A logo with a fish and bread

Description automatically generated

We are a service for everyone:- homeless, finding it tough or needing a hand with a free meal, support, a listening ear and referrals to other services who may be of assistance to you**.**

We are here to help; firstly with a free meal: that is what we do!

**Who we are and what we do**

**Newsletter Vol. 5**

**SUMMER 2023**/4

<https://www.facebook.com/groups/SoupzOn>

Secretary: Sue Strickland [psbstrickland@bigpond.com](mailto:psbstrickland@bigpond.com)

A logo for a charity

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[Cite your source here.]



**Have a safe, happy and**

**gentle Christmas**

**Look after yourselves**

**and each other.**

**What we don’t do**

**YOU MAY ALREADY KNOW WE ALSO HAVE A FACEBOOK PAGE SO THAT WE ARE ALWAYS CONTACTABLE VIA MESSENGER.**

Our quarterly newsletter is intended to share what is happening and services available to you, as well as events coming up.

Sadly, we are not licensed or equipped to supply accommodation.

**THE LATEST HANDY REFERENCE**

A close-up of a menu

Description automatically generated

**Food assistance**

A screenshot of a social media post

Description automatically generatedA poster with hands holding each other

Description automatically generated

 FROM Mae Hair!

NEW! – Check out the laundry facilities on offer by appointment from THE SPIRIT OF GIVING HUB (BOTTOM OF THE PAGE)

A menu of a christmas day luncheon

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**THE KITCHEN IS OPEN**

WHEN:

Mondays and Wednesdays,

5.00pm to 8.00pm

WHERE:

Baptist Church Hall, Cnr. Cooper and King Streets, Cessnock.

**and**

WHEN:

Fridays and Saturdays,

From 7.00pm

WHERE:

Rotunda, TAFE Park, Cessnock**.**

**and**

WHEN:

Fortnightly on a Sunday

in conjunction with the

Abermain Mission Hall Church,

WHERE:139 Harle Street, Abermain

DATES for DECEMBER:

Sunday 3rd December 5.00-7.00pm

Sunday 17th December5.00-7.00pm

**JUST LOOK FOR THE BANNERS – NO APPOINTMENT IS NECESSARY AND THERE IS NO CRITERIA TO BE MET.**

**JUST SHOW UP.**

**MEET THE FRIENDLY CREW, HAVE A FREE MEAL, GREAT COMPANY AND SUPPORT, AS WELL AS A TAKE AWAY IF YOU WOULD LIKE.**

A poster with food on it

Description automatically generated

**Christmas**

**lunch available**

Thank you, Ruth and your crew at Minifarms Cessnock – your fresh produce is amazing!

A plate of food on a table

Description automatically generatedA cake with flowers on top

Description automatically generatedA person sitting at a table with her arms crossed

Description automatically generatedA logo for a charity

Description automatically generated

Tina’s lasagne – yum!

One of Tina’s special occasion cakes

**A little about Tina**

Tina is a highly valued member of our volunteer team.

Tina not only bakes and serves spectacular food, she does it with calm and grace. Tina is a retired nurse with all those skills to boot. Tina has many varied interests as well. She loves spending time with her family, is creative in the garden (she loves her roses), is active in prayer groups, bakes and decorates special occasion cakes, and does some rock and roll and swing dancing on the side – when she can fit it in! You go Tina – and thank you so much for all you bring to us.

**We are a team of volunteers**. We also welcome new volunteers to our service. If you are interested in getting involved please check us out during meals service (details on the previous page). Have a look at what we do hands on and chat with Rosie and Wayne to find out how you may help and what we would expect from you.

**About donations of money and goods:**

We are not government funded and rely upon donations.

We gratefully accept monetary donations. We are a charity and registered as a public benevolent incorporated association.

**Donations of money are tax deductible.**

Please contact me with enquiries and for bank details: Sue Strickland -Secretary/ Treasurer

We give out non cash donations such as food as soon as possible once received to those who need them.

Kind regards Sue Strickland

For Soupzon Through Grace Inc

Email: psbstrickland@bigpond.com