

# April News

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



## Be a Deadly Parent!

Give your mob the best start in life with **Indigenous Triple P** - Positive Parenting Program. Triple P provides practical answers to everyday parenting concerns for families with children 3-8 years.

**When:** 3 week course starts  
23rd April

**Time:** 10am—12pm

**Contact:** Tammy at Muloobinba  
Aboriginal Corporation on  
49695299

**Bookings are essential**

## Studio 79 Ladies Dance Workshop



Come along for a fun night out. Get some exercise, meet some great girls and learn a funky new Hip Hop routine.

**Level:** Intermediate

**Cost:** \$50

**Contact:** Heidi 0438 941 279

[studio79dance@bigpond.com](mailto:studio79dance@bigpond.com)

[www.facebook.com/studio79dance](http://www.facebook.com/studio79dance)

### Bookings Essential

Bring along a friend (who hasn't danced with Studio79 before) and you get \$10 off!

## Do Re Mi Holiday Workshop



Wear your bunny ears and Bounce into Singing, Moving and Playing!

**When:** Wednesday 16<sup>th</sup> April

**Age:** Babies to 6 years.

**Time:** 10.30am - 11.15am

**Cost:** \$10 per child or \$20 for family of 3 (cash only)

**Contact:** Julie Logan 4963 2026

[Julie@julieloganmusic.com.au](mailto:Julie@julieloganmusic.com.au)

### Bookings Essential

Like the Do Re Mi Facebook page and you could WIN FREE ENTRY !

## Positive Perceptions Hypnobirthing Classes

Come and join our classes! You deserve to learn the art of birthing, to make this an exciting and unique journey. Learn the art of self hypnosis, relaxation skills and breathing techniques to help you overcome fears and anxieties surrounding this precious time.

**When:** Saturdays 9.30am —1.30pm

**Contact:** For more information call Stacey Gardiner  
on 0421 137740 or email :

[positiveperceptions@icloud.com](mailto:positiveperceptions@icloud.com)

[www.positiveperceptions.com.au](http://www.positiveperceptions.com.au)

25% off all May bookings

## CalmBirth Classes with Nurture!

Empowering parents ... discovering the joy of birth.

Two week courses will teach a variety of practical relaxation, breathing and visualisation skills to use during pregnancy, labour, childbirth and beyond.

Couples receive the Australian Calmbirth Booklet and 2 relaxation CD's.

**When:** 3<sup>rd</sup> & 4<sup>th</sup> Saturday of the month 2pm—8pm

**Contact:** For more information or to book a class  
contact Sarah Crosser 0466 542604

[www.nurture-connect.com](http://www.nurture-connect.com)

Afternoon tea provided

Free Parking

Easter Craft...Easter Egg Hunt...FREE BBQ Lunch...Games & Activities.

Info Packs for Young Parents

Face Painting (gold coin donation)

## Young Families Easter Fun Day

A FREE event for young families

Saturday 12th April 2014

10am - 2 pm

Speers Point Park

Lake Macquarie Variety Playground

# Regular Programs and Groups at The Place

## Mondays

### **New Body New Life: Over 50's Exercise**

#### **Celebrating 25 years in April!**

10am - 11am, enjoyable fitness classes for adults, \$12/class, \$10/class conc. 1<sup>st</sup> class complimentary. For more information contact Nancy on 4943 7114

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

Fun and educational music classes for children & accompanying adults. Classes during school terms, for ages 6mths - 3years

10.30am Toddlers (mostly 2011 birthdays)

11.30am Tiny tots (2012-2014 birthdays)

\$16.50 / lesson. Discounts for siblings. Bookings essential. Contact Julie on 4963 2026

### **Charlestown Caterpillars Playgroup**

10am - 12pm during school terms. \$30 term fee for 10 week term, plus Playgroup NSW annual membership (\$39). A fun morning for adults and children to get together and enjoy play and craft.

**Waiting list Applies.** Contact Shelley at The Place on 4032 5500.

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

6.30pm - 9pm. Weekly rehearsals in Four Part Harmony. Educational materials and voice coaching provided. New singers welcome. Monthly member fee \$40. First rehearsal free. For more information contact Lesley on 0401 393 366.

### **Tantrum Theatre**

4pm - 6pm during school terms. "The Ghostwriters" Writing and Acting for Stage and Screen, for Year 7 - 9 students. Discounted mid-term enrolments available. For more information or to enrol, contact Tantrum on 4929 7279

## Tuesdays

### **Charlestown Square Tuesday Club**

From 9.30am most Tuesdays. Ladies social club. Morning tea, guest speakers, games, raffles, and organised outings. Low membership fee & weekly fees. All Welcome. Contact The Place for more information on 4032 5500.

### **Newcastle Irish Set Dancers**

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

## Tuesdays (continued)

### **Crohns & Colitis Australia Support Meeting**

7pm - 9pm. Support group for people living with Inflammatory Bowel Disease. Meetings are held bi-monthly. Next meeting: 27<sup>th</sup> May 2014. Contact CCA 1800 138 029.

### **Weight Watchers**

10am and 5.30pm meetings. Make friends, share tips, get motivated, get started. For more information contact Deb on 0417 278 964.

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

6 week courses, 6pm - 8.30pm. Hosted by Hunter New England Health. Course fee \$155, concessions available. Bookings essential. Phone 4016 4595 to book your place.

## Wednesdays

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

10am - 12.30pm on the 3<sup>rd</sup> Wednesday of the month. Next meeting 16<sup>th</sup> April 2014.

All welcome, no RSVP needed. Contact the Newcastle / Lake Macquarie Dementia Advisory Service for more information on 4985 5715.

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

8.30am - 10am Tai Chi Club

10am - 11.30am Beginners Tai Chi, Tai Chi Levels 1-5, Shibashi 1-2. Sword, fan, flute.

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

### **Study Space**

3.30pm - 6pm weekly in school terms. Free study centre for Year 11 & 12 students, supported by volunteer mentors & online professional tutoring. Enrolments essential as places are limited.

Contact Erin or Shelley at The Place 4032 5500. Mentor applications welcome.

### **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 contact C3 Church Victory 4922 6800

## Thursdays (see back page for Outreach Program)

### **Active Kids Martial Arts**

5pm - 6pm. \$40 / term per child (\$4 / week).

Family discount available. Fun classes to build confidence, self-defence skills, fitness, flexibility and coordination. For more information or to enrol contact Darrel on 0412 762 772

### Seniors Computer Classes 64 +

Friendly 2 hour classes, learning at your own pace, for seniors 64 years and over. Courses cost \$40 per 8 week term (\$5/class!) Bookings are essential as class sizes are limited to 12. Contact TAFE Outreach on 4979 1634 to enrol.

### Little Kickers

Fun soccer based classes for under 5's  
9.30am - 10.15am (Little Kicks 18mths - 2yrs 3mths)  
10.30am - 11.15am (Junior Kickers 2yrs - 3½ yrs)  
11.30am - 12.15pm (Mighty Kickers 3½yrs - 5<sup>th</sup> b'day)  
Bookings essential. Contact Naomi 4009 1545.  
6 sessions \$90. Rego fee of \$50, incl's uniform.

### Eastlakes Youth Centre

6.30pm - 9pm, ages 12 -17 years. Free entry.  
Games, pool tables, table tennis, music, DVDs, food.  
Hosted by Eastlakes Youth Centre Youth Workers.  
Contact EYC on 4972 1111 for enquiries.

### Speech Pathology

Fortnightly. Contact Melinda Sullivan 0418971124

### Fridays

#### 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.

#### Teens Place Social Club

5:30pm - 7:30pm in school terms. \$10 / week, includes  
pizza and activities. A fun social group for high school  
age children with High Functioning Autism and  
Asperger's. For more information or to RSVP please  
contact Shelley on 4032 5500

#### Theosophical Society

8.00pm. Discussion group devoted to the study of  
Philosophy, Religion and Science. 2<sup>nd</sup> Friday of each  
month, entry by gold coin donation. Next Meeting:  
"Cosmic Birth" The Divine Wisdom Art of Rona Scott—  
11<sup>th</sup> April 2014. Contact Melanie on 4948 1733 .

#### Aspect Hunter Community Connect **NEW!**

9.30am - 11.30am. Drop in morning for people with  
ASD, their families and the community to access  
information and support. Contact Lara on  
[lcheney@aspect.org.au](mailto:lcheney@aspect.org.au) (see back page for details)

### Fridays

#### New Body New Life: Over 50's Exercise

##### Celebrating 25 years in April!

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

### Young Parents Group

12.30pm - 3pm most weeks. Free, social afternoon  
for parents in their teens & early twenties (26yrs &  
under). Activities include craft, pamper days,  
workshops, First Aid, cooking, self-defence, movie  
days & excursions. Children welcome. Free light  
lunch provided. Check Facebook for excursion  
dates. Contact Shelley or Erin on 4032 5500.

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

### Saturdays

#### Tantrum Theatre **NEW!**

12pm - 1.30pm during school terms. Improvisation,  
Movement, Creative Expression and Theatre  
making for Year 3 - 6 students. Discounted  
midterm enrolments available. For more  
information or to enrol, contact Tantrum on  
4929 7279

#### Hypnobirthing Classes **NEW!**

6pm—9pm Learn self hypnosis and relaxation  
skills to help you have a positive, empowering  
birth. 25% discount for May bookings. Contact  
Stacey 0421137740 or [positiveperceptions.com.au](http://positiveperceptions.com.au)

#### Weight Watchers

8am meeting. Make friends, share tips, get  
motivated, get started. For more information  
contact Deb on 0417 278 964

#### Birth & Parenting Classes (Antenatal)

3 week courses, 8.30am - 1pm. Hosted by Hunter  
New England Health. Cost \$155, concessions  
available. Bookings are essential on 4016 4595

### Little Kickers

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10.30am - 11.15am (Mighty Kickers 3½ yrs – 5yrs)  
11.30am - 12.15pm (Mighty Kickers 3½ yrs – 5yrs)  
Bookings essential. Contact Naomi 4009 1545.  
6 sessions \$90. Rego fee of \$50, incl's uniform .

#### Calm Birth **NEW!**

2pm—8pm Two week course. Warm and friendly  
small group childbirth education for a calm,  
positive birth experience. Contact Sarah Croser  
on 0466 542604 or [www.nurture-connect.com](http://www.nurture-connect.com)

### Sundays

#### C3 Church Victory - Church Service

6pm. The City. Upbeat, relaxed church service.  
All welcome - a great place to connect. Phone C3  
Church Victory on 4922 6800 for more info.

## Aspect Hunter Community Connect

is hosting a drop-in morning to connect people with ASD, their families and the community.

**When:** Weekly on Friday mornings 9.30am - 11.30am

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

**Contact:** Lara Cheney email: [lcheney@aspect.org.au](mailto:lcheney@aspect.org.au)

The drop in morning will:

- Provide information and resources to support people with autism disorder (ASD)
- Connect people with ASD and their families to existing services
- Listen to people with ASD and their families and respond to opportunities



## Thursday Outreach at The Place

### Do you need information on your housing options?

Tony and Kerry will be available to see Compass tenants and anyone with general housing enquiries, including:

- Options for those experiencing homelessness
- Help to complete applications for Housing NSW
- Waiting list enquiries
- Those needing temporary accommodation

**When:** Thursday 12.30 - 5pm (fortnightly)

**Contact:** Compass on 4920 2600



## OZ SPECTRUM SUCCESS COACHING

Coaching Services Include:

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

Contact Geraldine Moran  
**0438 466 029**



## MASSAGE SPACE @ THE PLACE



Improving your life's quality with massage therapy  
Remedial & Relaxation  
Call Kathleen **02 4032 5540**

Health Fund Rebates  
HICAPS | EFTPOS

**The Hunter Tenants Advice and Advocacy Service** provides free, independent information, advice and advocacy to tenants throughout New South Wales including:

- Aboriginal tenants
- Park residents
- Older persons
- Social Housing tenants
- Boarders & lodgers

**When:** Thursday 8.30am - 12pm (fortnightly)

**Contact:** 4969 7666 or 1800 654 504 (free call)



## MASSAGE SPACE @ THE PLACE

**The Business Centre** offers the opportunity to meet with an advisor for a one-on-one business advisory session at The Place.

The Small Biz Connect program, fully subsidised by the NSW Small Business Commissioners Office, supports small & medium businesses at any stage of growth, helping you to plan for your business' success.

**When:** 9am - 5pm (fortnightly)

**Contact:** Visit [www.businesscentre.com.au](http://www.businesscentre.com.au) or call 4925 7700 to book your appointment.

The logo for Turning Point Counselling, featuring a stylized figure with arms raised and a circular arrow around it.

**Valerie Milner  
Counsellor**  
BSW (Hons) Adv Dip Couns  
MAASW (Acc) Mental Health

**Mob: 0406 047 800**  
[tpcounselling@bigpond.com](mailto:tpcounselling@bigpond.com)

Approved Medicare Provider

Visit The Place website for more details on regular programs, special events and School Holiday Activities: [www.theplacecharlestown.org.au](http://www.theplacecharlestown.org.au)

Like us on Facebook at: [www.facebook.com/theplacecharlestown](http://www.facebook.com/theplacecharlestown)