



PAINT + PIZZA A TREMENDOUS SUCCESS

Our recent Paint + Pizza event, facilitated by the wonderful team at Pinot & Picasso, was a fantastic afternoon of creativity, connection, and fun!

Held as part of the **Place Based Abilities Program**, the event brought together participants of all abilities and ages, for a colourful and welcoming experience. We had two rooms alive with laughter and conversation as attendees explored their artistic sides while enjoying delicious pizza and great company.

It was inspiring to see the vision of the program's participants come to life, creating a space where everyone could feel included and celebrated. Thank you to everyone who joined us and made the event such a memorable success.

We can't wait to bring more community-led activities like this to life! To find out what's coming up next, or to get involved in the Place Based Abilities Program, contact us at (02) 4032 5500 or email youthprograms1@theplacecharlestown.org.au.



DIGITAL SISTERS CELEBRATION DAY

Last week we celebrated the achievements of women in our Digital Sisters program at a wonderful gathering at The Place. The room was filled with smiles, stories and connection as we recognised how far the participants have come in building their confidence with digital tools.

Over the past year, women have taken part in small language-based learning groups with support from mentors and interpreters. Our Syrian women's group, who have had the most training so far, proudly showcased their progress. They even used AI to translate and share traditional recipes which they prepared and enjoyed together. This was a powerful demonstration of how digital skills can build connection and confidence across cultures.

Thanks to ongoing funding from Good Things Foundation, we will continue to grow this important program. The next stage will offer even more opportunities for women across all language groups to learn new skills, access information, and strengthen connections within their families and communities.

If you or someone you know would like to improve their digital literacy skills or learn more about AI (Artificial Intelligence) get in contact with us to see how we can help you. Call 02 4032 5500 or email programsassistant@theplacecharlestown.org.au



What's On: Regular Activities at The Place

SCHOOL HOLIDAYS

7 July—18 July

Some activities break for the holidays

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

Back 21 July

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

Back 21 July

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

Back 22 July

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

Back 22 July

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

Back 23 July

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

Back 24 July

Fridays

Bluegum Qigong

Based on Tai Chi for Arthritis and Medical Qigong. Beginners class, all welcome. Gentle class for all abilities. **No classes on 4 July.**

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

Back 25 July

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

No church 6 - 20 July

TUESDAY CLUB: INCLUSIVE CONNECTIONS

TV Commercials Spoofs



Join us for fun roleplays, doing parodies of TV commercials!

Tuesday 22 July

10.15 am - 11 am

The Place Charlestown Community Centre

TUESDAY CLUB: INCLUSIVE CONNECTIONS

Seated Qigong with Adrienne



*Low intensity, high impact training for seniors.
Improve your flexibility with gentle exercise!*

Tuesday 29 July

10.15 am - 11 am

The Place Charlestown Community Centre

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



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!

REAL PROGRAM PROUDLY FUNDED BY
NEWCASTLE PERMANENT
CHARITABLE
FOUNDATION



SCAN HERE TO APPLY
AND FOR MORE INFO
or visit warriorwoman.org.au



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

www.danceforfunnewcastle.com.au

@danceforfunnewcastle



OPEN KIDS *dance* CLASSES.

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.

danceforfunnewcastle@gmail.com

POLYPHONIC

FREE SCHOOL HOLIDAY INTENSIVE

Explore. Create. Connect.



JULY 15-17
CESSNOCK &
CHARLESTOWN
AGES 13-17

Apply here



PLAY ANYTHING
MUSIC THERAPY

POLYPHONIC

Place

NEWCASTLE

This program is funded by the Australian Government Department of Social Services



Join us for a day of coding, crafting and
meeting like-minded people.

WHAT TO BRING:

- LUNCH AND RECESS
- YOUR OWN DEVICE
- MINECRAFT INSTALLED

SPAWNING ON:

7TH JULY

9.00 AM - 3.00 PM
The Place Charlestown Community Centre,
Corner Frederick and Pearson St, Charlestown.

NDIS Self-Managed Funds supported



More information and to enrol, go to: www.worldofminecraft.com.au
noelenecallaghan@worldofminecraft.com.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.