



Who can you find at the Centre?

Ring 4993 3400 for –

- ~ Emergency Relief
- ~ Information & Referrals
- ~ GAPS – Grandparents as Parents
- ~ Click & Squiz Internet Café
- ~ Cessnock Neighbourhood Tool Library
- ~ Tax Help (July to October)
- ~ Law Talks
- ~ Cessnock Shed & Community Garden

And also –

- ~ Australian Hearing Services 131 797
- ~ Back On Trac 4993 3420
- ~ Cessnock City U3A 4998 1093
- ~ Coalfields Healthy Heartbeat 4993 3410
- ~ Financial Counselling 4932 9777
- ~ Family Relationship Centre 4016 0566
- ~ Family Support 4990 4507
- ~ Hunter Community Legal Centre 4016 0566
- ~ Legal Aid 4993 3400
- ~ Lifeline 4940 2000
- ~ Northern Settlement Services 4969 3399
- ~ Tenant Participation Resource Services 1800 786 466

Preparation Time
30 - 50 minutes

Cooking Time
5 minutes

Makes 25



Ingredients

- 200g white chocolate melts
- 25 milk arrowroot biscuits

Coloured sprinkles, to decorate

Method

Place the chocolate in a heatproof bowl over a saucepan half-filled with simmering water (make sure the bowl doesn't touch the water). Use a metal spoon to stir for 5 minutes or until the chocolate melts and is smooth.

Use a small palette knife or butter knife to spread chocolate over 1 biscuit. Transfer to a wire rack. Carefully sprinkle 1 colour of sprinkles across the centre of the biscuit to form a wide stripe. Carefully sprinkle 2 other colours over either end of the biscuit to form 2 more stripes. Repeat with the remaining chocolate, biscuits and coloured sprinkles (if the remaining chocolate starts to set, repeat step 1). Set aside for 20 minutes or until the chocolate is completely set.

Notes

Coloured sprinkles are available from the baking aisle of Woolworths. You'll need three different coloured

ROOM HIRE

Are you looking for a room to hold your meeting?

Do you need somewhere to run a class or a program?

We may have a room that would suit.

(We also have a room with 7 computers available.)

Fees are very reasonable.

Give us a call to find out

what is available.

PHONE: 4993 3400



Samaritans Neighbourhood News

April — June 2011



**198-202 Vincent Street Cessnock
Po Box 876 Cessnock NSW 2325**

**Phone: 4993 3400
Fax: 4993 3460**

Email: sinc@samaritans.org.au

Web Address: <http://www.samaritans.org.au/sinc>

Emergency Relief—how it works -

CESSNOCK

198-202 Vincent Street

Phone 4993 3400

Opening Hours: **Monday, Tuesday, Wednesday &**

Friday

10am-12pm

Closed Thursday

APPOINTMENTS ARE MADE ON THE MORNING/DAY YOU NEED ASSISTANCE
NO APPOINTMENTS TO BE LEFT ON ANSWERING MACHINE

The objective of Samaritans Emergency Relief Program is to assist people in financial crisis to deal with their immediate crisis situation in a way that maintains dignity and encourages self-reliance:

through the provision of short term emergency financial or material assistance, and where possible, to prevent ongoing hardship, through linking people to appropriate services and support.

Specific assistance we may be able to help with includes:

Food vouchers and food parcels
Telstra vouchers
Clothing
Chemist assistance
Referral to other agencies
EAPA vouchers



ER — Closed for Easter : Friday 22nd , Monday 25th & Tuesday 26th



Strong Spirit Healthy Heart



Strong Spirit Health Heart is a new exciting way to stay strong, fit and healthy while having a great time & socialising with the community. Designed for our Aboriginal & Torres Strait Island Community, this Health Lifestyle Program combines fun exercise sessions with healthy lifestyle tips

For more information contact

Merredy Quinn-Bates

Aboriginal Health Education Officer

Cessnock Chronic Disease Service

Ph: 4991 0372

M: 0458 466 963

Merredy.Quinn_Bates@hnehealth.nsw.gov.au



Energy Efficiency Training

WHEN? Tuesday 31st May 2011

WHERE? Samaritans Cessnock Performing Arts Centre

198-208 Vincent St CESSNOCK

(need to use Vincent St entry, car parking at back)

TIME? 10am - 12pm or 1pm – 3pm

WHO? Open to all clients from Family InSight & Samaritans and any interested community members.

PROVIDED BY? Energy Australia and the Home Power Saving Program (NSW Government)

COST? FREE (and receive a free kit)

RSVP? Call the Samaritans on
Ph: 4993 3400 to book your place.

‘Childcare is available, limited places.’



Introducing Samaritans Tenancy Resource Service

Samaritans Tenancy Resource Service

CONTACT US: 1800 786 466

Senior Worker: Rebecca Fowles -

rfowles@samaritans.org.au

Volunteer Coordinator: Mercy Lopez -

mls@samaritans.org.au

Indigenous Project Officer: Donna Meehan -

dmeehan@samaritans.org.au

The service;

- Provides information and advice about social housing and other Government and Community related issues and services
- Offers support and training for tenants and tenant groups, targeted at promoting community development and participation
- Provides referral to government and other community based services/organizations
- Provides support for local tenant groups and/or individuals regarding their housing related issues Establishes opportunities for tenants to become involved in tenant participation and decision making processes. If you are living in social housing and have a question about your tenancy give us a call on 1800 786 466.

Our indigenous Project Officer, Donna Meehan is currently working from Samaritans Information & Neighbourhood Centre every Monday and Tuesday and Mercy Lopez our Volunteer Coordinator is currently working from Samaritans Information & Neighbourhood Centre on Tuesdays & Thursdays.

Mercy the volunteer coordinator is currently seeking people who are interested in becoming involved in our volunteer projects. The amount of time you contribute is up to you!!! We have a variety of projects & roles to suit different needs and interests. For more information contact Mercy on 1800 786 466 or pop in to SINC and say hello.

Rebecca Fowles

Senior Worker - Samaritans Tenancy Resource Project

PO BOX 876 CESSNOCK NSW 2325

Located at Samaritans Information & Neighbourhood Centre

198-202 Vincent St Cessnock

P. 0447 190 790

E. rfowles@samaritans.org.au

