



Key Contact Points



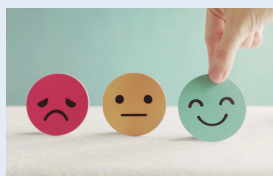
Shoalhaven Recovery Hub

The Hub is an informal place you are always welcome to visit for a coffee and a chat. Support is available with information and referrals for assistance.

Location - Ulladulla Civic Centre,
81B Princes Hwy,
Ulladulla NSW 2539.

Hours - Thursday & Friday 10.30am to 4.00pm.

Call - Council's Recovery Team on (02) 4429 5888 for further information Monday - Friday 9am to 5pm.



Health and Wellbeing

For some in our community these can be difficult times with bushfires, floods and COVID-19.

Remember help is available to you 24/7:

Lifeline 13 43 57

Kids Helpline
1800 55 1800

NSW Mental Health Line 1800 011 511

Health & Wellbeing

Shoalhaven has once again shown incredible resilience during another challenging event. Recent floods have added additional stress to many in our community. Now is the time more than ever to support each other as a community, be kind to each other and understand that this may be a very difficult time for some, particularly those in our community who are still on the recovery journey following the bushfires.

Some practical advice from Beyond Blue if you are feeling a bit overwhelmed with all that is happening:

- spend time with people who care
- try to keep a routine going e.g., eating, sleeping, work, study routines



- do things that help you relax
- set realistic goals that keep you motivated, but don't take on too much (most people in this situation talk of recovery as a journey not a sprint)
- talk about the ups and downs of recovery with friends, family and the health professionals involved in your care

If you need to talk with someone, Beyond Blue is available 24/7. Call 1800 512 348 or visit <https://www.beyondblue.org.au/>

Shoalhaven City Council Outreach Team is available for both our bushfire and flood affected community

Our Outreach Team is here to listen, help and provide practical advice Please call **4429 5888** Monday to Friday 9.00 – 5.00pm

The Outreach Team is available at the Shoalhaven Recovery HUB Thursday and Friday come along and have a cuppa and a chat...we would love to see you.



If you have been affected by Floods and would like more information you can subscribe for updates at Council's Get Involved Flood Recovery page: <https://shoalhaven.nsw.gov.au/floodrecovery>



Find an event near you: www.shoalhaven.nsw.gov.au/Council/Events-Awards

2022 Seniors Festival Everyone Loves a high tea!

As part of the 2022 Seniors Festival come along for a traditional high tea & live piano music.... enjoy with old friends and new ones.

NSW Seniors Festival is designed to thank, celebrate, and recognise older adults for the role they play and the contributions they make to the NSW community. Every year during NSW Seniors Festival, government, community, and commercial organisations hold hundreds of events across the state, encompassing art, sport, music, entertainment, technology, recreation, health, good nutrition and much more.

Tuesday 29 March 1pm - 4pm | Ulladulla Civic Centre, 81B Princes Hwy, Ulladulla.
Limited places so bookings are essential.
Contact 1300 293 111

What's on

Hub Happenings

Update

GRIT project workers will be working from the Recovery Hub in Ulladulla on the below dates: **7 April, 5 May, 2 June, 30 June.**

Please come along and find out more details on what this is all about and how the young people of the Shoalhaven can be involved in this project.

Location

Shoalhaven Recovery Hub, The Lounge Ulladulla Civic Centre, 81B Princes Highway, Ulladulla NSW 2539

Any questions or suggestions, please contact **Council's Recovery Team (02) 4429 5888** (Monday to Friday 9am to 5pm) or email **Janis.Gordon@shoalhaven.nsw.gov.au** or **Jennifer.Healey@shoalhaven.nsw.gov.au**

Please note: COVID safe measures will remain in place as directed by NSW Health.

March & April Calendar Update

Activities can now be resumed with confidence noting the changes to the NSW Public Health Orders. We will continue to ensure that our staff and community are comfortable and remain safe within these updated orders.

Please stay tuned for updates on what is happening...if you have an idea on what you would like to see at the HUB please call or send an email, we would love to hear from you.

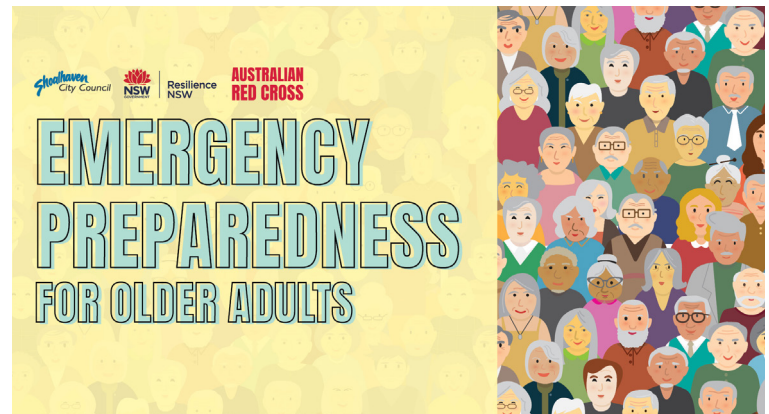
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Older adults of the Shoalhaven are invited to join this session to learn about the Red Cross Rediplan, an all-hazards emergency preparedness tool.

The 40 min session will provide information on what you should know, how to

get connected and organised, as well as understanding what to pack and why. This is presented in an easy 4 step process, where you will walk away understanding about emotional and psychological preparedness and why it's so important.

Additional information sessions from Service NSW on how you can be supported in emergencies is on offer together with free Tai Chi sessions.



Emergency Preparedness Information Session for Older Adults

Tuesday 5 April 11am - 1pm

Sussex Inlet Bowling Club,
St Georges Ave, Sussex Inlet

Thursday 28 April 11am - 1pm

Berry Community Hall,
CWA Rooms, 79 Victoria St, Berry

Tuesday 3 May 11am - 1pm

Bay and Basin Community Resources
Community Centre, 32 Paradise Beach
Road, Sanctuary Point

Thursday 12 May 11am - 1pm

Nowra CWA Rooms,
39 Berry Street, Nowra

Tuesday 17 May 11am - 1pm

Sussex Inlet Bowling Club,
St Georges Ave, Sussex Inlet

Thursday 24 May 11am - 1pm

Ulladulla & Districts Community Resources
Centre,
78 St Vincent St, Ulladulla

Thursday 26 May 1 - 3pm

Kioloa Hall,
650 Murramarang Road, Kioloa

Limited spaces. Bookings essential. Book via <https://shoalhaven.nsw.gov.au/EmergencyPreparedness> or contact Shoalhaven City Council on 1300 293 111

How Service NSW can Assist you After an Emergency or Natural Disaster

Thursday 7 April 10am - 11.30am

Nowra Library, 10 Berry St, Nowra

Monday 2 May 10.30am - 12pm

Ulladulla Civic Centre,
81B Princes Hwy, Ulladulla

Tai Chi Wellbeing Session

Through this gentle and calming Tai Chi session, you will learn why looking after your health and wellbeing can help you when experiencing or recovering from an emergency or natural disaster. A light meal and refreshments will also be provided.

Thursday 7 & 21 April 1pm - 2.30pm,

Thursday 5 & 19 May 1pm - 2.30pm

St. Georges Basin Community Centre,
21 Meriton Street, St Georges Basin

Limited spaces. Bookings essential.
Contact Joanne Fabri on 0416 271 408.

Recovery into Resilience Project (RRP) Pop Up Community conversations

It was disappointing that the Community Pop Ups scheduled at locations throughout Shoalhaven in March 2022 were postponed due to the severe weather. We did hold two Pop Ups before the weather closed in and these were well received by community... thank you to those who attended. Stay tuned for further details on next steps for these community conversations.