

Welcome to the San Remo Neighbourhood Centre

Phone 4390 7888 or email theepicentre@sanremo.org.au

Term 4's volunteer is Sheree. You might have seen Sheree around as she's had many roles here. Reception, food support and Sheree helps to run our Playgroups on Tuesday's. Sheree has a big heart and is always up for a chat. Every week you'll see Sheree here working hard to make sure things go well. Sheree loves being connected to this community and if you get a chance ask her about her son's guinea pigs.



BLUE HAVEN OOSH SERVICE

Fully accredited and currently providing After School Care and Vacation Care. Our service is fun, warm and offers an inclusive space. Loads of activities with caring and qualified educators.

BEFORE SCHOOL CARE - *New service starting*

Starting Term 1 at Blue Community Centre. Breakfast is provided till 8.15am, qualified educators will walk children over to Blue Haven Public School at 8.25am in time for the 8.30am class bell. \$17.00 per session, per child (CCS available to eligible families) Monday to Friday 6am - 8.30am

If you are interested, please contact Kristy on 4399 2242

Get Active - October

LINE DANCING - Free Beginners class on the 5th of October 10am. Booking essential

ACTIVE KIDS - WEDNESDAYS in October
Free classes for under 5's and their Carers

- 12th will be a mini Olympics with games
- 19th will be music and dance.

Starts at 9.30am. Call 4390 7888 to book



Line Dancing

For all ages

October 5th 10-11am

Please ring **4390 7888** to book a FREE spot to participate in a beginners class with morning tea. *Bookings limited.*
(Cowboy boots NOT required)

WEEKLY ACTIVITIES

Mondays

Art Class 9.30am
Alcoholics Anonymous 7.00pm
Men's Shed 8.00am
Woman's Shed 12pm
Op Shop - Liamena Ave

Tuesdays

Playgroup 9.30am
Construction Crew 2.40pm
Emergency Relief by appointment
Community Garden-McCrea Blvd
Op Shop-Liamena Ave



Wednesdays

Home Schooling Hub 12.30pm-3.30pm
Gambling Counselling by appointment
Electricity support (EAPA) by appointment
Men's Shed 8.00am
Op Shop - Liamena Ave

Thursdays

Financial Counselling 9.00am
Narcotics Anonymous 7.00pm
Emergency Relief by appointment
Young People's Drawing Club 2.30pm
Vinyl Class 9.30am (fortnightly)
Cards 9am (fortnightly)
Community Garden-McCrea Blvd
Op Shop-Liamena Ave

Fridays

Yoga 9.00am
Personal Counselling by appointment
Men's Shed 8.00am
Op Shop - Liamena Ave

Saturdays

Men's Shed 8.00am

Sundays

Alcoholics Anonymous 10.00am

Find us on Facebook
for weekly updates



LINKS YOUTH SUPPORT SERVICE

SUPPORT

Youth Workers are here for you to help navigate and support you through life's challenges with peers, family, relationships, school, employment and life



GP CLINIC - GPs AND NURSES - FRIDAYS

Assistance with health issues such as, general medical, pregnancy drug and alcohol harm, immunisation, sexual health - contraception, sexually transmitted infections - testing and treatment

Face to face consultation fortnightly

HEADSPACE OUTREACH – YOUTH ACCESS TEAM-TUESDAYS

Mental health and well-being support at crucial times in young people's lives

LINKS referral required

SCHOOL and COMMUNITY BASED PROGRAMS

Actually, I Can learn coping skills, self-care and managing emotions

Reality Check skills and strategies to address conflict

Love Bites Junior healthy relationships program

Street Gym stay connected, active and have fun

For more programs, dates and times contact **Kaz or Daz on 43907888**
or email links@sanremo.org.au or call into the Youth Cabin located opposite
Northlakes High School

Look out for our new program....DrumBeat

PLAYGROUP EVERY TUESDAY

Our Playgroup is back for term 4 on the 18th of October at 9.30am. Bring a snack and be ready for playtime, craft and music. No need to book, just turn up

ABORIGINAL RECONCILIATION GROUP

We are committed to recognising and valuing our rich Aboriginal culture through the sharing of knowledge and building on strong relationships

Join us in our Aboriginal garden **Ngaliya Dhuluga** meaning **You, Me and We in the Middle**. Phone Amanda for more information 0468 464 968

CONSTRUCTION CREW

For children aged 8-12 years who are on the spectrum, with ADHD or just have a difficult time in social settings. Program is driven by the children's interest and developmental needs. Please contact Amanda on 0468 464 968

SEASONS FOR GROWTH

Seasons for Growth is a program that offers children and young people a safe space to come together, and share their experiences of change and loss. It will be delivered in Term 4, starting Wednesday 19th October held at Northlakes Public school.

GO4FUN

Starts 10th October. Go4Fun is a healthy lifestyle program for kids aged 7-13 and their parent or carer. For more information or to register call Bungree on 43500100 or sms 0409 745 645 for a call back.

CARER'S SUPPORT GROUP

Run in partnership with Carer's NSW this support is run once a month and offers understanding and access to the resources available to those in caring roles. Please call Carers Gateway to register 1800 422737

EQUIPMENT LIBRARY

The Office of Sport are working with San Remo Neighbourhood Centre to provide our community with a sporting equipment library. Call in to borrow footballs, Cricket sets, Hoola Hoops, Oz tag gear and much more. Call 43907888 to enquire

THE PANTRY

EMERGENCY RELIEF

Assessment, information referral and vouchers

Phone for an appointment

FOOD HAMPERS care of OZ Harvest and Coles

FROZEN MEALS care of COAST HANDS

MATERIAL AID clothes, blankets, toiletries

HOME SHOPPING can't leave the house? We will do the shopping for you and have it delivered to your door.

ELECTRICITY VOUCHERS (EAPA) online help with electricity and gas bills

TELSTRA direct line - 1800 531 951 - for people experiencing short-term financial difficulties. Help with payment extensions and other options. We have a limited amount of vouchers

SHOWER FACILITIES

WASHING MACHINE AND DRYER FACILITIES

TOILETRY BAGS

BACK TO SCHOOL PACKS

INFORMATION, ADVICE, REFERRAL AND ADVOCACY to a number of financial, physical and mental health providers for example, housing, family and domestic violence services

OTHER SUPPORTS and SERVICES

- Justice of the Peace is available Monday to Friday, call for appointment
- Sluggo our Community Bus is for hire
- Applications for AFT (Aboriginal Funeral Transport)
- Access to technology photocopier, fax, computers, scanning, emailing
- Rooms to rent for community groups and celebrations
- Volunteering in your community-Men's Shed, Community Gardens, Op Shop
- **NEW-FREE** Community Computer-access the internet, emails, MyGov and more



LOCAL SERVICES and ACTIVITIES

Family Fun

District playground
BMX Park
Boat Ramp
Fishing
Park Run
Shared Pathways

Thank you to all our volunteers and partners for your invaluable work and support



Food Banks

Lake Munmorah 4358 3148
Toukley 4396 1555

Housing Services

Link2Home 24hr Line 1800 152 152
Coast Shelter 4325 3540
Housing NSW - Wyong 4352 9600
Uniting Doorways Program 1800 067 967

Youth Support

Headspace 4394 9100
Youth Health 4356 9333

Aboriginal Health Services

Yerrin 4351 1040
Bungree 4350 0100
Nunyara 4320 2698

Counselling and Services

Lifeline 13 11 14
Domestic Violence Hotline 1800 656 463
Mental Health Line 1800 011 511
My Aged Care 1800 200 422
NDIS 1800 800 110
Centrelink 13 24 68

Would you like to compliment, complain or create? Please send your ideas and thoughts to theepicentre@sanremo.org.au