



Photo of Palm Beach Sanctuary Point NSW... Photo taken by the Editor Dennis Williams 27th Mar 2021.

***SANCTUARY POINT A CONCERNED CITIZENS
NEWSLETTER October 2021 Vol. 129*** and website at
<https://sanctuarypointaconcernedcitizensnewsletter.com>

Shoalhaven, South Coast NSW Events Calendar can be located on the following Link...

<https://www.shoalhaven.com./events/?A=1+October+2021&A=31+October+2021&C=&L=&Y=#read>

Labour Day in Australia



Labour Day is a Public holiday in Australia that

was originally called 'Eight Hours Day'. This holiday is commemorated on different dates in the Australian States.

In ACT, New South Wales and South Australia, Labour

Day takes place on the first Monday in October...

4th October 2021

The history of Labour Day in Australia spans over a century. It is an important annual event that remembers those who struggled and succeeded to ensure decent and fair working conditions in Australia. During the mid to late 1800s the working day was long and arduous, where some employees would work up to 12 hours a day, six days a week..

AUSTRALIA THE PLACE THAT I CALL HOME!

Written and Printed as a community service, by the Editor... Dennis Williams
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Australian Government
Department of Health

[Home](#) [Health topics](#) [Initiatives and programs](#) [Resources](#)

[Home](#) > [News](#) > [Health alerts](#) > [Coronavirus \(COVID-19\) health alert](#)

Coronavirus (COVID-19) current situation and case numbers

We are managing the COVID-19 outbreak in Australia as a health emergency. We will update this page every day with the current situation, latest case numbers and related information.

The above extract has been taken from the Australian Government Department of Health Website and included by the Editor Dennis Williams as a Community Service for the Department of Health.

The following web site has been provided for the community to follow the current situation on a daily basis and don't forget...

“If we all try together and don't give up, we can achieve almost anything.” AND WE WILL!

<https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert/coronavirus-covid-19-current-situation-and-case-numbers>

COVID-19 Latest advice and resources

COVID-19

Stay up-to-date with NSW COVID-19 vaccination, testing and case location advice.

[NSW Health](#)

Local Information - Illawarra and Shoalhaven

LATEST NEWS

CASES & VENUES

Local case numbers and venues of concern

VACCINATIONS

Australia's COVID-19 vaccination roll-out

TESTING CLINICS

COVID-19 Assessment Clinics across the Illawarra and Shoalhaven



Therese Murray @TmuzzyMurray

Active Ageing week highlights the benefits of staying active and healthy.



Latest in Health

HEALTHY AGEING: Try tai chi.

Active Ageing Australia will present Active Ageing Week 2021 with the national Move Your Way campaign challenging society's expectations of ageing by highlighting that regardless of age, people can live life as fully as possible by staying active. Active Ageing Week (October 4-10) promotes physical activity for a life of better health and well-being.

This year's theme is Move Your Way, so to get you moving, ECH and Active Ageing Australia bring you a range of free wellness activities to participate in. Active Ageing Australia chair Laura Perdue said evidence shows that the loss of function and muscle mass associated with ageing can be slowed with regular physical activity - including strength, balance and flexibility training.

However, according to COTA's State of the Older Nation 2021 Report, 54 per cent of Australians aged 60 and over do not do the recommended minimum two hours of moderate or vigorous physical activity per week. This cohort has significantly grown since 2018. "By increasing moderate physical activity by just 15 minutes, five times a week, older people aged 65 and over who are 'at risk' of disease can improve their overall health and wellbeing while reducing future disease by 19 per cent," Ms Perdue said.

Although people are often challenged by major life events including illness, surgery, loss of social connections and now the COVID-19 pandemic, Active Ageing Australia is hopeful that this campaign will inspire them to find new ways to get outdoors and be active. "While major life events may be seen by some people as obstacles, they also provide new opportunities to find different ways to be active," Ms Perdue said.

ECH, SANFL and The Hospital Research Foundation Group are supporting partners of Active Ageing Week.

ECH is celebrating Active Ageing Week by hosting a range of free come and try events including re-launching SANFL and ECH's Walking Footy sessions, ECH Walking Groups, Tai Chi sessions, bocce, table tennis and Nutrition For Life sessions.

ECH chief executive Dr David Panter said Active Ageing Week demonstrated that remaining active was essential to your overall health and well-being.

"Staying physically and mentally active is vital. There are many ways for older people to include movement in their daily life and regular participation in sport or other physical activities has been shown to have a positive impact on mental health.

Connecting with others, learning new skills, making an ongoing contribution to society, and doing the things that give a sense of purpose are all important to ageing well," Dr Panter said.

Events will be held in accordance with SA Health COVID-19 guidelines. This includes the wearing of masks by all staff and clients, scanning the onsite COVID QR check-in code and following safe social distancing measures.

Fancy a footy match? The thought of tackles, scrums and running around the paddock might be a turn off, but during Active Ageing Week you can discover the perfect match for you - walking footy.

HEALTHY AGEING: Have a go at walking footy. If footy is not your game, then try walking groups which are a great way to exercise, meet like-minded people and maintain good heart health. Each event is followed by morning tea at a nearby cafe at your own cost.



From the Office of the Hon Shelley Hancock MP
Ph: (02) 4421 0222

Member for South Coast - Minister for
Local Government.

Mail To: southcoast@parliament.nsw.gov.au

GET IN
TOUCH
NOW



Shelley Hancock
Minister for Local Government

Rob Stokes
Minister for Planning and Public Spaces

MEDIA RELEASE

Thursday, 30 September 2021

PLANNING MINISTER PROVIDES EXPERT INPUT ON NOWRA RIVERFRONT

The revitalisation of quality public spaces along Nowra's riverfront was the focus at the latest Nowra Riverfront Advisory Taskforce meeting today with the attendance via video link of the Minister for Planning and Public Spaces Rob Stokes.

Minister for Local Government and Member for South Coast Shelley Hancock said she was committed to ensuring quality and substantial public spaces were delivered for the community as part of the Nowra Riverfront revitalisation.

Mrs Hancock said Minister Rob Stokes was presented with plans for the proposed new public spaces as well as updates on the Integrated Transport Plan and the Aboriginal Cultural Design Guide, preparing for a potential funding application to the NSW Government.

"The attention of the Nowra Riverfront Advisory Taskforce has zoned in on the use and access of public spaces, reflecting the needs and expectations of the community," Mrs Hancock said.

"Last month, I was pleased to commit an additional \$150,000 to fast-track planning along the Shoalhaven River, which brings the financial commitment from the NSW Government for this project to almost \$200,000."

Mr Stokes said it was vital to get the balance right, and harness opportunities to improve public spaces along the river as key components of the development project.

"The Taskforce is bringing together the right agencies and expertise to deliver these positive public space outcomes for Shoalhaven River and the local community," Mr Stokes said.

"The local Shoalhaven community could reap substantial benefits by improving existing assets in the key precincts of Graham Lodge and the Caravan Park, as well as access to the River through developing complimentary infrastructure."

The Nowra Riverfront Advisory Taskforce was established by Minister Hancock last year and brings together relevant government agencies with Shoalhaven City Council and the Local Aboriginal Land Council.

Council Encourages Neighbours to Support Neighbours

Shoalhaven City Council is delivering a Community Connection Card to every household in the region to encourage the community to support their neighbours during these uncertain times.

The Community Connection Card can be used to offer help to those who may need support in the Shoalhaven to spread some neighbourly kindness.

Shoalhaven City Council Mayor Amanda Findley agrees that a simple act of kindness can go a long way to helping those most isolated in our community to feel like they're not alone.

"Since the start of the COVID-19 pandemic many in our community have struggled to stay connected to one another and are experiencing difficulties in getting essential supplies due to ongoing isolation", Cllr Findley.

"Council is encouraging the community to reach out to others using the Community Connection Card to offer a helping hand. It's easy and only takes a few minutes to make a big difference in someone else's day. Simply complete the card and drop it off into a neighbours' mailbox", Cllr Findley.

The project provides residents with the option to accept an offer of support from their neighbour if and when they need it.

40,000 Community Connection Cards will be delivered to households across the Shoalhaven over the next couple of weeks.

For community who would like to send out a few cards, printable versions can be found on Council's website. For more information about the project [visit Council's website.](#)

Council is encouraging residents who have received an act of kindness to share it on social media using the hashtag: #SpreadKindnessShoalhaven

Additional support

Council understands that concerns may arise through conversations with neighbours. If you are concerned for your safety or the safety of others, seek immediate assistance by calling Triple Zero (000).

For Shoalhaven Recovery Support:

***Shoalhaven City Council Recovery Outreach Team 4429
5888***

NSW Health Shoalhaven Bushfire Recovery Service Clinicians 4424 7888

For Mental Health and Crisis Support:

Lifeline: 13 11 14 (Crisis support and suicide prevention)

Beyond Blue: 1300 22 4636 (Mental Health referral)

MensLine Australia: 1300 78 99 78 (support for men with emotional health and relationship concerns)

Kids Helpline: 1800 55 1800 (counselling for young people aged 5-25 years)

1800RESPECT: 1800 737 732 (referrals for sexual assault, domestic and family violence)





SHOALHAVEN
ENTERTAINMENT
CENTRE

Location
42 Bridge Rd, Nowra NSW 2541
GET DIREC-



Royal Australian Navy Band

Shoalhaven Entertainment Centre 2021 Morning Matinee Season
TUESDAY 19 OCTOBER 2021

MUSIC



Wakakiri 2021

CANCELLED
FRIDAY 22 OCTOBER
2021

DANCE



Mirusia

A Salute to The Seekers and Classics
FRIDAY 3 DECEMBER
2021

CLASSICAL



NOWRA
PLAYERS

Dinkum Assorted

By Linda Aronson
FRIDAY 19 NOVEMBER TO
SATURDAY 4 DECEMBER

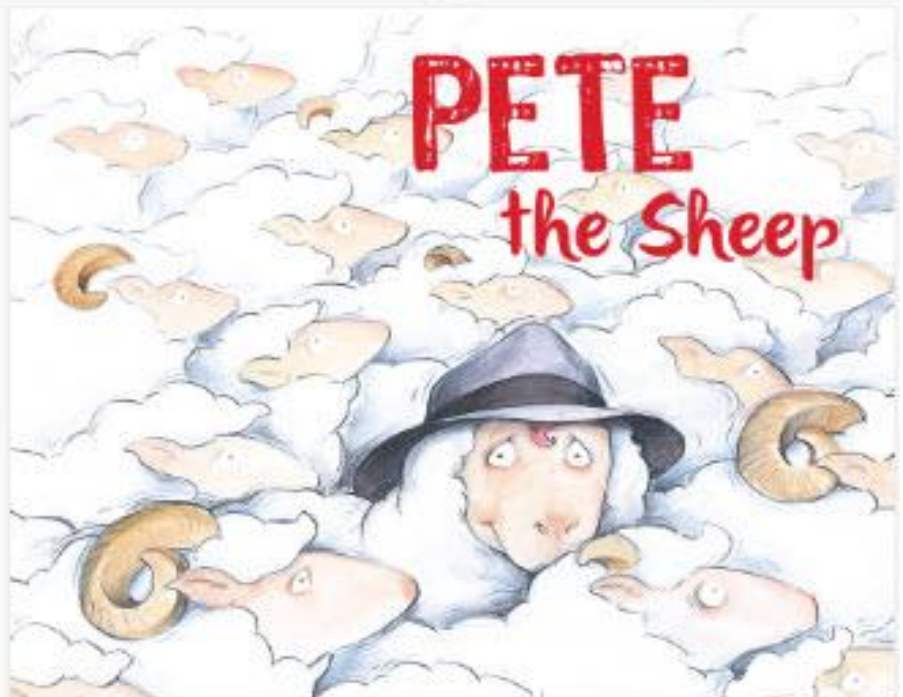
THEATRE



Sydney Comedy Festival Showcase

FRIDAY 18 DECEMBER

COMEDY



PETE the Sheep

Pete the Sheep

CANCELLED
TUESDAY 12 OCTOBER 2021

MUSIC



For the second time number 71 Edmund Street, Sanctuary Point has copped the brunt of the storms that has damaged their home. I was contacted and upon my arrival, although I was shocked at the damage caused, I was amazed that more damage was not caused throughout the Edmund Street Reserve that borders 71 Edmund Street, the trees are massive in height, many with dead limbs at the top of the trees and completely circled by residential properties.. I am sure Council is watching!

NSW Resilience Disaster Dashboard for the Shoalhaven

Residents and visitors to Shoalhaven will now be able to access timely and authoritative information on local conditions with the launch of NSW Resilience Disaster Dashboard of the Shoalhaven.

Shoalhaven City Council has made the new [Disaster Dashboard](#) available from its website.

The Disaster Dashboard provides information on COVID-19 case numbers (last 30 days), fire and flood incidents, SES NSW advice, road conditions and power outages to name a few.

Members of the community can access the disaster dashboard anytime of the day using their mobile, tablet or desktop device.

Shoalhaven City Council Mayor Amanda Findley said this new source of central information will provide the Shoalhaven community with a reliable and authoritative source of situational awareness and timely information to help them assess, think, decide and act during business as usual through to potential emergency situations as they begin to unfold.

"The Shoalhaven has seen its fair share of natural disasters over the past couple of years whether it be bushfires, floods or COVID-19. It's clear our community needs access to timely information in order to better respond during a time of crisis", Cllr Findley said.

"Council is pleased to launch the new disaster dashboard to the community. The dashboard uses state-of-the-art technology to collate and display live information from multiple combat agencies such as Rural Fire Service, State Emergency Services and NSW Health", Cllr Findley said.

"During a natural disaster time is precious and having one place to go to find the latest information in your local area is critical to making informed decisions about how to prepare and protect yourself and your loved ones", Cllr Findley said.

To view the Shoalhaven City Council Disaster Dashboard visit:
<https://shoalhaven.disasterdashboards.com/dashboard/overview>.

** End **

Issued by Communications Team

(02) 4429 3339 | media@shoalhaven.nsw.gov.au

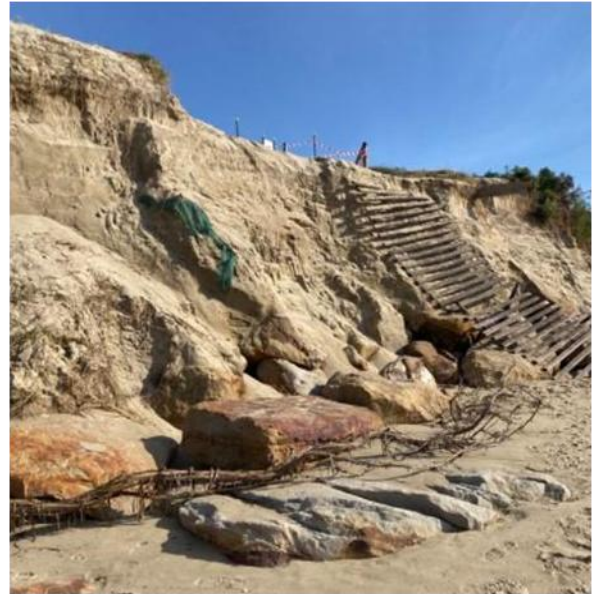
For all media releases visit www.shoalhaven.nsw.gov.au/Council/Media#section-2



Holiday Haven Currarong takes gold in National Award

Endeavor Pools and Spa's pool installation at Holiday Haven Currarong has been awarded the Gold Winner of the NSW Commercial Pool up to \$500,000 Award by the SPASA Australia. The newly installed pool measures 230m² and is seasonally heated.

The pool facility also includes a shade sail structure, splash pad area, access ramp and amenities including baby and disabled change rooms.



Share your thoughts to protect Shoalhaven Heads against erosion

Recent hazardous ocean conditions have led to significant erosion at Shoalhaven Heads.

Council is preparing Coastal Management Programs for the region to identify and protect Shoalhaven's vulnerable beaches, headlands, and shorelines.

A Coastal Management Program is a long-term strategy for managing the coastal regions in the face of future climate risks.



Roadmap for easing COVID-19 restrictions

Stay-at-home orders for adults who have received both doses of the COVID-19 vaccine will be lifted from the Monday after NSW passes the 70% double vaccination target.

The roadmap is subject to further fine-tuning and health advice if circumstances change drastically or if cases within a designated area remain too high and of concern.

- Only fully vaccinated people and those with medical exemptions will have access to the freedoms allowed under the Reopening NSW roadmap.
- Non-vaccinated young people aged under 16 will be able to access all outdoor settings but will only be able to visit indoor venues with members of their Household.
- Employees must continue to allow employees to work from home if the employee is able to do so.

About the roadmap

NSW will soon start to reopen with the 70% double vaccination target fast approaching.

Restrictions will be further eased at the 80% double-dose milestone. Find out about the path forward for all NSW.

Reopening starts at 70% fully vaccinated

NSW will start to reopen once we reach the 70% double vaccination target. Find out about the freedoms for fully vaccinated people.

Further reopening at 80% fully vaccinated

When we get to 80% double vaccination, restrictions will ease further, particularly for those who are fully vaccinated.

Fully reopened from 1 December 2021

Restrictions are expected to ease in December with most venues moving to the 2sqm rule and those people not fully vaccinated having greater freedoms.

Shelley Hancock MP

Member for South Coast Phone: [02 4421 0222](tel:0244210222)

Email: southcoast@parliament.nsw.gov.au

Web: shelleyhancockmp.com.au

1/57 Plunkett Street, Nowra, NSW 2541

**The Sanctuary
Point Men's Shed
Inc.**



President:

Ray Marcusson 4447 8634

Secretary:

John Kelly 0413 837 538

**Hours of Business 9.00am. - 3.00pm.
Monday, Wednesday & Thursday...
Phone the office on (02) 44438239 on
these days, or call at the big green
shed located at
17 Clifton Street, Sanctuary Point
NSW 2540 and Say Hello Mate!**

Web Site at:

<https://www.sanctuarypointmenshed.org/>



THE COUNTRY CLUB
St Georges Basin

**Meetings are on the 2nd Thursday
of every month in the upstairs
function room from 10am-12pm.
Everyone is welcome to join us for
morning tea & a chat.**

**If you require more
information, please contact**

Di on 4443 3275

Or contact us on our Web Site

<https://bayandbasincancersupportgroup.org.au/>

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**Wayne
Beehag**



Council Outdoor Pools Facilities Update

Shoalhaven City Council staff are excitedly preparing to reopen outdoor pools with the most recent announcement from the NSW State Government this week.

Nowra Aquatic Park and Ulladulla outdoor pool are planning to re-open and return to their normal opening hours in time for the long weekend. This will allow residents to take advantage of the easing of restrictions and warmer weather. In addition, Bomaderry outdoor pool, which is currently undergoing some maintenance, will be opened shortly after.

All sea pools remain open; however, all indoor pools and gyms remain closed until further notice in accordance with the Public Health Order.

Shoalhaven City Council Mayor Amanda Findley said that the Council's decision to reopen outdoor pools in time for the long weekend allowed staff time to prepare.

"Public Health Orders in relation to COVID-safe plans in our facilities and restrictions on public gatherings remain. Staff are busy cleaning, training, and ensuring that our outdoor pools will be a safe place for outdoor exercise and recreation. We ask residents visiting Council's pools to please comply with both written and verbal instructions. With the Public Health Order changing often, it can be confusing, and we are urging everyone to do the right thing" Cllr Findley said.

"Operating our pools in accordance with NSW Health guidelines requires additional safety measures at each facility. This increased demand has meant the reopening of all our outdoor pools must be done carefully and in a staged process.

Council's Swim Sport and Fitness staff are focused on reopening as soon as possible and I thank residents for their patience and cooperation during this challenging time", Cllr Findley said.

"I encourage everyone to read information on the COVID measures in place before your visit our facilities and follow Council's website for more updates", Cllr Findley said.

For more information visit Council's Swim Sport and Fitness website <https://shoalhavenssf.com.au/>.

**** End ****

Issued by Communications Team
(02) 4429 3339

| media@shoalhaven.nsw.gov.au
For all media releases
visit [www.shoalhaven.nsw.gov.au/
Council/Media#section-2](http://www.shoalhaven.nsw.gov.au/Council/Media#section-2)



Log on to the NSW Police Web Site for the "Tell us what you want SURVEY!".

SURVEY LOG ON

<https://secure.peoplepulse.com.au/display.php?mid=2060116b2b887848336>

If you think

something is Wrong... Help them to help us! Contact your Local Police Station... Or Phone it in when you know it is wrong!

Shoalhaven Local Area Command Police Telephone Contact List In the case of an Emergency Phone : 000		
Position	Location	Phone Number
Bay & Basin Police Station	Sanctuary Point	Phone: 02 44421899
Bay & Basin Police Station	Sanctuary Point	Fax: 02 44421811
Crime Prevention Officer	Nowra Police Station	02 44219619
Nowra Police Station	Nowra - Main switch	02 44219699
Sussex Inlet Police Station	Sussex Inlet	02 44468880
Police Assistance Line	PAL	13 14 44
Police Assistance Line TTY Hearing / speech impaired only	PAL	02 92113776
Crime Stoppers	Crime Stoppers	1800333000

NSW POLICE FORCE website address www.police.nsw.gov.au

SHOALHAVEN LAC FACEBOOK PAGE
 <https://www.facebook.com/ShoalhavenLac>

Where no emergency exists and immediate investigation by a Police officer is not necessary, registered community members can now create online reports such as Lost Property, Intentional Damage or Graffiti and Theft, in their own time anywhere where an internet connection is present, using devices of today's technology.

NSW Police Community PORTAL — Check it out for yourself

http://www.police.nsw.gov.au/community_portal/about-the-portal

for the SAFETY OF LIFE AT SEA

When you are going on the waters, of the St. Georges Basin... Don't forget to log on and off with Marine Rescue Sussex Inlet, for the safety of your life on the water. (27 MHz Chn: 88 VHF Chn: 16) Or Telephone: 4441 3555.



The above Notice is inserted by the Editor as a Community Service for **SUSSEX INLET**



POLICE ASSISTANCE LINE... 131 444 For reporting of non urgent matters, It will be recorded as an Incident and passed on to the appropriate Police Station to follow up ... It will also become a Statistic and they can be used for the allocation of Police in your local area.

EMERGENCY ... 000 and ask for Police. For Life Threatening or Immediate Attention Required.

CRIME STOPPERS ... 1800 333 000 Anonymous Information.

When you have had enough!...Remember... If you really want to stop Crime... Commit yourself to a SIGNED STATEMENT and you will REALLY give your POLICE something to WORK WITH!

Inserted by the Editor as a Community Service for **Shoalhaven LAC**