Tuncurry or contact
6555 5622

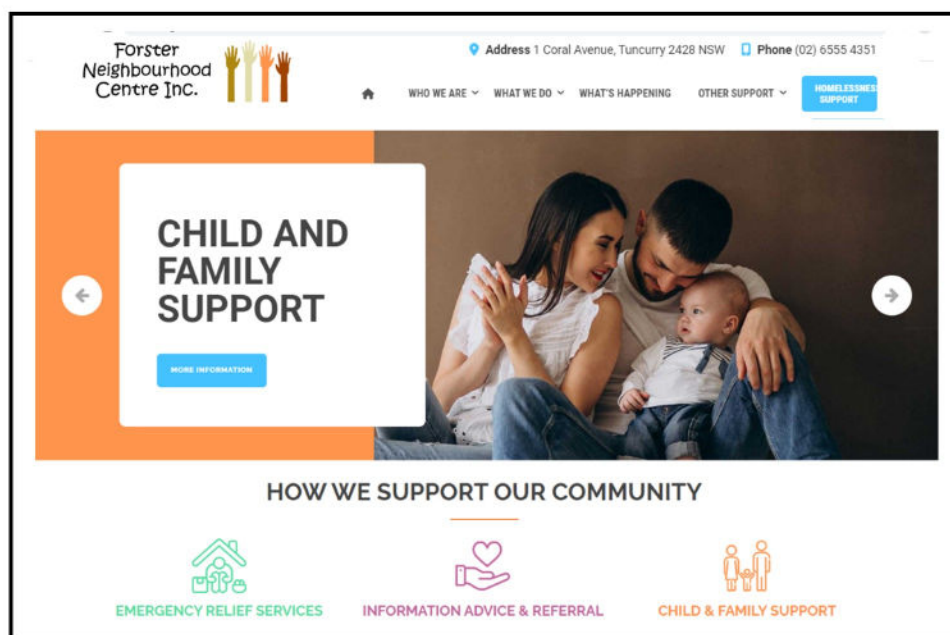
3 Lucky Door prizes of \$500 throughout the night randomly.
HAVE TO BE THERE TO WIN IT



Good Shepherd
No Interest Loans

**No Interest Loans (Nils) can
now offer more!!! See page 3**

Our New Look Website launched at the end of May



www.fnc.org.au

Last month FNC launched their new website to improve access on smart phones, update our programs + activities + provide information about support services 24/7.

You can even apply for a NILS loan, make a donation or register your interest as a volunteer. Check it out at: <https://fnc.org.au/>

Introduction to our New Staff Members



LIAHNA FRENCH

Liahna is a proud Worimi woman, born and raised in Forster.

She joined Forster Neighbourhood Centre in May 2022 as our NILS Loan Officer.

Liahna has over 12 years' experience in community services work including Housing Support, Domestic Violence Court Support, Drug and Alcohol Support, Youth Work and Employment Services.

She has completed her Diploma in Community Services and Certificate IV in Drug and Alcohol. Liahna has joined our team to take on a new challenge and seek new opportunities.



JASMINE MARTIN

Jasmine started with Forster Neighbourhood Centre in March 2022 as our Community Services Officer.

Jasmine is a local Worimi woman, born and bred in Forster. She has completed her Certificate III in Business Administration and after a break from the workforce to have her beautiful children, has commenced her Certificate III in Community Services.

Jasmine is an asset to the FNC team and is looking forward to contributing to a range of activities, services and events happening in our community.



CORINNE STEPHENSON

Corinne started with Forster Neighbourhood Centre in January 2022 as our Manager, Programs.

Corinne has over 10 years' experience working in not-for-profits in the Forster/Tuncurry region advocating for programs and services in our local community.

She has completed her Bachelor of Sustainability (Social Resilience) and is passionate about using her skills and experience to work alongside our First Nations people to promote reconciliation.



Good Shepherd

No Interest Loans

NO INTEREST LOANS SCHEME (NILS)

• **No Fees** • **No Interest** • **Ever**

Nils have made some changes to make it easier and more affordable to get a loan!

As of 1st July 2022:

- You can now borrow up to \$2000 and repay over up to 24 months
- The loan purpose has increased and you can now get a loan for Rent Advance, Bond Rent arrears (by exception) and Utilities (DV only)
- The income threshold has increased and you are eligible if you earn up to \$57,000 net (single) or \$75,000 net couple/ dependents
- There is no income threshold for DV clients
- Applying for a loan will be easier, without the need for as many documents!
- You can 'top up' your loan if you have been paying your loan for 90 days without missing a payment
- We can organize direct debit
- We can provide loans to any one in Australia who meets the criteria, so you don't have to reside in Forster -Tuncurry

How to apply:

- Come into the Forster Neighbourhood Centre at 1 Coral Avenue, Tuncurry and pick up an application pack
- Contact the office via phone (6555 4351) or email admin@fnc.org.au and we can email you the application pack
- Head to our website www.fnc.org.au and apply on-line or download the application pack

Once you have all your documents, phone the office to book an interview with our Loans Officers Rachel and Liahna.



We are now at Tobwabba
Aboriginal Medical Service
68A Macintosh Street, Forster
every Tuesday - come and
talk to Liahna from
9am to 3pm

NILS is now more accessible, flexible and realistic!



**A public garden
to relax, learn
and make friends
in harmony with
nature**

The garden is maintained by a team of enthusiastic volunteers that are gardeners from a diverse range of backgrounds. New volunteers are always welcome, regardless of their level of gardening skills.

Volunteering

Forster Community Garden
Come on down.

Tuesdays 9am - 12noon

Learn about:

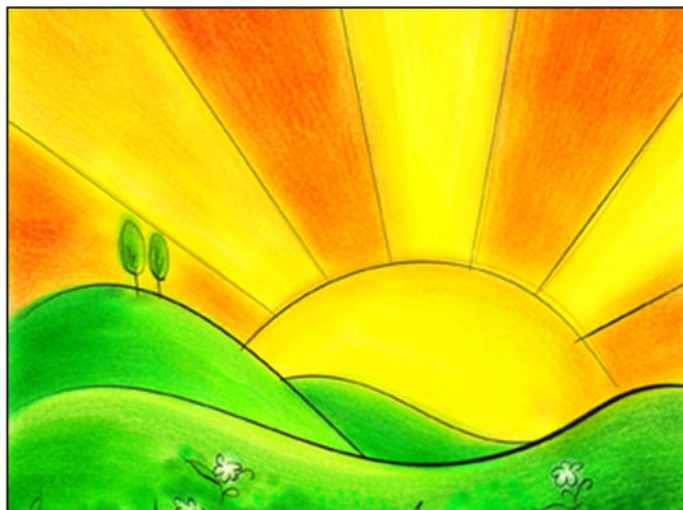
- Organic Gardening • Worm Farming and Liquid feeding • Composting
- Growing herbs, vegetables and flowers

The produce from the garden is shared amongst the volunteers and the public. Volunteers are an integral part of keeping the garden project sustainable and fun for all involved.

**If you would like to become a
volunteer pop on down Tuesdays.**

Please wear work boots or runners.

Enquiries 6555 4351



Child & Family Support

Funded by DCJ

Forster Neighbourhood Centre's Family Support workers are available to support families with children aged 0 to 12 years, young parents, young people at risk of disengaging from home, school or the community and Aboriginal families.

WE OFFER:

- Individual support for your family focused on the particular support you have identified
- Information hub, referral to other services
- Early intervention issues • Counselling
- Advocacy • Casework - ongoing support to access services & achieving your Identified goals.

Accredited Parenting Programs

- 123 Magic and Emotion Coaching
- Keeping Children Safe
- Group Triple P
- Circle of Security

Calling for Referrals

Community groups that can see who could benefit from this service are encouraged to refer them to us.

Contact the FNC for details and information on 6555 4351.



Forster Farmers Market

The Market is on the 3rd Saturday of each month 8.00am - 12noon. In the grounds of the Visitor Information Centre, Little Street Forster.

The Forster Farmers Market supports over 20 regular local producers to sell their fresh produce direct to the public.

Food security

It's understandable that under COVID-19 there are many more people relying on food hampers. **Please don't go hungry.**

- **Fresh food and bread from The Salvation Army in South Street on Tuesdays and Fridays** from 11.30 am to 1.00pm. Enquiries 6557 2076.
- **Lunch** is provided from the **Catholic Church Hall in Lake Street on Wednesdays & Thursday** between 12noon and 1pm. Enquiries:6554 6401
- **Pantry Item/Food packages** can be picked up from the **Neighbourhood Centre, 1 Coral Avenue Tuncurry, Monday to Friday.**

We try to be discrete and understand that this is the first time you may have had to ask for help. Ring ahead and we can have it ready for you (but we will ask your surname, year of birth, children's ages how many you are feeding - this will help us tailor the food package to your requirements and to ensure that the same people are not coming every week, making it available for more in need). Enquiries 6555 4351.

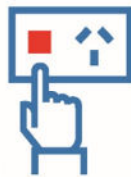
EAPA - help paying your electricity bills is available from the State Department of Industry through Service NSW and/or the Forster Neighbourhood Centre can help you with your application. Residents can apply for up to \$400 twice a year - especially if you have been financially impacted by COVID-19. You must reside in the premises that is named on the electricity bill and you must have a current bill to apply... preferably before the due date, so you can still get your 'pay on time' discount. Drop into the Neighbourhood Centre or apply electronically:
www.servicensw.com.au/EAPA



Some Top Tips to save you energy and money around your home.

For more top tips visit:
www.energysaver.nsw.gov.au/households

Anytime



Switch off appliances at the wall when you're not using them.

In the living areas



Turn off lights when you leave a room.

In the laundry



Wash clothes in cold water.



TELSTRA - help paying your home landline bills is

available from Telstra via The Smith Family through Forster Neighbourhood Centre. \$50 vouchers are available with restrictions.



Free Financial Counselling

Available Mon to Thurs through
Mid North Coast Financial
Counselling Service 1300 662540
or call Steven direct on:
0448 676 091

Legal Aid

Every second Wednesday a **Civil Lawyer** holds an outreach program from 10:30am to 12.30pm. Call 02 55251600 before each Wednesday for an appointment **Family law**: Clients must ring 1800 551 589 to book an appointment over the phone. Telephone appointments only at this stage.

The Vision Impaired Support Group

The group consists of adults from all ages and stages of vision impairment. Interacting with this group impressed upon us how brave and joyful the clients are faced with such barriers in life.

If you or someone you know could benefit by participating in this social inclusion group please contact Rachel on 6555 4351.

Forster Neighbourhood Centre Local Men's Support Group

Join us every Friday 12noon - 2.00pm at
Beach Bums Café Forster
Where we provide:

- A free cup of coffee
 - Information relating to services available in our Community
 - A non judgemental, informal space for men
 - The best view in Forster
 - A place to unwind and relax
 - An opportunity to meet and connect
 - A chance to talk about issues that affect us
 - A place to share your story
- Enquiries - contact Steven on 65554351.

Coomba after school program - ASHOW

ASHOW Coomba after school program began in August 2007 and provides:

- Free and structured indoor/outdoor play activities
- Child health and wellbeing information
- Activities that develop children's life skills,
- Activities that develop children's social, emotional and cognitive skills

ASHOW is targeted for primary school children from Coomba and **runs every Wednesday afternoon** during school term. Participants arrive via the school bus to the Coomba Community Hall.

We are always looking for volunteers to help run ASHOW activities.

If you would like to get involved in ASHOW at Coomba Park, please go to fnc.org.au or call 6555 4351

ASHOW



Learning to make and flip pancakes



Learning to sail

Baraya Wakulda: (Singing Together)

This inspirational singing group, Aboriginal and non-Aboriginal singers singing together, recommenced rehearsals in March. Whereas this is an inclusive and diverse group, it is a Worimi initiative and we maintain a balance between Aboriginal and non-Aboriginal singers.

Please call Aunty Janice Paulson on 0408 674 604 or Felicity Carter on 0411 566 593 if you would like to be part of this "real conciliation".

What is Better Learning Better Communities?

BLBC is a tutoring program for primary age Aboriginal students, run by Forster Neighbourhood Centre. The program is delivered in partnership with Homebase Youth Services and Tobwabba Aboriginal Medical Service, developed by Elders and the community and delivered by volunteers.

When is Tutoring Held?

BLBC is based at Tobwabba Aboriginal Medical Services every Monday afternoon of term. Every child is welcome. We work one-on-one on whatever each child is most interested in, be it writing, reading, maths or homework.

Our aim is to encourage kids to do the best they can, and to make learning fun so they want to come back each week. All our tutors have Working With Children Checks and are carefully trained in how to support Koori kids in their learning. We learn, eat and play games together!

How Do I Enrol My Child?

Contact Lena Donnelly at TAMS on 0437 994 495
or Patsy Browne on 0431 208 319
or Felicity Carter on 0411 566 593
or Natasha Currie on 0436 938 523

Forster Neighbourhood
Centre Inc.



Community Donations

THE SPIRIT OF GIVING BACK



Thank you

To Butterfingers Bakery who are generously donating fresh bread for our emergency relief pantry.

Thank you

To Uniting Church Forster for providing their venue free of charge for Reconciliation Week Event.

Thank you

Knit & Spin for knitted baby clothes and blankets.

Thank you

C3 Church, Tuncurry - for polar fleece sleeping bags.

Thank you

Quota International of Forster Tuncurry for their generous donation providing us with soup. The members are taking it in turns in cooking up a big batch of their favourite soup and delivering it to us to distribute to those in need.

NATIONAL 16-22 MAY 2022 VOLUNTEER Better Together WEEK

To all our great volunteers who shared a thank you luncheon at Lakes & Ocean Hotel Forster from Forster Neighbourhood Centre management.



UPCOMING EVENT



BIG SING BY THE SEA

Big Sing by the Sea is happening again in September 2022.

If you would like to be involved in the organising committee, please call Felicity on 0411 566 593.

Forster Neighbourhood Centre

Forster Neighbourhood Centre's Opening Hours

Monday, Tuesday & Wednesday 9am - 4pm

Thursday & Friday 9am - 12.30pm

1 Coral Ave Tuncurry

02 6555 4351

Community Strengthening - 5 days each week
Information, referral and advice

NILS - No Interest Loan Scheme

Mondays & Tuesdays at Tuncurry

Tuesday at TAMS - by Appointment only

Child and Family Targeted Support Service

5 days each week

Information, Advice and Referral/Parenting Programs/
Family Capacity Building/Personal Counselling/Support
for Young Parents

Emergency Relief

Help with emergency food - 02 6555 4351

EAPA Vouchers

We can help you to pay your electricity bills - 02 6555 4351

WDO (Work Development Orders)

Monday by appointment Pay off your State Debt by
volunteering @ \$30 credit per hour, or by attending
counselling or training sessions @ \$50 credit per hour

Legal Aid - Family and Civil Law

Civil Law appointments every 2nd Wednesday

Appointments essential - 02 5525 1600

Better Learning Better Communities

One-on-one tutor training for young Aboriginal students
Monday afternoons at Tobwabba Aboriginal Medical Service.
Enquiries to Lena (Tobwabba AMS) 0437 994 495
Comprehensive tutor training - contact Felicity 0411 566 593

Coomba Park After School Project (ASHOW)

Every Wednesday afternoon during school term.

Contact Felicity on 0411 566 593 or Elaine on 0419 680 987

Local Men's Support Group

Fridays 12.30 to 2.30pm.

Enquiries to Steven: 0405 375 470

Vision Impaired Support Group

Held 3rd Thursday of the month - Contact 6555 4351

Baraya Wukulda (singing together)

For enquiries, contact Felicity on 0411 566 593 or
Aunty Janice on 0408 674 604

The Big Sing by the Sea

To be confirmed for 2022. Contact Felicity 0411 566 593

Cultural Cruises

To be confirmed for 2022.

Housing and Homelessness

Link 2 Home - 1800 152 152

Social Housing Register D.V Line

1800 656 463

Great Lakes & Manning Youth Homelessness

02 6551 6996

Great Lakes Women's Shelter

02 6555 9835

Compass Housing Office

1300 333 733

Samaritans "The Hub"

02 6539 3400

Rentstart

1800 422 322 (support at FNC)

Tenancy Advice

1800 654 504 - 02 4969 7666



Can't pay your fines?

Ask about a Work and Development Order



Forster Neighbourhood Centre acts as a
WDO sponsor. FNC's role is to interview
potential participants in the WDO program
and then assist them in accessing activities
that will help them to repay their fines.

To make an appointment for a registration
in the WDO program, please contact
Forster Neighbourhood Centre
Phone: 6555 4351

**Forster
Farmers
Market**



8am - 12 noon

Catch us on the 3rd Saturday of
each month @ Forster

Enquiries to Linda: 0421 347 273

**Forster
Community
Garden**

Tuesday

Mornings from

9am - 12noon

More volunteers

Welcome

6555 4351



Forster Neighbourhood
Centre Inc.



ALS
Aboriginal Legal Service (NSW/ACT) Limited

Legal Aid
NEW SOUTH WALES

www.fnc.org.au

www.facebook.com/forsternc

go to

www.mymidcoast.com.au > forster neighbourhood centre