



## linking people and strengthening our community

Dear new Resident / Family

On behalf of all individuals, groups and organizations listed in this kit – welcome to Pottsville! We hope you enjoy your time in our vibrant community.

Relocation can sometimes produce feelings of social isolation and disconnection. These feelings are often experienced by families with young children, and people who have moved away from their existing social supports. This kit has been developed to assist you to get to know your community and to encourage and foster community-based connections and participation.

The Pottsville Beach Neighbourhood Centre (PBNC) is frequently the first port-of-call for new residents, for many reasons. Contact with the Centre may include:

- ❖ gaining local information about existing services/activities and or being referred to other local or regional human services;
- ❖ accessing the Far North Coast Brighter Futures Program (early intervention family support);
- ❖ accessing the Centrelink Agency and its job search facilities;
- ❖ accessing the Technology Centre and utilising other administrative resources;
- ❖ shopping in the opportunity shop;
- ❖ volunteering in the many different programs and workgroup areas;
- ❖ attending outreach appointments with Tax Help, Northern Rivers Community Legal Service, Pottsville Counselling or Ability Incorporated Advocacy Service;
- ❖ booking into the Pottsville Parenting Insights Program (runs during most school terms);
- ❖ attending the playgroups and facilitated parent/child focused activities like Toddlers Tunes and Stories, or becoming a member of the free toy library;
- ❖ attending the various educational and personal growth / support groups like the Stretch Your Mind course, WordsFlow creative writers' course, University of the 3<sup>rd</sup> Age workshops and courses, technology-based short courses/individual tuition, A.A., or Diabetes Support;
- ❖ attending various health and fitness classes and or contributing to the community garden
- ❖ attending the popular beach markets and the community barbeque (always held on the first and third Sunday of the month) and other community events managed by the Centre;
- ❖ dropping in to share an idea or activity for the benefit of the community;
- ❖ signing up for membership with PBNC's Association.

PBNC exists to link people to people, and to facilitate self-help solutions in addressing areas of need at a grass-roots level. The Centre collaborates with individuals, families, groups, organisations, businesses and government agencies to build on Pottsville's existing community spirit, to achieve this overarching aim.

Thank you to the following collaborators who assisted with the production of this kit:

- Pottsville Community Association, for providing ideas and local information;
- Pottsville Community Preschool and Pottsville Beach Public School for providing information and supporting this initiative;
- All the other groups and organisations, listed in the kit, for providing their information;
- Justine Elliot (Federal MP), for assistance with printing; and
- PBNC-managed markets and the Commonwealth Dept of FaHCSIA, for providing funds.

We hope you find the material contained in this kit to be informative, helpful and enticing.

Yours sincerely,

Pottsville Beach Neighbourhood Centre and the 'Welcome to Pottsville Kit' Community Partners

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