



Finding Our Voice – What's Ahead in Place Based Abilities

Get ready for a term packed with creativity, connection, and new skills in the **Place Based Abilities Program**!

This term, participants will dive into the exciting world of podcasting. They will be learning how to plan, record, and produce their own audio stories. From brainstorming themes and interviewing guests to working the mic and editing sound, it's all about finding your voice and sharing stories that matter. The aim? To launch a podcast series that reflects real experiences, fresh perspectives, and the power of inclusion.

But it's not all mic checks and editing timelines. We've also got a line-up of fun, hands-on activities designed to build confidence, spark creativity, and keep the good vibes flowing. There will be collaborative games, interactive workshops, art, food, music and a few surprises along the way.

The Place Based Abilities Program is all about building strength through expression, supporting each other, and celebrating what makes each participant unique. Whether you're behind the mic or cheering from the sidelines, this is a space where everyone belongs.

Stay tuned...the voices you're about to hear will challenge, uplift, and inspire. We'll let you know where you can tune in!



PLACE BASED
Abilities Program

17-25:
Mondays,
4:30 - 7:30

10-16:
Thursdays,
4:00 - 7:00

A **FREE** social and capacity building program for young people with disability

Food Provided!
Registrations Essential!
Join ANYTIME!
SCAN to register

At The Place: Charlestown Community Centre

No NDIS funding required!

17-25		10-16		17-25		10-16	
21 July	The Story Starts Beginning with storytelling	24 July		25 Aug	Sticking Around Making art that sticks!	28 Aug	
28 July	Test Drive Testing SeeMoreWays	31 July		1 Sep	Kitchen Craftin' Pinch, oil & glaze a masterpiece	4 Sep	
4 Aug	A Quest for Fame Creating a take-home art project	7 Aug		8 Sep	Roll with It Hands-on sushi making	11 Sep	
11 Aug	Launch Party Celebrating our app launch	14 Aug		15 Sep	Marble Run Mania The ultimate track challenge	18 Sep	
18 Aug	Ready Set Record Recording our first podcast	21 Aug		22 Sep	Grand Finale Gala An end of term celebration!	25 Sep	

For more information, please call (02)4032 5500, or contact youthprograms1@theplacecharlestown.org.au

Kindness in Action – Our Cupboard is Running Low

Our **Kindness Cupboard** provides a little reprieve for many locals facing increasing pressure from the rising cost of living. And thanks to recent donations, including a generous contribution from a local church congregation over Easter, we've been able to support dozens of individuals and families in need.

But demand is growing. We're now seeing more people than ever accessing the Cupboard, including many first-time visitors who never imagined they'd need help. As a result, supplies are running low.

We're reaching out to our community to help restock the shelves. Non-perishable pantry staples are most needed right now, things like ready to eat pasta, rice, tinned vegetables, soup, breakfast cereals, and toiletries.

If you're able to give, your donation will make a real difference. Every item helps someone feel seen, supported, and a little less alone.



**Kindness Cupboard
Winter Appeal**

- Ring pull cans of soups, meals & meats (i.e. baked beans, tuna, spaghetti)
- Microwave rice & pasta
- 2 minute noodles
- Tea & Coffee
- Long life milk
- Cereal & snacks

Only non-perishable foods that are in date please

Thank you - every little bit counts ♥

What's On: Regular Activities at The Place

Mondays

Active, Stronger, Better

Fun adult exercise classes that are focused on enjoyment, independence, health and wellbeing. First class is complimentary.

Time: 11:00am - 11:45am

Cost: \$12/class or \$10/class concession.

Contact Michelle: 0478 751 158

Wild Goose Qigong

One of the historical and classic forms of *Qigong* from China. A more advanced Qigong class.

Time: 12:30pm - 2:00pm.

Cost: \$10 per class. Contact Adrienne: 0428 553 317

GKR Karate

Karate classes taught by passionate instructors. GKR Karate will provide you and your family with the foundations for life-long personal development and growth.

4:15pm - 4:45pm - 3-4yrs (Yojis)

5:00pm - 5:45pm - 5-12yrs (Kids)

6:00pm - 7:00pm - Adults & Families

Free Trial available. Contact Cherie: 0421 555 462

cfnelon@gkrkarate.com

www.gkrkarate.com/locations/listing/gkr-karate-charlestown/

Place Based Abilities Program (Ages 17 - 25)

Join our **FREE** weekly social engagement program for neurodivergent youth. No NDIS funding required - this inclusive program is open to all neurodivergent young people, regardless of NDIS eligibility. We welcome participants of all gender identities and expressions. Build social skills and confidence in a supportive environment. Family members, guardians, or support workers are welcome as needed. Time: 4:30pm - 7:30pm

Contact The Place (02) 4032 5500

youthprograms1@theplacecharlestown.org.au

Sahaja Yoga Meditation

Use the Sahaja Yoga meditation technique to bring about a state of thoughtless awareness, quieten your mind and connect to your inner self. Classes run during school terms. No booking required.

Time: 7:30pm - 8:45pm. Cost: **FREE**.

Contact Marilyn: 0419 466 120

Tuesdays

Charlestown Square Tuesday Club: Inclusive Connections

A weekly social morning with fun activities, guest speakers and entertainment for ALL seniors. Morning tea and all activities included.

Time: 9:30am - 12:00pm Cost: \$6 per visit (first visit free!). Contact The Place: 4032 5500

Dance For Fun Newcastle

Fun and dynamic commercial and contemporary dance classes for adults.

5:15pm - 6:00pm - Open Dance 8 -12 yrs

6:00pm - 7:00pm - Commercial 1

7:00pm - 8:15pm - Open Contemporary

Numbers limited, book your class at

www.danceforfunnewcastle.com.au

or phone Kahli: 0404 744 926

Wednesdays

Yoga Queens

Yoga classes focusing on mind, body and spirit for all ages. These classes offer full modifications to suit each individual, always with a breath focus and with meditations in every class. Time: 9:30am – 10:30am. Contact Kym: 0410 545 502

Dance For Fun Newcastle

6:00 - 7:00pm Broadway Jazz/ Hip Hop

7:00 - 8:00pm Commercial 2 (Intermediate/Advanced)

Book your class at www.danceforfunnewcastle.com.au

or phone Kahli: 0404 744 926

Thursdays

Little Kickers

Fun, engaging soccer-based classes for children.

10:30am - 11:15am (2.5 years - 3.5 years)

11:30am - 12:15pm (3.5 years - 5 years)

\$99 for 6 classes + one-time membership fee of \$55 that includes a uniform. Contact Adam: 0425 367 253

Place Based Abilities Program (Ages 10 - 16)

Join our **FREE** weekly social engagement program for neurodivergent youth. No NDIS funding required—this inclusive program is open to all neurodivergent young people, regardless of NDIS eligibility. We welcome participants of all gender identities and expressions. Build social skills and confidence in a supportive environment. Family members, guardians, or support workers are welcome as needed. Time: 4pm - 7pm
Contact: The Place 02 4032 5500
youthprograms1@theplacecharlestown.org.au

Fridays

Bluegum Qigong

Based on Tai Chi for Arthritis and Medical Qigong. Beginners class, all welcome. Gentle class for all abilities.

Times: Beginners: 9:15am -10:15am
Advanced: 10:30am -11:30am Cost: \$10 per class.
Phone Adrienne: 0428 553 317

Active, Stronger, Better

Fun adult exercise classes that are focused on enjoyment, independence, health and wellbeing. First class is complimentary. Cost: \$12/class or \$10/class concession. 9:30am -10:15am: **Gentle Exercise**
10:30am -11:15am: **Regular Exercise**
Phone Deb on 0410 098 747

Little Kickers

Fun engaging soccer based classes for children. Time:
3:45pm - 4:30pm (2.5 years - 3.5 years)
4:30pm - 5:15pm (3.5 years - 5 years)
\$99 for 6 classes + one-time membership fee of \$55 that includes a uniform. Contact Adam: 0425 367 253

Hillsong Australia Youth Group

A movement of everyday young people living for the cause of Jesus Christ. Fun, positive gatherings on Friday nights. 7:00pm - 9:00pm. Contact 1300 535 353

Saturdays

First Love Church Youth Group

A vibrant, welcoming and charismatic youth group. 4:00pm - 6:00pm. Info and enquiries:
jackienoble36@gmail.com

Sundays

Southern Cross Vineyard Church

A place where we are learning to personally receive and experience God's love, and to extend that love to the community in which we live. 10:30am - 12:00pm.
Info and enquiries: 0413 360 829.

www.southerncrossvineyard.org.au

Pentecostal Missionary Church of Christ

From powerful worship to global missions, the Pentecostal Missionary Church of Christ continues to spread the message of salvation. Discover a spiritual connection through faith, service, and the apostolic ministry. 10am—1pm

Contact Margaret 0449 618 184

Spoken Word Ministry

A faith based meeting to spread the gospel.

Fortnightly services - Commencing fortnightly from 17 August.

10:00am - 2:00pm.

Info and enquiries: Edgar 0478 000 171



Office Space
Available

Enjoy a central location in Charlestown with a welcoming and friendly atmosphere for your staff and clients.
Call: 02 4032 5500 to enquire.

RECEPTION SERVICE | WI-FI | PARKING | ACCESS 7 DAYS

www.theplacecharlestown.org.au

A Place to Connect – Tuesday Club Mid-Year Reflections

There's something special about a community space where stories, culture, and creativity come together. That's exactly what happened recently at Tuesday Club when we hosted an Aboriginal art workshop in recognition of NAIDOC Week. Guided by talented local artist Chrissy Ferros, our members explored this year's theme, *"The Next Generation: Strength, Vision & Legacy,"* through dot painting and shared conversation. The result? A beautiful tapestry of individual works that told a collective story of respect, resilience, and hope.

Moments like these highlight what Tuesday Club is all about. There's connection to culture and community. Each week, older people from all walks of life come together to enjoy creative workshops, social outings, guest speakers, and perhaps most importantly, a sense of belonging.

We're proud to continue building a space where everyone feels welcome, valued, and inspired. If you or someone you know is looking for a friendly and inclusive group to join, your first Tuesday is always free. Come see what makes this community so unique. Activities are held on Tuesdays from 9:30 am – 12pm. See upcoming activities below.



Tuesday's - 5:15-6pm
@ The Place Charlestown, Fredrick St.
www.danceforfunnewcastle.com.au
@danceforfunnewcastle



OPEN KIDS dance CLASSES.

danceforfunnewcastle@gmail.com

Register your interest now!

Open dance classes for
Primary aged students (7-12 yrs).

Term commitment.

No concerts, costumes, just fun dance classes
adopted from our adults open class structure that has
been running for 8 years.

DET qualified educators, in a professional & safe
environment.



BECOME A YOUNG WARRIOR WOMAN!

Unlock Your Potential with the Warrior Woman Foundation

ABOUT THE PROGRAM

The Young Warrior Woman Program is a FREE six month program designed for young women (aged 17-25+) who are ready to take the next step in their personal and professional journey. Through mentoring, workshops and community support, we help you build confidence, develop leadership skills and prepare for a successful future.

WHAT YOU'LL GAIN?

- ✓ One-to-one mentorship with inspiring women
- ✓ Skills training and personal development workshops
- ✓ Networking opportunities with like-minded peers and professionals
- ✓ Tools to overcome challenges and achieve your goals

WHO SHOULD APPLY?

If you are a young woman, aged 17-25+ based in Newcastle and the Hunter region, are passionate about growing, learning and becoming the leaders of tomorrow ... we'd strongly encourage you to apply!

THE PROGRAM IS FINANCED BY
NEWCASTLE PERMANENT
CHARITABLE FOUNDATION



SCAN HERE TO APPLY
AND FOR MORE INFO

or visit warriorwoman.org.au



Turning Point Counselling

Valerie Milner is a fully accredited Mental Health Social Worker with over 16 years of counselling experience. Appointments are available at The Place: fortnightly on Wednesdays. To book call Valerie on 0406 047 800

Join Our Mailing List

Visit www.theplacecharlestown.org.au to sign up, or call us on 02 4032 5500.