



C.J NEWS

COMMUNITY NEWSLETTER



'Strong Community Connections'

2021

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, social distancing, a limit on group size and regular cleaning.

HEALTHY HABITS AT WERRINGTON YOUTH SPACE

During Term 2 we will be running a Healthy Habits program at Werrington Youth Space for young people aged 12 - 18 years, on Mondays from 3:00pm - 5:00pm. The program will include a focus on physical and mental health, nutrition, cooking healthy food and enjoying activities such as scavenger hunts, charades and snakes and ladders. For more information please contact 4732 1562



FOOD SMARTS COOKING PROGRAM

Food Smarts is a program helping members of the community gain more knowledge around food, shopping, pricing, budgeting and reading labels, while cooking delicious meals together. This 3 week program will run at Autumnleaf Neighbourhood Centre, 10:00am -12:30pm starting the 10th May. Bookings are essential, please contact Naomi on 9824 2708 or email naomis@communityjunction.org.au



NEIGHBOURHOOD CENTRE POP UP STALL

Come along and say hello at our Neighbourhood Centres Week Pop up Stall at St Marys Village (opposite Joes Meat Market), on Wednesday 12th May, 10:00am – 4:00pm. We will be celebrating Neighbourhood Centres Week by providing Info bags and having workers available to have a chat about the services, groups and events we provide in our Neighbourhood Centres.



FINANCIAL LITERACY PROGRAM

We are running a 4-week money management program, where you can learn skills around budgeting and managing your money at 2 locations. Commencing Tuesday 4th May, Werrington Youth Centre 1:00pm – 3:00pm, and Autumnleaf Neighbourhood Centre St Clair, commencing Tuesday 1st June 10:30am - 12:30pm. For more information or to book a place, please contact TeRina 4732 1562 (Werrington) Naomi on 9834 2708 (St Clair)

HEALTHY BODY MIND AND FAMILY

North St Marys Neighbourhood Centre, will run a 6 week program, in partnership with Penrith City Council, for women with children 0-12 years of age. The program will include meditation, cooking, breathing, relaxation and stretching techniques. The program will be held on Thursdays, commencing 20th May, from 10:00am -12:00pm. Limited childcare will also be available and bookings are essential. Please call Kim 9673 3908 for more information or to book a place.



COMMUNITY HUB DAYS

We'd like to welcome the community to our FREE Community Hub Days, where community members can enjoy various activities and demonstrations, talk to other services within the community, meet members from the Community Junction Team, enjoy a sausage sizzle and have some fun. Limited food hampers will also be available. Our Hub Days will be running from different locations. Please join us at;



MONEY CARE PROGRAM AT NORTH ST MARYS

Visit North St Marys Neighbourhood Centre on Monday afternoona and chat to our financial counsellor. We can provide support with your gas and electricity bill, help with your current budget and give you information on other support services. Ring Kim to book your appointment on 9673 3908.



- North St Marys Neighbourhood Centre, Cnr Debrincat Ave and Oleander Rd, North St Marys, Thursday 13th May 2.30pm – 4.30pm - 9673 3908
- Werrington Youth Centre end of Cottage St Werrington, Thursday 20th May, 2:30pm - 4:30pm - 4732 1562
- Colyton Neighbourhood Centre, Cnr Jensen and Willoughby Sts Colyton, Thursday 27th May, 2:00pm - 5:00pm - 9188 9065
- Autumnleaf Neighbourhood Centre, Cnr Autumnleaf Pde and Timesweep Dr St Clair, Thursday 3rd June, 3:00pm - 5:00pm - 9834 2708.

NORTH ST MARYS YOUTH SPACE

Whether you want to play a game of sport, cook up a storm, hang out with your friends or chat to the youth workers about whatever is on your mind, we will have it all on offer this term at North St Marys Youth Space on Wednesdays, 3:00 - 5:00pm. We look forward to seeing you there!



GET CONNECTED

Get Connected is a program to help members of the community navigate their digital devices including phones, computers or tablets. The program runs at Autumnleaf Neighbourhood Centre St Clair on Mondays, however bookings are essential. For more information please call Naomi on 9834 2708 or email naomis@communityjunction.org.au We are also providing a 1 hour one-on-one session every Thursday 1:00pm – 2:00pm at Werrington. Bookings are essential. Please call Terina on 4732 1562 / 0415 655 586 or email terina@communityjunction.org.au



MEN'S COFFEE AND CHAT

Men's Coffee and Chat is a free social group for men in the community looking to connect and chat with other men over a coffee. The group runs on a Wednesdays during school terms, 11:30am - 12:30pm at Autumnleaf Neighbourhood Centre St Clair. For more information please contact Naomi on 9834 2708 or email naomis@communityjunction.org.au



HARMONY DAY

Community Junction enjoyed being involved in Harmony Day as a part of Penrith Multicultural Interagency on Wednesday 31st March 2021 at Memorial Hall in St Marys. The day was filled with some strong messages, traditional performances and amazing food. A big congratulations to Penrith Multicultural interagency for putting together a great event!



OUTREACH CHILDREN SERVICES

At our Outreach groups the children really enjoy a variety of activities, where they often request bubbles. Bubbles are a great way for children to learn as it can encourage them to use their fine and gross motor muscle groups by chasing the bubbles to catch them or by jumping on a bubble to pop them. They also enjoy using their fingers to pop the bubbles. These early movement experiences form the basic building blocks for catching, hitting, throwing and kicking skills they can use later in ball sports. Bubbles help form hand eye coordination skills as well as spatial awareness.



GULYANGARRI

Gulyangarri joined the Easter Hat parade at Shalvey Public School at the end of Term 1 and were very excited when they returned to our room to find rabbit footprints at our door along with a special message from the Easter Bunny. The children enjoyed an Easter egg hunt and loved telling their parents about it when they came to pick them up later that day.



CHILDREN SERVICES

Preschool have recently celebrated the festival of Holi with a colour run. We all wore orange for Harmony Day to promote a place where 'Everyone Belongs', made and ate pumpkin soup together, celebrated St Patricks Day, welcomed the safe arrival of Lauren's baby 'Hugh' and introduced a new educator Emily.



OOSH have been busy in Vacation Care have had a ton of fun at AMF Bowling, Laser Tag, Cupcake Decorating, Taronga Zoo, Putt Putt Golf and a Bikes and Wheels day. As a service we are celebrating the

development and ongoing actions of our Reconciliation Action Plan to grow, learn and show pride in Aboriginal and Torres Strait Islander histories. We look forward to an exciting Term 2 with incursions from Murru-Mittigar and Taronga Zoo planned.

WERRINGTON YOUTH SPACE MOVIE NIGHT

Werrington youth space had a successful movie night these April School holidays. The whole community enjoyed watching 'Spiderman: Into the Spider-Verse' on our outdoor setup. Thank you to everyone that came and a special thank you to Coles Mt Druitt for their very generous donation to our sausage sizzle.



CELEBRATING SENIORS WEEK

Craft at Heart at Werrington celebrated Seniors Week on Thursday 15th April with some lunch, good company, information bags and some bingo to finish off the day. The ladies enjoyed something different and spending time with each other. If you would like more information on Craft at Heart contact TeRina 4732 1562



YOUTH SCHOOL HOLIDAY FUN

Our Youth Team had a jam packed April School Holiday program with different outings held across the 2 weeks. We took 30 young people to the Sydney Royal Easter Show and it was a fantastic day filled with lots of food, rides, show bags and laughter. We also took a group of young people up to Springwood Aquatic Centre, we enjoyed the scenic walk from the train station and loved swimming and playing games in the huge indoor pool. We are so happy we are able to provide outings again and are already planning for the next holidays. For more information on upcoming school holidays please contact Monique 9834 2708



Facebook is a great way of keeping up to date with our latest programs and activities.