

Activities & Services available at the Centre

The Centre runs many and varied activities catering to all age groups, singles and families. Below is an A-Z of activities run by the Centre for Term 2 2010 Monday 19TH APRIL TO FRIDAY 2ND JULY . 9am-4pm

A

ART - Learn Art Techniques such as pastels (chalk) pencil, water colours, oils, landscapes, seascapes, portraits, still life. Suitable for adults of all skill levels. Beginners more than welcome.

THURSDAY MORNINGS Start APRIL 22ND 9.30-11.30 am \$5 PER WEEK Some materials supplied. Free Crèche

ALCOHOLICS ANNONYMOUS—

MONDAY & THURSDAY Nights—8- 10 pm

SATURDAY MORNINGS—WOMEN'S AA—11AM

ATSIC Aboriginal and Torres Strait Islander Community

Engagement Worker. My name is Lorraine Gibson and I'm the new ASTI work for the PACE program with HWCC. I'm a Warlmanpa woman from the Northern Territory I have lived in the Onkaparinga region for over 15 years and have worked within this Community for just as long. I am proud to have contributed to this community over the many years working within Community Services. I will be based at HWCC on Tuesdays, Wednesdays and Thursdays working with the three schools (HWPS, HSPS, and NDPS) Any-time you're in the area and would like to catch up for a coffee and a yarn with me please call into the centre on either of these days.

B

BABY PLAYGROUP— This is a Partnership with Hackham West Children's Centre

Babies 0-18 months. Come and enjoy one to one time

with your baby in a supported and fun environment. A great way to introduce babe to playmates and meet other parents. Babies learn and develop through providing them with a variety of play experiences. Free Crèche for siblings up to 5 years of age. *Tuesdays 10-11.30am through school term.*

BOYS BOYZ—Waiting list may apply

A social group for boys aged 9-12 years who have no significant adult male in their lives.

Enjoy learning life skills whilst making friends and participating in fun

activities. Wednesday afternoons 3.30pm-6.00pm. Contact Ruth at Centre on 8384 1065.

BECOME A TUTOR- 10 WEEK COURSE 2 HRS PER MODULE Cost \$5 per Module

Tuesdays 27th April to 29th June. 12.45-2.45pm Course compiled by Shekina for HWCC

C

CRECHE— Crèche offers a wide range of learning opportunities for children 4 months to 4 years of age. Free to parents/families attending courses or volunteering at the centre. Children are cared for by experienced staff and dedicated volunteers.

We welcome and support all children and their parents/caregivers. Most of all crèche is fun, safe and caring.

Crèche is not opened on Thursdays Bookings essential at reception 8384 1065

CARD MAKING—With Lynn. All different designs

Fridays Starting 23rd April 9.30—11.30 am \$5-00 per week

COMMUNITY BOOK BANK Save money by taking home some free books that have been

donated to the Centre by The Smith Family. When you have finished you can bring them back and exchange. A fantastic way of keeping your children interested in different books.

COMPUTER KNOWLEDGE with Kevin

Getting to know your computer

For people new to computers or with little or no knowledge of a computer

TUESDAY EVENING .April 27th, May 4th, 11th, 18th. 25th June 1st, 8th 15th 7-9 pm

8 weeks Cost \$40

A Guide to Publisher

Don't know how to use Microsoft Publisher? Then this is the course for **YOU**

WEDNESDAY April 28th May 5th, 12th, 19th, 26th June 2nd, 9th, 11th 12.45-2.45 pm

8 weeks Cost \$50

Getting to know your computer

For people new to computers or with little or no knowledge of a computer

THURSDAY

April 29th May 6th, 13th, 20th, 27th June 3rd, 10th, 17th 12.45—2.45 pm

8 weeks Cost \$40

COMMUNITY LEARNING & INFO HUB

STARTING APRIL 21st WEDNESDAYS 9.30-11.30 am

One to one Basic Computers starts at 8.30 am

Getting your Learners Permit On-line

The Australian Citizenship Test

Preparation for returning to formal study

Learn how to use a computer for the first time

How to pay bills on the Internet

Learn E-mail and the Internet

English conversation for those whose first language is not English

Improve reading, writing and/or maths skills

Catch up with the children—learn their Maths and English

Help with filling out forms e.g. Centrelink

How to use a mobile phone

Enrol for a term or come along to one session. Cost \$10 Term or \$2 session. Free Crèche available

D

DAD'S with KIDS BBQ & PLAY NIGHTS—For Dad's with Kids

Come along and enjoy some great food, heaps of games and good company. Get to other dad's in your area! Fortnightly on Friday nights-Commencing on Friday APRIL 30TH, MAY 14TH, MAY 28TH, JUNE 11TH, JUNE 25TH. 5.30-7.30 pm. \$5 per family (just to help cover food costs) (If you can't afford it, you are still welcome to come along anyway) Contact Richard on 8384 1065 or 0438 803 966.

DAD FACTOR—Fathers have a unique role in the emotional, psychological, social & physical development of their children. Dad Factor is a free seven week course for fathers, grandfathers, uncles and other male carers that aims to emphasize the important role that Dad's play in the lives of their children.

Wednesday STARTING 5TH MAY TO 16TH JUNE **FREE** 7 WEEK course 6.15PM—8.15PM.

To register (or for more info) please ring Brendan (at the Centre on 3841065).

E

EVERYDAY CAFÉ CUISINE—12 NOON—1PM

TERM 2 2010 MENU (NOT OPEN SCHOOL HOLIDAYS)

Monday: Chicken or Beef Schnitzel, Gravy & salad

Tuesday: Roast Beef, Silverside & salad

Wednesday: Baked Potato & Coleslaw

Thursday: Chicken Schnitzel Burger

Friday: Chicken, Ham & Salad

MEALS : \$3-50

Child serve \$1-50

Meals may change from time to time

F

First Aid Course (EXPRESSIONS OF INTEREST NOW BEING TAKEN) Term 2

Karen Charles for details

Face Painting Workshop EXPRESSIONS OF INTEREST NOW BEING TAKEN FOR Term 3

FAMILY CAFÉ & PLAY NIGHT Friday MAY 21ST & JULY 2ND 5.30-7.30pm

A time for parents and children to enjoy a nice meal and have fun playing together.

Come along and meet other families in your area!!

For families with school-aged children (up to 18 yrs). Bookings essential. \$5 per family

FRIENDSHIP GROUP Are you interested in joining the HWCC Friendship Group?

The group meets monthly for family fun and social gatherings. Activities are aimed to be no or low cost. Everyone is welcome and the whole family is included. If you have a desire to make friends and increase your social network, then you meet the criteria! Keep an eye out for posters around The Centre detailing catch-up days, times and places.

FOOD CO-OP—OPEN WEEKDAYS 10 am—1.45 pm.

offers staple foods at competitive prices (this varies depending on availability). Pasta, Pasta sauces, Long Life Milk, Coffee, Tea, Packet Soups, Biscuits & Personal care products.

FUN, FRIENDSHIP, FITNESS

Cooking, bowling, cinema, walks, plus helping the local community.

Cost \$6 Morning Tea provided. THURSDAYS fortnightly 9.30 -12 pm. Run by Take Five At H.W.C.C.

Enquiries & bookings to Jenny Widdop 8150 7200

G

GETTING YOUR L'S MONDAY EVENINGS 4-6PM (EXPRESSIONS OF INTEREST BEING TAKEN AT RECEPTION)

GIRLS GIRLZ— A social group for girls aged 9-12 years focusing on life skills development. Come along and make friends whilst participating in fun activities.

Contact RUTH 8384 1065. 4pm-5.30pm Thursday afternoons.

HALL & ROOM HIRE

Wedding Receptions, Parties, Seminars, Conferences, Meetings etc. **Conditions apply.**

KITCHEN FACILITIES AVAILABLE
CONTACT TINA ON 83841065 FOR MORE DETAILS

HOW TO APPLY FOR PRIVATE RENTAL: Would you like to learn more about finding, applying for and maintaining a private rental property? Then join us for a free Information session at the Centre with Linda Henry, a private liaison officer from Housing SA. Book at HWCC. Free crèche. Tuesday June 22nd 9.30-11.30

I

INFORMATION SESSIONS Would you like to know more about services that are available in your local community? We have an interesting selection of people who are keen to tell you more about what their organization has to offer and/or to answer your questions. Join us at HWCC any time between 10.30-12.30 to find out more information of the following.

Wed 12th May Alan a nutritionist from the Noarlunga Health Village,
Wed 26th May Jesse and Kathryn with information about teeth and dental care.
Wed 9th June Alan Conlon from Onkaparinga Council to assist with gardening questions
Wed 23rd June Learn more about Edmund Rice camps—how to attend or become a volunteer.
Organizer Julia B of HWCC

J

JUSTICE OF THE PEACE: Sorry this service not available this Term

K

KOFFEE KORNER

Run by the Baptist Church.
Coffee and a Chat TUESDAYS 9.30—11.30 am

M

MEN'S BREAKFAST—All ages welcome. Discussion group for guys.

“Guest speaker” Every 2nd FRIDAY of month 9-11 am

\$2-00 contribution Bookings required for catering purposes Free Crèche available

N

NOW THAT'S CREATION—Sewing, Art, Craft, Knitting, Scrapbooking, Crocheting.
For beginners, intermediate & advanced. We have sewing machines, Overlockers, knitting machine than can be learnt and used.

WEDNESDAY AFTERNOONS— Starts 12.45-2.45pm.

\$5 per week if using Centre Products or **\$2.00 Donation** if bringing your own project.

OR **FREE** if you are making products for the fundraising project.

Come along, create and enjoy yourself. Free Creche available.

O

ONKAPARINGA COMMUNITY CONNECTIONS PROJECT—

For adults living in the suburbs of Hackham South & Noarlunga Downs. Programs held in the community rooms located in each primary school. **Hackham South Primary School 83845300** **Noarlunga Downs Primary School 83844395**

- “Time for You” group
- Walking group

- Scrapbooking
- Community Action Group
- Community Gardens
- Internet Café
- Work skill development e.g. First Aid
- Return to study advice
- Referral & support counseling

Contact Julia Nichols—Mobile 0437 485 520

OVER 50'S MEAL

Please call the Centre for information of when these meals are coming up.

P

PLAYGYM— MONDAYS 9.30 –10.30 am Starts February 1st - \$2 per session

Playgym is a place where parent and child can interact together in a structured session. It provides and promotes fun, healthy activity to help support, develop and challenge your child
Call Samantha for more details.

PLAYING WITHOUT PAYING Play is vital to healthy child development. Learn how to produce easily made homemade toys and use them effectively Part of the Staines Child Development. Toys for child aged 0-8 months Course is FREE with crèche available Thursday 9.30-11.30

R

REFERENCE LIBRARY—We now have resources for Literacy, Parenting, Women's, Men's & Aboriginal Networking, Self Help, Relaxation, Meditation, Alternative Therapies, Novels for Adults and Children.

Books may be borrowed for up to three weeks.

Open time 3 - 4 pm Monday to Thursday

S

SCRAPBOOKING— Use Scrapbooking to present your photos and precious memories.

Enjoy the company as well as the craft. Suitable for beginners to advanced Scrap bookers.

Some materials supplied. FRIDAYS April 30th, May 7th, 14th, 21st, 28th, June 4th, 11th, 18th, 25th. 12.30-2.30 pm

Free Crèche available **A gold coin contribution per lesson is required.**

SETTING UP YOUR OWN E- BUSINESS

Session will cover:

Understanding what an e-business is, what are the benefits, trusting the internet, getting started, how to plan and key issues to

Consider. Due to time constraints a date has Not been confirmed please phone the centre and register your interest and we will be in touch ASAP with details.

SERVICES AVAILABLE at HACKHAM WEST COMMUNITY CENTRE—

Hall and Rooms for Hire: Wedding Receptions, Parties, Seminars, Conferences, Meetings etc. Conditions apply. KITCHEN FACILITIES AVAILABLE.

All enquiries welcome = contact Tina 83841065

JUSTICE OF THE PEACE Sorry this service not available this Term

Scont

OTHER SERVICES AVAILABLE

Photo copying A4 = 10c A3 = 20c

Laminating. A4 = \$1. A3 = \$2.

Computers/Internet/Email \$2 per hour

THE SMITH FAMILY -Hackham West Learning Club. Free 1:1 tutoring

Primary or High School Students

MONDAY nights 4.30-5.30 pm At H.W.C.C.

Students work with tutors to finish homework, work on projects or do supplementary work to support specific subject areas they need help.

For an application form phone The Smith Family Ph. 8186 2093 Tammy Kennedy

VOLUNTEERS NEEDED: FOR TUTORING IN LITERACY OR NUMERACY

No Experience Necessary

SILVER CITZ (OVER 50'S CLUB)— **STARTING 22nd April 2010**

THURSDAYS fortnightly 11.30 am –2.30 pm

The delicious meals at Hackham are prepared by Lyn our Cook & other volunteers. Come along and enjoy plenty of activities, friendly atmosphere and a time to catch up with and make new friends.

Cost \$5 includes

3 course meal & session

NB. Bus Trips are priced individually

Raffles \$1

SEWING ALTERATIONS & REPAIRS Come and learn the basics—how to repair a torn seam, replacing zips, taking in and letting our of garments, draft patterns, rejuvenate and remodel outdated clothes, add appliqué and beading and plenty more. The Centre does have a few sewing machines available, but if you have your own please bring it in (it will need to be electronically tagged by Centre Staff) Jan will also be talking to you about how to set up your own “cottage industry”.

Please phone the Centre to make a booking and to find out what you will need to bring for the first lesson (some equipment, fabric etc. Supplied 6 week course Monday's May 3rd,10th, 17th, 24th, 31st, June 7th. 1-3pm Cost \$2/ week Organized by Jan of HWCC

T

TENNIS PROJECT — **GET KIDS CONNECTED**

For all information on Coaching available to Beginners/Intermediate & Advanced Tennis Players Please contact *Lyn Hann* on 8384 1065 or 0434 824 655.

“Hit & Giggle” Wednesday afternoons **Non competitive Tennis 1-2.30pm includes afternoon tea** For further information Contact **Lyn Hann 0434 824 655**

TIAS—TENANTS INFORMATION AND ADVOCACY SERVICE

A statewide, free and independent information, advice and advocacy service for low income tenants of public and community

housing and private rental service at Hackham West Community Centre on Every THURSDAY morning 9.-12 pm

Phone 8305 9459 Postal address P.O. Box 550, Elizabeth. S.A. 5122

W

WOMEN GROWING STRONGER— **MONDAYS 12-45—2.45PM**

April 19th Welcome back, coffee, chat

May 3rd Computer with Kevin

May 10th Mystery Talker

May 17th Craft/Planning

May 24th Opp/Shop Surprise
May 31st Computer with Kevin
June 7th Elizabeth Becker

June 21st Elizabeth Becker
June 28th Mystery Trip Lunch
April 26th and June 12th are holidays

WOMEN HAVING FUN— WEDNESDAY 9.30-11.30 am

\$1 donation greatly appreciated Free crèche available Bookings essential

WOMEN'S WELLNESS BREAKFAST— MAY 21ST & JUNE 7TH

ONCE A MONTH ON A FRIDAY 9-15 am

Enjoy a delicious cooked breakfast with other women in the community.

Cost \$2-00

Bookings required for catering purposes before the 17th of each month

Free Crèche available

WHO'S IN CHARGE?

A special **6 week FREE** course for parents or caregivers who are struggling with children or adolescents who use violence and abuse toward them and/or other family members. Parenting strategies for coping with difficult situations and behaviours.

Book at Southern Junction on 8326 2955 Thursday April 29th to 3rd June 1-3 here at H.W.C.C.

Y

YOUTH CONNECTIONS Wednesday afternoons 4.30—6.30pm

13-18 year olds exploring local youth issues, learning leadership and life skills.

Starts 2nd week of each term. Contact Kelly 8384 1065