

Charlestown Square, Cnr. Frederick & Pearson Sts.

Hunter Business Awards 2018 Finalists

The Hunter Business Awards have included the Excellence in Social Enterprise Category in the prestigious awards as a new category this year. As a not-for-profit social enterprise servicing the region since 2011, we are proud to be recognised as Finalists in this category.

The Place offers a variety of educational, social and recreational activities, tailored to what the members of our community are interested in, as part of our whole community approach. As a community centre, we are not just for seniors, not just for children, not just for families, we are for everyone.

All funds we raise through our commercial activities are invested back into our community development efforts. This means that when a business, individual or community group chooses to utilise our venue, it contributes directly towards making a meaningful contribution to local community development. Thank you to all our loyal supporters who help us make a difference.



Dress For Success Pop Up Shop

Dress for Success Sydney is a charity that improves the employability of women in NSW by providing, free of charge, professional clothing, a network of support and career development tools to help women achieve self-sufficiency.

The organisation has been conducting a feasibility study in the Hunter region to explore the possibility of making the service locally available.

The Place is pleased to offer our support in hosting a Pop Up Shop at our Centre on Thursday, 9 August 2018. The session will offer women a one-hour appointment, where they will be provided styling advice, support and an outfit. Outfits are for women seeking work, attending job interviews, starting a new job, attending an official event/meeting, or appearing in court. There is no cost for this service but it is facilitated through agency referral. Contact newcastle@dfssydney.org for further information.

create **SPEAK UP**

You're invited to...

Y NOT TRY SUP?

SUP WORKSHOP!

WHAT: Speak Up Level 1 Workshop!

WHEN: Saturday, 11th of August, from 10:30am to 2:30pm, with a fun activity after! Pick up time will be approximately 3:30pm.

WHERE: The Place: Charlestown Community Centre, Corner of Frederick St and Pearson St, Charlestown, NSW, 2290. The room is The Glen.

RSVP: By Thursday, 7th of August, to 02 9267 0977 or sarah.enderby@create.org.au. Our number on the day is 0432 512 601.

Are you aged 14-25? Do you have something to say about your care experience?

At CREATE, we believe that all young people should be listened to and that you should have a say in what's going on in your life.

Learn how to SPEAK UP for yourself and other young people in this awesome workshop. You'll meet others with similar experiences, and learn how to:

- Share your story
- Know your rights
- Push for government change and improve the care system
- Become a CREATE Young Consultant!

Don't miss out on having a say!

This is a free program. Lunch, activities and snacks provided. This event is for 14-25 year olds who have a care experience.

Join our mailing list

Visit www.theplacecharlestown.org.au to sign up or call us on 02 4032 5500



like us on
facebook



www.facebook.com/theplacecharlestown/

What's On: Regular Activities at The Place

Mondays

New Body New Life: Over 50's Exercise

9:15am - 10am Beginners Class \$8
10am- 11am Regular Class. Enjoyable fitness classes for adults. \$12/class, \$10/class concession. 1st class complimentary. Contact Nancy on 4943 7114

Julie Logan Music - Sing Play Learn

Fun and educational music classes for children & accompanying adults. 9 week terms.
10.30am - 11.15am
11:30am - 12:15pm
Babies: \$136/term Toddlers: \$169/term.
Discounts for siblings. Contact Julie on 4963 2026

Charlestown Caterpillars Playgroup

10am - 12pm during school terms. A fun morning of play and craft for children aged 0 - 5 years and their parent/carers. \$35 Term 3 Contact The Place on 4032 5500

I Can Cook with DSA

10am - 1pm weekly. NDIS supported. Bookings essential, contact DSA on 1300 372 121

Newcastle U3A

1.30pm - 3pm weekly. Movement Class for seniors. Bookings essential, contact newcastleu3a.au@gmail.com

Tuesdays

Eastlakes U3A - Balance & Bones

8:15am - 9:15am Weekly in school term. For enquiries & info visit www.eastlakes.u3anet.org.au

Eastlakes U3A - Movie Club

9:00am– 12:00pm on **28 August**. For enquiries & info visit www.eastlakes.u3anet.org.au

Charlestown Square Tuesday Club

9.30am - 12pm in school term. Senior ladies friendship group who meet weekly for a social morning, with guest speaker, entertainment or games. Optional outings during the year. Cost \$6 per week. For details contact The Place on 4032 5500

Weight Watchers

10am - 11am. Weekly meeting for Weight Watchers members. Make friends, share tips, get motivated, get started. For more details call 131997

Hunter Boccia Training

3:30pm - 6pm. Contact Lucy Bates on 4954 3473 or email hunterboccia@bigpond.com

Tuesdays Continued...

Challenge Community Connexions Cooking Class

10:00am - 12:30pm Support for young people with disabilities. Call Jonathan on 0407 367 434 or email jonathan.daley@challengecommunity.org.au

Athena Dance (TMP Dance Studios)

6:45pm - 8:15pm during school terms. A new dance program just for women incorporating various styles of dance. Child friendly classes. \$153/term. Contact Tina info@tmpdancestudios.com.au

Newcastle Irish Set Dancers

7.15pm - 9.15pm. Social classes in Irish Set Dancing (folk dancing) for adults, no experience necessary. \$6/class. Contact Julia on 4955 5701

Sahaja Yoga

7:30pm - 9pm Weekly in school term. Use the Sahaja Yoga meditation technique to bring about a state of thoughtless awareness, quieten your mind, and connect to your inner self and the all-pervading energy. **FREE** (Gold coin donation appreciated) No booking required. Contact Catherine 0457 771 599

My Baby Basics: CPR & First Aid for Parents

Date: **28 August** 12 - 3pm

Bookings essential

Cost: \$70

Contact Sharyn on 0411 496 708

Bookings: www.mybabybasics.com.au

Wednesdays

Tai Chi (Australian Academy of Tai Chi)

9am - 10am Tai Chi Club, 10am - 11am Beginners Tai Chi, Shibashi 1 / 2, Tai Chi Levels 1– 6, Pre Weapons & Sword. 10 week terms during school terms. \$90/term (\$85 concession). Casual classes \$10/week. Contact Patricia 0438 469 442

I Can Cook with DSA

10am - 1pm weekly. NDIS applicable. Bookings essential, contact DSA on 1300 372 121

Dementia Carer Support Group

10am - 12pm **15 August**

Contact Mary on 4924 6146

Bubbaluvs & Me

6:30pm - 8:30pm Monthly - **29 August**. Meditation circle. Contact Rebecca 0403 724 755

Thursdays

Little Kickers

Fun, engaging soccer based classes for children.
10.30am - 11.15am (ages 2 years - 3.5 years)
11.30am - 12.15pm (ages 3.5 years - 5 years)
\$99 for 6 classes. One-off membership fee \$55
(includes uniform). Contact Adam 0425 367 253

CDAH Planning Café

10am - 12:00 pm **27 September** Disability support
service Contact Jenny on 0401 388 164

Northern Settlement Services Ltd

10am - 12:30 pm **16 August Chinese Social
Support Group**. Contact Dongmei on 4969 3399

Active Kids Martial Arts Taekwondo

5pm - 6pm. Fun classes to build fitness, flexibility,
confidence, self-defence skills & coordination.
\$60/term. Family discounts available.
Contact Darrel on 0412 762 772

Para Taekwondo

6pm - 7pm A rewarding program for children and
young adults for whom life has provided additional
challenges in the form of disabilities. \$60/term.
Contact Darrel on 0412 762 772

Eastlake Youth Centre

6.30pm - 9pm. Free, supervised weekly activities
for ages 12 - 17 years. Pool tables, table tennis,
music, DVDs and snacks. Contact 49 488 488

Fridays

Young Parents Group

11:45am - 2:15pm. In school term. A fun afternoon
of play and craft for parents in their teens / twenties
and their children. Free to attend. Refreshments
provided. Contact The Place 4032 5500
www.facebook.com/YPGCharlestown

Be Connected Computer Training for Seniors

9am - 11am. In school term. FREE digital literacy
training for over 50's. Available by appointment.
Call Cristelle 02 4032 5500

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,
\$10/class concession. 1st class complimentary.
For more information contact Nancy on 4943 7114

Qigong for a Healthy Life

9:30am - 10:30am. Beginners class, all welcome.
10.30am - 11.30am. Gentle class for all abilities.
Based on 'Tai Chi for Arthritis' Program by Dr Paul
Lam. \$6/class. Contact Adrienne 0428 553 317

Saturdays

Weight Watchers

8am - 9am. Weekly meeting for Weight Watchers
members. Make friends, share tips, get motivated,
get started. For more information call 131 997

Sundays

Kelly Mini Sports

9:00am - 11:45am Sports classes for 1 to 5 years
old. Soccer, footy, basketball, cricket and tennis for
little kids. Contact 0411 800 737 or
enquiry@kellyminisports.com.au or visit
www.kellyminisports.com.au for further information

Be Connected Program

Fridays - 17 August to 21 September

The Place is an official network partner in the Be
Connected program. FREE digital technology training is
available on Friday mornings from 9am to 11am by
appointment. The training is offered in small groups to
allow personalised learning and one on one coaching.
Call 02 4032 5500 to book or for further information.



Be Connected
Every Australian online.



There's never been a better
time to get online.

Your local Be Connected Centre can help you discover how
being online can add new skills and experiences to your life.

Be Connected is a FREE Australian Government initiative
helping older Australians to get the most out of going online.

Services Available @ The Place

Print, Fax, Scan, Copy, Laminate, Bind

Bus Information (No timetables)

FREE Community Book Exchange

FREE Community Artists Display Space

JP Service by appointment - Wednesday & Friday



DIY Social Media - Wednesdays, Weekly 8 Aug to 29 Aug, 7pm to 9pm

Learn to manage your business's social media channels like a boss. If you're starting up or if you've been using social media for a while, this course will give you essential social media know-how so you can control your digital destiny. Book by email to Jodie@themarketingside.com.au or call 0403 441 176



CHARLESTOWN BRICKPARADE

Raising Funds to send local Scouts to Jamboree!

Sunday 26 August 2018, 10am - 4pm

Entry: \$5 each or \$15 for a family

Don't miss this wonderful community event to raise funds for your local scout group and see inspiring models built of LEGO® Bricks from awesome builders!



FEELING STRESSED, TIRED & OVERWHELMED WITH LIFE?

REIKI ENERGY ACTIVATES YOUR BODY'S NATURAL HEALING PROCESS RESTORING BALANCE & WELLBEING

**HALF PRICE INTRODUCTORY OFFER for NEW CLIENTS
\$35 TUESDAYS @ THE PLACE
TO BOOK CALL KAREN: 0412087966**



Have your artwork displayed at The Place absolutely FREE! Take advantage of the opportunity to display your work on our walls for up to 3 months and get exposure to a variety of businesses and community members.

Contact Karden on 02 4032 5500



Massage Space at The Place

Remedial & Relaxation Massage Therapy. 1 hour and half hour massages available. Monday to Saturday (excl. Tuesdays) To book call Kathleen on 4032 5540.



Turning Point Counselling

Valerie Milner is a fully accredited Mental Health Social Worker with over 16 years of counselling experience. Appointments are available at The Place on Wednesdays & Tuesdays. To book call Valerie on 0406 047 800.



Oz Spectrum Success Coaching

Nurturing people to see their true potential. Coaching is tailored to meet each individual's specific requirements. To book an appointment contact Geraldine Moran on 0438 466 029



Evolve Psychology

Moira Sylvia provides psychological therapy, specialising in working with teenagers with mental health issues, though accepts people of all ages desiring therapy. Appointments are available at The Place Fridays. To book call Moira on 0404 377 233.