

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

**A helping hand for those in need in our community**

"..Whatever you did for one of the least of these brothers and sisters of mine, you did for me." (Jesus – Matthew 25:40)

**Edition**  
**28**  
**March**  
**2023**

### YOUR NEWSLETTER

**Need help? Call Alan (0412-840644) or Theo (0419-370076) or at Comboyne call Ray (0427-117950)**  
**We meet every Wednesday at 3.00pm for a FREE MEAL at the rear of**  
**Laurieton United Services Club, 2 Seymour St Laurieton – all are welcome**

2 Mission Terrace, Lakewood NSW 2443 PO Box 103, Laurieton NSW 2443 ✉ [communityat3pm@gmail.com](mailto:communityat3pm@gmail.com)

☎ 0419-370076 🌐 [communityat3.org.au](http://communityat3.org.au) 📘 <https://www.facebook.com/communityat3/>

**Committee Members:** Theo Hazelgrove (Chairman), Alan Kilminster, Fran Burns, Glenn Maas, Hima Karnati, Ann Macinante, Brian Giles-Browne, Ray Peters (Assistant Chaplain), Cec Wasson, Lesa Sutherland, Philip Sutherland, Nathan Killick (Public Officer and Chaplain), Dr Sam Nelapati (Patron)

We acknowledge and pay our respects to the original custodians, the Biripi People, and elders past and present, on whose land we walk, work and live.



**MESSAGE FROM ANN MACINANTE, COMMITTEE MEMBER & ASSISTANT HOSPITALITY COORDINATOR** — My husband Gerard and I have been involved with Community at 3 for 6 years. We heard about the weekly BBQ through the Catholic Church in Laurieton. Community at 3 helps many different people from many different circumstances, and I am hopeful it will continue to achieve this into the future with our

Leadership Team and all the Volunteers involved. I really enjoy cooking dishes each week to help our Guests and the Community at 3 family. Take care and God bless.



**OZHARVEST** was founded in 2004 after noticing the huge volume of food going to waste and has quickly grown to become Australia's leading food rescue organisation. They save surplus food from ending up in landfill and deliver it to charities that help feed people in need, including **Community at 3**.

They are committed to halving food waste by 2030.



**OZHARVEST** supports us with food each week. Pictured are Steve Batchelor and Graham Harrington from **OZHARVEST** with our Chairman Theo



Our dear friend Albert was a regular member of the Community at 3 family. He is now living with his sister Vickie and her husband Stephen in Bundaberg. Theo recently met Albert in Brisbane on the way to Bundaberg. Picture shows gifts to Albert from Community at 3 and special biscuits from Ann Macinante. We miss you Albert, but know you're well looked after.

### SIMPLE THINGS - BUT SOMETIMES LIFE-CHANGING

- ✓ **Community at 3** assisted a lady by creating a budget with her and showed her how to balance the budget. We then approached several of her suppliers to whom money was owed and payment plans were arranged. Happy lady.
- ✓ We are always amazed when something like this happens:- **Community at 3** assisted a 75-year-old man to reunite with his family - after 30 years apart!

## REMINDER: PUBLIC MEETING - ALL WELCOME

You have probably already received the Invitation to attend a Public Meeting called to advise the progress of our purchasing a property for transitional accommodation to help address the crisis in homelessness in our area. We are seeking to ensure the long-term viability of a local facility to assist in alleviating this problem. We hope you can attend the Public Meeting and continue to support the efforts of Community at 3.

**Meeting:** Thursday 9th March 2023

**Where:** Laurieton United Services Club     **Time:** 5.30pm

Please RSVP to [donbri23@hotmail.com.au](mailto:donbri23@hotmail.com.au)

### WHAT WE DO IS NOT COMPLICATED, BUT WHAT WE DO IS MEANINGFUL

- ✓ **Community at 3** assisted a 25-year-old man to get a job in Port Macquarie and provided clothes and bus fares for him until he received his first wage.
- ✓ After careful assessment, **Community at 3** is currently in the process of finding employment and accommodation for a young man recently released from prison.
- ✓ **Community at 3** provided transport to Oncology for a lady who could not arrange alternate transport. We just wanted to say to her: "We care about you."



### CONTINUED SUPPORT FROM ROTARY CLUB

Nigel Urwin President of the **Rotary Club of Laurieton** presenting vouchers to Community at 3. Club Treasurer Ian Jackson looks on. Every voucher was given to those most in need during the Christmas/New Year period. When we give them out, we let people know from where they have come. Thank you again Laurieton Rotary.

### THE OUTFITS OF TONY, A COLOURFUL COMMUNITY at 3 FAMILY MEMBER



### FINANCIAL STRAIN CAN IMPACT ANYONE

Colin & Christine have been part of our Community at 3 family for some time. They are now pensioners after having enjoyed a life of interesting jobs: Colin was a cashier with a travel agent for 21 years in Sydney and Canberra and a Senior Supervisor with an Ex-Services Club in Cootamundra for 19 years. After obtaining his Bachelor of Health Science (Mental Health) at Charles Sturt University in Wagga, he worked as an Aboriginal Liaison Officer for Canberra Hospital.

As well as being mother to a boy and 2 girls, Christine was a Paramedic for 10 years. Colin receives an age pension and Christine a Carer's pension as Colin's carer. Financial stress began when health problems impacted them both, especially Colin. He has had heart issues, diabetes, two knee surgeries and an accident in 2020 which has resulted in serious disc problems in his back. Their savings has been drained with the many costs associated with their health procedures. As well, their mental health has also been drained as a result of both health and financial pressures. The fact that the pension is not meeting the rising cost of everything is a problem not unique to them only – it is a major issue for so many. Although owning their own home in a Retirement Village, the costs associated with that are causing them to consider having to sell the home. One bright light in their lives is the pending birth in August of their first grandchild. They also enjoy the friendship of the Community at 3 weekly BBQ where they can receive a free meal and some food to help lower their weekly bills. Colin & Christine said that they feel very welcomed each week and know that people care about them and there are always Volunteers willing to sit down for a chat.

