



THE BUZZ



March 2022

c/ PCYC 2b Lake St Windale NSW 2306

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www.ourcommunityplace.org.au

 **Our Community Place**

Programs are back!



Lunch Hub

After a very disrupted year (due to Covid-19), our regular programs are back and we are keen to start reconnecting again with our local community!

During the pandemic, some of our programs switched to alternative forms of delivery, whilst others needed to cease temporarily. We are keen to get back to our regular programs and

look at some new ideas for 2022!

Programs that have recently recommenced in-person include Women's Shed on the Lake, Lunch Hub, Sister Talk, Food Share, Young Parents Group and Resume Kiosk.

Feel free to contact us if you would like more information on our current services and programs (see last page for list), or, if you would like to talk to us about any ideas you have for supporting our local community.

Published by
Our Community Place
2B Lake Street Windale NSW 2306
(PO BOX 30)



Staff

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Manager

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Any reader, advertiser or community group is encouraged to contribute to this newsletter with news items, community news events and any item of interest to local residents. Items less than 200 words in length are preferred because of limited space in the newsletter. In contributing news items the contributor thereby accepts that such information may or may not be published in print and/or online websites or other social media channels at the sole discretion of the publisher. No guarantee of publication is ever implied by this invitation to contribute.

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Manager's Message

Hi Everyone,

Welcome to our first newsletter for 2022!

It is great to be back and working face to face to support the local community. Since Covid restrictions have lifted, many of you have commented on your wish to re-engage in community activities and increase socialisation. This is an area that OCP is looking forward to developing in the upcoming months with ongoing planning around targeted programs for community members.

We welcome any suggestions of programs or courses that you would like to be locally developed. Please drop us an email, call, or drop into our office in Windale for a chat Monday to Thursday.

In the meantime, please see the newsletter for further information on our resumed OCP programs!!

Happy Reading,

Lydia

Our Office Hours are:

Monday to Thursday
9.00am - 4.00pm

(Closed Fridays & Public Holidays)



**Our location - Inside the Lake Macquarie PCYC
Lake St, Windale**

'Our Community Place' Update



Sister Talk is back - And now with **café coffee!!** Sister Talk is a relaxed group for women of all ages. We aim to reach out to women who are needing some extra support and / or some social connection - **however all women are most welcome!** The group provides a safe space for women to meet others and have a cuppa, conversation and a laugh.

We run a varied program including opportunities for socialising, hands on activities (eg. crafts, arts), food activities, guest presenters plus more! **Since restarting in January, we have had catchup chats & coffee, made cards and fairy light decorative jars**

Children (babies to pre-schoolers) are welcome.

The group meets **fortnightly Fridays** in the newly renovated café/ community room of **BaptistCare HopeStreet Windale (Shop 1, 124 South Street Windale)**

Upcoming meeting dates

- ⇒ Friday 4 March
- ⇒ Friday 18 March
- ⇒ Friday 1 April
- ⇒ Friday 29 April



'Our Community Place' Update



**A FREE two course sit-down lunch.
Mondays at 12.00 noon PCYC**

For much of the COVID-19 pandemic, our Lunch Hub program converted to a takeaway service.

In January we went back to weekly sit down meals. As the word has spread around the local area, more people are coming along to enjoy a home cooked meal, some company and a chat. We are currently averaging 25-30 people each week and have capacity for more.

We have a great team of volunteers who cook a variety of tasty meals. Our guests have frequently complimented our team on the delicious food and friendly 'front of house' team.

The lunches have provided an opportunity for people to socialise after the pandemic. As the weeks go by we (staff and volunteers) have been getting to know people better which has been great.



'Our Community Place' Update

Women Shed on the Lake is an inclusive group for women of all ages.

They are enthusiastic about community projects, craft activities, outdoor activities, health and wellbeing and socialising.

They invite women to come along to enjoy friendship, workshops, activities, support and encouragement or just a cuppa and a chat!

The 'Shed' have been very busy since recommencing their weekly gatherings in January. They have had quite a few new members join!

The 'Shed' meets on Fridays at Warners Bay Baptist Church Hall (64 Queen Street Warners Bay)

For all the details on their activities check out their Facebook page or see contact details below



Contact Details

womensshedonthelake@gmail.com

0458 407 749

'Our Community Place' Update



YOUNG PARENTS GROUP

A FREE social group for parents in their teens & early twenties

FRIDAYS 12:15 - 1:30PM

AT THE PLACE CHARLESTOWN

CALL (02) 4032 5500 FOR INFO

FACEBOOK @YPGCHARLESTOWN

TERM 1 2022

4th February - Welcome Back & Parent Bingo

11th February - Sensory Play Day!

18th February - Storytime Adventures & Book Hunt

25th February - Painting Numbers

4th March - Cloud Dough Creations

11th March - Moments of Mindfulness - Bringing Presence & Peace Into Your Life

18th March - Loose Parts and Children's Development

25th March - Rainbow Pasta Jewellery Making

1st April - April Fools' Day Silly Fun & Sing-along

8th April - Easter Egg Crafts

*NOTE: Any changes to times or activities will be advised on the YPG Facebook page @YPGCharlestown
Remember to bring your own lunch/drinks & only attend if you and your family are feeling well.



We would like to thank the **CWA Belmont Branch-Country Women's Association** who have kindly donated money towards our **Lunch Hub** program. These much needed funds are going towards the purchase of food and other consumables for the lunches.

We really appreciate their support!

Our Partners & Supporters *Many Thanks..*



**Collective
Financial
Partners**




CWA Belmont Branch

Community Information

BaptistCare
HOPESTREET

MENS GROUP



Fridays (Fortnightly) 10am – 12:00 Noon
Baptist Care HopeStreet Community Centre Shop 1/124 South St, Windale
ALL Men welcome!

Friendship and Connection | Laughter | Food | Activities and Games | Guest
Motivational Speakers | Music | Focus on Health and Wellbeing
For further information please contact HopeStreet Case Work Team
on 4032 4810 or 0482 183 893

February to November 2022 meeting dates:

25th Feb Start	11th Mar	25th Mar	8th Apr	22nd Apr	6th May	20th May	3rd Jun	17th Jun	1st Jul
15th Jul	29th Jul	12th Aug	26th Aug	9th Sep	23rd Sep	7th Oct	21st Oct	4th Nov	18th Nov Finish

CARING COMMUNITY CONNECTIONS

FAMILY DAY

For Autism Families



Sunday March 6
12pm - 2pm
CHARLESTOWN POOL

Book Here



FOR THE KIDS

- Aquatic Inflatable Course
- Sausage Sizzle
- Sensory Games and Helpers
- Free Entry

FOR THE CARERS

- Breathing for Stress Management & Energy
- Ice Bath Challenge
- Community Connection
- Information Stalls

Carers NSW Australia

All about You SUPPORTS

Bee U2 Day

Realtime Therapy

Communication Connections Speech Technology

Kyani

The Rainbow Clinic



How can the Energy & Water Ombudsman help you?

The Energy & Water Ombudsman NSW (EWON) helps consumers resolve issues with their energy or water providers.

EWON is free, fair and independent. We investigate and resolve complaints by working with each party (retailer and consumer) to understand their perspective. We don't advocate on behalf of consumers or represent the interests of energy or water providers.

How to get in touch with us

Freecall: 1800 246 545*

Mon - Fri, 9am - 5pm

Interpreter: 131 450

TTY/Voice: 133 677

Online: ewon.com.au

* If you're calling from a mobile phone, let us know and we'll call you back.

Information & Support

We provide information, referrals and advocacy. We can also help you to use our laptops and the internet.



Sister Talk

A group for women who are needing some extra support and / or some social connection.

Variety of activities! Children (under 5) welcome.

Held fortnightly Fridays in Windale



Lunch Hub

Free two-course lunches Held at 12 noon on Mondays in the PCYC Windale



Young Parents Group

Free social group for parents in their teens & early twenties.

In partnership with The Place, Charlestown; LMCC;

The Family Action Centre & The University of Newcastle



Women's Shed on the Lake

An inclusive group for women. Activities include; workshops, arts/ crafts, community projects, friendship and support.

Held on Fridays at Warners Bay



Food Share

Free bags of groceries (courtesy of Oz Harvest) are available on Mondays to people needing support with food. Please call to enquire.



Courses

We also occasionally run one-off courses and programs based on need and interest. Eg Barista course



Resume Kiosk

Free assistance with preparing and writing resumes.

Wednesdays 10am - 1pm. Bookings required.



Office Facilities

Use of our office facilities for free or minimal cost - Photocopier, computer use and laminator.



Volunteering Opportunities.

Our programs rely on a team of dedicated volunteers.

If you would like to know more about how you can become involved, feel free to contact us.

