



Welcome Tantrum Youth Arts!

We're thrilled to welcome Tantrum Youth Arts as the newest tenants at The Place!

In their 50th year, Tantrum have returned to Charlestown, where the company ran its first weekly program and we couldn't be happier to have them joining us!

As a not-for-profit co-operative and registered charity Tantrum invests deeply in young artists, providing creative and performance opportunities for children and young adults.

Through their youth-led drama workshops, Tantrum train young people aged 8-17 in theatre and performance making, and debut original theatre shows throughout the year.

Their award-winning disability arts program for young adults, *Accelerate Ensemble*, is recognised for building community and empowering its participants to make bold theatre. Tantrum also supports early career artists aged 18+, in all disciplines, to deepen their arts practices and business savvy skills, to build a sustainable career in the Hunter.

Tantrum's weekly after-school workshops return in February (held in Rathmines and Hamilton) along with *Accelerate Ensemble* (held at City Hall Newcastle).

It's a pleasure to have Tantrum Youth Arts at The Place, we're enjoying getting to know your awesome staff and look forward to working together!

Find out more about Tantrum and sign up for a free trial at: <https://www.tantrum.org.au/>



TANTRUM



Your Voice Matters - Share It With Our Community!

Our brand new Podcast Studio, is open and available to hire! Whether you're starting your first podcast, recording interviews, or sharing local stories - this space is for you!

Fully equipped with everything you need:

- Professional sound equipment
- Modern, comfortable, and private studio space
- Affordable hire rates at \$61.50 per hour
- Great location with parking
- Available after hours and on weekends

We're so excited to share this space with you and love to hear the diverse stories and voices that make our community so special! For a limited time, we're offering 15% off new bookings of 2 hours or more made for dates between January 2026 - March 2026.

To find out more and hire our Podcast Studio chat to our friendly staff, call us on (02) 4032 5500 or email admin@theplacecharlestown.org.au

What's On: Regular Activities at The Place

Mondays

Active Stronger Better

Fun adult exercise classes that are focused on independence, confidence, health and wellbeing. First class is complimentary. Time: 11:00am - 11:45am (Strength class, level 1-2 moderate)
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 -1:30pm.
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.

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: \$7 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 - DFF Kids - Jazz/Contemporary

6:00pm - 7:00pm - Commercial 1 (Beginners)

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

Numbers limited. Book your class at

www.danceforfunnewcastle.com.au

or email:danceforfunnewcastle@gmail.com

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 *Rotational* Hip-Hop/Broadway/Heels

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

Book your class at www.danceforfunnewcastle.com.au

or email:danceforfunnewcastle@gmail.com

Thursdays

Lake Macquarie & Newcastle Combined Community Sector Interagency

5th February 2026, 9:30 am - 11:30 am

The theme for this meeting is: **Multiculturalism Across the Hunter: Trends and Predictions for 2026, and Effective Engagement with Multicultural and First Nations Communities.**

Hear from guest speakers and enjoy sector updates and networking.

Contact Brittany: bszlezak@lakemac.nsw.gov.au

Thursdays Cont.

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

Tai Chi Chuan

Learn the beautiful and rare Hun Yuan Tai Chi for improving your health and fitness, peace and harmony. Taught by Master teacher Brad Thompson who brings 45 years of experience in Chinese internal health and martial arts. Wear loose, comfortable clothing, bring a mat or towel. Cost: \$165.00 (10 week term) Time: 6:00pm - 7:30 pm Contact: Brad 0413 730 102 or eternalbrad@optusnet.com.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 independence, confidence, health and wellbeing. First class is complimentary. Cost: \$12/class or \$10/class concession.
9:30am -10:15am: Level 1 beginners - moderate
10:30am -11:15am: Level 2 moderate - challenging
Phone Deb on 0410 098 747

Saturdays

First Love Church Youth Group

A vibrant, welcoming and charismatic youth group.
5:00pm - 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
Returning 15th February

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

The Place is turning 15!
To celebrate we have
a gift for you!

**15% OFF
VENUE HIRE!**

For **NEW** bookings
of 2 hours or more

Bookings must occur between
January 2026 - March 2026

T'S & C'S APPLY
DISCOUNTS CANNOT BE COMBINED

Contact (02) 4032 5500
Or chat to our team today!



Toolbox Tune-up & Audit Workshop

Date: Friday 6th February 2026

Time: 12:30 pm - 4:30 pm

Cost: \$175 per person

Take a look under the hood and see what tools Premier Team Building uses daily to manage workflows, enquiry pipelines, schedule meetings, save time and reduce stress. No Pitch, just first-hand lessons to help you save money, save time and build better systems. Bring your laptop and Premier Team Building will map what you've got, remove overlap, and build at least one real automation.

Secure your spot today! Call (02) 4044 5095, email: Info@premierteambuilding.com.au or visit: <https://premierteambuilding.com.au/tool-audit-workshop-newcastle/>

Lake Macquarie Child & Family Interagency - Redi to Adapt Workshop

Date: Thursday 19th February 2026

Time: 9:00 am - 3:00 pm

Cost: \$11.90

The Redi to Adapt workshop supports service providers to strengthen their knowledge, resilience and capacity during emergencies. This session is for early childhood services, schools and child & family service professionals. Participants will learn how to: understand local hazards and risks relevant to your organisation, develop or refine an emergency plan suited to your service and client needs, build confidence to act without waiting for emergency services and engage staff, carers, and clients in preparedness activities. Catering provided.



To find out more and book visit: <https://www.lakemac.com.au/Events-directory/Eventbrite/Lake-Mac-Child-and-Family-Interagency-Redi-to-Adapt-Workshop-1979685738335#>



The Grant Writing Playbook: A Practical Masterclass

Date: Thursday 19th March 2026

Time: 9:00 am - 2:30 pm

Cost: \$285 (if you book by the 9th March) or full price \$350

Facilitated by Jodie Ryan from JBR Consultancy, this practical, hands-on workshop will help you develop the skills to win grants. The masterclass includes a comprehensive take-home workbook, small group learning (max 20 participants) and morning tea and lunch. Seats are limited, book your spot today! Contact Jodie on 0400 466 816 or email jodie@JBRConsultancy.com.au

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For more information visit: <https://www.tantrum.org.au/>

Contact: (02) 4929 7279 or info@tantrum.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.