

What's On at Mid Mountains Community Centre February - April 2017

	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	Jodie	0402 624 394	During school term	JA Hall
	10.00 - 1.00 pm	Crochet	Alex	0401 253 203	Ring for details	Sml Mtg
	11.15 - 2.00 pm	No Interest Loan interviews	MMNC	4759 2592	Phone for appointment	Int Rm
	12.00 - 3.00 pm	First Aid Certificate training	MMNC	4759 2592	5 weeks from 13th Feb	JA Hall
	3.30 - 4.30 pm	PlayworX	Melissa	0415 381 379	Weekly social skills through drama	JA Hall
	5.30 - 6.00 pm	Meditation All One Foundation	Helen	4759 2020	Weekly / FREE	Mtg Rm
	6.30 - 7.30 pm	Boxercise	Serge	0417 238 658	Weekly	Lge Hall
TUESDAY	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
	9.15 - 10.15 am	Yoga Gentle Exercise	Dianne	4757 1004	School term; not last Tues/Mth	JA Hall
	10.30 - 11.30 am	BM HomeSchool hub	Julie	0431 663 020	Workshops/Courses/Activities	JA Hall
	12.00 - 1.00 pm	CALD Lunch	Mary	4759 2811	1st Tues/Mth, for all nationalities	Dng Rm
	12.00 - 2.15 pm	BM HomeSchool Drama	Georgia P	0419 287 478	Workshops/Courses/Activities	JA Hall
	2.00 - 4.00 pm	BFS Cyber Seniors group	MMNC	4759 2592	Weekly technical tutoring	Mtg Rm
	4.00 - 6.30 pm	Brook Drama	Leila	0420 470 824	Children 4-5pm; teens 5-6.30pm	JA Hall
WEDNESDAY	7.00 - 9.00 p	Red Tent Australia	Nadja	0439 453 430	1st Tues/m. Connecting women	Lge Hall
	7.30 - 10.00 pm	Mountain Opera Chorus	Colin	4782 5765	Weekly Sept & Oct	Dng Rm
	9.30 - 2.00 pm	Occasional Child Care 0-6Yrs	Cathryn	0412 932 801	During school term	JA Hall
	9.30 - 11.30 am	Wellbeing in the Blue Mtns	Jenny	0421 120 552	2nd Wed monthly. Health topics	Sml Mtg
	10.00 - 12.30	Healing Through Creativity	Leesa	4759 2811	1,3&5th Wed/m. Art Craft Lunch	Sml Mtg
	11.30 - 1.00 pm	Community Restaurant	BMFS	4759 2811	For Seniors; VIP on 1st Wed/Mth	Dng Rm
	1.30 - 3.30 pm	Carer Peer Support Group	Eva	4759 2592	2nd Wed/Mth	Mtg Rm
	6.00 - 8.00 pm	Ashtanga Yoga Class	Paul	4758 7148	Weekly	JA Hall
THURSDAY	6.00 - 8.00 pm	Crochet	Alex	0401 253 203	Ring for details	Mtg Rm
	6.30 - 8.30 pm	Men's Carer Support Group	David	0402 898 520	1st Wed / month	Sml Mtg
	6.30 - 7.30 pm	Boxercise	Serge	0417 238 658	Weekly	Lge Hall
	6.30 - 9.00 pm	Permaculture BM	Sandra	0438 415 715	3rd Wed/month dinner & talk	Dng Rm
	7.00 - 8.00 pm	Kufudokan Aikido	Darrin	0455 293 679	Weekly 15 years old and up	Dng Rm
	10.00 - 12.00 pm	CFS/Fibromyalgia Group	Therese	4759 2592	1 st Thur/Month	Mtg Rm
	10.00 - 12.00 am	'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 from 4th Feb	Int Rm
FRIDAY	1.00 - 3.00 pm	Mah-jong Group	Margaret	4758 6564	All year round	Sml Mtg
	1.30 - 3.00 pm	Israeli Folk Dancing	Yudit	4759 1952	Weekly; ring for details	JA Hall
	7.00 - 9.00 pm	Crowd-Around-Choir	Kate	4759 3937	Weekly school term	Dng Rm
	10.00 - 12.00	Carers Art Therapy	Sue	0438 830 390	Fortnightly school term - ring	Sml Mtg
	9.15 - 10.30 am	Mid Mountains Walkers	Danielle	4759 2592	for fun & health; school terms	MMNC
	11.00 - 12.00 am	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
	3.45 - 4.45 pm	Kids Can Act studio	Cathie	0414 475 158	Weekly school term drama	JA Hall
SATURDAY	6.00 - 8.00 pm	Community Disco	Vivability	6332 3086	For people with disability 3rd Fri/m	Lge Hall
	6.00 - 9.00 pm	Disability Social Group	Virginia	4751 9041	4th Fri/m ring to book	JA Hall
	8.00 - 9.00 pm	Classic Car Club	Rowan	4784 3185	3 rd Fri/Mth	JA Hall
	8.00 - 9.30 am	Iyengar Yoga Classes	Dianne	4757 1004	Not 4 th Sat/Mth	JA Hall
	9.00 - 12.00	BM Conservation Society	Heather	4739 1493	Sat before last Thurs of Mth	Dng Rm
	9.00 - 12.00 pm	Mountains Fencing Club	Ross	4759 2750	Kids & teens classes; weekly	Lge Hall
	9.30 - 12.00	RSPCA branch meeting	Patricia	4757 4130	1st Sat / bimonthly from Feb	JA Hall
	11.00 - 1.00 pm	Sri Sathya Sai Group	Roger	0414 190 188	Fortnightly Sundays	JA Hall
SUN	11.00 - 3.00 pm	Blue Mtns Felters	Ellen	4759 1940	4th Sun / month	Dng Rm

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 / Meeting & Interview Room any time ring MMNC 4759 2592.
 All other bookings contact BMCC 4780 5735

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 PO Box 117
 Lawson NSW 2783
 Tel: 4759 2592
 info@mmnc.org.au
 www.mmnc.org.au



Happy New Year!
 MMNC prints this newsletter as a community service for the people of the Mid Mountains. For more information please call me on 4759 2592, email info@mmnc.org.au or drop in to the Centre.


We value your involvement in the local community, and membership (\$2 a year) is a good way to be connected.

What's On
 For info about local community activities, visit www.mmnc.org.au and click on What's On. You can also promote your local activity by emailing: info@mmnc.org.au or checking our Facebook page
Best wishes from Mick Barrett, Manager, MMNC

Seniors Week Morning Tea
 Our fabulous Community Café team will be ramping up the activity on Thursday **9th March**. There will be light refreshments and entertainment 10am-12noon. This is a free Community Café Event.
 Everyone, especially seniors, are welcome 10am every Thursday, at MMNC, no cost. Info 4759 2592.




First Aid course - FEE FREE Over 5 weeks from **13th February**, on Mondays 12-3. Get a current First Aid Certificate! To register ph 4759 2592 or info@mmnc.org.au A partnership of BM TAFE Outreach & MMNC



Hazelbrook Association gardening group
 meet in the lower car park of the Hazelbrook shopping precinct to tidy, weed and maintain the garden beds in the area. All equipment, gloves and tools are provided and we finish with a cuppa. Next gardening bees are on Saturday **11th February** 8-10am, & Sunday **9th April** 2-4pm. Come along and help us keep Hazelbrook shopping area neat and attractive! Contact Margaret: 0414702612

Graffiti Hotline If you see any graffiti please ring 47 592 592 so it can be removed by our volunteer squad.
Partnerships of Hazelbrook Association & MMNC


STEPPING ON
 It's a free and friendly 7 week program for seniors that combines gentle strength & balance exercises with education sessions, to build your confidence and prevent falls. Includes morning tea. Starts Monday **20th February** 10am-12 at MMNC. To register or for more info ph: 4734 3877.
 *Please inquire with Eva at MMNC if you need transport.
A partnership of NSW Health & MMNC.



Community Conversations
 What sort of a community do you want? What are your concerns? And who do you trust to make a difference?
 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

1-2-3 Magic 3 Week Parent Group!
 For parents and caregivers with children 0-12 years old. Are you struggling with your child's behaviour? 123 Magic might be the group you have been looking for. Learn to:
 ♦ Manage unwanted behaviour – helping your children to stop doing what you don't want them to do
 ♦ Encourage good behaviour – helping your children to start doing what you want them to do
 ♦ Emotion coaching – helping children to identify and manage emotions that drive behaviour
 ♦ Strengthen your relationship – reinforcing the bond between you and your child- having fun!
 At Heatherbrae, 1 Benang St Lawson **Mondays 13, 20, 27 February**, 7-9pm. Gold coin donation. Register at Gateway: 1300 316 746
A partnership of Gateway and Connect

April School Holiday Activities
Fun Morning in the Park: FREE. Weroona Park, Weroona Ave, Woodford. Come along and enjoy the fun ~ woodwork, craft, face painting, outdoor games and morning tea. Thursday **20th April** 10am-12 A partnership of MMNC & MOCS
 Call 4759 2592 or 4758 6811 for more information.



Inclusive Fun Morning in the Hall: Tuesday **11th April** 10-12 noon. FREE Mid-Mtns Community Centre, Lawson. Learn to program and build a Lego robot. For children aged 7-14 years (priority given to those with disability); morning tea provided. Limited numbers must book with MOCS on 4758-6811.


Board Games Galore
 Monopoly, Sequence, Battleship, Uno or Magic cards, the list of possibilities are endless. Come along for some gaming fun. Join in on one of the games set up or bring your favourite. Wednesday **12th July**, 10am-12pm at MMNC. Refreshments will be served. Recommended age 8-14yrs with parents & carers. All abilities encouraged. Call MMNC on 4759 2592 to register or for more info.

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

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 2 - 4pm To book: 4759 2592

 **Blue Mountains Palliative Support Service** We are planning a special morning tea for our 30th anniversary this year!

Our volunteers always comment that it's a true privilege to be supporting people who have palliative diagnosis and their carers through their journeys and challenges.

4th February is World Cancer Day which helps raise people's awareness of cancer and how to prevent, detect or treat it. The sun's ultraviolet (UV) radiation is both the major cause of skin cancer and the best source of vitamin D. In Australia, we need to balance the risk of skin cancer with maintaining adequate vitamin D levels. To obtain more information please check the Cancer Council website at www.cancer.org.au

Please feel free to contact me if you have any enquiries about the service on 47593001 or katrina@mmnc.org.au

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*

Woodford Academy Events

◆ **'NSW School's Reconciliation Challenge'** artworks by students in years 5-9 presented by the National Trust (NSW) & the NSW Reconciliation Council. **18th February.**

◆ **'Mrs Shiels'** A talk by local historian Kate O'Neill. Margaret Shiels was the main proprietress of Woodford House during its heyday as 'a first-class boarding house'. 1-2pm **18th March**

◆ **'If These Walls Could Speak'** an exhibition of works about Woodford Academy by the BM Artists Network (BMAN) curated by Susan Cochrane **1 & 15 April, 20 May . Exhibition Opening 1 April 1 - 2pm.**

For details: 4758 8743 woodfordacademy@gmail.com

Need companionship?

Could companionship in your local community make a difference in your life, or do you know someone who would benefit from social support? We offer friendly home visits by trained volunteer home visitors, local outings, interest & social groups, assistance with shopping, community connection, and a carer support group.

For more information phone Eva on 4759 2592 or email homevisitors@mmnc.org.au

Life Story Project

Would you like to help an older resident tell their story? Volunteer Home Visitors is looking for volunteers to record our clients' stories. If you are interested, please phone Eva on 4759 2592.

Creative volunteer out there?

We need a volunteer to run quarterly card making workshops while our group facilitator is away. Our small friendly group is enthusiastic about sharing ideas. For more info please phone Eva on 4759 2592.

My Aged Care

If you are an older person struggling with the daily tasks of living due to frailty and/or disability, there are many aged care services in your area that can assist you, so you can remain living in your own home, in your community. To access them, ring *My Aged Care* on 1800 200 422.

To find out more about social support offered by Volunteer Home Visitors, call Eva at MMNC 4759 2592.

Carer Peer Support at Lawson

is a friendly, supportive 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 1.30-3.30pm here at MMNC, and welcome new members. For more information phone Eva on 4759 2592.

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.

Community Readers

Do you like reading with children?

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

Welcome and training will be held: Thursday the **2nd of March**, 11:30am at Hazelbrook Public School. Sign in at the school office on arrival please.

If you have one morning a week to spare to read with a child please call Danielle at Mid Mountains Neighbourhood Centre to register your interest. 4759 2592 or email danielle@mmnc.org.au



TERM 1



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 noon, **Special Story time at Heatherbrae!** 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 **16th February** and Thursday **6th April**, 10-11.30 am. Come along to a free, informal discussion with Jenny Rankine, relationship focused parenting educator. Jenny is a Child & Family Health Nurse, Mid-Wife, has trained in Perinatal & Infant Mental Health and Circle of Security. Heatherbrae 6 Benang St Lawson Just drop in or call MOCS on 4758 6811 or Heatherbrae on 4758 9966 for more information.

Women's Futures, Women's Lives: TAFE Outreach FREE. Explore what's next for you to find new possibilities for the future. Introductory workshop & enrolments **15th February** 9.30 am then each Wednesday until 5th April. Bungarrabee Centre, 48 Oaklands Rd Hazelbrook. Bookings essential call 4758- 6811 to register or for more info. Limited childcare must book.

Mindfulness for Mothers of Young Children: 5 Tuesdays 21st February to 21st March, 10 am-12 noon. Learn basic mindfulness techniques, reduce stress, affirm strengths and connect with others. To be held at Blue Mountains Women's Health & Resource Centre, 124 Lurline Street, Katoomba. In partnership with BMWH&RC. Bookings essential call 4782 5133 to register or for more info. Limited child care available must book.

Resilience Donut for parents: Wednesday evening, 7-9pm, date TBC. What is resilience? How can we foster it in our children and families? Come along to this evening seminar to learn some practical ideas. Presented by Gateway Family Services. Lawson Public School, Adelaide Street, Lawson. Call The Gunedoo Project on 4782 5326 to register or for more info.

Holiday Fun - see page 1

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



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
Volunteers caring for our community

Come along to the General meeting on **Monday 13th February** 7.30 pm at the Hazelbrook Uniting Church Hall.

Hear the committee's plans and put forward any particular comments or concerns.

There will be updates on the Hazelbrook Master Plan produced by council for the improvement of village facilities and also reports on moves to improve amenities at Memory Park and the Lawson Skate Park, where members assisted at a barbecue to include the young users of the park in discussions about the improvement of this amenity.

We value your input. Follow us on <https://www.facebook.com/hazelbrookass/>

Or email us on hazelbrookassociation@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. For more info Danielle 4759 2592.

UnitingCare Mental Health

Communication For Carers course Thursdays **9, 16 & 23 February** 9 - 1 at MMNC Lawson. Free to family & carers of people living with a mental illness. Bookings 8880 8160

Heatherbrae, Lawson

Heatherbrae is an informal play and chat play space for children, babies and their parents and carers, open Monday -Thursdays 9.30-4.00 at 1 Benang St Lawson.
Heatherbrae is a project of Connect Child and Family Services

Hazelbrook Woodford Red Cross

Meet 1st Tuesday Monthly - February to December at Uniting Church Hazelbrook, 10.00 am. New Members are Welcome. Co-ordinator Pam Stewart
psbakersdelight5@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 or David 0435 152 600 .

Thank you Central Mountains Rotary

for generously organising Christmas Hampers to be supplied to MMNC. They were distributed to people in the Mid Mountains for Christmas!

At MMNC there is FREE access to computer/internet, cheap fax & photocopying. Get the Residents Kit !