

What's On In The Community

PEOPLE MATTERS HACKHAM WEST

Monday 14th Oct • 10am - 12pm

At the Hackham West Community Centre

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.

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 4 2019 Monday 14th October - Friday 13th December

What's Happening This Term

COOK TO PLATE

Tuesdays • 1:00 pm - 2:30 pm • FREE

22nd October (wk 2) - 12th November (wk 5)

A **free** fun food program for parents and children from ages 2 up until they start school. Have fun cooking and trying new foods together with low budget and easy to prepare tasty recipes in a relaxed environment. Spaces are limited and bookings are essential. For enquiries, please call the centre on 8384 1065.

THE GARDEN - GROUP PROGRAM

Fridays • 10:30 am - 12 noon • FREE

18th October (wk 1) - 6th December (wk 8)

An infant/toddler program for 0 - 4 year olds and their parent(s).

An opportunity for shared positive experiences and sensory exploration activities through play, music and movement to support the relationship between you and your child. Spaces are limited and bookings are essential. For bookings or enquiries, please contact Tania W at the Centre on 8384 1065

HAND IN HAND Parenting Children with Challenging Behaviours

Tuesdays • 9:30 am - 11:45 am

22nd Oct - 26th Nov (No session on 5th Nov)

A free five week course designed to assist parents to manage children aged between 3 - 12 years with challenging behaviours, or for parents who want to know the best ways to assist healthy brain development that supports children to make healthy choices and form positive relationships.

Facilitated by Sandra Taylor of Relationships Australia South Australia.

Spots are limited. Free crèche is available for children 4 months to school age.

Bookings for the course and crèche are essential. Contact the Centre on 8434 1065 for all bookings and enquiries.

HWCC CHRISTMAS EVENT

Wednesday December 4th • 3:00 pm - 6:00 pm

Hackham West Community Centre will again be hosting a **FREE** Christmas Event. Come along and enjoy a sausage sizzle, fun activities, Christmas crafts and much more.

Keep an eye on our Facebook page and Website for more information

HACKHAM WEST HOARDERS & CRAFTERS

Saturday October 19th • 9:00 am - 2:00 pm

Hackham West Community Centre is joining the **Garage Sale Trail!**

Come along and browse the handmade items crafted by the people who use our fantastic Community Centre, second hand items no longer required by the Centre, and stalls selling second hand clothing, accessories, kids toys, books, plants and much more.

There will also be a free craft table to keep the kids occupied while you browse.

Breakfast will be sold from 9am - 11am. Tea, coffee and cake will be sold from the Centre's café.

If you are interested in selling from a stall on the day, please contact the Centre on 8384 1065. Outside stalls are \$10 and a stall inside is \$15.

SPECIAL GENERAL MEETING & ANNUAL GENERAL MEETING

Wednesday October 30th • 11:30 am

A Special General Meeting will be held in the Hall at the Centre on Wednesday October 30th to discuss changes to the Centre's Constitution. The Annual General Meeting will take place immediately following the Special General Meeting.

Free lunch will be provided. Bookings are essential for catering purposes.

Please RSVP at Reception or by contacting the Centre on 8384 1065 by **Wednesday October 23.**

Anyone wishing to have voting rights at the AGM will need to be a Financial Member of the Centre for 2019. Financial Memberships cost just \$3. Membership forms are available at Reception. Applications for Financial Membership close on **Wednesday October 23 at 4:00 pm.**

Keep an eye on our Facebook page and Website for more information

MOVING INTO WELLNESS

Mondays • 10am - 12:30pm • FREE

4th Nov (wk 5) - 9th December (wk 9)

Do you live with ongoing health issues (e.g. pain, diabetes, anxiety, arthritis etc.)? Moving into Wellness is a **free** 6 week program designed to help you learn skills and strategies to better manage and increase your wellbeing. Learn evidence based self management skills in a small group setting.

Spaces are limited and bookings are essential. Contact the Centre on 8384 1065 for all enquiries.

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 - Thurs 9am - 3pm
Friday 9am - 2pm
During School Terms

Public Transport
Bus 743 (Hackham West Loop)
Bus stop 60

CHRISTMAS CLOSURE

The Centre will be closed from 3:00pm on **Friday 13th December** and will reopen to members of the community on **Tuesday 28th January 2020**.

We wish everyone a safe and happy Christmas and New Year and look forward to seeing you at the Centre in 2020.



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 4 2019 Menu (subject to change)

MONDAY

Chicken or Beef Schnitzel with Vegetables

TUESDAY

Rissoles & Mashed Potato

WEDNESDAY

Chinese Special - Changes Weekly

THURSDAY

Lemon Chicken & Rice

FRIDAY

Steak & Vegetables

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, or a cappuccino for just \$1,

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

MONDAY

MOVE N' PLAY MONDAYS

Starts 21st Oct • 9:45 am - 11:15 am

See Under 5s Programs

GENTLE EXERCISE

Starts 14th Oct • 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 21st Oct • 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 4 is **Cultural Arts and Crafts Together**. **Term 4 Dates:** 21st Oct, 4th Nov, 18th Nov, 2nd Dec

MOVING INTO WELLNESS

6 Week Program • 10am - 12:30pm • FREE
21st October (wk 2) - 25th November (wk 7)

See Front Page

TUESDAY

TOTS ON TUESDAY

Starts 22nd Oct • 10 am - 11:30 am

See Under 5s Programs.

COOK TO PLATE

Starts 22nd Oct • Weeks 2 - 5

1:00 pm - 2:30 pm

See Under 5s Programs

HAND IN HAND Parenting Children with Challenging Behaviours 9:30 am - 11:45 am

22nd Oct - 26th Nov (No session on 5th Nov)

See Front Page

atWORK AUSTRALIA DISABILITY EMPLOYMENT APPOINTMENTS

Fortnightly • 9am - 11 am • Starts 22nd Oct

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.

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.

WEDNESDAY

OCCASIONAL CARE

Starts 23rd Oct • 9am - 12 noon • 12:30 - 2:30pm

Occasional Care provides children with the opportunity to play and learn in a safe, fun and inclusive environment while parents/caregivers attend appointments, shop or have a couple of hours to themselves. Available for children 4 months up until they start school. Spaces are limited and bookings are essential. Contact the Centre on 8384 1065 for all enquiries.

CREATIVE CRAFTERS

Starts 16th Oct • 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.**

WOMEN'S NETWORK

Starts 23rd Oct • 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.

ADULT EDUCATION SERVICES

Starts 16th Oct • 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.

THURSDAY

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 and Baptist Care SA

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.

MULTICULTURAL PLAYGROUP

Starts 24th Oct • 9:30 - 11:00 am • Free

See Under 5s Programs

FRIDAY

THE GARDEN - GROUP PROGRAM

Fridays • 10:30 am - 12 noon • FREE

18th October (wk 1) - 6th December (wk 8)

See Under 5s Programs

BACKYARD BEEKEEPING

Starts 25th Oct (week 2) • 9:30 - 11:30am

4 week program • Gold Coin Donation

Come along and learn about the basic requirements of Backyard Beekeeping in this 4 week program at the Hackham West Community Centre

Spaces are limited and bookings are essential.

Contact the Centre on 8384 1065 for all enquiries.



HACKHAM WEST COMMUNITY CENTRE SPECIAL GENERAL MEETING &

ANNUAL GENERAL MEETING 11:30 AM • WEDNESDAY OCTOBER 30TH

A **Special General Meeting** will be held in the Main Hall of the Hackham West Community Centre at 11:30 am on **Wednesday 30th October** to discuss changes to the Centre's Constitution.

The **Annual General Meeting** will take place immediately following the Special General Meeting.

Free lunch will be provided. Bookings are required for catering purposes.

Please RSVP at Reception by **Wednesday October 23rd at 3pm.**

Anyone wishing to have voting rights at the AGM must be a financial member of the Centre for the year. Financial Memberships cost just \$3.

Financial Membership applications close on **Wednesday October 23rd at 3pm.**

Under 5s Programs

HEARTS CRECHE & OCCASIONAL CARE

Days and times vary • Starts Week 2

Hearts Crèche and Occasional Care provide children with the opportunity to play and learn in a safe, fun and inclusive environment while parents/caregivers attend Centre programs, volunteer at the Centre, or free up time to attend appointments, shop or have a couple of hours to themselves.

Crèche and Occasional Care are available for children 4 months up until they start school. Crèche days and times vary. Occasional Care sessions are on Wednesday mornings and afternoons. Bookings are essential. For enquiries please contact the Centre on 8384 1065.

MOVE N' PLAY MONDAYS

Mondays • Starts 21st Oct • 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 22nd Oct • 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. Crèche is available for older siblings 2 up until school age - bookings for crèche are essential.

COOK TO PLATE

Tuesdays • 1:00 pm - 2:30 pm • FREE

22nd October (wk 2) - 12th November (wk 5)

A **free** fun food program for parents and children from ages 2 up until they start school. Have fun cooking and trying new foods together with low budget and easy to prepare tasty recipes in a relaxed environment.

Spaces are limited and bookings are essential. For enquiries, please call the centre on 8384 1065.

MULTICULTURAL PLAYGROUP

Starts 24th Oct • 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!

THE GARDEN - GROUP PROGRAM

Fridays • 10:30 am - 12 noon • FREE

18th October (wk 1) - 6th December (wk 8)

An infant/toddler program for 0 – 4 year olds and their parent(s).

An opportunity for shared positive experiences and sensory exploration activities through play, music and movement to support the relationship between you and your child.

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