



# C.J NEWS

## COMMUNITY NEWSLETTER

'Strong Community Connections'

Colyton, Erskine Park, North St Marys, St Clair, Werrington and surrounding areas



To ensure the safety at all times of our staff, community and group members, we have incorporated a COVID Safe environment which includes QR Code Check in, temperature checks on arrival, social distancing, a limit on group size and regular cleaning.

### MONEYCARE PROGRAM AT NORTH ST MARYS

Are you struggling with paying for food, gas and electricity bills? Do you need help with budgeting and sorting out your finances? Rohini from our Moneycare Program can support and advocate on your behalf to arrange an affordable payment plan. Assistance with EAPA vouchers is also available. Contact Kim to make an appointment on 9673 3908. Appointments are available Mondays fortnightly between 1:00 - 3:00pm.



### HEALTHY BODY MIND FAMILY

Healthy Body Mind Family will give parents with children 0 -5, the opportunity to learn relaxation techniques, mediation and healthy simple cooking habits with a qualified chef. Childcare will be provided during this time. The program will run for 4 weeks on Wednesdays, 9.30am – 11.30am at Werrington Youth Centre (end of Cottage St, Werrington). To book please contact TeRina on 4732 1562 / 0415 655 586 or [terina@communityjunction.org.au](mailto:terina@communityjunction.org.au)



### LEARN PLAY GROW IS GOING MESSY

Colyton Learn Play Grow will be going Messy for 2 weeks in March. Messy Play focuses on exploring and experimenting with different materials and textures, which allows children to make their own discoveries using their senses, curiosity and knowledge. Learn Play Grow is for parents and carers of children aged 0 to 5 years of age. Dates: Monday 22<sup>nd</sup> and 29<sup>th</sup> March 2021, 9:30am - 11:30am at Colyton Neighbourhood Centre, Cnr Jensen and Willoughby St Colyton. Morning tea is provided for children. Please bring a change of clothes for your child. Bookings are essential by contacting Jane on 9188 9065 / 0450188036 or email [jane@communityjunction.org.au](mailto:jane@communityjunction.org.au)



### KOORI CRAFT / CHAT GROUP

The Koori Craft/Chat group returned in February 2021. The first group activity for the year was Bark Painting using Aboriginal signs and symbols. The group meet every Tuesday, during school terms at North St Marys Neighbourhood Centre. For more information, or if you would like to join the group please contact Maureen 9673 3908.



### LEARNING LOUNGE—HOMEWORK HELP CENTRE

Learning Lounge is a free homework help program located at St Clair Youth Space. It is run by tutors, volunteers and youth workers to help with homework, assignments or study. The Learning Lounge is on Tuesdays, during school terms, with 2 sessions available, 3:00pm - 4:00pm or 4:30pm - 5:30pm. Both sessions are open to high school and primary aged children. Bookings are essential, please contact Naomi on 0415 383 884 or email [naomis@communityjunction.org.au](mailto:naomis@communityjunction.org.au)



### COLYTON POP-UP YOUTH SPACE

Our Pop-Up Youth Space will return to Kevin Maley Park in 2021 with various games, challenges, and many other activities taking place. After an extended break we look forward to returning to the space and inviting young people to have their say in the planning and development of Colyton Youth Space moving forward. Come and join us for a fun and exciting program this term on Tuesdays, 3pm-5pm, 2nd - 30th March. For more information, please contact Brendan on 9188 9065 or email [brendan@communityjunction.org.au](mailto:brendan@communityjunction.org.au)



### KEEPING UP TO DATE

Our website is updated regularly and you can view our term programs or any new activities by visiting our website at [www.communityjunction.org.au](http://www.communityjunction.org.au). Our Facebook page is another great way of keeping up to date with the latest programs and activities on offer, or alternatively you can ring our centres and talk to a staff member.



### SENIORS LIVING WELL GROUP

The Seniors Living Well group aims to provide a safe and welcoming environment for seniors 65+ years to meet and share morning tea, participate in community life and engage with services in their local area. Group participants enjoy coming together at Colyton Neighbourhood Centre on Thursdays from 10:00am - 12:00pm during school terms. Activities include arts, crafts, information sessions, outings, morning tea and a chat. Contact Jane on 9188 9065 or email [jane@communityjunction.org.au](mailto:jane@communityjunction.org.au) for more information.



## YOUNG HEALTHY MINDS

Young Healthy Minds was a great success at North St Marys Neighbourhood Centre. The 7 week program for year 3 to 6 school aged children highlighted the importance of being healthy and focused on improving their overall wellbeing. Each week the program explored a different aspect of eating healthy, being active and mindful. Many children enjoyed the engaging activities and have learnt tips on ways to be mindful and healthy. Community Junction would like to thank InPursuit Fitness for showing the children different exercises they can do at home and explaining the benefits of being active. Also, a big thank you to Breakthru, facilitating a session that explored the importance of emotions, being mindful and the engaging mindful tips and activities.



## AN ARTIST IN THE MAKING

One of our Koori Craft / Chat participants have had a piece of art work admired by a local doctor. He liked it so much it is now hanging in the waiting area of the surgery. Well done Wendy.



## KIDS ARCADE

Kids Arcade re-commenced this year for term 1. We have been having a lot of fun with different activities including obstacle courses, making our own dessert pizzas, playing games and

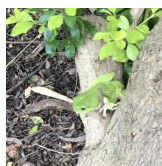


drawing. Our group is very excited to be back and have enjoyed sharing stories of their holidays and re-connecting with each other. They are also enthusiastic

about our upcoming term activities including slime and more cooking. Kids Arcade runs from Werrington Youth Centre on Thursdays 3:30pm - 5:00pm during school terms for children in years 4 -6. For more information contact Naomi on 4732 1562 or 0415 383 884

## GULYANGARRI

Gulyangarri are operating transition to school groups for Aboriginal children at Shalvey Public School (Tuesday and Wednesday) and Willmot Hub (Monday). Both groups assist children and their families to prepare for kindergarten. At our Shalvey group were very lucky to have a friendly visitor. The children were extremely excited to see a frog, which had been found in the school and was relocated, for its safety, to our garden.



## A BIG THANK YOU

Community Junction sincerely thank Services Australia - Centrelink St Marys, who very generously donated non perishable items to Community Junction, which was obtained from a Food Drive organised amongst their staff. The items were collected and handed to some very needy families from North St Marys. A big thank you to Leigh who organised the food drive, it has been greatly appreciated.



## PROSPER EVENT

41 Food Packs were provided to members of the community during February from our Werrington office, in partnership with Prosper Australia. If you are experiencing disadvantage please feel free to contact a Community Development Worker for information and support at your nearest Community Junction Inc. Centre.



## WHAT IS A NEIGHBOURHOOD CENTRE?

A Neighbourhood Centre is a place for local people to access a range of community services. At North St Marys Centre we provide a wide range of services and activities such as;

- ◇ Referrals to other agencies and services where appropriate
- ◇ Educational courses and activities
- ◇ Social Inclusion groups

North St Marys Neighbourhood Centre is a welcoming place where people can come to chat and gain support. To find out more about what happens here, call Kim on 9673 3908. You can also contact our other centres and have a chat with our workers to see what is on offer.

Colyton: 9188 9065

St Clair: 9834 2708

Werrington: 4732 1562



## WERRINGTON YOUTH SPACE

At Werrington Youth Space Young People have been enjoying a casual drop in on Mondays with lots of basketball, pool and PlayStation.

Wednesdays have also been very exciting as we have just started our program around managing emotions through physical activity, in partnership with Shaolin Martial Art Centre. The young people are loving it and are super enthused for the weeks ahead.



## CHILDREN'S OUTREACH SERVICES

Learn Play Grow at Werrington set up a play dough activity for the children. Each child had their own individual play dough in their bags to encourage COVID-19 safety. Play dough is a fun activity which develops their fine motor skills and encourages creativity. It also improves children's social skills as they engage with others and talk about what they are making and creating. The children used the toy kitchen to bake their play dough cookies.



## APRIL VACATION CARE PROGRAM

Keep an eye out for our upcoming April Vacation Care Program for some fun and exciting excursions and incursions. Contact Mel from North St Marys Children's Centre on 9623 0331 or mel@communityjunction.org.au for more information.

