



Your Community Link

Berkeley Vale Neighbourhood Centre

Volume 1, Issue 1

Community Garden in Berkeley Vale

Berkeley Vale Neighbourhood Centre was funded in late 2007 by the Area Assistance Scheme for a project called In Sync. The aim of this project is to:

- Assist the community to develop a vision of unity across generations



Gardening—an activity across the ages.

- Work together to provide safer access to community spaces
- Identify potential community leaders and provide leadership training

One of the actions from these aims was to establish a community garden that could be accessed by the community and to encourage the different age groups to work together and learn new skills that can help make people self reliant by growing fruit and vegetables. You may have received a brochure in your letterbox awhile ago.

A steering group has been working on the establishment of this garden in Myrtle Brush Park adjacent to the Myrtle

Brush Park Hall and the Scout Hall.

A proposal and application for the land is currently being drawn up for submission to Wyong Council.

If you are interested in donating your time, skills and energy we would love to hear from you.

If you are a local business and would like to become involved through participation, funding or donation of equipment and resources we would really like to hear from you .

We are looking for community support and **Joanne** would be happy to discuss the proposal for the community garden or funding options. She can be contacted Mon, Tues or Fri 9am to 3pm.

4388 5801

Inside this issue:

<i>Tax Help</i>	2
<i>Energy Account Payment System (EAPA)</i>	2
<i>Dental check up</i>	2
<i>Information for parents of teenagers</i>	3
<i>Mobile Muster</i>	3
<i>The Bilby Toy Library and Magic Rainbow Dress up Library</i>	3
<i>What's On at The Berkeley Centre</i>	4

Special points of interest:

- *Join our Community Garden*
- *Provide stories and information to go in our newsletter*
- *Get help with paying your electricity or gas account*
- *Dispose of your mobile in an environmentally friendly way*
- *Need help understanding your teenager*

We Need Your Stories

Berkeley Vale Neighbourhood Centre would like to continue putting together a small newsletter every three months that has information about what's happening in the area, tips and handy hints, reader's

stories etc. So if you are a member of a small group eg garden club, sports group etc who provides a service to the local community and would like to place a short story with contact information into our newsletter please contact

Gill on 43885801, fax 43882081 or email bvnc@idx.com.au.

Or maybe you have a handy hint, jokes, recipes etc send it into us

Our aim is to make this your newsletter .

Tax returns—we may be able to help you.

The Tax season is here again. Each year the Australian Taxation Office trains individuals to go out into the community at places such as Neighbourhood or Community Centres, Senior Citizens Clubs, RSL's etc to assist people who are on a low income and have simple tax affairs to complete their tax returns.

Once again Berkeley Vale Neighbourhood centre is hosting

the Tax Help Program from the 22nd July to the 31st of October, 2009.

To be eligible for Tax Help you need to have tax affairs that are simple and earning less than \$40,000.00.

Get free help with your tax return from a Tax Help volunteer on Wednesdays.

Phone Berkeley Vale Neighbourhood Centre on 43885801 to make an



appointment.

Energy Account Payment System (EAPA)

Berkeley Vale Neighbourhood Centre is now able to provide assistance for residents in the Chittaway Bay/Point, Berkeley Vale, Glenning Valley, Ourimbah & Fountaindale areas who are having difficulties with paying their energy bills.

The Centre realized that local residents were struggling with the rising costs of everyday living and that soon those costs especially in such things as electricity and gas usage that it was decided to apply to the NSW Department of Water & Energy to be a part of their EAPA scheme.

The Department approved our application and after staff attended training we and received the necessary vouchers we are now helping people to pay their electricity and gas bills.

Some conditions do apply. And we can only assist when we have vouchers available.

Phone 43885801 to make an appointment (Fridays only).

You must then bring a copy of the original account and we cannot help with reconnection fees.

At risk of having the power or gas cut off read this article.

Would You Like a Dental Check Up & Learn How to Clean Your Teeth Properly

Bachelor of Oral Health students at the University of Newcastle can do this for you.

For \$40 you will receive:

- Comprehensive oral examination
- Radiographs as appropriate
- Oral hygiene diagnosis
- Tooth brushing & flossing instruction
- New Colgate toothbrush, toothpaste & floss samples
- Information about any necessary treatment.

Interested? Phone 4348 4164 or email SHS-Oral-Health@newcastle.edu.au for information or to make an appointment.

Colgate Regional Oral Health Clinic, University of Newcastle, Brush Rd, Ourimbah.

The Clinic is a teaching facility. Students are supervised at all times by qualified dentists and hygienists.

Bachelor of Oral Health students cannot perform fillings, extractions or manufacture dentures.



Information for Parents of Teenage Children

“Parenting teens

Adolescence can be a challenging time for young people and their families. The teenager is going through rapid physical and emotional changes. Parents and adolescents must make changes in their relationships to adjust to this new stage. The adolescent goes backwards and forwards between wanting freedom and at the same time still needing the security of the family.

Parents want their children to grow to happy independence yet fear for their safety as they watch them try their wings.

Parents also have to cope with the fact

that the dreams they have had for their children may not be going to come true. Teenagers have their own dreams.

Good relationships with your teenagers will help you and them to weather the ups and downs, but they will need more effort than in the past.”

Taken from the Parentlink website at www.parentlink.act.gov.au/parenting_guides/teens.

We will soon be distributing bags with the range of teen parenting guides and other useful information in it throughout the Berkeley Vale, Chittaway and Glenning Valley areas.



Parent of a teenager—get your free information bag.

Mobile Muster

About the muster

MobileMuster is the official national recycling program of the mobile phone industry in Australia.

Initiated voluntarily by the telecommunications industry in 1999 its overall aim is to prevent mobile phones ending up in landfill.

The program collects and recycles mobile phone handsets, batteries and accessories from a network of over 2000

mobile phone retailers, local councils, government agencies and businesses drop off points across Australia.

Berkeley Vale Neighbourhood Centre has now become a mobile muster point.

Please bring in your old mobile phone handsets, mobile batteries of all kinds, mobile phone accessories such as chargers, car kits, cases etc) and dummy mobile phones and place them in the box located on the front counter.

When it comes to old mobile phones, batteries and accessories the message is simple
Round 'em up and hand 'em in.

The Bilby Toy Library and Magic Rainbow Dress up Library

The toy library has been operating since 1998. In 2008 we were fortunate to receive the dress up side of the library thanks to a group of dedicated mums and the Raising Kids project.

We are now able to offer a range of toys both large and small, dress ups and themed back drops, books and some helpful parenting DVD's, videos and books.

So if you haven't heard about or visited the library come to The Berkeley Centre where we are located any Monday to Friday between 9.30am to 12.30pm and have a look.

If you want to join the cost is either by a 6month or 12month membership.

\$20 for 6mths or \$10 if you hold a pension/concession card.

\$35 for 12mths Or \$15 for pension/

concession card holders.

Your membership then enables you to borrow toys,

books and dress ups. *50c from every membership goes to The Save the Bilby Foundation.*



Berkeley Vale Neighbourhood Centre

The Berkeley Centre
Heather Ave
Glenn Valley 2261

Phone: 43885801
Fax: 43882081
E-mail: bvnc@idx.com.au

We're on the web.

www.bvnc.org.au



Vision Statement

Berkeley Vale Neighbourhood Centre provides a safe, friendly environment by fostering and encouraging the cohesion and well-being of the members of the Community within the Southern Lakes area, Wyong Shire

Our Objective is to provide a non-discriminatory service which aims to improve the quality of life of local residents.

In doing this, the Association shall facilitate
i/ Activity groups
ii/ Social groups
iii/ Drop in information and referral Centre
iv/ Other programs

And will offer itself as a resource for people who live and work in the Southern Lakes District of Wyong Shire.

It will provide a place where people can relax, make friends, receive practical assistance and emotional support as required, to enable them to enhance their quality of life.

It will continually survey areas of need, in cooperation with other agencies and attempt to answer those needs.

It will promote Cooperation between service agencies in order to minimise duplication and fragmentation of effort.

Would you be interested in being apart of a group for:

Indoor Bowls:

We have been fortunate in receiving 2 indoor bowls mats and a couple of sets of bowls from the Terrigal CWA (thanks ladies). Now we need interested people to start a group.

Craft Group:

Would you like a place to meet other people, relax, have a chat and coffee/tea and maybe even bring along your craft such as knitting, crochet, sewing etc to do. You may even like to show someone else how to make the type of craft you enjoy.

Book Club:

Do you enjoy reading and want to have a place with like minded people to share a conversation with about the book just read.

We are keen to hear from people who may be interested in forming one of these groups or you may have an idea for a totally different group.

Phone Gill on 43885801 and let us know and help you link in with others.



*The Berkeley Centre
Activities day and night*