



Community BEAT

ISSUE 29, NOV 2023

CERVICAL CANCER AWARENESS WEEK. MON 13TH – SUN 19TH NOV

Do you know how cervical cancer can be prevented? During Cervical Cancer Prevention Week we want as many people as possible to know how they can reduce their risk of the disease and to educate others.

This year, the theme is 'ending cervical cancer within a few generations'. When diagnosed, cervical cancer is one of the most successfully treatable forms of cancer, as long as it is detected early and managed effectively.

You can help spread the word by sharing important messages about cervical cancer prevention with your family, friends and network this Awareness Week.

To support this great cause, all Coastline branches will be selling orange ribbons from the 13th to the 17th November.

**1 dose of
HPV vaccine**

≤ 25 years

**Cervical screening
every 5 years**

25-74 years

Cervical cancer protection

Cervical Cancer Awareness Week 2023

November LIMITED SPOTS!

FREE EVENT!

**JOIN US FOR THE ULTIMATE FREE
MEN'S HEALTH EVENT**

6PM - 8.30PM TUESDAY
28TH NOV, 26-28 SMITH ST,
COASTLINE KEMPSEY

6PM - 8.30PM WEDNESDAY
29TH NOV, MANNING MALL,
COASTLINE TAREE

REGISTER NOW TO
RESERVE YOUR SPOT!
VISIT [COASTLINE.COM.AU](https://coastline.com.au)

westfund
Financial Wellbeing

DON'T FORGET TO
BRING YOUR BEST MO!
PRIZES TO BE WON!

COASTLINE
Where your goals are ours

YOU'RE INVITED TO THE ULTIMATE MOVEMBER MEN'S HEALTH EVENT

Join us for a male-centric evening of everything men's health and more!

- ▶ Assess your fitness with our PT
- ▶ Hear from experts in men's health
- ▶ Assess your overall health
- ▶ Local artist movember art exhibition
- ▶ Movember-inspired treats
- ▶ Prize for the best moustache!

For more info and to get tickets scan:

KEMPSEY
6pm - 8.30pm
Tuesday 28th Nov
Coastline Kempsey
26-28 Smith Street



TAREE
6pm - 8.30pm
Wednesday 29th Nov
Coastline Taree
Manning Mall, Taree

SENIORS WELLBEING WORKSHOPS

Get ready to boost your wellbeing with the Seniors Wellbeing Workshop where we'll dive into all things finance, health and safety!

Get ready to learn valuable tips and tricks to enhance your physical and mental health. Our expert speakers will cover topics such as nutrition, finance, mindfulness, aged crime plus more, all relevant to the over 60's.

SWR - 9.30am-1pm, Mon 13th Nov
@ SWR Country Club

TAREE - 9.30am-1pm, Tues 14th Nov
@ Club Taree

PMQ - 9.30am-1pm, Wed 15th Nov
@ Glasshouse

KENDALL - 11am-2.30pm, Wed 6th Dec
@ Community Centre

Morning Tea Provided!

To register for your local event visit:
<https://bit.ly/SeniorsWellbeing>

COASTLINE
Where your goals are ours

FINANCIAL ★ HEALTH ★ CYBER SECURITY

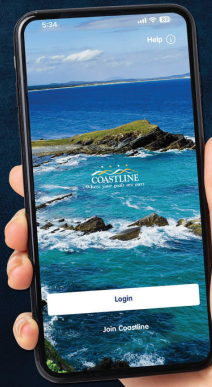
**SENIORS WELLBEING
WORKSHOP**

PRESENTED BY COASTLINE CREDIT UNION

AVAILABLE NOW

MYCOAST APP

NEW FEATURES.
NEW SECURITY.
NEW LOOK.



>Talk to a
member of
your Coastline
Team!

THE NEW AND IMPROVED MYCOAST APP IS HERE!

To ensure a smooth transition to the new MyCOAST App, all you need is your customer/member number (located on your statement), your Internet Banking password and your current Australian phone number. These details will be required to register for the new MyCOAST App.

If you need assistance with your login details, please contact our friendly Coastline team members by calling **1300 361 066** or by visiting your local Coastline Branch.

SCAMS AWARENESS WEEK MON 27TH NOV – FRI 1ST DEC

The theme for this year's campaign is 'impersonation scams'.

Approximately 80% of all scams reported to Scamwatch include some form of impersonation of a legitimate entity.

Scammers can impersonate any organisation or brand and impersonation scams can be received through a variety of

channels, so the theme has broad relevance and application.

To lessen the likelihood of being scammed, remember the following:

STOP - Don't give money or personal information to anyone if unsure.

THINK - Ask yourself could the message or call be fake?

PROTECT - Act quickly if something feels wrong.

For more information on scams visit:
<https://www.scamwatch.gov.au/>



MOVEMBER MEN'S ART EXHIBIT NOW ON DISPLAY!

Across the world, one man dies by suicide every minute of every day, with males accounting for 69% of all suicides. A growing number of men – around 10.8M globally – are facing life with a prostate cancer diagnosis.

To help create awareness and draw attention to this men's health crisis, for the whole month of November Coastline is displaying a variety of artworks from local male artists in our Art Hub at Central Kempsey Branch.

Come in, grab a coffee from our Vault Cafe and take a tour of the inspired artworks from many talented individuals across the Mid North Coast.

Not only can you view the art, you can also buy it! So if you fall in love with a special piece, ask one of our friendly staff to secure it for you.

Visit the Art Hub at Central Kempsey Branch this November to see the full collection of Movember artworks.

Have the artistic edge?

Apply here to exhibit your artwork

<http://bit.ly/exhibityourart>

NEXT ANNUAL GENERAL MEETING

Coastline Credit Union Limited will be conducting its 57th Annual General Meeting on Wednesday 29th November 2023 commencing at 5.45 pm at the Coastline Community Hub 26 Smith Street Kempsey.

Agenda: Annual Report. Appointment of Director. Directors Remuneration. Constitutional Amendment – Board Appointed Director.

By order of the Board of Directors.
Peter Townsend
Company Secretary – 26 October 23

AGM

Annual General Meeting