

What's On at Mid Mountains Community Centre July - September 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 Home School Hub	Julie	0431 663 020	Workshops/Courses/Activities	JA Hall
	12.00 - 2.15 pm	BM Home School 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
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
	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	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
	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	Kerin	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	Multiple Diagnosis Support	Text Alex	0417 493 464	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 Tash	0421 774 342	2nd & 4th Sundays	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/month	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

Belong Blue Mountains Mid Mountains Hub offers free computer and internet access as well as cheap printing and photocopying.
 Drop in to say hello, find out about activities or borrow the bats for a game of table tennis in Lawson Town Square.

mid mountains news

July 2019
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9 New Street
Lawson NSW 2783
PO Box 117
Lawson NSW 2783
Tel: 4759 2592
www.mmnc.org.au



Welcome to the Term 3 edition of Mid Mountains News! There's lots happening across Belong Blue Mountains and the Mid Mountains Hub this term. All our usual activities and some new activities and workshops. We hope to see you at the hub! *Best wishes from Mick Barrett, BelongBM*

Christmas Lunch Volunteers

Belong Mid Mountains is excited to welcome Kinship Christmas to our hub in 2019. They will be hosting free Christmas Day lunch and good company for those who may find themselves alone on Christmas Day.. They are in need of volunteers to make this fabulous event happen.

Work Skills for Women

Beginning **Monday 19th August** 10 - 12noon at MMNC
 A six week course for women who are interested in returning to paid work now their children are in school. This course will help women identify their existing strengths and skills. It will help to build confidence and capacity and to look ahead and consider possibilities for future balance between paid work and home.
 This course will be free of charge and will require a commitment to attend for six weeks.
 For further information call 4759 2592 or email kpollack@belongbm.org.au

REACH Program aims to equip people living with a mood disorder to improve their lives. The programs is based on the principles of Responsibility, Education, Acceptance, Connection & Hope. It is a psycho-educational program to help develop positive habits & strategies for living. REACH will next be offered in Term 4, Oct-Dec. Enquiries text/leave a message on **0407 239 113** or email reach@belongbm.org.au



Calling Mid Mountains Festival Contributors

Fencing, Dance, Choirs, Wood turners, Karate, jump on board and join our team of Mid Mountains Festival Contributors.

Saturday 16th November 10-4pm

Mid Mountains Festival is all about putting our community on show. If you belong to a community group that would like to participate, perform, or contribute in any way please contact Danielle on 47592592 or email dwildingforbes@belongbm.org.au

October School Holiday Activities

Holiday Tots and Toddler Morning

Monday 30th September

At MMNC recommended age- 0-6yrs & their families. Our Kookaburra Playgroup will be opening the doors for holiday playtime. There will be the usual fun along with story time and light refreshments.

Stop Motion Workshop

Wednesday **2nd of October** 2019, 10:00am – 12:00pm
 At Belong BM MMNC. Learn how to combine story boards, sets & special effects to create your own stop motion animation. Recommended age- 8-14 yrs. of age Children under 12 must be accompanied by an adult. Places are limited - Bookings essential.

Find more Blue Mountains holiday activities at www.strongerfamilies.net.au

Build a Mind Lego Robotics Workshop

Wednesday **2nd October** 1:00pm -3:00pm
 Recommended age- 8-14 yrs. Children under 12 must be accompanied by an adult. A fast-paced, fun & engaging robotics workshop using Lego Mindstorms aimed at introducing kids to the terminology, software and hardware involved in robotics. The workshop is based on a challenge of building a sumo robot to compete in a battle at the end of the day. Bookings Essential.

For further information or to register for an activity please call **4759 2592**. Cost : Gold coin donation

Sensory Concert

One Session Only! **11am Sunday 20th October**
 Sensory Concerts are high-quality live classical concerts for children and adults with sensory or special needs. Performed in a relaxed setting with various seating options, retreat space and on-site therapist support.

Bookings: <https://www.trybooking.com/BDTQI>

Enquires: sensoryconcerts@gmail.com

Mid Mountains Bushwalks

Explore the mid mountains on these monthly bushwalks led by Ken Goodlet. Walks are open to all and families with children are encouraged to attend.

Next walk will be the **Lawson Waterfall Circuit** on **Saturday 10th August** at 8:45am.

Places on walks are limited and booking is required. For more information or to book call 4759 2592.

This is a joint activity of Belong BM and Springwood Bushwalking Club.

Kookaburra Playgroup

Monday's 9:30-11:30 (in school term) at Mid Mountains Neighbourhood Centre. This facilitated playgroup is a welcoming and energetic space for families to connect play and share. Cost: Gold coin donation

Ph 4759 2592 dwildingforbes@belongbm.org.au

Community Readers Hazelbrook Public School

Volunteer Community Readers are needed to assist students at Hazelbrook Public School.

Read & Grow Lawson Primary School

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

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

Your Life In Progress

A 10 week creative writing course in which you will be encouraged to write and share your life story as a document of the past and a dream for the future. Course begins Wednesday **24th July**. Bookings essential—call 4759 2592.

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 Literary Lot meets from 10:30-12pm at MMNC. For more information, call Danielle on **4759 2592** or email dwildingforbes@belongbm.org.au

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.

To register or for more info call Danielle 4759 2592 dwildingforbes@belongbm.org.au

A partnership of BelongBM, MOCS, & Ability Links SSI and Northcott Early Lnk.

Bipolar Support Group

For people with Bipolar &/ or carers. 2nd & 4th Sundays, 1-3pm at MMNC.

Text Natasha 0433 774 342 *BiPolar Australia*

Social & Home visiting programs for older residents & their carers. Trained volunteers provide friendly home visits, local outings, assisted shopping, bus trips, & a biography service.



We need volunteers!

Volunteers visit a frail-older person in their home on a weekly or fortnightly basis for a cuppa & chat & to enable them to stay connected with interests & activities that are meaningful to them. We would like more people to help someone with their shopping, or with recording their story. Find out how you can become part of a vibrant service in your local community

Best Men's Pieshop Mob

A social group for men that meets at Mountain High Pies in Wentworth Falls. **1st Thursday** of the month: 10.30am.

To find out more about how to access our services, groups and activities or to volunteer please contact Eva on

4759 2592 or email eregitz@belongbm.org.au

Strengthening Over 60's Exercise Classes

Weekly exercise classes 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.

Thanks to everyone who supported our 2019 Fundraising Raffle. The funds raised support & train our volunteers.



Congratulations to 1st prize winner Terry Greet who will enjoy High Tea at the Hydro with his daughter.

August is 'Grief Awareness Month'. For information on grief you can also contact Beyond Blue on 1300 224 636 or National Association for Grief and Loss on 6882 9222.

Memorial Day Ceremony

Tuesday 24th of September in the Hall at MMNC. We look forward to being able to come together and honour deceased loved ones. We welcome donations of flowers of this event.

Please contact me with any enquiries or interest in volunteering **4709 6053** or ksimmons@belongbm.org.au

Woodford Academy Events

◆ **Most Wuthering Heights Day Ever**

Saturday 13 July 2019 1:00- 3:00pm

◆ **Tracking Eric and Eleanor Dark:** Walking from Emu Plains to Mt Hay in 1940.

An illustrated talk by Dr Margo Beasley

Saturday 17 August 2019 1:00pm - 2:00pm

◆ **Woodford Academy 'Friday 13th' Ghost Tours**

13 September 2019 Tours commence 7:30 & 8:30pm

◆ **Fruits of the Academy (The Memory of Trees)**

An exhibition by Sophie Haythornthwaite

Saturday 21 Sept, 19 Oct, 16 Nov 2019 10:00am- 4pm

For further information and event details please contact:

woodfordacademy@gmail.com

MOCS Community Hub Term 3



Play in the Park at Golden Horizons Park, Hazelbrook. Tuesdays 10–11.30am (resumes 23rd July)

Play in the Park at Buttenshaw Park. Wednesdays 10-11.30 am (resumes 24th July)

Scout Hall Playgroup at 70 Railway Pde, Hazelbrook on Thursdays 10am-12 noon resumes 25th July

First time parents group (with babies up to 12months): 10am -12noon. 10th & 24th July; 7th & 21st August; 4th & 18th September. In partnership with Connect. Friendly, informal social & support group. Early Childhood Nurse visits monthly. Heatherbrae, 1 Benang St Lawson. Just come along or call Liz on 4758 6811 or Jeanette on 4759 1462.

Positive Parenting Programme (Triple P): Tuesdays – 13th August, 3rd September, 24th September. 9–11.45 am. Encourage positive behaviour with your child, deal consistently with problem behaviour, take the stress out of parenting! In partnership with THRIVE. FREE Faulconbridge Public School. Must book call 4758 6811. Limited childcare available must be booked

Holiday Fun Morning: Wednesday 9th October 10-12 noon. Noble Street Park, Bullaburra. Join us for some wheelie fun! Craft, games, Billie Booksie & more! FREE In partnership with Belong BM and ACRC. All welcome no need to book. For more information call 4758 6811.

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

Tuning In to Kids: Mondays 2nd to 23rd September, 9.30 – 11.30 am. Learn to communicate better with your child, understand your child better, help your child to manage their emotions and conflict. Presented by Gateway in partnership with Connect. Heatherbrae, 1 Benang St Lawson. Phone 1300 316 746 to register and book childcare.

Mountains Outreach Community Service, funded by Community Builders, NSW Govt, 48 -50 Oaklands Rd Hazelbrook, 4758 - 6811

Hazelbrook Association



We invite locals to come along to the next Hazelbrook Association General Meeting on Monday 12th of August. It's a great way to keep up with events in your community. Community input is always valued.

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

Hazelbrook Association and especially the Family Fun Day Committee are busy planning this year's Free Family Fun Day to be held on Saturday 12th October 2019. We are interested to hear your thoughts and ideas for the day and would greatly appreciate offers of help from our local community.

Please contact us on hazelbrookassociation@gmail.com or our Facebook page with any suggestions or offers you may have to make this year's event better than ever.

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. For info ph Margaret on 0414 702 612 or Susan on 0450 358 579.

Partnerships of Hazelbrook Association & BelongBM

Multiple Diagnoses Support Group

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

First Friday each month, 2-4pm, at MMNC. Info text Alex on **0417 493 464** or alexandra.d.holmes@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.

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. Volunteers also needed.

To book or volunteers phone 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 Thursdays. If you're short of food, drop in & help yourselves. *A partnership of Food Rescue & BelongBM*

Rubix Cube Club

We're a regular group for Mountains kids 7-13 interested in cubes and speed cubing. We meet at MMNC 9 New St Lawson, on the **4th Saturday** each month 2 – 4pm.

For more info Robert **0416 244 725**

robertmusgrave@exemail.com.au

Central Mountains Men's Shed

Tuesdays from 9.30 to 12pm Would you like to be part of a Men's Shed? Men's Sheds are an opportunity for men to get together. You don't need any particular skills or interests, just an willingness in being involved. If you're interested come along to Kihilla, **5-17 Queens Rd, Lawson** Contact Greg – **0468 333 262** or John – **0425 271 029**