


**Camden Haven Community at 3 Inc.**  
ABN 79 652 261 007

<b>Edition 10</b> <b>June 2021</b>	<h2 style="text-align: center;">YOUR NEWSLETTER</h2> <p style="text-align: center;">Do you need a hand? Call Alan (0419-370076) or Theo (0438-358057) or at Comboyne call Ray (0427-117950)</p>
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2 Mission Terrace, Lakewood NSW 2443

PO Box 103, Laurieton NSW 2443

 0419-370076



[communityat3.org.au](http://communityat3.org.au)

 [communityat3pm@gmail.com](mailto:communityat3pm@gmail.com)



<https://www.facebook.com/communityat3/>

**Committee Members:** Theo Hazelgrove (Chairman), Alan Kilminster, Fran Burns, Glenn Maas, Hima Karnati, Ann Macinante, Nathan Killick (Public Officer and Chaplain), Dr Sam Nelapati (Patron)



### MESSAGE FROM CHAIRMAN THEO

- Support of our organisation from the local community just continues – here is **Peter Poole** (photo right) from **Camden Haven Tyre & Brake Centre** donating and fitting a new set of tyres to our bus. Thank you so much, **Peter**.
- You will see an additional phone number above – this is the phone number of **Ray from Comboyne** with whom I have recently met along with a very dedicated group of people wishing to connect with Community at 3, to both support us, and also to ensure anyone in need in the Comboyne area is not overlooked.
- Recently 49 people enjoyed our guest speaker **Kirsti Purss, Dietician**, who spoke of the foods we need to create a balanced input of the essentials for a healthy life. Thank you Kirsti.
- We have been able to assist many flood-affected people with processing applications for a \$500 grant offered by the **Catholic Bishop of Lismore**. Every bit helps when you have lost most of your things.
- Because of the generosity of this community, we have been able to distribute over \$5,000, primarily to flood victims, in the form of food, food vouchers and emergency accommodation. Thank you, Camden Haven.
- “If you’re helping someone and expect something in return, you are doing business, not showing kindness.”



### NEXT GUEST SPEAKER

On **Wednesday 16th June 2021**, our next Guest Speaker is coming to join us:

**Rob Moorehead** from **Endeavour Clubhouse**, Port Macquarie

This facility was built by the local community to assist people, with a lived experience of mental illness,

to increase their social inclusiveness and participation in society.

It is a voluntary program where participants are members, not patients or clients.

Endeavour is the only psychosocial vocational program on the Mid North Coast providing members with a non-institutional service in a safe caring environment.

Bring a friend along – it should be very interesting.



A whole lot of new Grandmas

### NEWEST MEMBER OF COMMUNITY AT 3

We were delighted recently to see Lexie’s new son, one month old John (aka “JP”) joining us for the first time  
Welcome to our community JP!





Some photos of our recent outing to Kendall Community Garden and Kitchen with host **Tin Nu**  
A great day - thank you **Tin**!



- ✓ Did you know you that your right lung takes in more air than your left?
- ✓ Did you know that tennis was originally played with bare hands?
- ✓ Did you know that the game of Tug-of-war was an Olympic sport from 1900-1920?
- ✓ Did you know that our Chairman alone has spent **over 130 hours** in the past month in voluntary time spent involved with matters connected to Community at 3 – and he receives no money, but a huge amount of personal satisfaction in being able to assist many, even just a little, and often with a great deal of personal encouragement to the many in need in our community – come and join us!

### The **ORANGE SKY WASHING VAN**

Each week Volunteers bring the Orange Sky Washing Van and offer **FREE** clothes washing/drying to anyone.

**Please ensure your clothes are in before 3.00pm!**



John showing his appreciation to June

### **I lost my mobile scooter – then a new one just appeared!**

“I was also one of many who lost almost everything in the recent floods. My unit at Brigadoon Caravan Park was completely inundated and amongst my destroyed possessions was my mobile scooter, my “Gopher”, totally underwater, and of course, my mobility became severely reduced. I have since struggled to get around using a walking stick and I am due for a hip replacement in July. I had already started to put money away for a replacement Gopher and then, out of the blue, one of the lovely weekly Volunteer ladies at Community at 3, **June**, said: “I have one you can have”. So here I am, back on wheels and so very thankful for the generosity that has again been shown towards me.” .....John

