

What's On In The Community

PEOPLE MATTERS HACKHAM WEST

Meeting dates TBC • 10am - 12pm • Hackham West R - 7

People Matters Hackham West are a group of community members with the aim of meeting the needs of the local community in Hackham West.

The group includes three local organisations:

- Hackham West Community Centre
- Hackham West Children's Centre
- Hackham West R-7 School

If you wish to positively contribute to the Hackham West community, please come along to the next meeting. All are welcome!

For more information and future meeting dates, contact Sarah on 0420 360 243

SATURDAY FAMILY PLAYGROUP

10:00 am - 11:30 am • Saturdays during school term
at Hackham West Children's Centre

All families with under 5's are welcome to enjoy our large and well equipped yard along side other families from the community. No bookings required.

HACKHAM WEST NEIGHBOURHOOD WATCH

Tuesday 13th August • 7:30 pm

at Hackham West Girl Guides Hall, Greenbank Grove

Neighbourhood Watch South Australia, through its unique partnership with South Australia Police, provides SA residents with a means to raise awareness about safety in their community.

Neighbourhood Watch has local groups throughout South Australia, working together to solve issues, prevent crime and build safer streets.

For more information, contact Heather Kenny on 0420 388 254 or by emailing heather.f.kenny@gmail.com

JESUS FLOCK COMMUNITY FELLOWSHIP

Sundays • 10:30 am • at HWCC

Jesus Flock Community Fellowship (JFCF) is a multicultural community church based in the southern Adelaide area. Everybody is welcome and currently those who attend are comprised of diverse ethnic backgrounds (Australian, Filipino, Afghan, African, Vietnamese and others).

Meet on Sunday mornings at the Hackham West Community Centre for a church service, followed by a light meal and fellowship.

Contact Pastor Boni on 0413 108 351 for more information.

OTHER SERVICES

HALL & ROOM HIRE

Main Hall available for functions, parties.

Seats up to 100 with access to café/kitchen facilities, heating/cooling.

Meeting Rooms available for seminars, meetings. Seats 10 - 20 with tables and chairs.

Conditions apply. Contact the Centre on 8384 1065 for more information.

COMPUTER / INTERNET USE

\$2 per hour. Contact the Centre on 8384 1065 to check availability.

HACKHAM WEST COMMUNITY CENTRE WOULD LIKE TO THANK:



Australian Government
Department of Education and Training

Australian Government
Department of the Prime Minister and Cabinet

Australian Government
Department of Social Services



Government of South Australia
Department for Communities and Social Inclusion

Government of South Australia
Department for Industry and Skills



**Our
community
centre.
The heart
of HackhamWest.**

Hackham West Community Centre
44 Glynville Drive,
Hackham West, SA
h: (08) 8384 1065

HackhamWest Community Centre

Newsletter

Term 3 2019 Monday 22nd July - Friday 27th September

What's Happening This Term

THE LULLABY PROJECT Miitu Palti (Sleeping Song)

Tuesdays • 10:30 am - 12:00 pm
August 20th - September 24th

A FREE 6 week project for families with children aged 0 - 3. Through singing, story-telling and personal song writing, parents work with professional musicians in fun and relaxed workshops to turn their personal hopes and thoughts into a lullaby for their child. Come along to create a special song for your child, which is recorded and played at a celebration concert at Hopgood Theatre.

Places are limited and bookings are essential. Please contact Tania at the Centre on 8384 1065.

FAMILIES 4 FAMILIES

Tuesday August 6th • 10 am - 12pm
Other dates TBC

A peer support group aiming to assist people with acquired brain injuries, and help their families to build resilience and live a good life. Contact Julie Nunn on 0433 388 250 for more information.

COOKING TOGETHER

Tuesdays • Starts 13th August
Weeks 4 - 8 • 1:00 pm - 2:30 pm

The Hackham West Children's Centre in conjunction with Hackham West Community Centre and Learning Together are running **Cooking Together**, a free group for children aged 2 - 4 years and their parent or carer. Children, along with their parent/carers support, will be involved in making healthy, family friendly meals and having fun together. Spaces are limited and bookings are essential. Contact Tania W on 8384 1065 to book or for more information.

MULTICULTURAL PLAYGROUP

Thursdays • Starts 1st August
9:30 - 11:00 am • Free

Hackham West Community Centre is running a free Multicultural Playgroup in the Crèche area on Thursday mornings. **All welcome!**

Come along to enjoy time connecting with your children and other parents/caregivers for 90 minutes of play, fun and activities.

Facilitated by Cristy. Please contact the Centre on 8384 1065 for all enquiries.

atWORK AUSTRALIA DISABILITY EMPLOYMENT APPOINTMENTS

Tuesdays • 9am - 11 am

Fortnightly • Starts 23rd July

atWork Australia is a leading Disability Employment Services provider working with Australians across the Nation, and right here in Hackham West, to change lives through employment.

They work with you to identify your goals and aspirations, build skills and job-readiness and support you through interviews and into employment. Their approach is to support you in a way that most helps transform your life.

atWork Australia will be onsite here at the Hackham West Community Centre fortnightly on Tuesdays from 9am till 12pm, starting on the 23rd July 2019, and will be growing these days as needed.

If you have a disability, mental health condition, injury or illness – atWork Australia is here to help you.

Contact **atWork Australia** on 1300 080 856 to book an appointment time with the team at Hackham West Community Centre.

VOLUNTEER & COMMUNITY MORNING TEA

Wednesday • 14th August • 10 am - 11 am

Come along for a Winter Warm Up and indulge in a cup of tasty hot homemade soup. Have a casual chat and catch up with other Volunteers and community members and listen to interesting guest speakers.

FREE TAX CLINIC FOR COMMUNITY MEMBERS

Dates and times TBC

Students from the University of South Australia's Tax Clinic will be at the Centre to provide assistance and advice with a range of tax matters.

Dates and times are to be confirmed. Keep an eye on our Facebook and Website for more information.

BACKYARD BEEKEEPING

Info Session • Friday 16th Aug • 9:30 - 11:30am

4 week course • Fridays 23rd Aug - 13th Sep •
9:30 am - 12 pm

Come along and learn about the basics requirements of Backyard Beekeeping. Spaces are limited and bookings are essential. Contact the Centre on 8384 1065 to book. Info Session is free. 4 Week Course is a Gold Coin Donation.

Phone: (08) 8384 1065

Website

www.hwcc.net.au

Email Address

hackhamwestcommunitycentre@gmail.com

Centre Address

44 Glynville Drive
Hackham West
SA, 5163

Postal Address

PO Box 402
Noarlunga Centre
SA, 5168

Office Hours

Monday - Friday (during school terms)
9am - 3pm

Public Transport

Bus 743 (Hackham West Loop)
Bus stop 60

OUR NEW WEBSITE

www.hwcc.net.au



SUPPORTED BY CITY OF

ONKAPARINGA

**Our
community
centre.
The heart
of HackhamWest.**

Regular Programs

DAILY

EVERY DAY CAFE

Come in and grab a delicious lunch at the Centre's Every Day Café, open **12pm - 1pm Monday - Friday** during the school term.

Adults \$5 | Child \$3

Term 2 2019 Menu (subject to change)

MONDAY

Chicken or Beef Schnitzel with Vegetables

TUESDAY

Mild Chicken Curry with Rice

WEDNESDAY

Chinese Special - Changes Weekly

THURSDAY

Sizzling Steak with Vegetables

FRIDAY

Fish & Chips

THE SHOPPE

The Centre's Op Shop is located in the transportable building at the Hackham West Community Centre. Come in and have a browse at all of the good quality items that the Centre has on offer, such as second hand clothing, books, homemade craft, homemade cards and plants.

Open **Monday - Friday 9:30 am - 2:00 pm** during the school term.

COFFEE SHOP

Come in and grab a free tea or coffee, a cappuccino for just \$1, or a healthy sandwich or roll for just \$3.

Open **Monday - Friday 9:30 am - 2:00 pm**, subject to volunteer availability.

MONDAY

MOVE N' PLAY MONDAYS

Starts 29th July • 9:45 am - 11:15 am

See Under 5s Programs

YOGA

Starts 22nd July • 12:45 pm - 1:45 pm

Join the lovely gentle Yoga class at the HWCC on Mondays. The class is suitable for all body types and fitness levels, and caters to everyone, with no experience necessary. Yoga helps you create a stress free life and gives you tools to be resilient, leaving you calm, peaceful and strong.

GENTLE EXERCISE

Starts 22nd July • 1:45 pm - 2:45 pm
\$6 per session

A gentle physical activity program that combines aerobic activity with weight bearing, balance and stretching exercises. Run by an accredited exercise professional. Contact Kay on 0409 677 405 for more information.

FAMILIES TOGETHER

Fortnightly • Starts 29th July • 3:30 - 5:30 pm

Families Together is a fortnightly after school program that brings Aboriginal and Torres Strait Islander families together to experience various activities and excursions. Contact the Centre for more information.

The Theme for Term 3 is **Animation Together**.

Dates : 29th July, 12th August, 26th August, 9th September & 23rd September.

TUESDAY

TOTS ON TUESDAY

Starts 30th July • 10 am - 11:30 am

See Under 5s Programs.

THE LULLABY PROJECT

Miitu Palti (Sleeping Song)

Tuesdays • 10:30 am - 12:00 pm

August 20th - September 24th

See Front Page

COOKING TOGETHER

Starts 13th August • Weeks 4 - 8

1:00 pm - 2:30 pm

See Under 5s Programs

WEDNESDAY

ADULT EDUCATION SERVICES

Starts 24th July • 9:30 - 11:30 am • Free

Adult Education Services is an education program for both young and mature aged people who are looking to improve their language, vocabulary, grammar, reading and numeracy skills, or take the practice 'Getting Your L's' test online. Free Crèche is available

Adult Education Services is funded through the ACE Program, as part of the Government of South Australia's WorkReady Initiative.

Free Crèche is available from week 2.

VOLUNTEER & COMMUNITY MORNING TEA

Wednesday • 14th August • 10 am - 11 am

Come along for a Winter Warm Up and indulge in a cup of tasty hot homemade soup. Have a casual chat and catch up with other Volunteers and community members and listen to interesting guest speakers.

WOMEN'S NETWORK

Starts 31st July • 9:30 - 11:30 am • Free

Come along and be a part of Women's Network, a dynamic group for women aged 18 - 65.

We are all about :

Developing life skills and confidence in a fun and relaxed environment.

Inspiring the group with guest speakers about career and personal success.

Developing the group with interactive skills based classes that deepen personal development and internal/external networks. Classes cover topics from communication styles and networking skills, through to charisma, self esteem and personal resilience.

Connecting the group to like minded peers, external networks and staff.

Free Crèche is available, bookings are essential.

CREATIVE CRAFTERS

Starts 24th July • 12:45 - 2:45 pm

Come and join this fun and social group to learn how to crochet, make cards, scrapbook, knit and sew. Great for crafters of all skill levels. **\$2 per session**

ART WORKSHOP

Starts 24th July • 12:00 - 2:30 pm

Come along and learn how to use paints, pencils and pastels to create various forms of artwork such as landscapes, portraits and abstract art. Some materials are provided. To register your interest, contact the Centre on 8384 1065. Free Crèche available from 12:30pm on Week 2. **Gold Coin Donation.**

THURSDAY

COMPUTING FOR YOU

Starts 25th July • 9:30 - 11:30 am

Come along to Computing For You to learn basic computer skills and how to use them to improve your everyday life. Topics covered include:

- How to use Microsoft Programs such as Word, Publisher and Outlook
- How to set up and use an email account
- How to access your myGov accounts online

MULTICULTURAL PLAYGROUP

Starts 1st August • 9:30 - 11:00 am • Free

Run in our Crèche space. See *Under 5s Programs*

SOCIAL OPTIONS (SILVER CITZ) OVER 50'S GROUP

Every week during school term

Enjoy activities, entertainment and guest speakers and a 3 course meal at the Centre **every second week for \$5. Alternate weeks** are trips to local places of interest and include a lunch. These trips are priced individually, however the price is kept to a minimum.

Social Options is a great place to catch up with old friends and make new ones. Contact the Centre on 8384 1065 for more information.

Funded by the Australian Government Department of Social Services. Visit www.dss.gov.au for more information.

Although funding for Social Options has been provided by the Australian Government, the material contained herein does not necessarily represent the views or policies of the Australian Government.

FRIDAY

BACKYARD BEEKEEPING

16th August - 13th Sep • 9:30 am - 12 pm

See Front Page

Week 1 is a free information session. **Gold Coin Donation** for weeks 2 - 5

The Shoppe

The Centre's Op Shop is located in the transportable building at the Hackham West Community Centre. Come in and have a browse at all of the good quality items that the Centre has on offer, such as second hand clothing, books, homemade craft, homemade cards and plants.

Open **Monday - Friday 9:30 am - 2:00 pm** during the school term.



Under 5s Programs

HEARTS CRECHE

Our Crèche is free and available for children 4 months up until school age when you attend a program within the Hackham West Community Centre. Crèche is staffed by qualified educators.

Days and times Crèche is available can vary. Contact Tania W at the Centre on 8384 1065 for more information.

MOVE N' PLAY MONDAYS

Mondays • Starts 29th July • 9:45 am - 11:15 am

For children from birth until they start school and their parents/caregivers. Come along to move, learn and grow on Monday mornings. Songs and parachute time is at 11 am, followed by a group snack in the foyer.

Gold Coin Donation if possible. First session is free.

TOTS ON TUESDAY

Tuesdays • Starts 30th July • 10 am - 11:30 am

A **free** group for parents/caregivers and their babies up to 2 years old to have fun in a safe and caring environment, build connections and meet new friends. No bookings necessary. Tots on Tuesday is facilitated by qualified educators.

COOKING TOGETHER

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1:00 pm - 2:30 pm

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MULTICULTURAL PLAYGROUP

Starts 1st August • 9:30 - 11:00 am • Free

Multicultural Playgroup runs in the Crèche area on Thursday mornings. Everyone is welcome. Come along to enjoy time connecting with your children and other parents/caregivers. Facilitated by Cristy. Please contact the Centre on 8384 1065 for all enquiries.

ALL WELCOME!

STARTING SOON

Keep an eye on our Facebook page and website for a new Under 5's Play Program on Fridays 10 am—11:30 am, and Hearts Crèche Occasional Care availability on Wednesdays.

Our community centre. The heart of HackhamWest.

www.hwcc.net.au



Keep an eye on our Facebook page for upcoming programs and events