

Get Online Week 2018



The Place was among more than 500 organisations country wide that participated in Australia's first Get Online Week. Over 750 events were held across Australia, helping people with limited digital skills make the most of the internet. The Place got involved by hosting two unique events.

We facilitated a You Tube morning tea for the Tuesday Club on 16 November, where we introduced 45 members to the usefulness of You Tube for learning and sharing skills and experiences. The ladies were taken through easy how-to tutorials for buttercream cake decorating and making fondant roses.



The following day saw 20 community members attend an afternoon tea and Google Earth Scavenger Hunt. It was a new and exciting experience for the participants who were intrigued by the wonders of digital technologies like Google Earth, sparking much interest in getting involved in our FREE Be Connected Digital Literacy Training currently on offer. (See Page 3 for more information)



The Place is supporting the Uplift Project

In many regions second hand bras are cheap enough, but rarely available. A new bra, if available at all, can cost 10-30 hour's wages.



THE BRA A WOMAN RECEIVES FROM UPLIFT PROJECT IS OFTEN THE ONLY BRA THAT WOMAN OWNS.

Bras allow the dignity of a dry shirt, and the comfort of support for social and work situations. Uplift only sends bras when requests are received from local women's groups.

WE'RE COLLECTING

Second hand:

8-16 A-D cup, good condition
18+ any conditions

E cup plus, any size, any condition.
Nursing bras/crop tops, ALL
Mastectomy bras and prostheses,
Swimwear.

New:

Underpants (ONLY brand new)
Any bras and swimwear

Please do not include:

Used underpants & g strings.
U-bras, Bedroom lingerie, Bras needing repair, Shapewear, control garments



Drop bras at:

The Place Charlestown Community Centre

OR

phone Suzette on 0410 135 645 to arrange collection

Visit www.upliftbras.org

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 4 Contact The Place on 4032 5500

Newcastle U3A

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

Best Bodies Fitness Pilates

6pm - 7pm weekly. Pilates based fitness. \$15 per week. Contact Ali on 0403 909 338 or ali_bidmead@hotmail.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 **27 November**. 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: **27 November** 12 - 3pm

Bookings essential

Cost: \$70

Contact Sharyn on 0411 496 708

Bookings: www.mybabybasics.com.au

Wednesdays

Dementia Carer Support Group

10am - 12pm **21 November**

Contact Mary on 4924 6146

Bubbaluvs & Me

6:30pm - 8:30pm Monthly - **28 November**

Meditation circle. Contact Rebecca 0403 724 755

Be Connected Computer Training for Seniors

12:45pm to 2:15pm. **17 October to 28 November**. FREE digital literacy training for over 50's.

Available by appointment only. Call Cristelle 02 4032 5500

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 **22 November** Disability support
service Contact Kate on 0401 388 164

Northern Settlement Services Ltd

10am - 12:30 pm **Back 17 Jan 2019 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

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

No class 9 Nov

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

8:30am - 11:00am 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

Wednesdays 17 October to 28 November

The Place is an official network partner in the Be
Connected program. **FREE** digital technology training is
available on Wednesdays from 12:45pm to 2:15pm 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.

FREE LESSONS AT THE PLACE FOR OVER 50s

WEDNESDAYS - 12:45 TO 2:15

17 October - FREE Get Online Week Event - All Welcome
24 October - Using a Computer & Understanding Jargon
31 October - Using a Touchscreen
7 November - Using Email
14 November - Using Search Engines
21 November - Using the Internet
28 November - Keeping in Touch - Skype & Facebook
Bookings required - Call 02 4032 5500
or visit our reception





NEW CLASS - Best Bodies Fitness

Every Monday evening - 6pm to 7pm Cost: \$15 per class

Join Ali Bidmead in a Pilates based fitness class to sculpt, strengthen and lengthen your body, achieving your best body ever!

Contact Ali on 0403 909 338 or ali_bidmead@hotmail.com

Follow Best Bodies Fitness

Facebook: @bestbodiesfitness.newcastle

Instagram: bestbodiesfitness_newcastle

Personal Boundaries Workshop Charlestown

Come along to this workshop and explore what healthy boundaries are and find out the difference between clear and fuzzy boundaries. Learn strategies to reduce your stress levels and improve your relationships



The Place Community Centre
Cnr Frederick & Pearson St's, Charlestown
 (enter via Frederick St)
Tuesday 13 November
9.45 (for a 10am start) to 1pm
Cost \$10. Morning tea provided

Preference given to those who have not attended this workshop before

Register by phoning Hunter Women's Centre
4968 2511

Funded by Hunter New England Local Health District

Using Boundaries in Relationships Workshop Charlestown

Explore how to use assertive boundaries in your relationships for less confusion, improved communication and personal empowerment



The Place Community Centre
Cnr Frederick & Pearson St's, Charlestown
 (enter via Frederick St)
Tuesday 20 November
9.45 (for a 10am start) to 1pm
Cost \$10. Morning tea provided

Preference given to those who have not attended this workshop before

Register by phoning Hunter Women's Centre
4968 2511

Funded by Hunter New England Local Health District

Is your child 4 years old or turning 4 before 31 July 2019?

Do you live in Belmont, Belmont North, Charlestown, Charlestown South, Gateshead, Mt Hutton, Tingara Heights or Windale?



If so, join HIPPY
(Home Interaction Program for Parents and Youngsters)!

It is **FREE!**



HIPPY is a two-year, home-based early childhood learning and parenting program that builds the confidence and skills of parents and carers to create a positive learning environment to prepare the child for school. To find out more, contact Jaylene McKenzie on 0413342667 or jaylene@jobquest.org.au



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 Tuesdays & Wednesdays .
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

