

# External Services

## FAMILIES 4 FAMILIES

TUESDAY FEBRUARY 6 & TUESDAY MARCH 5  
9:30 AM - 12:00 PM • GOLD COIN

Families4Families is a multi-award winning not for profit registered company assisting over 490 members and their families navigate acquired brain injury and adapt to their new lives.

We have some of the most vulnerable and they can access our assistance at no cost to themselves.

Please call **8299 1005** for further information.

## NARCOTICS ANONYMOUS

FRIDAYS • 12:30 PM - 2:30 PM

*If you think you might have a drug problem and want to stop using, we can help.*

**Narcotics Anonymous** is a nonprofit fellowship or society of men and women for whom drugs had become a major problem.

We are recovering addicts who meet regularly to help each other stay clean.

We have found through our group experience that the therapeutic value of one addict helping another is without parallel.

Southside beginners meeting welcomes you to our meeting held at Hackham West Community Centre at 12.30pm on Fridays.

## CARERS SUPPORT GROUP

FIRST WEDNESDAY OF EACH MONTH • 12:30 PM - 2:30 PM

Carers SA provides services and support to people caring for a family member or friend who have a

- Disability
- Mental illness
- Long term health condition or terminal illness
- Alcohol or drug related dependency
- Dementia
- Frailty due to age

Carers can access free services and support by Carers SA and the Carer Gateway

Please call or text **Carers SA Carer Connector Debby** on **0423 338 585** to register your interest.

## CARERS SA INFORMATION HUB

FIRST THURSDAY OF EACH MONTH 12:00 PM - 3:00 PM

Come along to the Centre's foyer area and chat about the free services and supports available to unpaid carers through Carers SA and the Carer Gateway.

## MULTIPLE SOLUTIONS EMPLOYMENT SOLUTIONS

WEDNESDAYS • 9:30 AM - 11:30 AM

Multiple Solutions has been helping South Australians with their specialist employment needs since 1992.

A member of their Employment Solutions Team will be onsite at HWCC on Wednesday mornings in the Cafe. The Employment Solutions Team supports people living with a disability, illness or injury to find and maintain employment.

# Food & Drink

## EVERY DAY CAFÉ

MONDAY - WEDNESDAY • 11:45 - 1:00 PM

Lunch + Dessert for just \$7. Takeaway meals available until 1:00 pm.

MONDAY - FRIDAY • 11:45 AM - 1:00 PM

Golden Toasties from \$2.50

## COFFEE CART

MONDAY - THURSDAY • 9:30 AM - 1:30 PM

Barista made Coffee & Hot Chocolate from \$2.60

## Hackham West Community Centre would like to thank



Australian Government

Department of Education, Skills and Employment

Department of Social Services

Department of Human Services

Department of the Prime Minister and Cabinet



## HACKHAM WEST COMMUNITY CENTRE

# NEWSLETTER

Term 1 • 2024

Monday January 29 - Friday April 12

## This term at the Centre...

### ADULT COMMUNITY EDUCATION (ACE)

#### BASIC COMPUTING

Mondays • 9:30 am - 11:30 am

Starts January 29

#### BUILDING ENGLISH SKILLS

Wednesdays • 9:30 am - 11:30 am

Starts January 31

#### GARDENING 101

Wednesdays • 12:30 pm - 2:30 pm

Starts January 31

#### DIGITAL WORKPLACE SKILLS

Thursdays • 9:30 am - 11:30 am

Starts February 1

#### GET YOURSELF JOB READY

Fridays • 9:30 am - 11:30 am

Starts February 2

#### BARISTA SKILLS

Fridays • 9:30 am - 1:30 pm

Starts February 2

#### COMMERCIAL COOKING SKILLS

Fridays • 9:30 am - 1:30 pm

Starts February 2

### ABORIGINAL & TORRES STRAIT ISLANDER PROGRAMS

#### FAMILIES TOGETHER

Mondays fortnightly • 3:30 - 5:30 pm

#### SOUTHERN WOMEN'S YARNIN' CIRCLE

Wednesdays fortnightly • 12 - 2pm

#### SOUTHERN MINYA BALL

Southern Minya Ball is for Aboriginal and Torres Strait Islander children in Reception and Year 1 to engage and participate in a community-based environment while learning the fundamentals of Basketball.

Call Carole at the Centre on 8384 1065 to register your interest!

### UNDER 5'S PROGRAMS

#### MOVE N PLAY

Mondays • 10:00 am - 11:30 am

#### MUNCH & MINGLE PLAY CAFE

Mondays • 11:30 am - 1:00 pm

Week 3, 6 & 9

#### LITTLE EXPLORERS

Tuesdays • 10:00 am - 11:30 am

#### CRÈCHE & OCCASIONAL CARE

Wednesdays • 9:30 am - 12:00 pm & 12:30 pm - 2:30 pm

Thursdays • 9:30 am - 12:00 pm

### LIFE CAFE CLUB

THURSDAYS • 1:45 PM - 2:45 PM • FREE

Join us on Thursdays for Soul Talk & Healthy Minds at the Life Cafe Club!

- Be the captain of your mind and soul
  - Learn how to change your mindset
  - Transform your life and relationships
- Facilitated by clinical psychologist Dr Palu Whetham. Spaces are limited and bookings are essential. Give us a call on 8384 1065 to book your spot!

### FOOD PANTRY

TUESDAY - THURSDAY • 12:30 - 2:00 PM

Foods donated by the ESPY Bakehouse in Christies Beach, OzHarvest and Kiwanis. One free bag of food per family.

*Please note that some personal details will need to be collected.*

### SILVER CITZ

#### OVER 50'S SOCIAL GROUP

THURSDAY • 10:00 am - 2:00 pm

Come along and be a part of Silver Citz each Thursday to enjoy games, activities, a delicious 3 course lunch, and to make new friends!

Transport to and from the Centre may be available - give us a call on 8384 1065 for enquiries.

### Phone

(08) 8384 1065

### Website

[www.hwcc.net.au](http://www.hwcc.net.au)

### Email

[reception@hwcc.net.au](mailto:reception@hwcc.net.au)

### Address

44 Glynville Drive  
Hackham West, SA 5163

### Postal Address

PO Box 402  
Noarlunga Centre, SA 5168

### Opening Hours

Monday - Friday  
9:00 am - 3:00 pm

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

# Programs, Events & Services

## MONDAY

### MOVE 'N PLAY

10:00 am - 11:30 am  
Starts January 29

### MUNCH & MINGLE PLAY CAFE

11:30 am - 1:00 pm  
Week 3, 6 & 9

### BASIC COMPUTING

9:30 am - 11:30 am  
Starts January 29

### EVERY DAY CAFÉ

11:45 am - 1:00 pm  
**Lunch + Dessert • \$7**  
**Takeaway Meals (main only) \$5.50**  
**Golden Toasties • from \$2.50**

### THE OP SHOPPE

9:30 am - 2:00 pm

### THE PERKS COFFEE CART

9:30 - 1:30 pm

### FAMILIES TOGETHER

3:30 pm - 5:30 pm  
Feb 5 • Feb 19 • Mar 4 • Mar 18 • April 1

## TUESDAY

### LITTLE EXPLORERS

10:00 am - 11:30 am  
Starts January 30

### FAMILIES 4 FAMILIES

9:30 am - 11:30 am • Feb 6 • Mar 5  
Gold Coin Donation  
Call 8299 1005 for more information.

### EVERY DAY CAFÉ

11:45 am - 1:00 pm  
**Lunch + Dessert • \$7**  
**Takeaway Meals (main only) \$5.50**  
**Golden Toasties • from \$2.50**

### THE OP SHOPPE

9:30 am - 2:00 pm

### THE PERKS COFFEE CART

9:30 - 1:30 pm

### FOOD PANTRY

12:30 pm - 2:00 pm

### PALS

**PLAYING AND LEARNING TO SOCIALISE**  
3:30 pm - 5:00 pm  
Starts January 30

## WEDNESDAY

### HEARTS CRECHE & OCCASIONAL CARE

9:00 am - 12:00 pm  
& 12:30 pm - 2:30 pm  
Starts February 7

### BUILDING ENGLISH SKILLS

**Come and Learn English**  
9:30 am - 11:30 am  
Starts January 31

### EVERY DAY CAFÉ

11:45 am - 1:00 pm  
**Lunch + Dessert • \$7**  
**Takeaway Meals (main only) \$5.50**  
**Golden Toasties • from \$2.50**

### YOGA

11:30 am - 12:30 pm  
Feb 7 • Feb 21 • Mar 6 • Mar 20 • April 3

### SOUTHERN WOMEN'S

**YARNIN' CIRCLE**  
12:00 pm - 2:00 pm  
Feb 14 • Feb 28 • Mar 13 • Mar 27 • April 10

### GARDENING 101

12:30 pm - 2:30 pm  
Starts January 31

### THE OP SHOPPE

9:30 am - 2:00 pm

### THE PERKS COFFEE CART

9:30 - 1:30 pm

### FOOD PANTRY

12:30 pm - 2:00 pm

## THURSDAY

### HEARTS CRECHE & OCCASIONAL CARE

9:00 am - 12:00 pm  
Starts February 8

### DIGITAL WORKPLACE SKILLS

9:30 am - 11:30 • Starts February 1

### SILVER CITZ

**Over 50s Social Group**  
10:00 am - 2:00 pm  
Starts February 1  
Pop into the Centre to pick up a full-term program.

### EVERY DAY CAFÉ

11:45 am - 1:00 pm  
**Golden Toasties • from \$2.50**

### THE OP SHOPPE

9:30 am - 2:00 pm

### LIFE CAFÉ CLUB

1:45 pm - 2:45 pm

### THE PERKS COFFEE CART

9:30 - 1:30 pm

### FOOD PANTRY

12:30 pm - 2:00 pm

### MEAT TRAY RAFFLE

Drawn each Thursday afternoon  
\$2 per ticket or 3 for \$5  
Buy tickets at Reception or online by scanning the QR code.  
Meat Tray valued at \$20 donated by Morphet Vale Butcher.



## FRIDAY

### BARISTA SKILLS

9:30 am - 1:30 pm  
Starts February 2

### COMMERCIAL COOKING SKILLS

9:30 am - 1:30 pm  
Starts February 2

### GET YOURSELF JOB READY

9:30 am - 11:30  
Starts February 2

### EVERY DAY CAFÉ

11:45 am - 1:00 pm  
**Golden Toasties • from \$2.50**

### NARCOTICS ANONYMOUS

12:30 pm - 2:30 pm

### THE OP SHOPPE

9:30 am - 2:00pm

### FREE BREAD

9:30 am - 2:30 pm  
Pop into the Centre to grab some free bread - donated by ESPY  
*Bakehouse Christies Beach*

## WEEKENDS

### JESUS FLOCK COMMUNITY FELLOWSHIP

10:30 am  
JFCF is a multicultural community church based in the southern Adelaide area.  
Meet on Sunday mornings at the Community Centre for a church service followed by a light meal and fellowship.

Contact **Pastor Boni on 0413 108 351** for more information

### HALL & ROOM HIRE

Are you planning a celebration or function, or would like to run a group here at the Centre?

Scan the link below to view available rooms, dates, costs, and to complete the booking process online at SpaceToCo

