

## National Reconciliation Week

We hosted a one of a kind exhibition at The Place in recognition of National Reconciliation Week on 1 June. The event, titled, Lenses & Brushes, was a unique collaboration of photography and Aboriginal art. The artists were Stephen Carter, a local photographer, and Maree Bisby, a local Aboriginal artist. The artists had created a collection of beautiful works in photography and Aboriginal dot painting based on some of the most iconic locations in the Hunter region.



## REIKI AT THE PLACE

We have recently welcomed a new Reiki practitioner, Karen Grew, who is available for bookings every Tuesday. Reiki is a non-invasive healing technique where the life-force energy is channeled to the patient by means of hands on healing. This activates the body's natural healing process and restores physical and emotional well-being.

Reiki can be used safely to compliment medical treatment without any interference and is suitable for all ages. The benefits of Reiki include relief and healing from stress, headaches, emotional sorrow, fatigue, insomnia, pain, depression, and recovery from surgery.

To get further information or to make a booking contact Karen Grew on 0412 087 966 or email [karen54.grew@gmail.com](mailto:karen54.grew@gmail.com)

## Be Connected Program

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.

## Join our mailing list

Visit [www.theplacecharlestown.org.au](http://www.theplacecharlestown.org.au) to sign up or call us on 02 4032 5500



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[www.facebook.com/theplacecharlestown/](https://www.facebook.com/theplacecharlestown/)

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# VOICE YOUR CHOICE

**You're invited to...**

**What:** Voice Your Choice: Supported Decision Making for Supporters/Carers  
**Date:** Thursday 21 June 2018  
**Time:** 10.00am-2.00pm  
**Where:** The Place, Charlestown Community Centre (Corner of Frederick St. and Pearson St. Charlestown NSW 2290)  
**RSVP by:** Tuesday 19 June  
**Contact:** Lucy on 9267 0977  
[lucy.richardson@create.org.au](mailto:lucy.richardson@create.org.au)

Join us for FREE sector training in Supported Decision Making for caseworkers, carers and support workers.

We will cover:

- What is supported decision making and its context?
- What is the role of the supporter in the decision making process?
- How do we create barriers or enablers in supported decision making?

Light refreshments and lunch provided  
All costs covered by CREATE Foundation

This is an inclusive event. Please let us know what your accessibility, food, and transport needs are so we can welcome you.

# 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. 1<sup>st</sup> 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 2 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](mailto: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](http://www.eastlakes.u3anet.org.au)

### **Eastlakes U3A - Movie Club**

9:00am– 12:00pm on **19 June**. For enquiries & info visit [www.eastlakes.u3anet.org.au](http://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](mailto: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](mailto: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](mailto: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: **26 June** 12 - 3pm

Bookings essential

Cost: \$70

Contact Sharyn on 0411 496 708

**Bookings:** [www.mybabybasics.com.au](http://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

### **Rita Rikelle Yoga**

9:30am - 11am weekly. Contact Rita on 0404 856082

### **I Can Cook with DSA**

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

### **Dementia Carer Support Group**

10am - 12pm **20 June**  
Contact Mary on 4924 6146

### **Bubbaluvs & Me**

6:30pm - 8:30pm Monthly - **27 June**. Meditation circle. Contact Rebecca 0403 724 755

# Closed on Mon, 11 June - Public Holiday

## Thursdays

### Stretch, Relax & Smile Yoga

8:30am - 9:30am Friendly classes, everyone welcome. \$12 or \$10 concession. Call Sandra on 042 333 4405 for information

### 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 **28 June** Disability support service  
Contact Jenny on 0401 388 164

### Northern Settlement Services Ltd

10am - 12:30 pm **21 June 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](http://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. 1<sup>st</sup> 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

### 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

**create**  
COMMUNITY CENTRE

# VOICE YOUR CHOICE

**ARE YOU A YOUNG PERSON WITH A CARE EXPERIENCE?**

## You're invited to...

**What:** Voice Your Choice: Supported Decision Making for Young People  
**Date:** Friday 22 June  
**Time:** 4pm - 8:30pm  
**Where:** The Place, Charlestown Community Centre (Corner of Frederick St and Pearson St, Charlestown NSW 2290)  
**RSVP by:** Wednesday 20 June  
**Contact:** Lucy on 9267 0977  
lucy.richardson@create.org.au

Come join us for our FREE Voice Your Choice workshop, dinner and fun activity!  
*Ages 15-25*

Voice Your Choice is a workshop about supported decision making. Find out what decisions are, how they are made, who can help you make decisions, and what you can expect from someone supporting you!

Dinner will be provided!!!

All event costs covered by CREATE Foundation

*This is an inclusive event. Please let us know what your accessibility, food, and transport needs are so we can welcome you. Care experience includes kinship care, residential care, and foster care.*



# Teddy Bear's Picnic

Come & Sing, Sway, Dance & Play!

MON 9th July 10.00-10.45



0-4 years

BYO Bear!

The Place, Charlestown Square  
\$20.00

25% off with Entertainment Card  
BONUS GIFT for first 5 Rego's!

ADMIN@JULIELOGANMUSIC.COM.AU  
0425 227 582



## E-motion Fitness Workshop

Bootcamp for the Mind

Be more. Do more. Have more.  
It's Time!

What forces determine the quality of life?  
What ever meaning you give it!

Meaning equals emotion, emotion equals life.

- Shift your Mindset
- Smash old Beliefs
- Unblock your Potential
- FUN
- Embrace Happiness
- Discover Mindfulness
- Change your Life
- INTERACTIVE

WHY WE NEED BOOTCAMP FOR THE MIND?

- ☆ Get a Clear Understanding of Your Vision and Sharpen your Focus
- ☆ Learn how to Control your Emotions
- ☆ Discover how to Shift your State at an Instant
- ☆ Let go of Self Limiting Beliefs - Say no to Self Sabotage
- ☆ Learn how to Create Healthy Habits - One Habit at-a-time
- ☆ Increase your Level of Confidence

DETAILS & REGISTRATION

Where: The Place Charlestown - Frederick St, Charlestown NSW 2290

www.magicmindacoaching.com OR 0423 810 056

TESTIMONIALS

"I really enjoyed the practical aspects of the workshop. I would definitely recommend this to friends"  
Kelly G

"This was amazing. As women we tend to have a lot of self doubt but you have helped me see  
I can do anything I believe in!"

"You are wonderful, inspiring and a true teacher of the mind.  
Thank you for helping me begin my journey to being my true self" Jade M



SUNDAY  
June 24TH  
10AM - 5PM



## DIY Social Media: Practical Training for Small Business

7-9pm Thursdays: 7, 14, 21 and 28 June  
Bring your own laptop or iPad.

If you're brand new and just starting out or if you've been playing in the online space for a while and want to do things better, this course has been designed to equip small business owners with the social media know-how they need to control their own digital destiny.

Contact Jodie on 0403 44 11 76 or jodie@themarketingside.com.au  
Bookings are essential. Full 4 week course cost is \$320 per person.

## 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.

