

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
- ~ Castle Personnel 4014 2222
- ~ Cessnock City U3A 4998 1093
- ~ Coalfields Healthy Heartbeat 4993 3410
- ~ Financial Counselling 4932 9777
- ~ Family Drug Support 1300 368 186
- ~ Family Insight 4961 0700
- ~ Family Relationship Centre 4016 0566
- ~ Family Support 4990 4507
- ~ Lifeline 4940 2000
- ~ Northern Settlement Services 4969 3399
- ~ Pacific Link Community Housing 4934 1700
- ~ Tenant Participation Resource Services
1800 786 466



Fundraiser

Samaritans Information and Neighbourhood Centre Present

Menopause the Musical with wine and cheese tasting. Raffle and lucky door prizes on the night.

@ Cessnock Performing Arts Centre

Wed March 17

Wine and cheese tasting @ 7pm
Menopause the Musical @ 8pm
Tickets @ \$60.00
PH: 02 4993 3400

HIT

The #1 Girls' night out!

**Menopause
the Musical**

The Hilarious
Celebration
of Women and
The Change®

Men Love It Too!

A Production by Christine Harris & HIT Productions
Australia's Premier Theatre Touring Company
By Special Arrangement with THE AUTHOR, JEANIE LINDERS

AUTHOR Jeannie Linders
PRODUCER Christine Harris & HIT Productions
DIRECTOR Patty Bender
RESIDENT MUSICAL DIRECTOR Judith Dodsworth
RESIDENT CHOREOGRAPHER Sue-Ellen Shook

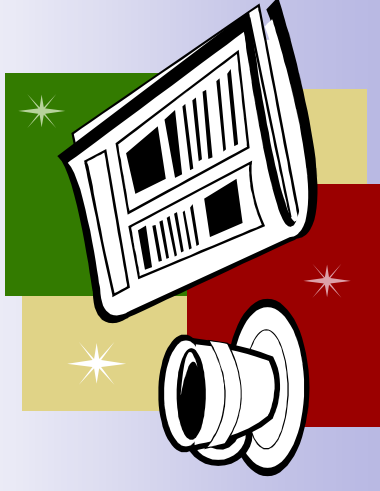
www.menopausethemusical.com
www.hitproductions.com.au

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Samaritans

Neighbourhood News

FEBRUARY-MARCH 2010



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>

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



Emergency Relief—how it works

If you need assistance with food or to pay utility bills, Samaritans Emergency Relief may be able to help you.

We will be able to help you if ...

* You have not accessed assistance from us in the last 30 days...

* You have a referral or an recent income statement from Centrelink ...

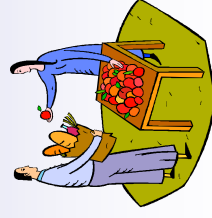
Emergency Relief runs on Monday, Tuesday, Wednesday and Friday mornings.

We do not make appointments until the morning you need an appointment.

The office opens at 9am and you can call in then or phone 4993 3400 for an appointment.

Do not leave a message on the Samaritans phone.

Please note that appointments are often booked out by 10am so you need to contact us as soon as possible after 9am.



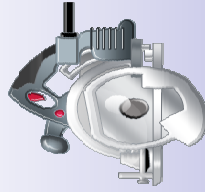
Cessnock Neighbourhood Tool Library

— 4993 3400 —



The Tool Library gives clients access to a large range of tools and equipment.

There is a membership fee and applicants must have lived at the same address for 6 months, be unemployed and have a benefit or health care card.



Click & Squiz Internet

Café

— 4993 3400 —

You can access the internet and use computers for word processing.

Assistance is available and there are computer classes for beginners

Internet Access for Job Seekers

- Skilled Volunteer assistance on hand.
- Search the Internet job sites.
- Basic Computer lessons
- Write your Resume.
- Improve your chances of getting that job.

Inquiries 4993 3400 or ask at The Samaritans



Information & Neighbourhood Centre
C E S S N O C K

Cook & Eat



Do you want to learn new recipes to increase your family's fruit and veg intake?

Then come along to the Cook & Eat sessions hands-on cooking classes that will teach you how to prepare quick, cheap and healthy meals for your family.

In each Cook & Eat session you will learn:

- how to prepare 2 tasty meals with lots of veg
- ways to add extra fruit and veg to your meals at home
- ways to cut the cost of your food bill and still prepare healthy meals.

When: 24th February
10th March
24th March
29th March

Time: 10.00am – 12.30pm

Location: Samaritans Information and Neighbourhood Centre

Bookings are essential as placements are limited.
Enrolments end 22nd February 2010

Please be advised that children can not attend, and a 4 week

commitment is required.

Parents must have primary school age children.

Cost: \$5.00 per week

For bookings and more information phone 4993 3400



Information & Neighbourhood Centre
C E S S N O C K