

Dress For Success Pop Up Shop

The Dress For Success Pop Up Shop was held with the support of The Place on the 9th of August as part of the organization's feasibility study in the Hunter. 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 amazing team of volunteers did a fantastic job, and it was a really important learning experience. They were able to support 10 women on the day, and all women reported feeling more confident and well supported after their appointment. One client said, "Thank you very much for such an exciting experience! I'm happy to have had this opportunity that boosts my confidence."



Dress For Success Volunteers & Participants

CROWDFUNDING FOR SOCIAL CAUSES



Chuffed in Lake Macquarie

We are chuffed to announce that Chuffed.org, the crowd funding platform will be here at The Place to host a Crowdfunding workshop in partnership with The Place. Chuffed.org have spent the last four years running thousands of online fundraising campaigns in 27 countries around the world.

Ben Davies of Chuffed.org will be running a workshop on Tuesday 18 September from 1pm to 4:30pm. Tickets are just \$15 for the 3-hour intensive workshop which covers the 5 key ingredients that occur in the most successful campaigns. During the workshop, you'll get the opportunity to pitch your idea and get feedback from your colleagues in the room. You'll also get a chance to network with the other participants.

Following the workshop, all participants who start a campaign will be provided with a free, one on one mentoring session and are invited to join the Chuffed community of fundraisers for ongoing campaign support. Only 20 spaces are available. Tickets will be available via our Facebook page shortly...

<https://www.facebook.com/theplacecharlestown>



A New Website Coming Soon

We are excited to announce that we are currently in the process of launching a new website aimed at providing an optimal viewing and browsing experience across multiple platforms. Our new site will be faster and easier to navigate with a more modern, fresher interface. Our aim is to improve the quality of our service and increase the efficiency of your user experience regardless of the device you choose to use. We are

still in the building phase at the moment, but we promise it will be worth the wait! For now though, its business as usual at www.theplacecharlestown.org.au

Join our mailing list

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



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. School terms only. 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 **30 October**. 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: **18 September** 12 - 3pm

Bookings essential

Cost: \$70

Contact Sharyn on 0411 496 708

Bookings: www.mybabybasics.com.au

Wednesdays

I Can Cook with DSA

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

Dementia Carer Support Group

10am - 12pm **19 September**

Contact Mary on 4924 6146

Bubbaluvs & Me

6:30pm - 8:30pm Monthly - **19 September**.

Meditation circle. Contact Rebecca 0403 724 755

Be Connected Computer Training for Seniors

12:45pm to 2:15pm. 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 **27 September** Disability support
service Contact Jenny on 0401 388 164

Northern Settlement Services Ltd

10am - 12:30 pm **20 September 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

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

9:30am - 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 22 August to 19 September

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.

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



Local Business Awards 2018 Finalists

Earlier this year, The Place was a finalist in the Hunter Business Awards and we are pleased to announce that we are now also finalists in the Hunter Local Business Awards. This award is decided by public vote and judging - Thank you to all who voted for us. It is always great to know that we have the support and encouragement from our community who believe in the work we do.



Sourdough Bread Baking with friends Workshop (Gluten free option) Saturday, 15 September. 4pm - 7pm

This fantastic Bread workshop will change your life! You can choose from a Natural Fermentation Sourdough seeds or seedless bread to a Gluten-free Sourdough Seeds or Seedless bread. So many great options using a variety of toppings, with or without nuts.

All recipes are Plant-based without any Dairy, sugar or Oil. These breads are delicious and nutritious. Try it for one week and your life will never be the same again! Oil and sugar Free, delicious and nutritious! Invest in your health and start a new journey today. Sign up at <http://www.seedsnewcastle.com.au/course/sourdoughbreadworkshop/>



Waking Up to Purpose: A workshop designed for women Thursday, 20 September. 1:30pm - 4:30pm

Are you 'a career woman', 'a wife', 'a mother', 'a single woman', 'a daughter', struggling with the daily pressures of thinking you have to 'have it all'? Do you think you're not currently where you 'should' be at this point in your life, going about your day, wondering if you're living your purpose? Join Developmental Coaches, Frances Wills and Anita Tomecki for a transformational workshop to help you to start leaning into your purpose. Book at

<https://www.eventbrite.com/e/waking-up-to-purpose-a-workshop-for-women-tickets-49632532240> or contact Frances at atomecki@yahoo.co.uk



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.