

## Positive Perceptions



### Hypnobirthing Classes

**Starting in July!** Learn the art of self hypnosis, relaxation skills and breathing techniques to help you overcome your fears and anxieties surrounding this precious time.

**When:** Saturdays

**Time:** 9.30am - 1.30pm

**Contact:** Stacey Gardiner on  
0421 137 740 or email:

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

### The Greater Charlestown Sustainable Neighbourhood Group



are a group of local residents who 'get their hands dirty' getting into a variety of local sustainability projects to make our local neighbourhoods even better places to live. They would love to see you at one of their upcoming meetings:

**Date:** Thurs 5<sup>th</sup> June  
Thurs 3<sup>rd</sup> July

**Time:** 7pm - 8.30pm

**Contact:** To find out more visit:  
[www.sustainableneighbourhoods.org.au](http://www.sustainableneighbourhoods.org.au)

### The Gospel of Mary Magdalene - the secrets of the Gnosis



The Theosophy Society presents a public talk by Richard Larkin discussing rediscovered Gnostic texts about the Gospel of Mary Magdalene.

**When:** Saturday 14th June

**Time:** 9am- 12pm

**Cost:** \$5.00 (morning tea incl)

**Contact:** send name and contact details by SMS to 0432 474 207 or email [gnlodgetheos@gmail.com](mailto:gnlodgetheos@gmail.com)

## Goal Setting and Getting organised for the future



### FREE HSC WORKSHOP

- WHEN:** Monday 16<sup>th</sup> June from 7:30pm - 9pm (doors open 7pm)
- WHERE:** The Place: Charlestown Community Centre, Frederick St Charlestown
- WHO:** Year 11 & 12 students, their parents/guardians.
- COST:** FREE Workshops funded by NSW Dept. Family & Community Services.
- RSVP:** RSVP is essential as workshops are limited to 70 participants.
- To book, please phone 4032 5500 or email [study@theplacecharlestown.org.au](mailto:study@theplacecharlestown.org.au)

## TAX HELP @ The Place

Wednesdays from July - October. Free help to complete your Tax return. Eligibility criteria applies.

For more details contact The Place on 4032 5500



## New in Term 3! Creative Movement for Kids

A fun, relaxed, creative movement class for children 3 - 5 years. Promotes co-ordination, self expression and confidence through games, activities, music and dance.

### FREE TRIAL CLASS!

**When:** Friday 27th June

**When:** 9.30am - 10.15am

**Contact:** Jess on 0419 449 578 or email: [jessconneely@gmail.com](mailto:jessconneely@gmail.com)

Classes commence Fridays in Term 3



WestLakes  
Community  
Counselling  
Clinical Social Work  
and Psychology

Emma Bullen is a clinical Social Worker with over 17 years experience. She works with women, men and young people to develop their skills to manage the problems that affect their lives, including depression, anxiety, trauma, adjustment, phobias, bereavement, and others.

**When:** Saturdays 9am - 12.30pm

**Contact:** 0414 947 914 or email [emmabullen.therapist@gmail.com](mailto:emmabullen.therapist@gmail.com)



**Purchase your Entertainment Membership now!** For only \$60 you'll receive over \$20,000 of valuable offers! Now available in two formats: the Entertainment Book and **New** Entertainment Digital Membership - redeem offers directly from your phone.

Available at The Place, or order and pay online:

<https://www.entertainmentbook.com.au/orderbooks/9148v57>

# Regular Programs and Groups at The Place

## Mondays

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

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 parents and children to 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. 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.

### **Weight Watchers**

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

## 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: 29<sup>th</sup> July 2014. Contact CCA 1800 138 029.

### **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.

### **Yoga NEW!**

Relaxing and rejuvenating classes for beginners and those with some yoga experience.

6.15pm - 7.15pm. \$15 per class. Contact Sarah on 0438 556 966 or [sarah.gb@hotmail.com](mailto:sarah.gb@hotmail.com)

## Wednesdays

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

10am - 12.30pm on the 3<sup>rd</sup> Wednesday of the month. Next meeting 18th June 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

### **Yoga NEW!**

Relaxing and rejuvenating classes for beginners and those with some yoga experience.

6.45pm - 7.45pm. \$15 per class. Contact Sarah on 0438 556 966 or [sarah.gb@hotmail.com](mailto:sarah.gb@hotmail.com)

## 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

Friendly 2 hour classes learning at your own pace, for seniors. 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

3pm - 6pm Fortnightly. For appointments contact Melinda Sullivan on 0418 971 124

## 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.

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

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.

**Aspect Hunter Community Connect** 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 more Aspect services at The Place)

### Teens' Place

5:30pm - 7:30pm in school terms. \$10 / week, includes pizza and activities. A social opportunity for young people with autism who attend high school. For more information or to RSVP please email Lara at [lcheney@autismspectrum.org.au](mailto:lcheney@autismspectrum.org.au) or call 4032 5500

## Young Parents Group

12.30pm - 3pm most weeks. Social afternoon for parents in their teens & early twenties (26yrs & under) and their children. Activities include craft, pamper days, workshops, First Aid, cooking, self-defence, movie days & excursions. Free to attend, light lunch provided. Check Facebook for excursion dates. Contact Shelley on 4032 5500. Like us at: [www.facebook.com/YPGCharlestown](http://www.facebook.com/YPGCharlestown)

### 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: "The Philosophy of Lao Tzu", 13<sup>th</sup> June 2014. Enquiries: send your name and contact details by SMS to 0432 474 207 or email [gnlodgetheos@gmail.com](mailto:gnlodgetheos@gmail.com)

## Saturdays

**Tantrum Theatre** 12pm - 1.30pm during school terms. "The Space Warriors" - Improvisation, Movement, Creative Expression and Theatre making for Year 3 - 6 students. For more information or to enrol, contact Tantrum on 4929 7279

### 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

Fun soccer based classes for under 5's  
8.30am - 9.15am (Junior Kickers 2yrs - 3½ yrs)  
9.30am - 10.15am (Junior Kickers 2yrs - 3½ yrs)  
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 .

### Hypnobirthing Classes COMING IN JULY!

6pm - 9pm Learn self hypnosis and relaxation skills to help you have a positive, empowering birth. Contact Stacey 0421 137 740 or visit [www.positiveperceptions.com.au](http://www.positiveperceptions.com.au)

## 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.

## Autism Spectrum Australia (Aspect)

Aspect is partnering with The Place to identify & establish new opportunities for community members with ASD. Aspect programs in the Hunter include early intervention programs and playgroups, Aspect Hunter School, educational outreach, a community drop-in morning, Teens' Place youth group and an adult social network.

**When:** Monday 9am - 4.30pm

**Contact:** For more information about any of these programs and initiatives contact Lara Cheney on



0425 291712 or email:  
[lcheney@autismspectrum.org.au](mailto:lcheney@autismspectrum.org.au)

## Thursday Outreach at The Place

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



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

**When:** Thursday 12.30pm - 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**



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



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

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

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



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

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

*respect - connect - create*

How can I be understood?  
Who will listen?  
How can I get more out of life?  
Why do I feel alone?



PO Box 7047 Redhead NSW 2290  
P 0438 466 029 E [info@CentreForHope.com](mailto:info@CentreForHope.com)  
W <http://www.centreforhope.com>

**Turning Point  
Counselling**

**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)

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