Tax Help Program

The Bundaberg & District Neighbourhood Centre facilitates the Tax Help Program in conjunction with the Australian Tax Office (ATO) between 1st July and 31st October each year.

The Australia-wide Tax Help Program assists over 60,000 clients with their tax matters every year.

You are eligible for tax help assistance with your Tax Return if you are a low income earner of less than $50,000 per year.

Tax Help assistance is by appointment only, between July & October each year.

You may be eligible for Tax Help if you are:

- an individual wage/salary earner
- a pensioner
- a Centrelink recipient

For more information or to make an appointment, please contact the Bundaberg & District Neighbourhood Centre on (07) 41531614.

Winter Trivia Quiz!

1. How many sides does a snowflake have?
2. At what temperature does water freeze?
3. What country inspired the movie ‘Frozen’?
4. What colour is a polar bear’s skin?
5. What is a dome shaped house built from snow called?

Check your answers on the bottom of page 3

Not feeling well?

Contact the After Hours Doctor in Bundaberg:
Phone 13 55 66

Bundaberg residents and tourists alike deserve a leading medical service they can depend on. House Call Doctor is proud to satisfy this need by providing an after hours home doctor service to Bundaberg residents and visitors.

At House Call Doctor, we’re committed to serving anyone in Bundaberg who needs medical treatment outside of regular office hours.

You can schedule an appointment or consultation with our home doctors during the below days and times:

- Monday to Friday: 6pm to 8am (Bookings from 4pm)
- Saturday: From 12pm through to Sunday (Bookings from 10am)
- Sunday & Public Holidays: 24 hours
Regional Housing Limited has received a very generous donation from the members of ‘Quilts from Crafting Ladies’. These quilts were donated to distribute to the residents at the Youthcare Shelter in Hervey Bay. With the cold weather approaching, this donation is very thoughtful and has come at a great time. RHL would like to thank the lovely ladies for their support and generosity. If you would like more information regarding ‘Quilts from Craft Ladies’ please contact: Christel Schrank at christel.schrank@bigpond.com

**Don’t Get Burnt This Winter!**

Fire can be devastating and often easy to avoid.

- Here are some helpful fire safety tips:
- When cooking, turn off the stove if you are not in the kitchen or leaving home.
- Clean up grease immediately to avoid fire.
- Do not leave an appliance running when you leave home.
- Clean out lint from dryers to avoid an unnecessary fire.
- Replace or dispose of any frayed electrical cord.
- Blow out burning candles when leaving the room or your home. (Tip - now you can purchase battery operated LED candles that simulate burning candles, without the hazard of fire while running. Many have built-in timers so you can program them and save battery time).
- If you have a fireplace, never put warm ashes in a trash can or place a receptacle of ashes near the home. Make sure they completely cool prior to disposing of them.
- Never put the trash can in the garage in case there is anything that could be combustible and keep away from the home.
- For more fire safety information please visit [www.fire.qld.gov.au](http://www.fire.qld.gov.au)

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**Chocolate Self Saucing Pudding**

Nice and easy dessert for a cold night

**Ingredients**

- 1 heaped tablespoon self raising flour
- 1 heaped tablespoon cocoa
- 1 heaped tablespoon sugar
- 1 and a half tablespoons milk

**Topping:**

- 1/2 tablespoon cocoa
- 1 tablespoon brown sugar
- 1 tablespoon hot water

**Method**

1. Mix together self raising flour, cocoa, sugar and milk in a coffee mug (or other small microwave proof jug).
2. Sprinkle on top extra cocoa and brown sugar and carefully pour on hot water.
3. Cook in microwave for 30 seconds. (Mixture should be combined and cooked. If undissolved cocoa exists, zap for an extra 10 seconds.)
4. Pour into a bowl and serve with cream or ice cream
Regional Housing Limited and the Rapid Relief Team hold a free breakfast for the homeless and others in need.

This service has been a great success and benefit to the community.

The Breakfast Stop is also supported by Roots Hair Company, offering free hair cuts and IMPACT Community Outreach, offering additional goods and services to anyone needing a bit of extra support.

The breakfast is held on the first Wednesday of each month at the R HL Bundaberg office car park.

If you find are in need or require a bit of extra support, come down to say hello and enjoy a free breakfast. Our friendly volunteers are also available for advice or referrals to other services, if required.

For more information please contact our office on 1300 462 123 or email info@regionalhousing.org.au

Important note
If you call the RHL after hours/emergency number and you receive the message bank, please leave the following details:

- Your name
- Address (if applicable)
- Return phone number
- Brief message

Or if you are returning an SMS, please include your name and address.

This information will help us to best respond to your call.

The after hours/emergency contact number is 0412 699 087

COME ONE, COME ALL TO THE Breakfast Stop

LET US WARM YOUR BELLY! The FIRST WEDNESDAY of each month

| FREE FOOD | FREE DRINKS |

For the homeless and those in need
REGIONAL HOUSING LIMITED CAR PARK | 30 TANTITHA STREET
7:00AM – 8:30AM | FREE ADVICE & REFERRALS IF REQUESTED

PRAUDLY BOUGHT TO YOU BY:

QLD School Holidays
27 June 2016 to 8 July 2016

Need to pay rent via Direct Debit?
You can pay rent via direct debit into our bank account. Just remember to use your reference number or full name when making the payment so we can assign the money to you. Your Tenancy Manager can provide you with your reference number.

<table>
<thead>
<tr>
<th>Bank</th>
<th>Westpac</th>
</tr>
</thead>
<tbody>
<tr>
<td>Account name</td>
<td>Regional Housing Limited</td>
</tr>
<tr>
<td>BSB</td>
<td>034 122</td>
</tr>
<tr>
<td>Account Number</td>
<td>525 089</td>
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Bundaberg and Bargara

- **Morning ‘Smoko’**
  Anglican Parish of Bundaberg Supper Room (Buss Park Entrance) - 59 Woongarra Street
  10:00 am to 12 noon, starting on Friday 27th May - All men are welcome to attend

- **Discover the importance of the flag to Indigenous people at the significant NAIDOC week event**
  Contact Aunty Diana for more information bundabergdistrictnaidoc@gmail.com
  Civic Centre, Bourbong Street, Bundaberg
  Monday, 4 July 2016 - 10:00am to 12:00pm

- **Farm Flavours Picnic**
  Macadamia's Australia, 4625 Goodwood Road, Bundaberg
  Sunday, 10 July 2016 - 11am to 2pm

- **Bundy Flavours & Winter Feast Farmers Market**
  Alexandra Park (West), Bundaberg
  Saturday, 16 July 2016 - 7am to 2pm

- **Bargara Strawberry Fair**
  596 Windermere Road, Bargara
  Saturday, 6 August 2016 - 8:00am to 3:00pm

Hervey Bay, Childers and Surrounding Areas

- **Pier Park Community Markets**
  Pier Street, Urangan
  Every Saturday morning

- **Sunday in the Park**
  Scarness Park
  First Sunday each month, 11am for food and 12noon for music. Markets/stalls and sausage sizzle

- **Sounds on Sunday—Fraser Coast NAIDOC week event**
  Yawar Soundshell Pier Park, Urangan
  Sunday 10 July 2016 - 1.00pm - 4.00pm

- **2016 Burrum Coal Discovery Festival (Coalfest)**
  Howard and Torbanlea
  Saturday, 16 July 2016 and Sunday, 17 July 2016

- **2016 Childers Festival**
  Churchill and Crescent Streets, Childers
  Saturday, 30 July 2016 - starts at 2:00pm and Sunday, 31 July 2016 - 9:00am to 3:30pm