

Groups Using HWCC

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 home-work, 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 Leanne Koesters
VOLUNTEERS NEEDED: FOR TUTORING
IN LITERACY OR NUMERACY
No Exp. Necessary

ALCOHOLICS ANNONYMOUS

MONDAY & THURSDAY nights
8 -10 pm

WOMEN'S AA

SATURDAY

11 am

At Hackham West Community Centre

KOFFEE KORNER

Run by the Baptist Church.

Coffee and a Chat

TUESDAYS

9.30—11.30 am

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

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
every THURSDAY morning 9-12 pm

Phone 8305 9459

Postal address

P.O. Box 550,

Elizabeth S A 5122

Services Available

HALL & ROOM HIRE

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

Justice of the Peace Mondays 9am—12

Photo copying A4 10c A3 20c

Laminating A4 \$1 A3 \$2

Computers/Internet/Email \$2 per hour
Fax \$1

FOOD CO-OP

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.
OPEN WEEKDAYS
10 —1.45 pm

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

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.

EXPRESSIONS OF INTEREST ARE NOW BEING TAKEN FOR THE FOLLOWING -

please register at reception

First Aid Course

Term 2

Karen Charles for details

Face Painting Workshop

Term 3

GETTING YOUR L'S

Monday evenings 4-6 pm

8384 1065

Acknowledgements

HACKHAM WEST COMMUNITY CENTRE

would like to thank

Our Funders and Sponsors

ANGLICARE
SA

UnitingCare
Wesley

COMMUNITIES
CHILDREN

hacc
home and community care

BCS
BAPTIST COMMUNITY SERVICES SA INC.

CITY OF
ONKAPARINGA

- ◆ Relationships Australia
- ◆ Commonwealth FaHCSIA
- ◆ State Dept of Recreation & Sport
- ◆ State Dept of Education (ACE)
- ◆ Foodbank S.A.
- ◆ Hackham IGA
- ◆ The Smith Family
- ◆ Community Benefit SA
- ◆ Noarlunga Health Services
- ◆ Commonwealth DEWHA
- ◆ CANH
- ◆ Commonwealth DEEWR

ONKAPARINGA COMMUNITY CONNECTIONS PROJECT

For adults living in or near the suburbs
of Hackham South & Noarlunga Downs.
Programs held in the community rooms
located in each primary school.

- ◆ "Time for You" group
- ◆ Walking group
- ◆ Scrapbooking
- ◆ Community Action Group
- ◆ Community Gardens
- ◆ Internet Café
- ◆ Work skill development First Aid
- ◆ Return to study advice
- ◆ Referral & support counseling

Contact Julia Nichols—

Mobile

0437 485 520

Hackham South Primary School

83845300

Noarlunga Downs

Primary School

83844395



HACKHAM WEST COMMUNITY CENTRE NEWSLETTER



Enter as a stranger and leave as a friend

Term 2, 2010
Monday 19th April
to Friday 2nd July
Open 9am - 4pm

2 Majorca Rd Hackham West S A 5163
P O Box 402 Noarlunga Centre S A 5168
Ph 8384 1065 Fax 8326 9136
Email: hackham@bigpond.net.au
Website: www.hwcc.net
Bus 743 at Bus Stop 60

GREEN DOOR MARKET

The Centre is investigating the possibility of running a Market every month.
The Vision is that — "the market is (will be) a place to meet that encourages local community sustainability through the selling and trading of fresh produce, craft and quality second hand goods".
If you are interested in having a stall or are wanting to be involved in this exciting new project, please come to a 'get together' on Tuesday 11th May at 1.30 pm (afternoon tea will be provided).
If you can't make it, but are still interested in being involved - please leave your contact details with Reception and we will be in touch ASAP

New Courses for Term 2

SEWING ALTERATIONS & REPAIRS

Come and learn the basics—how to
repair a torn seam, replacing zips,
taking in and letting out 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

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.

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 am-12.30 pm to
find out more information on 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 23 rd June Learn more about Edmund
Rice camps—how to attend or become a
volunteer

Phone Julia B at the Centre for more information

The Centre has experienced some staff changes over the Christmas Break! We would like to welcome:

Julia Family Work Program Coordinator
Ruth Lifeskills Program Coordinator
Lorraine A.TS.I. Community Engagement
Worker

Eve S.C.I.P. Program Coordinator
Tina Girls Girlz Senior Worker
Llewellyn Boys Boyz Senior Worker
Kelly Individual Case Management
Worker

ATSI (Aboriginal and Torres Strait Islander) Community Engagement Worker

My name is Lorraine Gibson and I'm the new
ASTI worker 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) Anytime 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 any of these days.

For the Young at Heart

SILVER CITZ & OVER 50'S

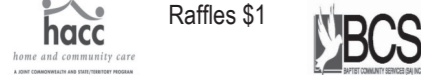
THURSDAYS fortnightly starting April 22nd

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

11.30 am - 2.30 pm

Cost \$5 includes 3 course meal & session

NB. Bus Trips are priced individually Raffles \$1



OVER 50'S MEALS

Ring Centre for information of when

these meals are coming up.

For Children

DADS & KIDS BBQ

4 years & over

At Hackham West Community Centre Friday fortnight—evening 5.30-7.30pm
Cost \$5 per family

(If you can't afford it, you are still welcome to come along)

April 30th, May 14th, May 28th, June 11th, June 25th

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
4—5.30 pm

THURSDAY afternoons

BOYS BOYZ

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 3.30—6 pm

Contact Ruth at Centre
Waiting list may apply



Get Kids Connected TENNIS PROJECT

Coaching for all ages

Hit & Giggle

Wednesday afternoons -
Non competitive tennis
1-2.30pm

includes afternoon tea
For further information

Contact—Lyn Hann 0434 824 655

YOUTH CONNECTIONS

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

Starts 2nd week of each term.

Contact Kelly 8384 1065
4.30—6.30pm

Wednesday afternoons

THE CRECHE

Crèche offers a wide range of learning opportunities for children 4 months to 5 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 open on Thursdays
Bookings essential at reception
8384 1065

THE DAD FACTOR GROUP

At Hackham West Community Centre

FREE 7 WEEK COURSE
WEDNESDAY EVENINGS

5th May, 16th June
6.15—8.15pm

Richard at HWCC

EVERYDAY CAFÉ CUISINE

Monday: Chicken or Beef

Schnitzel, Gravy & salad

Tuesday: Roast Beef, Silverside and salad

Wednesday: Baked Potato and Coleslaw

Thursday: Chicken Schnitzel Burger

Friday: Chicken, Ham & Salad
\$3-50

Child serve \$1-50

For Under 5's

PLAYGYM

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
MONDAYS 9.30 - 10.30 am
\$2 per session

BABY PLAYGROUP

This is a Partnership with Hackham West Children's Centre
for Babies 0-18 months
TUESDAYS 10-11.30 am

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. Mums, dads, grandparents are all welcome.
Free Crèche for siblings

For Men/Women/Families

FAMILY CAFE & PLAY NIGHT

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 18yrs)
Bookings Essential
\$5 per family
Friday -
May 21st & July 2nd

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 Program

Toys for child aged 0-8 months
Course is FREE with crèche available
Tuesday 4th May
9.30-11.30 am

WOMEN HAVING FUN

WEDNESDAYS 9.30-11.30 am

\$1 donation greatly appreciated
Free crèche available
bookings essential

For Men/Women/Families

WOMEN GROWING STRONGER

MONDAYS 12.45—2.45 pm

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 5th are holidays

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 pm at H.W.C.C.

HOW TO APPLY FOR A 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 am

WOMEN'S WELLNESS BREAKFAST

Enjoy a delicious cooked breakfast with other women in the community.
FRIDAYS - May 21st, & June 17th
9.15 am
Cost \$2-00
Please book by the 17th of each month
Free Crèche available

FRIENDSHIP GROUP

Are you interested in join 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.

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

Creativity at the Centre

NOW THAT'S CREATION

Sewing, Art, Craft, Knitting, Scrapbooking, Crocheting
We have sewing machines, overlockers, and a knitting machine that can be used
WEDNESDAY AFTERNOONS
12.45-2.45 pm

\$5 each week if using Centre's products
Or \$2-00 contribution if bringing your own project

Free if you are making products for the fundraising project!
Come along, create and enjoy yourself.

SCRAPBOOKING

Use Scrapbooking to present your photos and precious memories in a special way. Enjoy the company as well as the craft. Beginners to advanced are catered for. 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.

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.

THURSDAYS Starting April 22nd
9.30-11.30 am

\$5 PER WEEK

Some materials supplied

CARD MAKING

With LYN
Friday's - Starting 23rd April
All different designs
9.30-11.30 am
\$5-00 per week

Community Learning

COMMUNITY LEARNING & INFO HUB

WEDNESDAYS starting Apr 21st
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

Going back into the work force -
We can help you with your Resume

Enrol for a term or come along to one session

Cost \$10 term or \$2 session

BECOME A TUTOR

10 Week Program -
2 HRS PER MODULE
Cost \$5 per Module

Tuesdays 27th April to 29th June
12.45-2.45pm

Course compiled by Shekina for HWCC
Ring Reception for details of modules and registration

COMPUTER KNOWLEDGE with Kevin

Getting to know your Computer
For people new to computers or with little or no knowledge of a computer
TUESDAY EVENINGS

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'S
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'S
April 29th, May 6th, 13th, 20th, 27th,
June 3rd, 10th, 17th.
12.45—2.45 pm
8 weeks Cost \$40