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What's happening in Southlakes...

A Cut for a Cause: Tilly Shaves Her Head to Support Cancer Research



A powerful personal experience has inspired local student Matilda S, a Morisset High School student to make a difference for people affected by cancer. After sharing a hospital room with a young boy undergoing treatment for brain cancer, and meeting other children facing cancer during her time at Westmead Children's Hospital and Ronald McDonald House, Tilly was moved by the challenges they faced, particularly the impact of losing their hair during treatment.

As part of a school Social Action project, Tilly has chosen to shave her head to raise money for Cancer Council NSW. Her hair will also be donated through Sustainable Salons to help create medical wigs for Australians experiencing hair loss due to illness.

Cancer has touched Tilly's own family, with a great aunt currently battling the disease. Through her fundraiser, she hopes to contribute to vital cancer research, early detection programs, and support services for those facing cancer and their loved ones.

While preparing for the big shave, Tilly has been overwhelmed by the stories people have shared with her about their own experiences with cancer, recovery, and loss. Supported by her family, friends, community, and even a teacher who has agreed to shave their head alongside her, Tilly describes the experience as both exciting and emotional.

Tilly's message is simple yet powerful: be kind, help where you can, and never underestimate the difference a small act of kindness can make.

Support Tilly's Shave for Cancer

On **13 August**, Tilly will take the brave step of shaving her head to raise funds for Cancer Council NSW. She is calling on the community to get behind her fundraising effort and help make a real difference in the lives of people affected by cancer. Every

Community members can support Tilly by making a donation to her fundraiser, purchasing raffle tickets, or helping spread the word through social media. Donations can be made via her fundraiser page, raffle tickets can be purchased online, and local businesses are also helping by hosting donation tins throughout the region.

Donation tins can be found at:

- Reflections Cooranbong
- Relish Coffee House, Cooranbong
- Lake Macquarie Hotel Motel, Morisset
- Beans at the Bay, Bonnells Bay
- Tyre Specialist & Exhaust, Cooranbong
- Newpower, Lake Haven
- Dora Creek Workers Club
- The Bikesmith & Espresso Bar, Maitland

Those wishing to support Tilly can:

Donate via her Cancer Council fundraiser: [Donate to Tilly's Fundraiser](#)

Purchase raffle tickets: [Buy Raffle Tickets](#)

Follow and share her fundraising page: [Tilly's Fundraising Page](#)

Tilly hopes her efforts will not only raise much-needed funds but also remind people affected by cancer that they are not alone. Through one brave act, she is showing how compassion, courage, and community support can make a meaningful impact

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Never Bin a Battery!

Did you know a single battery in your household bin can start a dangerous fire? Discover why batteries should never go in your rubbish, where you can recycle them safely, and how a simple change can help protect our community and the environment.

A Month of Community, Connection and Support at NourishEd



Over the past month, we've welcomed more people than ever before, with hundreds of individuals and families walking through our doors, many accessing our services for the very first time. It has been incredible to see our community embrace our new space, and we're so grateful to everyone who has made this possible.

In our first month, together we have:

- 📺 Welcomed 613 visits to our service
- 💛 Supported 213 people visiting NourishEd for the very first time
- 🍴 Shared 306 free meals
- 🛒 Distributed 397 bags of pantry food
- 🥕 Packed 145 low-cost grocery hampers
- ☕ Poured 235 cups of tea and coffee
- 🧣 Handed out 71 winter warmers
- 🐾 Distributed 145 pet food packs

We owe a sincere thank you to our volunteers for their countless hours and energy devoted to serving our guests and to the many donors and supporters who have dropped in funds and food to help keep us afloat.

We're absolutely loving our new home, and we can't wait to begin serving more people and launching more services in the months ahead! Find food and friendship at NourishEd.

Everyone is welcome!

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GOLDEN LIGHT HEALING AND GOLDRICK TUITION PRESENTS -

WEDNESDAY WORKSHOPS

11am- 1pm

FROM 29TH JULY

CRAFT DIY Craft Workshop

Bring your own cratt/art to work on in a community of artisans!

29TH JUL

MUSIC AND MOVEMENT

Bring your own musical instrument or just join in with movement and dance!

5TH AUG

HEALING HEALERS

A time for healers to come together and heal each other with their own unique modality.

12TH AUG

HERBS, TINCTURES AND COMPRESSES

Take control of your health, and escape the sickness industry with this clean living wo

19TH AUG

*donations accepted \$



To get more information contact Simmi here

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STRONGER TOGETHER.

Better Sunshine.

**SPA is a local resident group –
owned and run by residents.**

We are registered under the NSW
Associations Incorporation Act, 1984.

We are the community voice with local, state
and federal representatives; we advocate for
local issues; and we are committed to the
improvement of local infrastructure, facilities
and community life.



YOU'RE INVITED!

ANNUAL GENERAL MEETING (AGM)



**WEDNESDAY
12TH AUGUST 2026**



7PM



**SOUTH LAKE MACQUARIE
AMATEUR SAILING CLUB**
Sunshine Parade, Sunshine

Your community. Your voice. Your future.

ISSUES IMPORTANT TO SPA



Response to major developments
including Cedar Mills, Trinity Point
and the proposed Sport and
Recreation Centre to replace
Myuna Bay.



Upgrading and maintaining local
community and recreational facilities
(schools, parks, roads, road safety).



Improved medical/hospital
facilities in Morisset and surrounds.



Numerous issues with roads,
drainage, rubbish, parks, boat
ramp, swimming baths and
anti-social behaviour.



Communication and connection
with local community.

**BE HEARD.
MAKE A DIFFERENCE.**
Everyone welcome!

WE HOPE TO SEE YOU THERE!



Find us on Facebook
Sunshine Progress Association



sunshineprogressassociation
@gmail.com



Working today for a
better tomorrow.

[More Information](#)

Want to stay connected with your community? Check out the **Event's** section on Southlakes Together Website for upcoming events, local activities, workshops, and community gatherings happening throughout the Southlakes area.

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Young Woman Show AMBASSADOR

WHAT IS IT ALL ABOUT?

The Young Women's competition is held throughout rural and regional NSW and aims to empower young women to be their very best.

It recognises leadership, community spirit and passion for our local show and community.

It helps participants gain lifelong skills in communication, presentation, leadership, networking and confidence.

The winner will be announced at the annual
MORISSET SHOW
SATURDAY
OCTOBER 17TH



★ **PRIZES** ★ **\$500**
The Winner will receive along with numerous other prizes.

 Applicants should register their interest and application by emailing
Kerrin Rumore – kerrinjustin@yahoo.com.au

 or contact her on **0438592682**

[Find Out More](#)

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WHATS HAPPENING AT BONNELLS BAY

Community Trivia - Monday 3 August 10.30am
<https://events.humanitix.com/trivia-August2026>

Kinusaiga Craft Workshop - Monday 10 August 10.30am
<https://events.humanitix.com/free-kinusaiga-workshop>

THE SERVICES HUB - Thursday 13 August 12pm-2pm
 Meet local services, ask questions, and access resources in your community.

Community Bingo - Monday 17 August 10.30am
<https://events.humanitix.com/community-bingo>

Be Prepared for Power Outages - Monday 24 August 10.30am
<https://events.humanitix.com/be-prepared-for-power-outages>

Living Stone Workshop - Monday 31 August 10.30am
 Booking Essential! <https://events.humanitix.com/floral-art-living-stone-art>

Playgroup - 5, 12, 19, 26, 5 August 9.30am-11am
 Every Wednesday During Term 3



Bonnells Bay Youth & Community Centre
 275 Fishery Point Rd, Bonnell's Bay
community@calm.org.au 02 4950 3888



Couldn't make it to last month's citrus talk? Catch up here

The Services Hub - This Month
Thursday 13 August 12:00pm - 2:00pm

Come along to The Services Hub and meet
 local and government services all in one

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THE SERVICES HUB

Meet local services, ask questions, and access resources in your community.

- Thursday 9th July
- Thursday 13th August
- Thursday 11th September
- Thursday 8th October
- Thursday 12th November
- Thursday 10th December

12pm - 2pm

Bonnells Bay Youth & Community Centre
275 Fishery Point Rd - Bonnells Bay

Local and Government services are joining forces to bring you the information and support you need! This is your chance to connect with a range of organisations, ask questions, & access resources all in one place.

Come along and find out what's available to help you and your family.

community@calm.org.au 02 4950 3888



family.

Services attending include:

- Services Australia
- Parenting Pathways
- Nova for Women and Children
- NDIS
- Ausgrid
- JP Services

Everyone is welcome. We look forward to seeing you there!



Looking to connect with local services, community groups, and other members of the community? Come along to the **Morisset Seniors Expo** for a welcoming afternoon of information, support, friendship, and community connection.

Friday, 25 September 2026

11:00am – 2:00pm

Morisset Uniting Church – Church in the Trees

Cnr Kahibah & Awaba Street, Morisset NSW 2264

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- ✓ Connect with friends, neighbours, and community members
- ✓ Enjoy a friendly and inclusive atmosphere

Everyone is welcome, including seniors, carers, families, and community members interested in supporting healthy and connected ageing.

We look forward to bringing our community together for a day of connection, information, and support.

Save the date and share with family and friends!

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MON	TUE	WED	THU	FRI	SAT	SUN
Week Commencing Monday 3rd August Monday 10am - GardenCorner - MeetourScott's Rep, Lauren, to talk about "The Best" potting mix					8th National Kids DIY 11am-12pm String art	9th National Kids DIY 11am-12pm String art
Week Commencing Monday 10th August is TradieHealth Month! Check out our range of TradeMutt Hoodies in store!					15th KidsDIY 11am-12pm Growing fun	16th KidsDIY 11am-12pm Growing fun
Week Commencing Monday 17th Thursday 20th 2pm & 6pmAdultMake&Take Make a Flower Frog *Bookings essential					22nd KidsDIY 11am-12pm Daffodil Day craft	23rd KidsDIY 11am-12pm Daffodil Day craft
Week Commencing Monday 24th Have you heard about PowerPassPro Rewards? You can save even more on your trade purchases and earn awesome perks! Visit Jaye, our Trade Specialist at the Trade Desk for more info.					29th Kids DIY 11am-12pm Paint a flower to welcome spring!	30th *Spring Event 10am-2pm* Kids DIY 11am-12pm Paint a flower to welcome spring!
Week Commencing Monday 31st Thursday 3rd September 6pm-8pm Father's Day Family Night! *Book your places via the QR code or at bunnings.com.au					5th September KidsDIY 11am-12pm Fathers Day craft	6th KidsDIY 11am-12pm Fathers Day craft



Use this QR Code to find your local store for more details and book your spot or go to www.bunnings.com.au/stores



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Build with dad, grab a snag

Father's Day Family Event

Thursday 3rd September

Food offering may differ store to store,
check your local store booking page for more details.

Activities and fun for the whole family

Bunnings Morisset

Bring Dad down to Bunnings Morisset for a fun filled family event!

We'll have craft, games, sausage sizzle, facepainting and so much more!

*Book via the QR code or at bunnings.com.au

**Don't miss out,
register now!**



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**Community
Reach Australia**



Most Needed This Christmas

**We especially need gifts
for children aged 8 to 13**



New toys and gifts



Gift cards or vouchers



Bulk workplace toy drives



Cash donations can also help us fill the gaps.



Donate products or funds:

partnerships@communityreachaustralia.org



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Feature Your Event in the Southlakes Community Newsletter!

Are you planning a community gathering, launching a new program, or offering a service that supports locals? Don't keep it to yourself, share it with the Southlakes community!

The **Southlakes Community Newsletter** is your go-to guide for local news, events, and services. We're always looking for exciting updates and meaningful opportunities to share with our readers.

Whether it's a fundraiser, workshop, open day, or support service, if it helps our community, we want to hear about it!

Send your Good News Story or Event details here



Connecting our community - Morisset and surrounds

While every effort is made to ensure the information in this newsletter is accurate at the time of publication, CALM Inc. accepts no responsibility for errors or changes that may occur.
Details are subject to change without notice.

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community@calm.org.au

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