

September News

Phone: 02 4032 5500
programs@theplacecharlestown.org.au

Join The Place Board

Charlestown Youth and Community Centre Inc. are calling for Expressions of Interest from local community members to fill two positions on the Board of Governance for The Place: Charlestown Community Centre.

The two positions available are:

- Youth Representative member (18 to 23 years)
- Community Representative member

Expressions of Interest forms are available on The Place website: www.theplacecharlestown.org.au

For more information, please contact The Place on 4032 5500. EOI's close Monday 16th September.

STUDY SPACE Enrolments Open

Study Space is a FREE program for Year 11 & 12 students to access support during their HSC. Study Space offers HSC students FREE access to:

- Quiet & group study spaces
- Computers, internet & printing
- Study guides & resources
- Info about career pathways, Uni & TAFE
- Social support from volunteer mentors
- "yourtutor" & "SkillsBuilder" online tutoring
- Food & drinks while at Study Space.

When? Study Space starts on 9th October & runs weekly in school terms, Wednesdays 3.30pm - 6pm

Who? Year 11 & 12 students and volunteer mentors from the community. Applications for students & mentors are now open.

More Info? P: Shelley or Erin on 02 4032 5500
Email: study@theplacecharlestown.org.au

Key Dates: Mentor Info Night 11th Sept,
Student & Parent / Guardian Info Night Sept 18th ,
Mentor Training 24th and 25th Sept

Young Parents Group

Parents in their teens and early twenties are invited to attend the FREE Young Parents Group at The Place.

YPG offers parents and their children:

- Fun way to meet other younger parents
- Safe place for 0-5's to play with others
- Free lunch & drinks
- Free workshops, excursions, picnics
- Free transport assistance to The Place

When? Friday afternoons 12.30pm - 3pm.
Check YPG Facebook Page for excursion dates.

Who? Young parents (teens - 26yrs) and their children

More Info? P: Shelley or Erin on 02 4032 5500
Email: shelley@theplacecharlestown.org.au
www.facebook.com/YPGCharlestown

Playgroup Fundraiser

Charlestown Caterpillars Playgroup at The Place are selling Playgroup NSW Raffle Tickets as a fundraiser for their Monday morning group.

Tickets are \$2 each, and \$1 from each ticket will go to Charlestown Caterpillars Playgroup for toys, craft & resources. Tickets will be available at The Place reception during September.

Teens Place Social Club

A fun new social group for High School Age Children with High Functioning Autism and Asperger's.

When? Friday nights at The Place 5.30pm - 7.30pm during school terms.

Cost? \$10 / child, includes Pizza.

RSVP? Please RSVP to Gayle on 0408 473 136
or email: Aspy.youth@hotmail.com

Regular Programs and Groups at The Place

Mondays

New Body Seniors Exercise

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

1st class complimentary, contact Nancy 4943 7114

No class Monday Oct 9th, break for public holiday.

Do-re-mi Music for Children

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

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

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

Term 3 ends 16th Sept. Term 4: 14th Oct - 9th Dec.

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

Bookings Essential. For more details or to enrol

contact Julie on 4963 2026.

Playgroup - "Charlestown Caterpillars"

10am-12pm, \$3/week or \$30 / 10 week term, plus

Playgroup NSW annual membership (\$39). A fun

morning for adults & children to get together &

enjoy play and craft. RSVP recommended. Contact

Shelley at The Place on 4032 5500. *Clean up week*

23rd all welcome. Term break Sept 30^d - Oct 9th,

resumes Oct 14th - meet at Charlestown Library).

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.

No rehearsal Mon Oct 9th, break for public holiday.

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 3rd Tuesday of the month.

Next meeting 17th September 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.

Term 3 ends 18th Sept. Term 4: 16th Oct - 18th Dec

Dementia Carer Support Group Meeting

10am-12.30pm on the 3rd Wednesday of the

month. Next meeting 18th September 2013.

Contact the Newcastle / Lake Macquarie

Dementia Advisory Service for more information

on Ph. 4985 5715.

Music Fun for Everyone

Next sessions: 4th Sept, 30th Oct, 27th Nov.

11am - 11.45am. Fun, interactive and educational

music sessions for little ones. Monthly session,

suitable for ages 0-5 years, bookings essential.

Cost: \$16.50/child, \$30 for two sessions. For more

details or to enrol please contact Julie 4963 2026.

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 NEW! Enrolments Open Now!

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 now!

Contact Erin or Shelley at The Place on

4032 5500 for more information.

Thursdays

Free Immunisation Clinic

9am-1pm and 2pm-4pm on the 2nd Thursday of

the Month, hosted by Hunter New England Health.

Next Clinic 12th September. Please arrive by

3.30pm & bring along your child's Blue Book and

Medicare Card.

Thursdays (continued)

Australian Breast Feeding Association

10am-12pm on the 3rd Thursday of the month, all welcome, tea/coffee provided. Next meeting 19th Sept. Discussion topic: "Sleep".

Computer Classes

Friendly classes for learning at your own pace. Courses cost \$32.00 per 8 week term (\$4/class) Bookings are essential as class sizes are limited to 12. To enrol, please call TAFE Outreach 4979 1634 Term 4 enrolments now open, Term 4 starts in October

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 - 5th Birthday)
Bookings essential. Contact Naomi 4009 1545.
6 sessions \$90. Rego fee of \$50, incl's uniform.

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.

Speech Pathology

Thursday afternoons by appointment. Contact Melinda 0418 971 124.

Fridays

New Body Seniors Exercise

9.30am-10.30am gentle exercise, 10.30am-11.30am regular exercise, \$12/class or \$10/class concession 1st 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. Term 3 ends 20th Sept. Term 4 commences 11th Oct.

House

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

Young Parents Group

12.30pm - 3pm. Free social afternoon for parents in their teens & early twenties (26 & under). Activities are chosen by attending parents & include craft, pamper days, workshops, First Aid, cooking, self-defence, movie days & excursions. Children welcome, toys provided. Free lunch provided. Free transport assistance available by request. Most weeks are at The Place, please check Facebook for excursion dates. Contact Shelley on 02 4032 5500
www.facebook.com/YPGCharlestown

Fridays (continued)

Little People Cooking Classes

9am - 10am. Fun, weekly healthy cooking classes for children (3 - 6 years). \$16 / class. Bookings essential. To book or for more information please contact Mandy 0412 858 080

Teens Place Social Club NEW!

5:30pm - 7:30pm. A social group for high school age children with High Functioning Autism and Asperger's. \$10 per week, includes pizza. RSVP essential. For more information and to RSVP please contact Gayle on 0408 473 136 or email 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.
6 sessions \$90. Rego fee of \$50, incl's uniform

Little People Cooking Classes

10am - 11.15am. Fun, monthly healthy cooking classes for children (3 - 6 years). \$20 / class. Class dates: 21st Sept, 19th Oct, 16th Nov. Bookings essential. To book or for more information please contact Mandy 0412 858 080

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 for more information

Visit The Place website for more details

www.theplacecharlestown.org.au

September Workshops and Events

Introduction to Autism Spectrum Disorder

The Introduction to ASD Information Session will be presented by Firstchance's parent mentor / case manager Jackie Currey.

The 2hr session will explore a number of aspects surrounding a diagnosis of Autism Spectrum Disorder and will touch on changes around the new DSM V diagnostic guidelines.

When: Tuesday 10th Sept 2013

Time: 10am - 12pm

Cost: Free of charge to all families registered with Strengthening Families. All other interested community members are welcome to attend for a \$10 fee.

RSVP: To Louise at Firstchance on 4921 8723
E: louise.harris@newcastle.edu.au

Fussy Eaters Workshop

Come and join Mandy dos Santos a Nutritionist (Little People Nutrition) and Valerie Gent a Paediatric Feeding Speech Pathologist (Let's Eat! Paediatric Speech Pathology) to learn:

- Tactics to get your child to try different foods
- Tips to deal with dinner time woes
- Strategies to grow your fussy eater into a HAPPY EATER!
- How to keep the family meal relaxed
- Plus lots of other healthy and helpful food tips and recipes

When: Thursday 12th Sept 2013

Time: 7pm - 9pm

Cost: \$25 per person. Light refreshments.

RSVP: To Mandy on 0412 858 080
Email: info@littlepeoplenutrition.com.au

Women's Wellness Workshop

Monthly workshops for women hosted by Lisa Mills. Guest presenter: Tammy Guest, Naturopath at Inspirational Health. This month's topic: "Are your hormones out of whack and holding you hostage?"

When: Saturday 21st Sept 2013

Time: 2pm - 4pm

Cost: \$49 per person. Light refreshments.

RSVP: To Lisa Mills on 0403 166 587
E: lisa@lisamillsinc.com.au

Family Drug Support Info Session

Family Drug Support's information session series 'Stepping Forward' delivers useful, practical and down to earth information and support for families supporting alcohol and/or drug (AOD) user(s).

When: Wednesday 18th Sept 2013

Time: 9.30am - 3pm

Cost: Free. Free parking available, see The Place reception on the day.

RSVP: Bookings are essential. Please contact Julie on 0400 11 34 22
E: julie@fds.ngo.org.au

School Holiday Cooking Classes

Fun, educational cooking classes hosted by Little People Nutrition. Two classes available:

Ages: 3yrs - 6yrs with accompanying adult

When: Friday 27th September 2013

Time: 9am - 10am

Cost: \$20 per child

RSVP: To Mandy on 0412 858 080
Email: info@littlepeoplenutrition.com.au

Ages: 7yrs - 10yrs

When: Friday 4th October 2013

Time: 9am - 10.30am

Cost: \$35 per child

RSVP: To Mandy on 0412 858 080
Email: info@littlepeoplenutrition.com.au

School Holiday Music Session

Have a Ball with Music! Sing, Bounce & Play in the Holidays, with Do Re Mi Music for Children.

Date: Wednesday 2nd October 2013

Time: 10.30am - 11.15am (rego from 10.15am)

Ages: Babies - 7 yrs (with accompanying adult)

Cost: \$10 per child (\$7.50 w Ent. Book Card)

RSVP: To Julie on 4963 2026
E: julie@julieloganmusic.com.au