

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)

<p>Edition 41 April 2024</p>	<h3>YOUR NEWSLETTER</h3> <p>Need help? Call Theo (0419-370076) or Alan (0412-840644) 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</p>
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2 Mission Terrace, Lakewood NSW 2443 PO Box 103, Laurieton NSW 2443 ✉ communityat3pm@gmail.com

☎ 0419-370076 www.communityat3.org.au <https://www.facebook.com/communityat3/>

Committee Members: Theo Hazelgrove (Co-Chairman), Alan Kilminster, Fran Burns, Glenn Maas, Hima Karnati, Ann Macinante, Cec Wasson, Brian Giles-Browne (Co-Chairman), Philip Sutherland, Joanne Kaul, Nathan Killick (Public Officer & 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 ANNE BOYD, VOLUNTEER... I started volunteering with Community at 3 about three years ago, because I wanted to give back to the community of which I enjoy being a part. I love how everyone is welcome at Community at 3, and we are non-judgemental. Everyone is treated with respect. I'm now looking forward to seeing what happens with the transitional housing project we are currently trying to establish, and for which we are seeking NSW Government assistance through a 10,000 signature Petition.

CERTIFICATE OF RECOGNITION AS AN "INSPIRATIONAL MAN"

THIS CERTIFICATE IS GIVEN TO **BILL SHELLY**
IN RECOGNITION OF VALUABLE CONTRIBUTION TO ...

AS A BELOVED MEMBER OF THE FAMILY OF COMMUNITY at 3, BILL, YOU HAVE ENDEARED YOURSELF TO EVERYONE WHO HAS HAD THE PLEASURE TO KNOW YOU. DESPITE HAVING LONG ENDURED MANY OF THE OBSTACLES OF LIFE WHICH HAVE BEEN PLACED IN YOUR PATH, YOU LIVE YOUR LIFE WITH A SPIRIT OF HUMILITY AND JOY. AS WE HAVE COME TO KNOW YOU, BILL, WE TOO HAVE COME TO BE INSPIRED BY YOUR LOVE OF LIFE AND, BY THIS SIMPLE CERTIFICATE, WE WANT YOU TO REMEMBER THAT WE LOVE YOU, AND ALL ARE THE BETTER FOR KNOWING YOU. GOD BLESS YOU, BILL — from EVERYONE at COMMUNITY at 3

14 FEBRUARY 2024

BILL INSPIRES US

Bill Shelly is an inspiration to us all at Community at 3. For someone who has endured so many health challenges (including 4 separate brain tumour ops), Bill continues to smile, enjoy life and loves coming each week to our free BBQ meal - especially loving the live music from "Flamingo" each fortnight. Bill was recently presented with this certificate because we wanted to let him know how loved, and how special, he truly is to all who have the privilege of his company and of knowing him.

12,400 SIGNATURES

Leslie Williams MP has now delivered our Petition to State Parliament, containing 12,400 signatures, requesting the NSW Government to assist, with funding, our project to establish a permanent facility for emergency accommodation for the suddenly homeless in the wider Camden Haven area.

Leslie will be given the opportunity to speak to it in detail, and have it debated in Parliament, sometime during the month of May.

Last month we...

- ✓ transported 2 people to encology, 1 to Coffs Harbour & 2 to Kempsey
- ✓ found temporary accommodation for a family, following a fire in their home;
- ✓ gave assistance & support to 3 new people in their jobs;
- ✓ assisted in 3 mediations;
- ✓ are currently supporting a number of individuals with a terminal illness.

“WELLWAYS” for men..... We are delighted to announce another support service is available to our male Guests.

Kym and Kylie from “Wellways” are available to assist in social connectedness, managing coping skills and suicide prevention.



Kym and Kylie

They counsel men between 18 and 65 years of age.

If you would like to avail of their services, you should contact “**Head to Health**” on 1800 595 212 from 8.30am to 5pm Monday to Friday for a referral to “**Wellways**”.



It is wonderful to have musicians offering their talents to bring another joy to our Gatherings.

NOW MUSIC EVERY WEEK

Our weekly meals together now has music every week: the band “**Flamingo**” play fortnightly; and now, **Kelly Guthrie** from Pappinbarra performs every other week.

SMALL THINGS MATTER

Often we assist people in small but meaningful ways...

- ✓ Julie, who was homeless, is now re-united with her mother in Walcha, after a meeting with us.
- ✓ Brian was encouraged to get a job. He has now commenced full-time work.
- ✓ In the past month, we had 67 requests for help & gave general advice and non-financial assistance to 25 people.



ANOTHER GENEROUS BEQUEST

A lady has recently made a will bequeathing shares and cash to be paid to **Community at 3** upon her passing. **THANK YOU SO MUCH**

GUY AND ERIN FOUND HELP AND COMMUNITY



Guy has only been in the Camden Haven for 9 years, but Erin was born in Wauchope. They’ve lived in Lakewood for 9 years. Three years ago, Guy’s sister recommended Community at 3, saying, “They have a free BBQ and can help you out with food etc.”


So, Guy and Erin came along and now feel part of the Community at 3 family. I asked them what did they find here. They replied, “We found community and a lot of friendly faces. People don’t judge you here – and that’s a big thing. We also found here friendship – and we have made a number of friends since first coming here.

The free food is very helpful. We are both on pensions, paying off a car I never would have bought had I known inflation and prices of everything would climb so high.

We truly love coming here and talking with people – most people I have met here are very friendly. We look forward to coming down here every Wednesday.”

Then Erin said something quite significant: “When we first came to Community at 3, I was suffering from “acute social anxiety”. Now, 3 years later, I don’t have anxiety very much at all. It has reduced immensely, and I am so much happier and relaxed.”

**“Be yourself
Everyone else
is already taken”**
- Oscar Wilde

 Together in
Community
Glenn Maas, Secretary



Thank You!

Should you wish to make a donation....

our bank details are..

BSB: 932-000 Account No: 500 187 503

(Please advise email address if tax deductible receipt required)....alternatively

you can go online and donate via **PayPal** or by **Direct Deposit**

<https://communityat3.org.au/donate/>

..or use QR code

