



Tenant Newsletter  
Issue 61 | Autumn 2024

**From our CEO—Craig Brennan**

Dear Residents,

As we approach Easter, a time of renewal and reflection, I wanted to take a moment to express my gratitude to each of you who calls Northern Rivers Housing their home. This time of year is not only significant for its religious connotations but also for the spirit of community and renewal it brings to us all.



While Easter may hold different meanings for each of us, it's a time when we can all come together to appreciate the sense of community that surrounds us. Whether it's through a shared meal, a friendly conversation, or lending a helping hand to a neighbour, let's take this opportunity to foster connections and spread kindness within our Northern Rivers Housing family.



This year marks Northern Rivers Housing's 40th year of service to the Northern Rivers community. Four decades of commitment to providing safe, affordable housing options have made a profound impact on the lives of countless individuals and families in our region. It's a testament to the dedication of our staff, the support of our partners, and the resilience of our tenants that we continue to thrive and grow stronger with each passing year.

**Our Lismore Office is moving soon!**

Keeping with the theme of community and togetherness, we are excited to announce that we will be moving into our new Lismore office premises very soon where we will, once again, be located in the heart of the Lismore CBD. We will be located at **Suite 1, Level 1, 29 Molesworth Street, Lismore** (for those who are familiar with Lismore, it's the Westlawn Building on the corner of Molesworth and Woodlark Streets). Our phone number will remain the same **(02) 6627 5300**. We are very excited about having all of our Lismore office staff located together again in the one office as we have been operating from separate, temporary offices in Ballina and Lismore since the 2022 floods. This is a fantastic step forward as we look to the future of NRH being able to provide face-to-face service to our clients in Lismore. Tenants will be notified when we've moved into our new office.

As we look to the future, let's carry forward the values of compassion, inclusion, and support that have defined Northern Rivers Housing for the past four decades. Together, we can continue to build a stronger, more vibrant community where everyone has a place to call home.



Wishing you all a peaceful and joyous Easter season.  
Regards ... *Craig*

**INSIDE THIS ISSUE:**

- From our CEO ..... 1
- Updates and Info..... 2-6
- Community Noticeboard ..... 7-14

**SPECIAL ITEMS OF INTEREST**

- Community Villages update ..... 2
- Assets Team update ..... 3
- Scholarships & Office Closure info ..... 4
- Housing Services Update..... 6
- Centrelink over Easter..... 7
- Let's Get Cooking ..... 9
- Healthy Hints..... 10
- Changes to green bins..... 12
- New Parent & Carer Info Hub..... 13
- Local Food Pantries ..... 15-16



Please note that our offices will be closed for the Easter break from 4pm on **Thursday, 28 March** and we will re-open for business at 9am on **Tuesday, 2 April 2024**.

We will also be closed on **Thursday, 25 April 2024** for the ANZAC Day public holiday.

NRH acknowledges the Bundjalung, Arakwal, Gumbaynggirr and Yaegl peoples who are the traditional custodians of the land that comprises the Northern Rivers.





Community Villages Update



Tenant Newsletter

Issue 61 | Autumn 2024



**Community Engagement in the Villages**

As the colours of autumn brighten our region, we're excited to share the latest updates regarding community engagement within the NRH flood recovery community villages. The Engagement Team's program has been in full swing the past 12 months, with a focus on nurturing well-being, creativity, and empowering individuals.

The Community Engagement Team has an ongoing commitment to health and well-being, and residents have had the opportunity to participate in a range of diverse workshops. Across Ballina, Wollongbar and Lismore villages, residents have been learning techniques to regulate and calm the nervous system. We have also provided therapeutic gardening workshops across every village which have been very popular, with the community coming together regularly to attend the sessions and also participate in our cooking workshops with home-grown food, using veges from our village community garden beds.

We have also welcomed local Art Therapists and Indigenous facilitators into the villages to lead mosaic and mural art projects, weaving workshops, Christmas wreath making, art therapy sessions, all of which infuse the villages with connection, colour and creativity. Through art, individuals have expressed the feelings of healing, with a number of residents working on projects at home in between sessions and noting how calming these workshops are.

Still in the pipeline, we have planned more financial well-being workshops, which are hosted by financial counselors in the region. Our previous feedback from these sessions was that they offer valuable guidance and resources to navigate the complexities of personal finance.

In February we organised a planning day with Advocates for Children and Young People, Resilient Kids (Social Futures) Program, and village staff from BaptistCare and Uniting. This planning day built on consultations held with young people and is leading to some new programs being delivered in the villages for children and young people.

We continue to gather for shared meals and hold regular informal catchups in the villages, building a stronger sense of community. External stakeholders, support services, RSS, NRH staff and the Engagement Team all continue to play a vital role in our collective journey towards recovering community.



COMMUNITY  
VILLAGE  
ACTIVITIES





Updates & Info continued



Tenant Newsletter  
Issue 61 | Autumn 2024

Assets Team Update

You don't need to spend your money on harsh cleaning products – instead, you can make your own! Check out these quick, easy and cheap recipes for DIY cleaning products:

1. **All-purpose cleaner | Best used for hard water stains and surface cleaning**

Mix one-part white vinegar, one-part water, some lemon rind and rosemary sprigs. Pour into a spray bottle, shake and let the mixture infuse for a few days before using.

2. **Bathroom scrub | Best used for tiles and sinks**

In a bowl, mix a few tablespoons of dish soap with two teaspoons of lemon juice. Add baking soda slowly until it creates a paste then apply. *You can use the paste with a scrubbing brush or let it sit overnight for tough stains.*

3. **No-fuss floor cleaner | Best used for tile and vinyl floors**

After sweeping, mix half a cup of cleaning vinegar with a few litres of warm water and mop. No strong smells or harsh chemicals to be concerned about! *Remember, wet mopping isn't recommended for wooden floors, but you can use this cleaner with a small cloth to remove spot stains.*



**Do you need to report a maintenance issue?  
Give the Property Repairs  
Hotline a call!**

Tenants can call our Property Repairs Hotline **anytime**, 24 hours a day, 7 days a week—even over the Easter break—to report maintenance issues.

The staff in the Call Centre will then decide if a contractor has to attend as an emergency response or not, and then organise for the work to be attended to within the correct timeframe.



**PROPERTY REPAIRS HOTLINE**

 **02 6627 5333** 



A reminder that Daylight Saving will end in New South Wales on **Sunday 7 April 2024** at **3:00am**, when clocks will be put back one hour.







The NRH Scholarships Program is designed to support and encourage our tenants to pursue higher education and training opportunities. We strongly encourage NRH tenants to apply for a scholarship if they meet the criteria.

*It's important to note that training providers **must** be a Registered Training Organisation in Australia for applications to be considered.*

**Applications for Round 1 of our Scholarships Program open on 1 April 2024**

Eligible NRH tenants have until 13 May 2024 to apply for one of the following categories:

- \$1,200 — adults/school leavers interests in creative arts, sports or education
- \$1,200 — University or TAFE students
- \$800 — High school students
- \$400 — Primary School students



Our Scholarship Program has helped many tenants and families to assist with costs including laptops & PCs, sports fees, travel costs, training costs, TAFE course costs, desk chairs/office equipment, art supplies, supplies for apprenticeships, swimming lessons, dance shoes/costumes, school excursions. They can also be used to assist tenants with the cost of driving lessons with a view to obtaining and maintaining employment.

To download an info/application pack:

Visit: <https://www.nrh.org.au/news/nrh-scholarships-program/>

Give us a call on (02) 6627 5300 or request a pack via an email to [info@nrh.org.au](mailto:info@nrh.org.au)



**A Reminder about our Office Closures**

Please note that our offices will be closed over the Easter break.

We will re-open on **Tuesday, 2 April 2024.**



We will also be closed on **Thursday, 25 April 2024** for the ANZAC Day public holiday.





# OUR LISMORE OFFICE IS MOVING

## **NEW** LOCATION

Suite 1, Level 1,  
29 Molesworth Street  
(*Westlawn Building*)  
Lismore NSW 2480

Our phone number  
will not change

**(02) 6627 5300**

Email: [info@nrh.org.au](mailto:info@nrh.org.au)

[www.nrh.org.au](http://www.nrh.org.au)

**We hope you can come  
visit our new office soon!**





Updates & Info continued



Tenant Newsletter  
Issue 61 | Autumn 2024

**Housing Services Update**

Rolling Rent Reviews



Tenants may have noticed that there has been a slight change to our bi-annual Tenant Rent Review process that we conduct. You will still receive two rent reviews per year, however, these will be rolled out continuously throughout the year.

If we require further information from you, you will be contacted by our staff who will provide you with guidance around what is required.

If there are any major changes that you experience in the number of people living at your property, or changes to household income throughout the year, please contact your Tenancy Manager.

Reminder for Respectful Behaviour

We would like to remind our tenants that we are here to provide a service to you in a courteous manner. Staff have the right to be treated with dignity and respect at all times without the risk of threatening behaviour or violence. This behaviour will not be tolerated towards our staff.



On behalf of the NRH Housing Services Team, I wish you a safe and Happy Easter.

**Ray Mackeen — Executive Manager, Housing Services**

**Do you need to get in touch with NRH?**

**Lismore:** (02) 6627 5300

**Tweed:** (07) 5523 5800

**Grafton:** (02) 6642 9100

**Property Repairs Hotline:** (02) 6627 5333

**General email:** [info@nrh.org.au](mailto:info@nrh.org.au)

**Website:** <https://www.nrh.org.au/>



<https://www.facebook.com/northernrivershousing>



Instagram—@nrhousing

**Do you need to update your contact details?**

You can easily do this by:

- calling one of our offices listed above
- emailing us at [info@nrh.org.au](mailto:info@nrh.org.au)
- visiting our website ([www.nrh.org.au](http://www.nrh.org.au)) and clicking on the “[Contact Us](#)” page and completing our online form.



**Update your contact info!**





Community Noticeboard



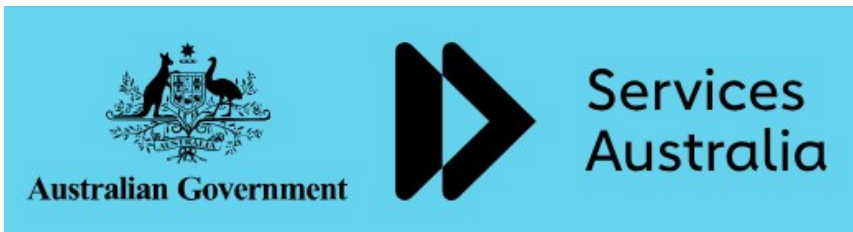
Tenant Newsletter  
Issue 61 | Autumn 2024

**Centrelink Service Centres will be closed over the Easter break**

Services Australia service centres and most phone lines will close on **Friday 29 March** and **Monday 1 April** for the Easter public holidays, as well as **Thursday 25 April** for ANZAC Day.

For more information, please visit the Services Australia website:

[www.servicesaustralia.gov.au/holidays](http://www.servicesaustralia.gov.au/holidays)



**Make a change now to transform your health in 2024!**

Ready to transform your health in 2024?  
Get personalised coaching with the free *Get Healthy Service* through the NSW Government.

Register now and take the first step towards a happier, healthier you.

The Service is open to all NSW residents over the age of 16 years.

Sign up at <https://www.gethealthynsw.com.au/> or call them between 8am-8pm Mon-Fri on **1300 806 258**. Let's get started today!

**Join the free, Get Healthy Service**

Call **1300 806 258** or visit [gethealthynsw.com.au](http://gethealthynsw.com.au)

Get Healthy Service







Community Noticeboard continued



Tenant Newsletter  
Issue 61 | Autumn 2024

**Living clutter-free has a positive impact on our mental health and well-being**

Research has shown that cleaning can have a great positive impact on our mental well-being. Not only does it provide a sense of control over your environment, but it also serves as a calming and meditative activity that can help to reduce stress levels while engaging the mind. Below are 20 micro habits to keeping a clutter-free home:

- |                                                  |                                                     |                                                                                      |
|--------------------------------------------------|-----------------------------------------------------|--------------------------------------------------------------------------------------|
| 1. Keep the dining table clear.                  | leave the room to put away.                         | 15. Do a nightly reset; put things back in their homes.                              |
| 2. Clear bedside tables.                         | 8. Empty bins regularly.                            | 16. Start a donation box for unwanted things.                                        |
| 3. Put shoes away from the front door.           | 9. Make sure all beds are made.                     | 17. Put used clothes straight into the laundry basket.                               |
| 4. Put away coats and bags straight away.        | 10. Clear off worktops.                             | 18. Shop more intentionally to reduce wastage or bringing more items into your home. |
| 5. Sort mail and file away paperwork once read.  | 11. Put things back when you're finished with them. | 19. Use the "one in, one out" rule.                                                  |
| 6. Have less toys out and rotate them regularly. | 12. Clear away dishes after meals.                  | 20. Flatten cardboard boxes to recycle or store away for future use.                 |
| 7. Take something with me when I                 | 13. Use a caddy for the baby's essentials.          |                                                                                      |
|                                                  | 14. Store things of the kitchen worktops.           |                                                                                      |

**Medicare Urgent Care Clinics operational on the North Coast**

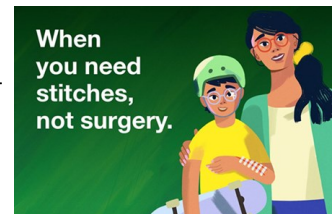
Healthy North Coast is proud to announce that two new Medicare Urgent Care Clinics (UCCs) are now fully operational in **Lismore** and **Coffs Harbour**.

The two UCCs are operating extended hours, seven days a week, in a fully bulk-billed (free) service with no appointments or referrals necessary.

Medicare UCCs are designed to address urgent, but not life-threatening illnesses, including:

- Minor infections
- Minor fractures, sprains, sports injuries
- Sudden onset neck or back pain
- Urinary tract infections (UTIs)
- Sexually transmitted infections (STIs)
- Minor cuts
- Insect bites and rashes
- Minor eye and ear infections
- Respiratory illnesses
- Gastroenteritis
- Mild burns

The Clinics will reduce the burden on local North Coast emergency departments, allowing them to focus on high urgency and life-threatening conditions.



For relevant website about your closest UCC, including opening hours & contact info, visit:

**Coffs Harbour:** <https://www.coffsharbourucc.com.au/>

**Lismore:** <https://www.lismoregpsc.com.au/urgent-care-clinic/>

<p><b>Coffs Harbour</b></p> <ul style="list-style-type: none"> <li>• Operator: CHC Medical</li> <li>• Location: Level 1, Specialist Medical Centre, 343-345 Pacific Hwy, Coffs Harbour NSW 2450</li> <li>• Refer to their <a href="#">website</a> for opening hours and contact info</li> </ul>	<p><b>Lismore</b></p> <ul style="list-style-type: none"> <li>• Operator: Lismore GP Super Clinic</li> <li>• Location: 33-35 Rous Rd, Goonellabah NSW 2480</li> <li>• Refer to their <a href="#">website</a> for opening hours and contact info</li> </ul>
-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

For more information on Medicare Urgent Care Clinics, please visit the Australian Government's [Medicare Urgent Care Clinic website](#).



Community Noticeboard continued



**ANZAC bikkies** 45m cooking | Makes 26



**Ingredients:**

125 grams (4oz) butter, chopped  
2 tablespoons golden syrup or treacle (*see tips*)

1/2 teaspoon bicarbonate of soda (baking soda)

2 tablespoons boiling water

1 cup (90g) rolled oats (*see tips*)

1 cup (150g) plain (all-purpose) flour

1 cup (220g) firmly packed brown sugar

3/4 cup (60g) desiccated coconut

**Method:**

Preheat oven to 180°C/350°F. Grease two large oven trays; line with baking paper.

Stir butter and syrup in a medium saucepan over low heat until smooth. Stir in combined soda and the water, then remaining ingredients.

Roll level tablespoons of mixture into balls; place 5cm (2in) apart on lined trays, then flatten slightly.

Bake for 12 minutes or until golden. Cool biscuits on trays.

**Text kitchen tip:** Spray your measuring spoon with a little cooking oil spray before scooping up the golden syrup; this will help prevent the syrup sticking to the spoon. Make sure you use rolled oats rather than quick-cooking oats as they will produce a different result. Store biscuits in an airtight container for up to 1 week.

**Chewy Anzac biscuit recipe:** The good news is you don't need to tinker with the ingredients to get the texture you prefer, only the cooking time. This recipe, with a cooking time of 12 minutes, should produce a chewy ANZAC biscuit. For a crisper ANZAC biscuit, cook for 15 minutes.

Recipe and photo is courtesy of The Australian Women's Weekly Food website <https://www.womensweeklyfood.com.au/>

**Mixed grain and mushroom salad** (15m prep | 5m cook | 6 servings)

**Ingredients:**

400g cup mushrooms, sliced

1/4 cup (60ml) olive oil

1/3 cup finely chopped flat-leaf parsley

2 tbsp rice wine vinegar

1 garlic clove, crushed

2 tbsp maple syrup

2 tbsp soy sauce

3 tsp sesame oil

3 tsp finely grated ginger

250g pkt ancient grains microwavable rice

100g baby spinach leaves

**Method:**

1. Place the mushrooms in a large bowl. Add the olive oil, parsley, vinegar and garlic. Toss to combine.

Season. Cover and set aside, stirring occasionally, for 2 hours to develop the flavours.

2. Combine the maple syrup, soy sauce, sesame oil and ginger in a screw-top jar. Seal and shake well to combine.

3. Heat the rice following packet direc-

tions. Add to the mushroom mixture in the bowl with the spinach. Toss to combine. Transfer to a serving dish. Drizzle with dressing to serve.



Recipe and photo is courtesy of the Taste website <https://www.taste.com.au/>

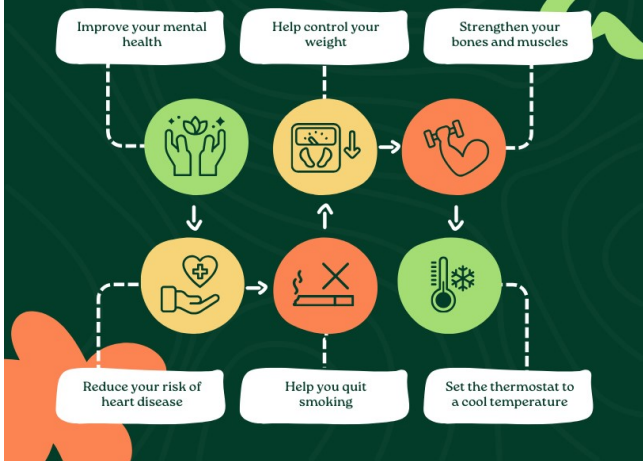




### Power Smoothie



### Benefits of Exercise for Your Health



# Healthy Hints

## 5 ADVANTAGES OF DRINKING WATER IN THE MORNING

#5 - Drinking water on an empty stomach purifies the colon making it easier to absorb nutrients.

#4 - Increases the production of new blood and muscle cells.

#3 - Helps with weight loss. Drinking at least 16 ounces of chilled water can boost your metabolism by 24% in the morning.

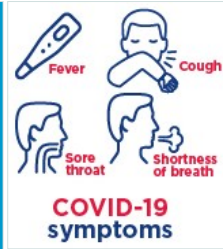
#2 - Glowing skin. Water helps to purge toxins from the blood which help keeps your skin glowing and clear.

#1 - Balances your lymph system. These glands help you perform your daily functions, balance your body fluids, and fight infection.

[www.undergroundhealthreporter.com](http://www.undergroundhealthreporter.com)



## How to stay safe from COVID-19 and the flu over Easter and holiday season.



COVID-19 symptoms



Practise good hygiene



Practise physical distancing



Stay home if you can







Community Noticeboard continued



**International Women’s Day 2024**

Held on 8 March each year, International Women's Day (IWD) is a global day celebrating the social, economic, cultural, and political achievements of women. The day also marks a call to action for accelerating women's equality. **The theme for this year was "Count Her In: Invest in Women. Accelerate Progress".**

Women's economic empowerment is central to a gender equal world. When women are given equal opportunities to learn, earn and lead – entire communities thrive. Based on the priority theme for the United Nations 68th Commission on the Status of Women, Count Her In will examine the pathways to greater economic inclusion for women and girls everywhere.

While important progress has been made, women face significant obstacles to achieving equal participation in the economy. Without equal access to education, employment pathways, financial services and literacy, how can we ever hope to reach gender equality?

For more information, visit [@UNWomenAustralia](#) on Facebook or [@unwomaust](#) on Instagram.

To celebrate this important day on the calendar, NRH Chair **Robyn Hordern** together with our Tenancy Team Leaders—**Helen, Mel** and **Rachel**—attended a breakfast event organised by the Zonta Club of Northern Rivers Inc. (pictured, right)



**#CountHerIn #IWD2024**



**School Student Broadband Initiative**

To boost education opportunities and narrow the digital divide, the Australian Government is providing up to 30,000 eligible families with no internet at home a **free** National Broadband Network (NBN) service.

The **School Student Broadband Initiative** (SSBI) helps to connect families with vital internet services, and to ensure that every child has the tools they need for their educational journey.

**How can the SSBI help your child?**

Children who can access online learning at home as part of their education are more likely to engage in classroom activities. Access to fast internet at home can also support children to build their digital skills, learn how to safely use the internet and participate in a world that is more dependent on digital technology.

If you think you could benefit from this initiative, please reach out to **Anglicare Victoria** who operate the National Referral Centre for the program. You can contact the Anglicare Victoria team to check eligibility and for help to get your family connected.

Call **1800 954 610** (10am-6pm AEDT Monday to Friday, excluding Victorian Public Holidays) or fill out the form online <https://www.anglicarevic.org.au/student-internet/>

**Where can I find additional information on the initiative?**



**Australian Government**  
Department of Infrastructure, Transport,  
Regional Development, Communications and the Arts

For more information on the School Student Broadband Initiative, visit the Government’s website: [www.infrastructure.gov.au/SSBI](http://www.infrastructure.gov.au/SSBI)





Community Noticeboard continued



**Change to what goes into your green organics bin**

New rules across NSW mean that it's easier to know what goes in your Food Organics and Garden Organics (FOGO) bins. You should now ONLY put food scraps and garden waste in your green bin (with approved kitchen caddy liners). These changes mean that tissues, we or dirty paper, tea bags, paper towels, pizza boxes and dirty cardboard all now need to go in the red landfill bin.

Please see the picture to see what items can and cannot be placed in your green organics bin.

For more information, please visit the [EPA website](#) or your local Council website.



**Payment assistance increases for customers**

The NSW Government has announced increases to rebate amounts **starting 1 July 2024**. With energy affordability adding to the strain already generated by the higher cost of living, the increase is welcomed in support for families and households.

Increases include:

- **Low Income Household Rebate and Medical Energy Rebate** will increase 23% from \$285 to \$350.
- **Family Energy Rebate** will increase 39% from \$180 to \$250 for those receiving the full rate. For those on a partial rate (who also receive the Low Income Household Rebate) the assistance will move from \$20 to \$30.
- **Seniors Energy Rebate** will increase from 25% from \$200 to \$250.
- The **Life Support Rebate** will increase 22% for each piece of equipment.



Visit the [NSW Government website](#) for more information.







Community Noticeboard continued



Tenant Newsletter  
Issue 61 | Autumn 2024



**Online hub to become one-stop-shop for parents from pregnancy to the start of school**

The NSW Government has recently launched the [Brighter Beginnings Parent and Carer Information Hub](#) - a website to help parents, carers and families access Government services, rebates and support for their child, from pregnancy through to the start of primary school.

The [Brighter Beginnings Hub](#) brings together a number of resources, allowing parents to access services and support relevant to their child's age.







For the different stages of pregnancy and a child's life, the website includes advice and support services for health, mental health and wellbeing, nutrition, play and development, relationships, financial advice and any relevant payments or rebates.

For more information on the **Brighter Beginnings Parent and Carer Information Hub**, visit:

<https://www.nsw.gov.au/family-and-relationships/early-child-development>

**Parent and Carer Information Hub**

The Parent and Carer Information Hub has services and resources to support you during the first 5 years of a child's life, from pregnancy until age 5.

 Pregnancy →	 Newborn: birth to 3 months →	 Baby: 3 to 12 months →
 Toddler: 1 to 3 years →	 Preschool: 3 to 5 years →	 Getting ready for school →



**Aboriginal and Torres Strait Islander families**

These culturally safe resources centre on culture, Country, community, kin and family, which are essential to health and wellbeing.

[View resources](#)

**Help is out there for you if you want to take steps to improve your health and wellbeing — you just have to know where to look!**



**NSW Health**

**Free programs for**

- Free programs for children**
- Free programs for adults**
- Free programs for over 50s**
- Free programs for pregnant women**

**Healthy Eating  
Active Living**



NSW Health offers free tools and programs to encourage and support a healthy lifestyle. Visit the NSW Health website:

<https://www.health.nsw.gov.au/heal/Pages/free-programs-tools.aspx>

You can find out information on Awareness and Prevention, Improving Your Health and other Useful Links and resources at <https://www.health.nsw.gov.au/healthyliving/Pages/default.aspx>

The Healthy Living NSW website provides healthy eating tips, info on free programs to get you active. Visit their website at <https://www.healthyliving.nsw.gov.au/>



**HEALTHYEATING  
ACTIVE LIVING**







Community Noticeboard continued



Tenant Newsletter  
Issue 61 | Autumn 2024

## CIRCLE OF SECURITY



Circle of Security is an evidence-based program aimed at enhancing children's development.

Grounded in Attachment Theory, this program equips parents with strategies to nurture a secure parent-child bond.



Studies show that children with secure attachments exhibit increased empathy, higher self-esteem, better relationships with both family and peers, smoother educational transitions, and improved emotional regulation.

5 sessions, Mondays 6 May to 3 June 2024  
10am to midday  
Arcade shops 5 & 6, 73 Magellan Street  
Lismore CBD.

To register, please call (02) 6621 2489.



### Keep up to date

Would you like to receive your next copy of our newsletter via email?

Let us know by emailing [info@nrh.org.au](mailto:info@nrh.org.au)



## THE ANXIETY COACH PARENTING PROGRAM

Childhood anxiety is increasing. With the right information, caregivers can support children in managing their anxiety.

The *Anxiety Coach Parenting Program* is based on three underlying perspectives.

1. By having an understanding of how anxiety develops, parents can counter its progress.
2. Parents can take a preventative role in the development of anxiety.
3. There are practical steps parents can take to build resilience.



Three sessions held on Thursdays

16 May to 30 May 2024

from 10am to 12:30pm

at 1/73 Magellan Street, Lismore.

To register, please contact  
(02) 6621 2489.





Community Noticeboard continued

**Local Food Pantries providing assistance during these tough economic times**

Please note that some services may not open over the Easter period

Provider & Location	Days & Times	Other Information
<p><b><u>Five Loaves (Ballina)</u></b> Location: Cnr Kerr &amp; Tamar Streets, outside the ADRA store</p>	<p>Thursdays 5—6pm</p>	<p>Meals</p>
<p><b><u>Liberation Larder Inc (Byron)</u></b> Location: Fletcher Street, behind the Byron Community Centre Kitchen, 69 Jonson Street, Byron Bay</p>	<p>Thursday 28 March: morning snacks and fruit from 8-9:30am; lunch from 12-1:30pm  Easter Monday 1 April: Breakfast from 7am, produce &amp; frozen meals until 11am</p>	<p>Ph: 0435 879 778  Website: <a href="http://www.liberationlarder.org">www.liberationlarder.org</a></p>
<p><b><u>Casino Community Kitchen</u></b> Location: 67 Richmond Street, Casino</p>	<p>Usual Fridays 4:30—5:45pm  Freshly cooked 3 course meals (dine in or takeaway).</p>	<p>Bread, fresh produce &amp; limited groceries are also offered. Anyone facing serious food stress/crisis over the Easter break can make contact via Facebook <a href="https://www.facebook.com/CasinoCommunityKitchen">https://www.facebook.com/CasinoCommunityKitchen</a> or text 0400 155 392.</p>
<p><b><u>The Community Pantry [Mid-Richmond Neighbourhood Centre]</u></b> Location: Shop 5, Oaks Arcade, 6 Oaks Street, Evans Head</p>	<p>Monday: 11.00 – 2.00pm  Wednesday: 11.00 – 2.00pm  Friday: 11.00 – 2.00pm</p>	<p>Ph: (02) 6682 4334  The Community Pantry is a low cost grocery market run by volunteers and open to all community members.</p>
<p><b><u>Goonellabah Community Hub Service</u></b> Location: 10 Centenary Drive, Goonellabah.</p>	<p>Every second Tuesday 10am-1pm</p>	<p>Ph: 6621 7397 or email: <a href="mailto:hub@nrcg.org.au">hub@nrcg.org.au</a> for an appointment  Website: <a href="http://www.nrcg.org.au">www.nrcg.org.au</a></p>
<p><b><u>Hope Food Pantry (Goonellabah)</u></b> Location: 30 Cambridge Drive, Goonellabah</p>	<p>Thursdays 9:30—11:30am</p>	
<p><b><u>The Grafton Pantry</u></b> Location: 135b Fitzroy Street, Grafton</p>	<p>Mon to Thurs 10am—2pm <b>Closed</b> on public holidays</p>	<p>Website: <a href="https://anglicarenorthcoast.org.au/services/#food-pantry">https://anglicarenorthcoast.org.au/services/#food-pantry</a></p>
<p><b><u>Tweed Coast Community Food Pantry (Kingscliff)</u></b> Location: Kingscliff Uniting Church, 24 Kingscliff Street, Kingscliff (down the lane)</p>	<p>Tues to Fri 9—11am</p>	
<p><b><u>Kyogle Lions Community Food Pantry</u></b> Location: 33-35 Bloore Street, Kyogle</p>	<p>Thursdays 8:30am—3pm</p>	





Community Noticeboard continued



Tenant Newsletter

Issue 61 | Autumn 2024

**Local Food Pantries continued ...**

Provider & Location	Days & Times	Other Information
<p><b><u>The Fair Share Kitchen/Emergency Relief program</u></b>  <i>Location:</i> Kyogle Together Inc—Laneway Community Space, 161 Summerland Way, Kyogle</p>	<p>Wed, Thurs, Fri            9am—3pm  <u>Closed Easter public holidays</u></p>	<p>Various items available such as hygiene items, frozen meals, nappies, toiletries, electricity bill assistance, access to community worker, morning teas, hot food, free bread, fruit &amp; veges <i>(depending on availability)</i></p>
<p><b><u>Five Loaves Mobile Soup Kitchen (Lismore)</u></b>  <i>Location:</i> Lismore Transit Centre</p>	<p>Mon to Thurs            6—7pm</p>	<p>Provides hot meals, baked goods and fresh fruit and vegetables to the public            Ph: 0447 575 686</p>
<p><b><u>The Good Pantry (Lismore)</u></b>  <i>Location:</i> 51 Wyrallah Road, East Lismore</p>	<p>Mon to Fri            10am—2pm  <u>Closed on public holidays</u></p>	
<p><b><u>Maclean Food Pantry</u></b>  <i>Location:</i> Maclean Seventh-day Adventist Church, 39 Church Street, Maclean</p>	<p>Friday mornings            9am—12pm</p>	<p>Ph: 0414 909 630</p>
<p><b><u>Maclean Food Pantry</u></b>  <i>Location:</i> Anglican Church Maclean</p>		
<p><b><u>Murwillumbah Food Hub/Pantry</u></b>  <i>Location:</i> Brisbane Street, Murwillumbah (opposite Sunnyside mall on Knox Park)</p>	<p>Wed &amp; Thurs            10am—3pm</p>	<p>Cash only and BYO carry bags            Ph: (02) 6672 3003</p>
<p><b><u>Northern Rivers Community Gateway (Lismore)</u></b>  <i>Location:</i> 76 Carrington Street, Lismore</p>	<p>Mon, Tues, Thurs, Fri: 9am—4pm            Wed: 9am—1:30pm</p>	<p>Various services and programs available            Ph: (02) 6621 7397 Website: <a href="http://www.nrcg.org.au">www.nrcg.org.au</a></p>
<p><b><u>Vibe Care Pantry (Tweed Heads)</u></b>  <i>Location:</i> Vibe Church, 3 Beryl Street, Tweed Heads</p>	<p>Tues to Fri            9—11am (NSW time)  <u>Closed on public holidays</u></p>	<p>Ph: (07) 5536 7575  <i>Services also offered in Palm Beach and Burleigh Heads</i></p>
<p><b><u>Mobile Food Pantry (Wooli)</u></b>  <i>Location:</i> St Margaret's Anglican Church, 135 Main Street, Wooli</p>	<p>4<sup>th</sup> Wednesday of the month, 11am-12.30pm (except December)</p>	<p>Website: <a href="https://anglicarenorthcoast.org.au/services/#food-pantry">https://anglicarenorthcoast.org.au/services/#food-pantry</a></p>
<p><b><u>The Winsome Café (Lismore)</u></b>  <i>Location:</i> Winsome Hotel, 11 Bridge Street, North Lismore</p>	<p>Open daily 9am-1pm and lunch at 11:30am</p>	
<p><b><u>Red Dove Café (Lismore)</u></b>  <i>Location:</i> 80 Keen Street, Lismore</p>	<p>Mon to Fri            8am—2:30pm</p>	

