

A Well Deserved Accolade

We are proud to announce that The Place was announced as Winner of the Excellence in Workplace Health and Safety category at the Lake Macquarie Business Excellence Awards held on 23 July. This award was sponsored by Safework NSW and as winners of this category, The Place will progress as a phase two entrant in Category 1a - Excellence in Workplace Health and Safety Culture, Small Business of the NSW SafeWork Awards. This Award recognises demonstrated commitment to continuous improvement of workplace health and safety outcomes through the creation and continuation of an outstanding work safety culture.



Pictured from left: Karden Salomons, Jodie Harrison MP, Lynda Little, Paul Battle and Cristelle Govender

Young Parents Group Open Day - Friday 5 August 12:30pm - 3pm



Young parents group is a weekly group for parents in their teens and early twenties. The group is hosted with and for young parents and provides a supported environment where young parents and their young children can connect and grow. We will be hosting an Open Day on Friday, 5th August from 12:30pm - 3pm. A number of fun and interactive activities are planned including cupcake decorating, a sensory play activity, and the opportunity to connect and

interact with a number of key service providers who will be contributing to the group. Present on the day will be representatives from The Family Action Centre, Ability Links, Lake Macquarie City Council, The Place and volunteer Child & Family Health Nurses. Light refreshments will be provided. For enquiries contact Cristelle on 4032 5500



Computer Courses @ The Place

We continue to offer computer training courses. Next 6 Week Course for **Seniors** starts on **Wednesday, 24th August from 9 am - 12pm**

Course Content: Internet, Email & File Management

Cost: \$36

Future courses will be offered for all ages and abilities

For enquiries call us on **4032 5500**

What's On: Regular Activities at The Place

Mondays

New Body New Life: Over 50's Exercise

10am - 11am. 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 Toddlers (2 - 3 years)

11.30am - 12.15pm Babies (0 - 12 months)

Babies: \$126/term Toddlers: \$159/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. Wait-list may apply. \$30 Term 3 Contact The Place on 4032 5500

I Can Cook with DSA

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

Kanga Training

11.30am - 1pm in school term. Fun & fitness with your baby. Getting back into shape has never been so easy!

Contact Rebecca on 0406 186 231 or visit

www.facebook.com/kangatrainingNewcastle

Tuesdays

Charlestown Square Tuesday Club

9.30am most Tuesdays. Senior ladies friendship group who meet weekly for a social morning, with guest speaker, entertainment or games. Optional outings during the year. 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

Pirouette Dance & Fitness

3.30pm - 5.30pm. Children's Ballet, Jazz and Pom-Fit classes during school terms. From \$7/wk. For more details contact Lisa on 0401 856 126

Bricks 4 Kidz

3:30pm-5:00pm After school sessions. Amazing Animals theme Cost \$90 per term

Contact Brad on 0499 006 056 or visit

<http://bricks4kidz.com.au/nsw-lakemacquarie/>

CDAH Peer 2 Peer Meetings

10am - 1pm on the 3rd Tuesday of the month - 16th Aug Supportive drop in meetings for people with disability and their families to exchange knowledge, experiences and ideas. All welcome. Contact 0490 053 454

Tuesdays Continued...

Hunter Bocchia Training

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

Newcastle Irish Set Dancers

7.15pm - 9.15pm. Social classes in Irish Set Dancing (folk dancing) for adults, no experience necessary. \$10/class. Contact Julia on 4955 5701

My Baby Basics

30th Aug, 12pm - 3pm. Cost \$65pp. CPR & First Aid for Parents. Bookings essential. Phone 0402305658 or visit

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 Ken on 4942 2951

Athena Dance (TMP Dance Studios)

12.00pm - 1.00pm during school terms. A new dance program just for women incorporating various styles of dance. Child friendly classes. \$180/term. Contact

info@tmpdancestudios.com.au

Dementia Carer Support Group Meeting

10am - 12pm Next meeting 17 Aug. All welcome. Free to attend. Contact the Hunter New England Health Dementia Advisory Service on 4924 6146

Kanga Karate

4pm - 4.45pm, (4 year olds)

4.45pm - 5.30pm (ages 5-7 years)

5:45pm - 6:30pm (adults- International Goju Karate)

\$127 beginners with uniform

Karate Classes for kids. \$29.99 for first 5 classes & uniform. To register contact Rod on 0415 988 931

ACN Independent Business Owners

7.30pm - 8.30pm Training & Business Presentations.

Contact Marco for more information 0418 493 425

Bump Mentoring Program - FREE

12:30pm - 2:30pm 10th & 24th Aug

For young pregnant & parenting girls aged 13 to 23.

Bump connects young mums with experienced mentors.

Contact info@raise.org.au

Zumba Fitness

6pm - 7pm in school term. It's the workout that doesn't feel like a workout. Every age, fitness and skill level welcome - the focus of Zumba is just to keep your body moving! Contact Lauren on 0402 272 416 or

lauren.keely.aus@gmail.com

Thursdays

Little Kickers

Fun, engaging soccer based classes for children.
9.30am - 10.15am (ages 18mths - 2yrs 3mths)
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 Naomi 4009 1545

The Business Centre

One-on-one business advice and mentoring
sessions for small businesses. Bookings essential.
Call 4925 7700 for appointments.

CDAH Planning Café

10am - 12pm every alternate month. Next meeting
22 September. Peer support meetings for people
with disability and their families to get the best from
the NDIS.

All welcome. Contact 0490 053 454

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 Only. 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

Eastlakes Youth Centre

6.30pm - 9pm. Free, supervised weekly activities
for ages 12 - 17 years. Pool tables, table tennis,
music, DVDs and snacks. Contact 4972 1111

Fridays

Young Parents Playgroup

12.30pm - 3pm. A fun afternoon of play and craft
for parents in their teens / twenties and their
children. Gold coin donation towards venue hire
welcome, byo lunch. Contact The Place 4032 5500
www.facebook.com/YPGCharlestown

Services Available @ The Place

Print, Fax, Scan, Copy, Laminate, Bind
Computer drop in with internet access
Bus Timetables
FREE Community Book Exchange
FREE Community Artists Display Space

Fridays Continued...

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 No Class 5 Aug

10.30am - 11.30am. Gentle class for all abilities.
11.45am - 12.45pm. Beginners class, all welcome.

Based on 'Tai Chi for Arthritis' Program by Dr Paul
Lam. \$6/class. Contact Adrienne 0428 553 317

Saturdays

Little Kickers

Fun, engaging soccer based classes for children.

8.30am - 9.15am (ages 2 yrs. - 3.5 yrs.)

9.30am - 10.15am (ages 2 yrs. - 3.5 yrs.)

10.30am - 11.15am (ages 3.5 yrs. - 5 yrs.)

\$99 for 6 classes. One-off membership fee \$55
(includes uniform). Contact Naomi 4009 1545

Weight Watchers

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

Eastlakes U3A Annual membership \$45, then
classes are free to attend. Activities at The Place
include: Balance & Bones Exercise, Monthly Movie
Club, and Getting to Know Your Android. For more
details on classes and activities offered (and
membership enquiries) visit

www.eastlakes.u3anet.org.au

ATO Tax Help

Wednesdays, 10 August to 26 October

Bookings available 9:30am - 4pm

Get free help with your tax return from a Tax
Help volunteer

Call The Place 4032 5500



Families Supporting Families Carers Café Plus - Thursday, 18th August, 10am - 12pm

iPads and Technology for learners with special needs by Ben Coombe

Families Supporting Families is a grass roots support group for families with special needs members (usually children).

Morning Tea Provided, \$10 for non-members

RSVP by Friday 12th Aug email: athertonnatalie@gmail.com Phone: 0431 593 987



FREE Family Constellations Workshop - Friday, 19th August, 4pm - 8pm

These workshops are designed for anyone experiencing relationship difficulties in their family, with partners, parents, children or siblings. You will gain a deep insight into the entanglements of your family system. Hosted by Francine Jorda Pempelonne. For more information please call 0432 507 000 or email jorda.francina@gmail.com Find [Family Constellations on Facebook](#)

Ladies, We Need to Talk: A FREE Women's Body Image Forum

Tuesday, 23 August, 6:45pm - 8:15pm

Aimed at women of all ages who are passionate about changing the current state of body image in females. The evening will be a discussion around how different elements of our daily lives impact body image and identifying possible avenues for change.

Contact: Leah Gilbert bpaaust@gmail.com

RSVP: <https://www.eventbrite.com.au/e/womens-body-image-forum-tickets-26578001518>



FREE Sahaja Yoga Meditation - Every Tuesday, 7:30pm - 8:30pm

Use the Sahaja Yoga meditation technique, founded by Shri Mataji in 1970, to bring about a state of thoughtless awareness, quieten your mind, and connect to your inner self and the all-pervading energy. This meditation is easily achieved through a process of Self-Realisation which frees you of stress and enables you to enjoy the present moment. **No booking required.**

Contact Catherine 0457 771 599



FREE EVENT: Thursday 4 August, 10am - 12pm

The Australian Breastfeeding Association Lake Macquarie Group and Newcastle Group are hosting a combined event to celebrate World Breastfeeding Week

Our focus for World Breastfeeding Week 2016 is Sustainable Development Goal 11 – Sustainable Cities and Communities. *ABA's key objective for World Breastfeeding Week is to raise awareness of the programs and services ABA provides to promote an inclusive, sustainable community where all breastfeeding women and their children feel safe and welcome.*

To highlight the support ABA provides mums we will be inviting members and friends to talk to stores within Charlestown Square and their local communities to engage with the Breastfeeding Welcome Here initiative.

There will be morning tea with discussion on positive experiences mums have had while breastfeeding.

Please contact **Shari on 0428 786 742** for more details about this event.

Bricks 4 ASD Kidz

Fridays, 4pm to 6pm in School Term

Our Friday Afternoon Lego Club is specially designed for high functioning kids on the spectrum. It is designed to create a fun, social environment which encourages kids to collaborate and communicate while working towards a common goal. We will provide a structured environment, where kids are encouraged to participate in the activities, however there will be no pressure.

Contact Brad on 0499 006 056

Visit: bricks4kidz.com.au/nsw-lakemacquarie

