

Tantrum Youth Arts Winter Holiday Drama Workshops

For ages 3yrs to Year 12 students.
At The Place **Wednesday 2nd July**
RSVP at: <http://www.tantrum.org.au>

Coming soon: Groove Directions Drumming Classes

Wednesday nights and Friday
afternoons from mid - July

Teddy Bears Picnic



Bring along your favourite teddy and join in singing, playing musical instruments, games and dancing. Family fun for ages 6mths - 6yrs.
When: Wednesday 9th July
Time: 10.30am - 11.15am
Cost: \$10pp, discounts avail.
RSVP: Julie 4963 2026

Ladies Dance Workshop



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

When: Friday 18th July
Time: 6.30pm - 9.30pm
Cost: \$50
RSVP: Heidi on 0438 941 279

Postnatal Pilates for Mums & Bubs



Rebuild your body post baby with Pilates based exercise classes run by a fully qualified Exercise Physiologist. Open to all mums and bubs from 6 weeks post natal. Socialise, exercise and regain confidence in your body.

When: Mondays from 14th July
Time: 11.30am - 12.30pm
Cost: \$15pp
RSVP: Anna on 0407 487 267



Creative Movement for Kids

Fun, relaxed, creative movement classes for children 3 - 5 years. Classes develop fundamental movement skills, coordination, self expression, confidence and creativity through games, music and dance activities.

When: Fridays from 18th July
When: 9.30am - 10.15am
Cost: \$12.50pp / class
RSVP: Jess on 0419 449 578



To discuss displaying your artwork at The Place call us on **4032 5502**

TAX HELP @ The Place

Wednesdays from July to October. Free help to complete your Tax return. Eligibility criteria applies. For more details contact The Place on 4032 5500



Gluten Free Cooking

Hosted by Tania Hubbard, this gluten free and grain free cooking workshop will include tips on cooking with coconut flour, nuts, seeds and wonderful seasonal produce. Tania believes that life is all about great food, joyful bodies and happy delicious fun.

When: Wednesday 9th July
Time: 6.30pm - 8.30pm
Cost: \$27.50pp
Book online at:

www.glutenfreegrainfree.com.au/

Mental Health First Aid



MHFA Training can teach you how to recognise the signs and symptoms of mental health problems, how to give help and support to someone experiencing a mental health problem and how to take appropriate action if a crisis situation arises.

When: Thursday 24th & 31st July
Time: 9am - 4.30pm
Cost: \$390.50pp (\$324.50pp from community / NFP organisations)
To Book: Call Lifeline 4940 2000



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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. 1st 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

Term 3 commences 14th July

Charlestown Caterpillars Playgroup

10am - 12pm during school terms. \$25 term fee plus Playgroup NSW annual membership (\$39).

A fun morning for parents and children to enjoy play and craft. Waiting list may apply. Contact The Place on 4032 5500. *Term 3 commences 14th July.*

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.

Postnatal Pilates for Mums and Bubs **NEW!**

11.30am - 12.30pm. Rebuild your body post baby with Pilates based exercises. \$15 / class. BYO exercise mat and your babies favourite toy. Contact Anna on 0407487 267. *Commencing 14th July*

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.

Term 3 commences 21st July.

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.

Crohns & Colitis Australia Support Meeting

7pm - 9pm. Support group for people living with Inflammatory Bowel Disease. Meetings are held bi-monthly. *Next meeting: 29th July 2014.* Contact CCA 1800 138 029.

Tuesdays (continued)

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 weekly. 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 3rd Wednesday of the month. *Next meeting 16th July 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.

Term 3 commences 16th July.

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 and student 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. BYO Yoga Mat. Contact Sarah on 0438 556 966

Yoga recommences 23rd July.

Thursdays

Speech Pathology

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

Active Kids Martial Arts

5pm - 6pm. \$40 / term per child (\$4 / week). Family discounts 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. *Term 3 commences 17th July.*

Seniors Computer Classes

Friendly 2 hour classes for learning at your own pace. 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. *Term 3 commences 24th July.*

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 - 5th 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.

Fridays

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 for further information on ASPECT services at The Place.

Creative Movement for Kids NEW!

9.30am - 10.15am Fun, relaxed Creative movement classes for kids ages 3 - 5 years. \$12.50/class. Contact Jess on 0419 449 578. *Classes commence 18th July*

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 commences 18th July.*

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. 1st class complimentary. Contact Nancy 4943 7114.

Fridays (continued)

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 or call 4032 5500. *Term 3 commences 18th July.*

Young Parents Group

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

Theosophical Society

8.00pm. Discussion group devoted to the study of Philosophy, Religion and Science. 2nd Friday of each month, entry by gold coin donation. Next Meeting: "The Practice and Benefit of Agnihotra", 11th July 2014. Enquiries: send your name and contact details by SMS to 0432 474 207

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. *Term 3 commences 26th July.*

Weight Watchers

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

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

Hypnobirthing Classes NEW!

6pm - 9pm. Learn self hypnosis and relaxation skills to help you have a positive, empowering birth. Bookings essential. Contact Stacey on 0421 137 740

Continued overleaf.....

Saturday (continued)

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

Sundays

C3 Church Victory - Church Service

6pm. "The City" - upbeat, relaxed church service. All welcome. Contact C3 Church Victory for more information on 4922 6800

Autism Spectrum Australia (ASPECT) is partnering with The Place to identify and establish new opportunities for community members with ASD.

For more information please contact Lara Cheney on 0425 291 712 or email Lara at: lcheney@autismspectrum.org.au



Services available at The Place

The logo for Turning Point counselling, featuring a stylized figure in blue and black within a circular frame, with the text "Turning Point counselling" around it.

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

Mob: 0406 047 800
tpcounselling@bigpond.com

Approved
Medicare
Provider

The Business Centre

Offers the opportunity to meet with an advisor for a one-on-one business advisory session at The Place.



When: Thursdays during business hours

Contact: Visit www.businesscentre.com.au or call 4925 7700 to book your appointment.

MASSAGE SPACE @ THE PLACE



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Compass Housing

Offer one-on-one meetings at The Place to provide information on housing:

- Help to complete applications for Housing NSW
- Waiting list enquiries
- Temporary or permanent accommodation needs

When: Thursdays 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



Emma Bullen

is a clinical Social Worker with over 17 years experience.

She works with women, men & young people to help them to develop skills to manage the problems that affect their lives.

When: Saturdays 9am -12.30pm

Contact: Emma on 0414 947 914 or email emmabullen.therapist@gmail.com



Visit The Place website for more details on regular programs, special events services and School Holiday Activities: www.theplacecharlestown.org.au

Like us on Facebook at: www.facebook.com/theplacecharlestown