



What sort of a community do you want? What are your concerns? And who do you trust to make a difference. We want to know, so please join us. If you have a group of 6 or more people and would like our team to come to you and run a Community Conversation please contact Danielle at danielle@mmnc.org.au 4759 2592

Cyber Seniors Tutoring - Learn how to use emails, look up things on the internet, use your phone, tablet, camera or laptop (bring along your own fully-charged device to each session). Scan onto a USB stick. Individual and group tutoring "Broadband for Seniors". FREE Tuesdays & Wednesdays 2-4pm To book: 4759 2592

Woodford Academy Events

- ◆ **'Ephemeral Threads'** a sensory & tactile exhibition by Edith Pass & Jennifer Leahy. **19th August**
 - ◆ **'Echo Call'** drawing exhibition by Freedom Wilson and Jacqueline Spedding. **16, 17, 23 & 24 September**
 - ◆ **'Friday 13th' Ghost Tours.** 13th October
 - ◆ **Explorers: narratives of site in contemporary art practices** exhibition **7 & 21 October & 18 November.**
- For details: 4758 8743 woodfordacademy@gmail.com

Mid Mountains Walkers

Join us, walk & talk together for 45-60 minutes in local streets in the Mid Mountains. Walkers usually stop for a cuppa after the walk. Meet us at 9:15am for a 9:30 start on Monday & Friday from MMNC, Lawson. Info Danielle 4759 2592.

How to Manage Pain the Natural Way

This is a talk to educate people with chronic pain on how you can manage the natural way. Come along and learn very easy to implement tools. On Thursdays the **17th August & 14th September**, 7 to 8pm at MMNC, Lawson. For more info please ring Dawn 0449 800 606.



August is 'Grief Awareness Month'. We will be hosting a free **Grief Forum** on Sat **26th of August** from 10-12 in the Joy Anderson Hall in partnership with BM Wellness Support. There will be local counsellors in a Q&A format, information and morning tea by gold coin donation. Other contacts are Beyond Blue on 1300 224 636 and www.beyondblue.org.au or NALAG (National Association for Grief and Loss) on 6882 9222.

On Tuesday **10th October** we partner with NSW Health to hold a ceremony "**Memorial Day**" for Blue Mountains and Lithgow families. We look forward to being able to come together and honour deceased loved ones at the ceremony in the Mavis Wood Hall at MMNC. If you have any flowers you would like to donate for this event please drop them off at the Centre.

Please feel free to contact me if you have any enquiries or are interested in volunteering (as we will be recruiting in Oct/Nov) on 4709 6053 or katrina@mmnc.org.au

We offer friendly home visits by trained volunteer home visitors, local outings, social groups, assistance with shopping, community connection, and a carer support group.



All things life – Conversations inspired by Art
Using selected art prints to guide our conversation, this new group is a great way for people to connect, reminisce and share stories, and even get inspiration to draw.

Best Men's Pieshop Mob

Want to meet with men and share a story or two over a cuppa and perhaps have a pie? Meetings at Wentworth Falls Mountain High Pies on the first Thursday of every month at 10.30am.

Like to Contribute?

We are looking for new volunteers. Do you have a couple of hours per week to visit someone in their home? Drivers are also welcome. You will be reimbursed for travel.

For more info phone Eva 4759 2592 or email eva@mmnc.org.au

Food Rescue

diverts excess food from food suppliers. They deliver food to MMNC; available at 9 New St Lawson Monday - Thursdays. If you're short of food, drop in & help yourselves. A partnership of Food Rescue & MMNC

ME/CFS and Fibromyalgia support group

First Thursday each month 10am-12. Come & share ideas about treatments, strategies for coping or just getting out of the house and talking to people on a similar journey. A newsletter is also available. Therese 0401 238 551 cfsbluemountains@gmail.com

Strengthening Exercise Classes

6 exercise classes weekly at Bullaburra hall. Enhance day-to-day living for all different fitness levels. The program is fun and filled with great people. To get involved call MMNC 4759 2592.

No Interest Loan Scheme (NILS)

If you need to borrow up to \$1200 and are on a low income, a NILS loan could be the answer. No interest! Repayments are at a rate that you can afford. Not for Emergency Relief or regular bills. Call us on 4759 2592 for a NILS Information Pack. Funded by Fair Trading, DSS & NAB

Lawson Literary Lot

Do you enjoy reading? Socialising? Would you like to meet (1st Tuesday of the month) to chat about books? Most genres welcome! Morning tea; gold coin donation. Starting **1st August** 10 – 11am at MMNC 9 New St Lawson. Phone Sarah on 4759 1870 or sarahjaneledgar@gmail.com

Community Café

Everyone, especially seniors, welcome 10am every Thursday, at MMNC, no cost. Info 4759 2592.



TERM 3



Playgroups -Play in the Park at Golden Horizons Park Hazelbrook Tuesdays 10-11.30am (weather permitting), **Scout Hall Playgroup** at 70 Railway Pde, Hazelbrook on Thursdays 10am-12, **Special Story time at Heatherbrae!** Monthly Wednesdays with special guests.

Baby Play Time: Every Tuesday drop in any time between **9.30 and 11am**. In partnership with Connect Child & Family Services. For parents and carers with babies up to 18 months. Friendly discussion and support available. At Heatherbrae 6 Benang St Lawson (next to children's play area in town square). Just drop in or call MOCS 4758 6811 or Heatherbrae 4758 9966.

Parenting Q & A at Heatherbrae: Thursday **20th July and 21st September**, 10—11.30 am. Come along to a free, informal discussion with Jenny Rankine, relationship focused parenting educator. Bring along your tricky parenting issues and Jenny will draw on her training and experience to help you work out useful strategies. Heatherbrae 6 Benang St Lawson Just drop in or call MOCS on 4758 6811 or Heatherbrae on 4758 9966 for more information.

Bush Walking Group for Adults – All welcome to join this ongoing group for easy and accessible local bush walks. Meet every Wednesday of Term 9.30 am, Corner of Oaklands Rd and Derain St. For more information call MOCS on 4758 6811.

Women's Heart Health Information Morning: Friday 1st September, 9.00 am – 12.30 pm. What are the issues for women? What role does exercise play? Guest speakers Dr Rhonda Barringham, Andrea Hah (exercise physiologist) and Amanda Watts (Dietician). At Mid Mountains Neighbourhood Centre. Bookings essential call Blue Mountains Women's Health & resource Centre on 4782 5133. Cost \$10. Morning tea provided.

Holiday Fun Morning: Thursday 28th September, Noble St Park, Bullaburra 10 am – 12 noon. Healthy waterways, stream watch activities; pop up Library; face painting, craft. No need to book, just come along all families welcome – suitable for children 0- 12 yrs. In partnership with MMNC.

Creating Digital Communities: Would you like to help your community to be more skilled and connected? You can volunteer as a digital mentor providing individual support for people to learn basic technology and internet skills. Need to be available on Thursdays for one day of training and then to volunteer. Call Lyn Bevington on 4758 6811 if interested.

Sole Parent Connections: Are you a sole parent wanting to meet others for activities and outings with your children? Call Liz at MOCS on 4758 6811 or email hub@mocs.org.au.

Circle of Security Parenting Group Friday **4th August – 15th September**, 9.30 – 11.30 am. Relationships make the world go around. This group assists parents/caregivers to look beyond their child's behaviour & focusses on relationships that support children to feel secure in the world. Hazelbrook Public School, 158 GWH, Hazelbrook. In partnership with Gateway Family Services. Bookings essential phone Gateway on 1300 316 746.

Mid Mountains Community Hub is funded by Community Builders, NSW Govt and is a project of Mountains Outreach Community Service, 48 -50 Oaklands Rd Hazelbrook 4758 - 6811



Hazelbrook Association

Come along to Association meetings (next one **14th August** at 7.30pm at Hazelbrook Uniting Church) or contact us on www.facebook.com/hazelbrookass



Hazelbrook Gardening Group

Help keep the gardens around the shopping precinct and adjoining areas weed free and tidy. Contact Margaret – 0414 702 612 for the next meeting dates! A mid week team will begin in Memory Park on **19th July** at 10am.

Kookaburra Playgroup

Mondays 9:30-11:30 (in school term) at MMNC. This **facilitated** playgroup is a welcoming and energetic space for families to connect, play and share.



Children can practice their social skills in a safe, familiar setting while adults get friendship & support from people who understand exactly what they are going through. Gold coin donation Ph 4759 2592 danielle@mmnc.org.au

Story Time for Pre-schoolers

Hazelbrook Public School Library invites you to join them for story time in the library on Fridays (during school terms) 10:15am. Please email: danielle@mmnc.org.au or call 4759 2592 or call the school directly on 4758 6120.

Mid Mountains Community Garden

Be involved in growing our own organic food, sustainably and locally. Gardening days are held at Kihilla (Queens Road Lawson) Saturdays 9am-12.



Weeding, planting and harvesting BUT also carpenters, labourers etc. are needed to mend fences, build garden bed edges or assist with installing irrigation. All welcome. For info ring Janet 0407 926 386 or David 0435 152 600 .

FREE Tax Help

Are your tax affairs simple? Are you on a low income? You could be eligible for help to complete your tax return. Call MMNC on 47 592 592 for an appointment (August - October). A partnership of ATO & MMNC

REACH Program

is a 9 week well-being group for people with a diagnosis of depression or bipolar disorder, to help manage illness and stay well. Next course starts **17th October** at MMNC 9 New St Lawson. Enquiries or to book: Ph: 0451 385 931 or email: reach@mmnc.org.au



Money Management Workshop

Develop skills & strategies to budget, manage debt, and plan for the future. Thursday **17th August** 9.30—2.30 at MMNC. Bookings essential ph 4759 2592 info@mmnc.org.au A partnership of Wesley Mission & MMNC