

What's On at Mid Mtns Community Centre February - April 2019

	TIME	ACTIVITY / GROUP	CONTACT	TELEPHONE	NOTES	VENUE
MONDAY	9.15 - 10.30 am	Mid Mountains Walkers	Danielle	4759 2592	For fun & health; school terms	MMNC
	9.30 - 11.30 am	Kookaburra Play Group	MMNC	4759 2592	School term. Facilitated	JA Hall
	10.00 - 1.00 pm	Crochet	Alex	0401 253 203	Ring for prices	Sml Mtg
	11.15 - 2.00 pm	No Interest Loan interviews	MMNC	4759 2592	Phone for appointment	Int Rm
	5.30 - 6.00 pm	Meditation All One Foundation	Helen	4759 2020	Weekly / FREE	Mtg Rm
	7.45 - 9.45 pm	Mountains Fencing Club	Ross	4759 2750	Weekly; ring for details	Lge Hall
	8.00 - 9.00 pm	Alcoholics Anonymous	Chris	0414 181 545	Just turn up	JA Hall
TUESDAY	9.15 - 10.15 am	Yoga Gentle Exercise	Dianne	4757 1004	School term; not last Tues/Mth	JA Hall
	10.30 - 12.00	Lawson Literary Lot	Danielle	4759 2592	1st Tues / month book club	Mtg Rm
	10.30 - 11.30 am	BM HomeSchool hub	Julie	0431 663 020	Workshops/Courses/Activities	JA Hall
	12.00 - 2.15 pm	BM HomeSchool Drama	Georgia P	0419 287 478	Workshops/Courses/Activities	JA Hall
	2.00 - 4.00 pm	Digital Learning / Cyber Seniors	MMNC	4759 2592	Weekly technical tutoring	Mtg Rm
	2.00 - 3.30 pm	Chamber of Commerce Lawson	Michael	0408 231 511	1st Tues / month	Sml Mtg
	6.30 - 7.30 pm	Boxing Fit	Justine	0488 519 000	Weekly	Lge Hall
WEDNESDAY	9.30 - 2.00 pm	Occasional Child Care 0-6Yrs	Cathryn	0412 932 801	During school term	JA Hall
	10.00 - 11.30 am	NDIS Peer Support Group	Danielle	4759 2592	2nd Wednesday / month	Mtg Rm
	11.30 - 1.00 pm	Community Restaurant	BMFS	4759 2811	For Seniors	Dng Rm
	1.15 - 3.30 pm	Carers Art Therapy	Sue	0438 830 390	Fortnightly school term - ring	Sml Mtg
	1.30 - 3.30 pm	Carer Peer Support Group	Eva	4759 2592	2nd Wed/Mth	Mtg Rm
	4.30 - 5.30 pm	Mountains Fencing Club	Ross	4759 2750	Weekly school term	Dng Rm
	6.00 - 8.00 pm	Ashtanga Yoga Class	Paul	4758 7148	Weekly	JA Hall
6.30 - 7.30 pm	Forever Young Fitness	Brett	0419 847 631	Weekly	Lge Hall	
THURSDAY	9.00 - 1.30 pm	Early Childhood Clinic	Health	4751 0100	Ring to book an appointment	Sml Mtg
	10.00 - 12.00	CFS/Fibromyalgia Group	Therese	4759 2592	1 st Thur/Month	Mtg Rm
	10.00 - 12.00	'Community Café' Morning Tea	MMNC	4759 2592	Weekly seniors social	JA Hall
	12.30 - 3.00 pm	St. Vinnies Emergency Relief	Call Centre	1800 606 724	Just turn up; weekly	Int Rm
	1.00 - 3.00 pm	Mah-jong Group	Margaret	4758 6564	All year round	Mtg Rm
	1.30 - 3.00 pm	Israeli Folk Dancing	Yudit	4759 1952	Weekly school term ring for details	JA Hall
	5.30 - 7.30 pm	Surviving Suicide bereavement	SAP office	0498 403 152	Self-help support group 2nd Thurs/m	Mtg Rm
7.00 - 8.00 pm	Mountains Fencing Club	Ross	4759 2750	Weekly school term	Dng Rm	
7.00 - 9.00 pm	Crowd-Around-Choir	Kate	0405 328 379	Weekly school term	Dng Rm	
FRIDAY	9.15 - 10.30 am	Mid Mountains Walkers	Danielle	4759 2592	for fun & health; school terms	MMNC
	11.00 - 12.00	Chair Yoga	Marilyn	0425 361 779	Weekly	JA Hall
	1.00 - 4.00 pm	Mid Mtns Scrabble Group	Nance	4759 2647	All year round; ring for details	Sml Mtg
	2.00 - 4.00 pm	"Pity Party" multiple diagnoses	Natasha	0421 774 342	Support group 1st Friday / month	Mtg Rm
	6.00 - 8.00 pm	Civic Community Disco	Tiffany	0439 457 154	For people with disability 3rd Fri/m	Lge Hall
8.00 - 9.00 pm	Classic Car Club	Rowan	4784 3185	3 rd Fri/Mth	JA Hall	
SATURDAY	8.00 - 9.30 am	Iyengar Yoga Classes	Dianne	4757 1004	Not 4 th Sat/Mth	JA Hall
	10.00 - 12.00	Mountains Fencing Club	Ross	4759 2750	Kids & teens classes; weekly	Lge Hall
	10.00 - 12.30	RSPCA branch meeting	Tony	0437 971 636	1st Sat / every 2nd month	JA Hall
	2.00 - 4.00 pm	Rubix Cube Club	Robert	0416 244 725	4th Sat / monthly. Kids 7-13 years	JA Hall
SUNDAY	11.00 - 1.00 pm	Sri Sathya Sai Group	Roger	0414 190 188	Fortnightly Sundays	JA Hall
	11.00 - 3.00 pm	Blue Mtns Felters	Ellen	4759 1940	4th Sun / month	Dng Rm
	2.00 - 4.00 pm	BM Bipolar Support Group	text Kristy	0433 204 041	people with bipolar & carers 3rd Sun/m	Mtg Rm
	3.30 - 5.30 pm	Church of United Spiritualism	Nadja	0439 453 430	2nd & 4th Sun / month	JA Hall
	5.00 - 6.00 pm	Blue Mountains City Church	office	4720 6100	3rd Sun/m	Lge Hall

Large Hall (Lge Hall) = Mavis Wood Hall
 Dining Room (Dng Rm) = Grace Tooth Dining Room
 Int Rm = Interview Room
 JA Hall = Joy Anderson Hall
 Meeting Room (Mtg Rm) = Alma King Meeting Room
 Sml Mtg = Small Meeting Room

To book JA Hall & Small Meeting Room 9am-3pm Mon - Fri OR Meeting & Interview Room any time ring MMNC 4759 2592.
 All other bookings contact BMCC 4780 5735

At MMNC there is FREE access to computer/internet, cheap photocopying. Get the Residents Kit!
 Get the 2018 BM Transport Guide! Borrow bats & balls for the outdoor table tennis table in Lawson Square!

mid mountains news

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Happy New Year!

To save confusion and space, any activities at Mid Mountains Neighbourhood Centre hub are described in this edition as "at MMNC". We've changed our name but the hub is the same!
Best wishes from Mick Barrett, BelongBM

Community BBQ at MMNC

Friday 29th March 4-6pm.
 BYO soft drinks and we will have the snags.
 Call Danielle 4759 2592 for more info, to RSVP or to help.

Senior's Week Activities

- ◆ **Yoga for Wellbeing in Later Life –free class**
 Wed 20th February at MMNC. Led by Dianne Curry. Bookings essential with Evelyn 0409 231 936 or evelyn.argall@gmail.com
- ◆ **Strong to the End: Living & Dying Well**
 A seminar on strategies for quality of life as you age while building awareness to plan for a quality death. Tuesday 12th February, 10am–12. Morning tea provided. Cost: \$10. Bookings essential with Evelyn 0409 231 936 or evelyn.argall@gmail.com
- ◆ **Morning Tea** With our Community café team
 Thursday 21st February 10am-12. Light refreshments & entertainment. Free. Info ph 4759 2592.

REACH Program

is a 9 week well-being group for people with a diagnosis of depression or bipolar disorder, to help manage their illness and stay well.
 Next course starts 30th April, 7 - 9pm at MMNC 9 New St Lawson. Enquiries or to book: text: 0478 239 113 or email: reach@belongbm.org.au



FREE NDIS Plan Management Workshop

Led by an experienced worker skilled in helping you get the most from your plan.
 Are you a parent, carer or participant navigating the NDIS? Don't know what the categories mean? Running short of time to use your funds? Wonder what services you can use?
 Wednesday 13th February 10am–12 noon at MMNC.
 Refreshments provided. Child care available on request (at least 1 week notice). To register or for more info call 4759 2592 or email dwildingforbes@belongbm.org.au

April School Holiday Activities

Holiday Tots and Toddler Morning
 Monday 15th April 9:30am-11 at MMNC.
 Our fabulous Kookaburra Playgroup team are opening the doors for holiday playtime. There will be the usual fun along with story time & light refreshments. *gold coin donation*
 Call 4759 2592 for more information or email Danielle at dwildingforbes@belongbm.org.au



Minecraft Workshop

Tuesday 16th April, 10am-12pm at MMNC
 Working as a team, kids will approach gameplay from a different perspective and discover the underlying mechanics of the game.
 Recommended age- 8-14 yrs. of age
 Children under 12 must be accompanied by an adult.
 Places are limited to 12 participants. *gold coin donation*
 To register please contact BelongBM (MMNC) 4759 2592

Stop Motion Workshop

Tuesday 16th April, 1pm-3 at MMNC.
 Learn how to combine story boards, sets and special effects to create your very own stop motion animation.
 Recommended age- 8-14 yrs. of age
 Children under 12 must be accompanied by an adult.
 Places are limited to 12 participants. *gold coin donation*
 To register please contact BelongBM (MMNC) 4759 2592

Holiday Fun Morning:

Wednesday 17th April, 10am – 12 at Weroona Park, Woodford. Fun, games, craft, face painting and more!
 Morning tea provided. No need to book just come along, for families with 0-12 yr olds. FREE. Call 4759 2592 for more info.
A partnership of BelongBM & MOCS
 More Mountains holiday activities at www.strongerfamilies.net.au

Free Youth Event Gamercon

Competitive Multiplayer Event.
 Online Fortnite stations; tournament style book ins. Ages 12-17. At 1 Yileena Avenue, Lawson.
 Drug and alcohol free, created FOR young people BY young people!
Date to be set, look out for details. For info call Maddy 0421 389 790. Call 4759 2592 to register, or just turn up.
Partnership of BelongBM, MYST; Blacktown Youth College, NSW Govt.



Kookaburra Playgroup

Mondays 9:30-11:30 (in school term) at MMNC. Our **facilitated** playgroup is a welcoming and energetic space for families to connect, play and share. Gold coin donation Ph 4759 2592 dwildingforbes@belongbm.org.au



Community Readers Hazelbrook Public School

Do you like reading with children? Volunteer Community Readers are needed to assist students.

Welcome and training will be held: Wednesday the 6th of **March**, 9:30am at Hazelbrook Public School. Sign in at the school office on arrival please.

Read & Grow Volunteers Lawson Primary School

Literacy support volunteers are needed to assist students at Lawson Public school.

Welcome and training will be held in **March**.

If you have one morning a week to volunteer and are keen to listen to children read and support their learning please call Danielle at MMNC to register your interest 4759 2592 or dwildingforbes@belongbm.org.au



Mid Mountains Walkers

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

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

Book Club - Lawson Literary Lot

Please join us on the first Tuesday of the month to chat about books. The first meeting for 2019 will be the 5th of **February**, 10:30-12:30 at MMNC.

We are currently reading **Our Souls in the Night**.

For more information, call Danielle on 4759 2592 or email dwildingforbes@belongbm.org.au

Surviving Suicide Have you lost someone to suicide? Come along to a self help bereavement support group, facilitated by a qualified counsellor. 2nd Thursday each month, 5.30—7.30pm.

For info call Suicide Awareness Project 0498 403 152. *A partnership of Suicide Awareness Project and BelongBM*

Bipolar Support Group

For people with Bipolar &/or carers. 3rd Sunday / month, 2-4pm at MMNC. Text Kristy 0433 204 041 *BiPolar Australia*

We offer friendly home visits by trained volunteer home visitors, assistance with shopping, bus trips, a social group for men, a 'Conversations inspired by Art' program, a biography service, and a carer support group. If you are an older person living alone or with a carer, you may be eligible to access our services.



[Would you like to be part of us in 2019?](#)

We have volunteering opportunities for new volunteers to visit someone in their home and assist with shopping etc. Drivers are also welcome. You will be reimbursed for travel. Do you have skills you would like to contribute and a couple of hours per week to spare?

Best Men's Pieshop Mob

Want to meet with other men and share a story or two over a cuppa? Meetings at Wentworth Falls Mountain High Pies on the 1st Thursday of every month at 10.30am.

Caring for Carers Support Group

A group offering carers the opportunity to meet others in a similar situation, and to share experiences and practical information. We meet on the second Wednesday of every month 1.30-3pm at MMNC.

To find out more about our social support services and volunteering, please phone Eva on 4759 2592 or email eregitz@belongbm.org.au

Strengthening Exercise Classes

6 exercise classes weekly at Emmanuel hall. Enhance day-to-day living for all different fitness levels. The program is fun and filled with great people. \$65 per 10 week term. To get involved call MMNC 4759 2592.

Our volunteers always comment that it's a true privilege to be working with palliative clients at end of life, in homes and the hospital setting.



We are recruiting new volunteers for training in the second half of 2019. If you would like to know more about the role and the level of commitment required, please feel free to contact Katrina on 4709 6053 or ksimmons@belongbm.org.au

Woodford Academy Events

- ◆ 'TURNING THE HEAT UP ON PESTS' 16 February 1 -2pm.
 - ◆ 'ETTIE'S DIARY' Saturday 16 March 1 - 2pm. The life of Henrietta McManamey, Local historian Kate O'Neill.
 - ◆ 'WOODFORD ACADEMY HARVEST FESTIVAL' 20 April 10am- 4pm. Music, food, talks, games and stalls. Free
- For details: woodfordacademy@gmail.com

Rubix Cube Club

We're a regular group for Mountains kids 7-13 interested in cubes and speed cubing. At MMNC 9 New St Lawson, on the 4th Saturday each month (eg **23rd February**), 2 - 4pm. Children must be accompanied by a responsible adult. For more info and to register interest, phone or email Robert 0416 244 725 robertmusgrave@exemail.com.au

MOCS Community Hub term 1



Playgroups - Play in the Park at Golden Horizons Park Hazelbrook Tuesdays 10-11.30am
Scout Hall Playgroup at 70 Railway Pde, Hazelbrook on Thursdays 10am-12.

First time parents group (with babies up to 12months): 10am - 12. Meets every second Wednesday: **6th & 20th Feb, 6th & 20th March and 3rd & 17th April** A friendly, informal social and support group. At Heatherbrae 6 Benang St Lawson (next to children's play area in town square). Just come along or call Liz on 4758 6811 or Jeanette on 4759 1462 for more information. *In partnership with Connect Child & Family Services.*

Bringing Up Great Kids Parenting Course: Thursdays - **28th February to 4th April**, 7 - 9pm. Learn more about communicating with your child, supporting their development & positive identity and what is beneath emotional expression. Lawson Community Preschool, Honour Ave, Lawson. *In partnership with Gateway Family Services.* Gold coin donation. Bookings essential call Gateway on 1300 316 746. No childcare at this course.

Close The Gap Day: Thursday 21st March, Aboriginal Cultural event at Scout Hall Playgroup. 10am - 12 noon, 70 Railway Pde, Hazelbrook. All welcome.

Hoop and Circus Skills Party: Monday **15th April**, 10- 11am. Learn some cool skills with hoops, juggling balls, flower sticks, diablos & spinning plates while moving to your favourite dance tunes. Show off your amazing skills in an inclusive, grand finale performance. Suitable for 5-12 yr olds -\$12 per child. Hazelbrook Scout Hall. Limited numbers, call 4758 6811 to book.

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.

Hazelbrook Association



The next General Meeting is **4th February** at the Uniting Church Rosedale St Hazelbrook at 7.30pm. Patricia Lane-Gonzalez from BMCC will address the meeting about the ECCC (the old Pre School).

Join us for a cuppa afterwards.

Graffiti Hotline the Mid Mountains volunteer Graffiti Removal team goes out every week to do keep our villages clean of graffiti - that is why you do not see much graffiti around. Please help the team by reporting any graffiti to the hotline 47 592 592. If you would like to help with graffiti removal, leave your name with the hotline.

Free Family Fun Day

12th October 2019. We need more volunteers to share the load! Come along to the next Hazelbrook Association General Meeting 4th February, or ring Wendy on 0405 846 075. Thanks

Hazelbrook Gardening Groups

Are you interested in keeping the Hazelbrook village gardens and park areas weed free and tidy? Come along and help with our gardening bees. All gardening tools and gloves are provided. Our next gardening dates are: Saturday, **16th February**, 8-10am, meeting in the lower car park of the Hazelbrook shopping centre
Saturday, **30th March**, 8-10am, meeting in Memory Park, Hazelbrook. For info ph Margaret on 0414 702 612 or Susan on 0450 358 579.

Partnerships of Hazelbrook Association & BelongBM

"Pity Party" Multiple Diagnoses Support Group

A brand new group for people with multiple mental and physical health problems. A safe place for non-judgemental support and therapeutic ranting.

First Friday each month, 2-4pm, at MMNC. Info Natasha 0421 774 342 or natashasimon.mh@gmail.com

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. [We are always looking for new members.](#) For info ring Janet 0407 926 386.

Digital Learning / Cyber Seniors FREE Tutoring

Learn how to use emails, search the internet, use your phone, tablet, camera or laptop (bring your own device). All ages. **Tuesdays** 2-4pm. To book ph MMNC 4759 2592

No Interest Loan Scheme (NILS)

Do you need to borrow up to \$1500 and are on a low income? A NILS loan has repayment rates that you can afford. Not for Emergency Relief or regular bills. Call us on 4759 2592 for a NILS Info sheet. *Funded by Fair Trading*

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 & BelongBM*

NDIS Peer Support Group

2nd Wednesday of each month 10-11:30 at MMNC. For parents, carers and participants negotiating the NDIS. Meet, chat and access information. Child care available To register or for more info call Danielle 47592 592 dwildingforbes@belongbm.org.au or Liz on 4758 6811 *A partnership of BelongBM, MOCS, & Ability Links SSI.*

Mid Mountains Men's Shed

Would you like to be part of a Men's Shed that is being set up in the mid mountains? You don't need any skills but just an interest in being involved with a group of men doing whatever you would like at your own pace and in your