



Our Community Place

THE BUZZ



2023

Newsletter of Our Community Place - a local Neighbourhood Centre

**PCYC 2b Lake St Windale NSW 2306
(PO Box 30)**

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Our Community Place

Thank you to our volunteers!

During the week of 15 - 21 May, we celebrated National Volunteer Week.

Our Neighbourhood Centre is highly dependent on volunteers! They participate in serving on our Management Committee and helping run our activities and programs. We simply could not provide the many programs we deliver to the community without their assistance.

We would like to thank our volunteers for their ongoing support and to our long standing volunteers for their commitment in the work they do!



Our Community Place also received a generous grant of \$2,500 from Pat Conroy MP to assist in the recruitment and management of our volunteers.

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



Staff

Lydia Manusiu
Manager

Alex Richardson
Senior Support Worker

Teagan Pattison
Program Support Worker



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

Our Office Hours are:

Monday to Thursday
9.00am - 4.00pm
(Closed Fridays & Public Holidays)



Subscribe to our **FREE**
Newsletter (The BUZZ) to
receive updates on our activities
and services as well as local community
information. Just go to
www.ourcommunityplace.org.au

All community news,
editorial and distribution enquiries
should be directed to:

admin@ourcommunityplace.org.au
P.O. Box 30, Windale NSW 2306



Welcome Alex! Alex is new to Our Community Place. She has taken up the new role of Senior Program Worker.

Alex has worked in the Community Services and Disability sector for over 10 years. She has experience working with Youth, Adults and Families in a variety of settings and thrives in an environment where she can leverage her interpersonal skills to create a positive change. Alex is looking forward to her new role with OCP!

Our Partners & Supporters



**Collective
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HOPESTREET



Belmont Branch

Many Thanks..



'Our Community Place' Update

It has been a busy start of the year!

There were several staff changes this year: In March we farewelled Elizabeth (Liz), our Community Development Worker for more than 6 years. We thank Liz for all her support throughout her time at OCP. We welcomed Alex in May who stepped into the new role of Senior Program Worker to assist with our community programs. Alex's recruitment coincided with our Manager, Lydia, going on maternity leave.

We had to finish up a couple of programs this year such as the Women Shed on the Lake, Young Parents Group and Ladies' Coffee Catch-Up.

But not to worry! We still have many programs currently running such as the Lunch Hub, Food Share, Computer Support, and Sister Talk. We recently concluded a 6 week NEST program in partnership with Oz Harvest, assisting clients with healthy food choices and cooking nutritious food. We also ran a sewing skills group at Windale Public School and have booked in new outreach services this year, such as the Services Australia (Centrelink) and the Community Hair Project.

Our Community Place is planning to bring more exciting programs, so keep a lookout on our social media page and website for more details.

Please note we have also changed our contact details to assist with operations. These are all updated on our social media, brochures, flyer and on the front page of this newsletter.

With so many changes we would like to thank everyone for their understanding and patience as we continue to adjust and deliver support to the community.



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

We really appreciate their support!

'Our Community Place' Update



The Women Shed on the Lake (WSOL) finished up in February after 6 years. WSOL was an inclusive group for women of all ages with a membership of over 150 women. It was involved in community projects, craft activities, outdoor activities, health and wellbeing and socialisation.

The WSOL was independently funded by donations from its members and was managed by a group of volunteers which were part of a sub-committee that looked after the day to day

activities of the group. Unfortunately we were unable to obtain enough interest from the current membership to form a new sub-committee and as a result we made the tough decision to close down the group.

On behalf of OCP, we want to thank the previous WSOL subcommittee members for their commitment over the past 6 years and to the WSOL members for all their support.

Ladies Coffee Catch-ups

We have finished up this program for the year!

However we do hope to see you at the

Sister Talk group which runs fortnightly on Fridays from 10am to 12pm (excluding School Holidays and Public Holiday).



'Our Community Place' Update



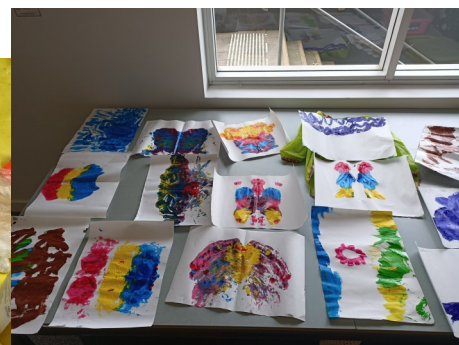
YOUNG PARENTS GROUP



In December last year a decision was made to conclude the Young Parents Group (YPG).

As a farewell, we had one last hurrah at The Place in February for all parents that attended over the years. It was lovely seeing everyone one last time.

We wish to thank all the services for their support and partnership and wish all the families that attended all the best for the future.



'Our Community Place' Update



Two course sit-down lunch at a \$3 donation on Mondays at 12.00 noon PCYC.

Lunch Hub is still growing strong gaining in popularity and it's no wonder why... the meals are delicious, and our volunteers are fantastic!

Over the last few months, our volunteers have cooked up a two-course meal and guests have been treated to many delicious meals and desserts; such as chicken, spinach, and mushroom one-pot, chocolate muffins, pork medallions and veggies, bolognese pasta and scone and cream, to name a few.

We provide a al-carte dining experience with the addition of music for an enjoyable, warm experience for all.

To see what's on the menu check out our Facebook page on Monday mornings!

Why not join us...?

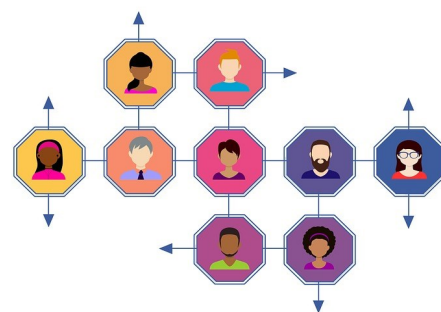
Free groceries (courtesy of Oz Harvest) are available on Mondays to people needing support with food at PCYC.

There is still high demand for food particularly with the rising cost of living. This program supports people from around the areas of Windale, Gateshead, and Mount Hutton. To access this service clients contact via phone or text on Monday mornings between 9am to 10am to place their name on the list. Collection is at 1pm at PCYC Lake Macquarie- 2b Lake Street, Windale.

Give us a call or text if you are in need of food support.



'Our Community Place' Update



Outreach Opportunities

We are excited to introduce a couple of new programs this year. We have **Services Australia** and the **Community Hair Project** available onsite.

Services Australia outreach once a month and have been a great support to our community. The service is conducted on Mondays alongside our food programs.

The Community Hair Project visited us back in April to provide free haircuts and it was a hit! The next visit will be 11 September. Keep an eye out on our Facebook page when we open up for bookings!!

Sister Talk is a relaxed group for women of all ages. The group provides a safe space for women to meet others, support others and have a cuppa, conversation and a laugh.

We run a varied program including opportunities for socialising, hands on activities (e.g., crafts, arts), food activities, guest presenters plus more! Children (babies to pre-schoolers) are welcome.

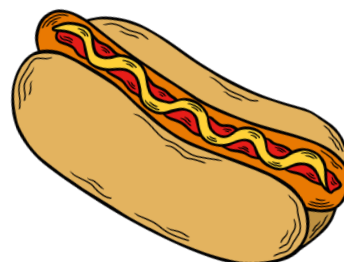
The group meets **fortnightly Fridays**. Our location is Baptist Care Hope Street Windale. From October 13 we will be in the new location of Arise Community Support (PCYC Lake Macquarie– 2B Lake Street, Windale)

Please check out our website and Facebook page for the upcoming activities or contact our office for further details.

'Our Community Place' Update



NESTTM
NUTRITION EDUCATION
& SKILLS TRAINING



Our Community Place Fundraiser

At the end of June, we partnered with Oz Harvested for a 6-week program called NEST (Nutrition Education Skills Training). We had 15 participants registered.

The Program is based on teaching clients about healthy eating and easy, affordable cooking in a friendly and fun environment.

It was an interactive activity in learning healthy eating habits and how to cook simple and low-cost meals in a practical cooking class.

The best thing about the course once cooking the delicious meals, is we sat, shared, and ate what we cooked together.

Participants received a certificate upon completion and copy of the *OZHARVEST EVERYDAY COOKBOOK*.



Our Community Place BBQ Fundraiser was held on Saturday 1 July at Bunnings Bennetts Green.

It was a lovely day, and we raised a good amount of funds thanks to the help of our amazing volunteers and bunnings customers.

Our Community Place will hold another BBQ Fundraiser on Saturday 16 September at Bunnings Bennetts Green again. If you are interested to volunteer on that day, please contact our office.

Please note: As per our company policy we will require all volunteers to have a current Police Check and Working with Children Check.

We hope to see you there!!

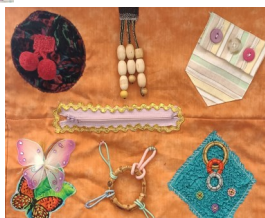


Windale Creatives Workshop

In March to May this year we ran a monthly program called the Windale Creatives Workshop. This program was based on developing sewing skills and working on community sewing projects. The program was located at Milibah Schools as Community Centre in Windale Public School.

Our volunteers made amazing sewing items for community organisations and groups such as sensory mats for Ambulance NSW.

The program is currently on hold and will resume in a new format. Keep a lookout on our social media page and website for more details.



Volunteering Opportunities.

We are always looking for new volunteers to support our programs. If you are passionate about supporting the community and want to have experience working in localised programs, then come and volunteer at Our Community Place!

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

Please note: As per our company policy we will require all volunteers to have a current Police Check and Working with Children Check.



Information & Support

We provide information, referral and advocacy services.



Computer Support Hub and Office Facilities

Assistance with access to the internet. Computer Support available by appointment. Usage of our office facilities for a minimal cost - e.g. Photocopier, scanner and laminator.



Lunch Hub

Two-course community lunch at \$3 donation. Kids under school age are free. Held at 12 noon Mondays (during School terms) in the PCYC Lake Macquarie building.



Food Share

Free groceries (courtesy of OzHarvest) are available on Mondays to people needing support with food. Please call to enquire about availability. *Please Note: For people in the Windale, Gateshead, Mt Hutton areas only.*



Sister Talk

A group for women who are needing some extra support and social connection. Variety of activities available! Children (under 5) welcome. Held fortnightly Fridays at Arise Community Support (PCYC Lake Macquarie– 2B Lake Street, Windale)



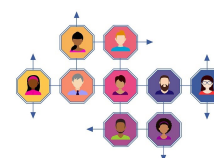
Windale Creatives Workshops

Held monthly on Thursday morning at Windale Public School (See OCP Facebook for upcoming dates).



Outreach Opportunities

We also occasionally run Outreach Services such as Services Australia and Community Hair Project (See OCP Facebook for updates).



Courses

We also occasionally run one-off courses and programs based on need and interest (See OCP Facebook for updates).



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.

