

## STUDY SPACE @ The Place!

Study Space is a new, **FREE** program for Year 11 & 12 students in Lake Macquarie

### What is on offer?

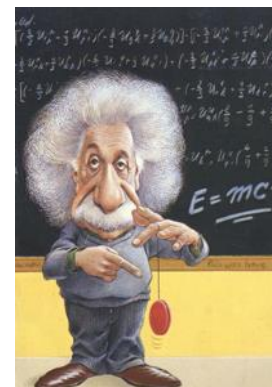
- ◆ Group & quiet study spaces
- ◆ Homework & social support from mentors & online tutors
- ◆ Access to computers, internet & printing
- ◆ Food & drinks while at Study Space
- ◆ Study guides & resources
- ◆ Information about career pathways, University & TAFE
- ◆ Skills development sessions & HSC survival tips

**Who?** Year 11 & 12 students in Lake Macquarie and volunteer mentors from the community. Applications for students & mentors open 12<sup>th</sup> August

**When?** The program starts in Term 4 2013 & will run weekly during school terms from 3.30pm - 6pm on Wednesdays.

**Where?** The Place: Charlestown Community Centre

**More Info?** P: Shelley or Erin on 02 4032 5500  
 E: [study@theplacecharlestown.org.au](mailto:study@theplacecharlestown.org.au)



### Key Dates

12<sup>th</sup> August 2013

Enrolments for  
Students and  
Mentors open

9<sup>th</sup> October 2013

Study Space  
Commences  
(Term 4 2013)

*Funding for the Study Space program has been provided by the NSW Government's Community Builders Program*

### Community Forum

Hosted by the Hunter Wetlands Centre, to find out what places matter to you, and how they can help you to care for them.

The Hunter Wetlands Centre can assist in linking you with resources and seed funding to bring your ideas to life.

**When:** Thursday 8<sup>th</sup> August  
 5.30pm-8.30pm  
 Light Supper 5.15pm

**Cost:** FREE

**RSVP:** By Monday 5<sup>th</sup> August  
 4951 6466

### Will Awareness Day

Annual free seminar hosted by the Newcastle Law Society.

**Topic:** "The Perils of Home Made Wills"

**When:** Friday 16<sup>th</sup> August  
 11am - 12.30pm  
 Morning tea provided.

**Cost:** FREE

**RSVP:** For catering purposes to  
 Jenny Richards,  
 Secre  
 tariat, Newcastle  
 Law Society, 4948 5187

### Women's Wellness Workshop

Hosted by Lisa Mills, Life Coach and Fitness Trainer, with Guest Presenter Lynita Clark, Yogalates and Mediation Instructor.

**Topic:** "How to stress LESS and pause MORE!"

**When:** Saturday 17<sup>th</sup> August  
 2pm - 4pm

**Cost:** \$49pp

**RSVP:** To Lisa on 0403 166 587

Workshops held 3<sup>rd</sup> Saturday of each month July - December 2013

# Regular Programs and Groups at The Place

## Mondays

### **New Body Seniors Exercise**

10am - 11am, \$12/class, \$10/class conc.

1<sup>st</sup> class complimentary, contact Nancy 4943 7114

### **Do-re-mi Music for Children**

Morning music classes for children & accompanying adults. Classes during school terms.

Term 3 22<sup>nd</sup> July - 16<sup>th</sup> September 2013.

9:45am - 10.30am (Babies - 2yrs)

10:45am - 11.30am (2yrs - 3yrs)

Eldest child \$120/term, discounts for siblings.

Bookings Essential. For more details

or to enrol contact Julie 49632026.

### **Playgroup - "Charlestown Caterpillars"**

A fun morning for adults & children to get together & enjoy play and craft. RSVP essential as places

are limited - waiting list may apply. \$30/term plus

Playgroup NSW annual membership (\$39).

Contact Shelley at The Place on 4032 5500.

### **Honeysuckle Suite - Ladies Barbershop Chorus**

6.30pm - 9.00pm. Weekly rehearsals in 4 part harmony, educational materials and voice coaching provided. New singers welcome. Monthly member fee \$40. First rehearsal free. For more information contact Lesley 0401 393 366

## Tuesdays

### **Charlestown Square Tuesday Club**

From 9:30am on most Tuesdays. Ladies social club. Morning tea, with an invited guest speaker or games, raffles, or other entertainment, organised outings. Low membership fee & weekly fees.

### **Newcastle Irish Set Dancers**

7.15pm-9.15pm, \$10/class, \$8/class for Newcastle & Hunter Valley Folk Club members. Social classes in Irish Set Dancing (folk dancing) for adults, no experience necessary. Contact Julia or Arthur on 4955 5701

### **Birth & Parenting Classes (Antenatal)**

6 week courses, 6.30pm - 8.30pm. Hosted by John Hunter Hospital staff (same classes as those held at John Hunter Hospital). The classes include a Birthing Services Tour at John Hunter Hospital. Cost \$155, concessions available. Bookings are essential. Phone 4921 3992 to book your place.

## Tuesdays (continued)

### **Crohns and Colitis Australia Support Meeting**

7pm-9pm on the 3<sup>rd</sup> Tuesday of the month.

Next meeting 20<sup>th</sup> August 2013.

Support group for people living with Inflammatory Bowel Disease. Contact CCA 1800 138 029.

## Wednesdays

### **Tai Chi (Australian Academy of Tai Chi)**

8.30am-10am Tai Chi Club

10am-11.30am Beginners Tai Chi, Levels 1-5, Shibashi, and lessons in sword / fan / flute.

Term costs \$90 (\$85 concession). Casual class \$10/week. Contact Barbara on 4963 2139.

### **Dementia Carer Support Group Meeting**

10am-12.30pm on the 3<sup>rd</sup> Wednesday of the month. Next meeting 21<sup>st</sup> August 2013.

Contact the Newcastle / Lake Macquarie Dementia Advisory Service for more information on Ph. 4985 5715.

### **Do-re-mi Music for Children**

Term 3 dates - Wednesday 7<sup>th</sup> August and

Wednesday 4<sup>th</sup> September. Mixed age classes once per month during school terms.

11am - 11.45am Bookings Essential. For more details / to enrol contact Julie 49632026.

### **C3 Church Victory Gatekeepers (over 55's)**

10am - 1.30pm on selected Wednesdays only.

Church Ministry for people over 55 years old.

To RSVP or for more information please contact C3 Church Victory 4922 6800.

### **STUDY SPACE Coming Soon!**

Commencing in Term 4 2013

3.30pm - 6pm weekly in school terms. Free study centre for Year 11 & 12 students, supported by volunteer mentors & online professional tutoring. Student & Mentor enrolments open from August 12<sup>th</sup>. Contact Erin or Shelley at The Place on 4032 5500 for more information.

## Thursdays

### **Free Immunisation Clinic**

9am-1pm and 2pm-4pm on the 2<sup>nd</sup> Thursday of the Month, hosted by Hunter New England Health.

Next Clinic 8<sup>th</sup> August. Please arrive by 3.30pm & bring your child's Blue Book and Medicare Card.

### **Speech Pathology**

Thursday afternoons by appointment. Contact Melinda Sullivan 0418 971 124.

### Thursdays (continued)

#### **Australian Breast Feeding Association**

10am-12pm on the 3<sup>rd</sup> Thursday of the month, all welcome, tea/coffee provided. Next meeting 15<sup>th</sup> August 2013. Discussion topic: "Baby Weight Gains".

#### **Computer Classes**

Friendly classes for learning at your own pace. Courses cost \$32.00 per 8 week course (\$4/class) Bookings essential as class sizes are limited. To enrol please call TAFE Outreach 4979 1634

#### **Little Kickers**

Fun soccer based classes for under 5's  
9.30am - 10.15am (1½ yrs - 2yrs 3mths)  
10.30am - 11.15am (2yrs - 3½ yrs)  
11.30am - 12.15pm (3½ yrs - 5<sup>th</sup> Birthday)  
Bookings essential. Contact Naomi on 4009 1545 for details and to enrol. 6 sessions \$90, 12 sessions \$180. One off registration fee of \$50 (incl. FREE Little Kickers football uniform & priority re-registration).

#### **Eastlakes Youth Centre**

6.30pm-9pm, ages 12-17yrs. Free entry. Games, pool tables, table tennis, music, DVDs, food. Hosted by Eastlakes Youth Centre Youth Workers.

### Fridays

#### **New Body Seniors Exercise**

9.30am-10.30am gentle exercise, 10.30am-11.30am regular exercise, \$12/class or \$10/class concession 1<sup>st</sup> class complimentary. Contact Nancy 4943 7114

#### **Tai Chi for a Healthy Life**

10.30am -11.30am in school terms. All welcome. Gentle class suitable for all abilities, classes follow the Tai Chi for Arthritis program. \$6/class. Contact Adrienne 4946 2126

#### **House**

6.45pm - 8pm. Youth group for ages 12-18yrs. For more information contact Central Newcastle 4947 8781

#### **Young Parents Group**

12.30pm - 3pm. Fun, FREE social afternoon for parents in their teens & early twenties (26 & under) to get to know some other younger parents & parents to be. Group activities are chosen by the parents & include craft, pamper days, workshops, First Aid, cooking, self-defence, movie days & excursions. Children are welcome, children's toys & activities provided. Free lunch provided. Free transport assistance available. Most weeks are at The Place, please check Facebook for excursion dates. Contact Shelley on 4032 5500

[www.facebook.com/YPGCharlestown](http://www.facebook.com/YPGCharlestown)

### Fridays (continued)

#### **Little People Cooking Classes NEW!**

9am - 9.45am. Fun, healthy cooking classes for children (3 - 6 years). Cost: 1 class for \$18, set of 4 classes for \$64 or buy a set of 8 classes and receive a free apron and special cooking knife. Bookings Essential. For more details contact Mandy [info@littlepeoplenutrition.com.au](mailto:info@littlepeoplenutrition.com.au)

#### **Asperger's Youth Group NEW!**

5:30pm - 7:30pm. Teens Place Social Club for high school age children with High Functioning Autism and Asperger's. \$10 per week, includes pizza. RSVP via Facebook - Aspergers Youth Group or email [Aspy.youth@hotmail.com](mailto:Aspy.youth@hotmail.com)

### Saturdays

#### **Little Kickers**

Fun soccer based classes for under 5's  
8.30am - 9.15am (2yrs - 3½ yrs)  
9.30am - 10.15am (2yrs - 3½ yrs)  
10.30am - 11.15am (3½ yrs - 5yrs)  
11.30am—12.15pm (3½ yrs - 5yrs)  
Bookings essential. Contact Naomi 4009 1545.

#### **Birth & Parenting Classes (Antenatal)**

3 week courses, 9am - 1pm. Hosted by John Hunter Hospital staff (same classes as those held at John Hunter Hospital). The classes include a Birthing Services Tour at John Hunter Hospital. Cost \$155, concessions available. Bookings are essential. Phone 4921 3992 to book your place.

### Sundays

#### **C3 Church Victory - Church Service**

6pm - The City. All welcome - a great place to connect. Upbeat, relaxed services. Visit [www.c3victory.org.au](http://www.c3victory.org.au) for more information

Visit The Place website for more details

[www.theplacecharlestown.org.au](http://www.theplacecharlestown.org.au)

The Place and Asperger's Youth Group would like to Thank Dominos Pizza Charlestown for their generous support of Asperger's Youth Group.



# About The Place:

The Place: Charlestown Community Centre is a not-for-profit community facility conveniently located at Charlestown Square.

An exciting range of regular programs and events for all ages are hosted at The Place each week. Visit The Place website to see 'What's On!'. New and existing groups are welcome to enquire about hosting their programs at The Place.

The high quality rooms and facilities at The Place are available for casual and regular hire by individuals, groups, or businesses at affordable rates. The Place has two large halls, each with sprung timber floors, two carpeted activity rooms, a semi-commercial kitchen and a computer room available for hire. The rooms are perfect for private or community functions, special events, birthday parties, meetings, workshops, and training.

The Place staff are available Monday to Friday 8.30am - 5pm for enquiries and bookings.

**Phone: 4032 5500**

**Fax: 4032 5511**

**Email: [programs@theplacecharlestown.org.au](mailto:programs@theplacecharlestown.org.au)**



The Place is located at the corner of Frederick Street and Pearson Street in Charlestown. Entry to The Place is via our front door in Frederick Street.



[www.facebook.com/theplacecharlestown](https://www.facebook.com/theplacecharlestown)

## PROFESSIONAL SERVICES AVAILABLE AT THE PLACE

### MASSAGE SPACE @ THE PLACE



Improving your life's quality  
with massage therapy  
Remedial & Relaxation  
Call Kathleen **02 4032 5540**  
Health Fund Rebates  
HICAPS | EFTPOS



**EASTCOAST**  
Wills+Estates

**Services include:**  
Wills, Powers of Attorney,  
Appointments of Enduring  
Guardians, Advance  
Health Directives,  
Administration of  
Deceased Estates.

For more information call 02 4032 5530 or 0466661053

### OZ SPECTRUM SUCCESS COACHING

Coaching Services Include:

- ◆ Work Life Harmony
- ◆ Home Life Harmony
- ◆ One on One & Group Workshops

Contact Geraldine Moran  
**0438 466 029**



### Parties & Special Occasions

The Community Hall and Youth Room at The Place are fantastic spaces for celebrating birthdays & other special occasions. The commercial Kitchen at The Place is available for self-catering, or The Place can assist with your catering needs. Contact us to discuss your ideas. **Ph: 4032 5500**

