



Cheap eats can be delicious

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DRAFT MANAGEMENT PLAN 2010-13

HAVE YOUR SAY

Wollongong City Council is inviting you to comment on the draft Management Plan 2010-13 which will be on public exhibition from 29 April to 26 May 2010. During the exhibition period you have the opportunity to tell us what you think of the services and key projects Council is proposing to deliver to the community over the next three years.

HOW TO OBTAIN A COPY OF THE DRAFT MANAGEMENT PLAN 2010-13

To obtain a copy, visit our website www.wollongong.nsw.gov.au, attend your local neighbourhood forum during May 2010, visit the Council Administration Building or any branch library, telephone 4227 7286 or come and talk to us at one of the following kiosks:

KEMBLA GRANGE

German Club Farmers and Craft Market
Saturday, 1 May 2010
9am – 12 noon

WOLLONGONG

Wollongong Crown Street Mall Markets
Friday, 7 May 2010
11am – 2pm

THIRROUL

Thirroul Library and Community Centre
Saturday, 8 May 2010
9am – 12 noon

HOW TO HAVE YOUR SAY

Have your say by either attending one of the above kiosk occasions or your local neighbourhood forum during May 2010, emailing us at managementplanning@wollongong.nsw.gov.au faxing us on 4227 7288 or writing to us at the following address:

Organizational Strategy and Improvement
Wollongong City Council
Locked Bag 9821
WOLLONGONG NSW 2500

WHAT WILL HAPPEN TO YOUR COMMENTS

All comments received on the draft Management Plan 2010-13 will be listened to and considered for inclusion in the final documents.

Comments must be received by
Wednesday, 26 May 2010.

Email council@wollongong.nsw.gov.au
Web www.wollongong.nsw.gov.au
Phone 4227 7111

→ WOLLONGONG | WORKING WITH YOU

BRUSCHETTA and smoked salmon are not typically found on the dinner tables of Manna House clients but this is changing thanks to Nutrition Australia project officer Hayley Macfarlane.

Mrs Macfarlane and Manna House coordinator Julie-Anne Jones educating disadvantaged people through free nutrition workshops and cooking classes at Figtree Anglican Church.

Manna House helps feed the disadvantaged by handing out free groceries on Thursday nights to needy residents.

The “Nutritiously Delicious” workshop is a four-week pilot program run by experienced staff. It deals with topics such as exercise, shopping on a budget, healthy takeaways, food safety and hygiene.

Mrs Macfarlane said it was an exciting opportunity.

“It’s well known that people from disadvantaged backgrounds are at greater risk of being overweight, which can lead to lifelong diseases such as diabetes, cardiovascular disease and cancer,” she said.

“We’re helping them to take control and gain a better chance of a healthy life.”

Mrs Jones said people weren’t just coming “for a free feed”.



• Julie-Anne Jones, workshop participant John Caddle with a nutritious salad and Hayley Macfarlane. Picture: EMILY DUNCAN

“They leave with life skills and friendships.”


Participant and mother of five Vanessa Bellerby is used to dishing up meals for a large family and was excited about learning how to create inexpensive dishes.

“I want to learn about cooking on a budget,” she said.

Fellow cook John Caddle could relate. “I don’t want to have to go out to a restaurant to eat good food,” he said. “I want to learn some different recipes.”

Mrs Jones said the first workshop had been a huge success and other topics were being considered.

“At Manna House, we really believe it’s important to attend to the whole person,” she said.



track work

South Coast Line track upgrade



Monday 3 to Friday 14 May 2010

- Buses are replacing weekday trains between Thirroul and Waterfall.
- Some direct trains will continue to operate from South Coast Line stations to Sydney in the morning, and from Sydney to South Coast Line stations in the afternoon.
- During this slowdown we will be replacing timber sleepers with concrete sleepers, installing new rail and cleaning ballast to upgrade over 6.5km of track.

Trackwork will also affect South Coast and Eastern Suburbs & Illawarra Line services on the weekend of 8-9 May. For full details visit www.cityrail.info

Don't get caught out – pick up a brochure on how to travel during this period, available soon at affected stations.

www.cityrail.info
Transport Info 131 886
TTY (Hearing or Speech Impaired customers only) 1800 637 886



O'Briens Service Centre

Proprietors:
Chris & Louise Chapman

- Fuel Injection Servicing
- Air Conditioning Servicing & Repair
- Wheel Alignment & Balancing
- Log Book & Fleet Servicing
- Brake & Clutch Repairs
- E-Softly Check (gas & petrol)
- All Mechanical Repairs

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