



YOU'RE INVITED: CELEBRATE CULTURE, FOOD & DIGITAL LEARNING

Join us for a vibrant afternoon celebrating culture, community, and digital learning at our **Digital Sisters Community Event**.

Over the past few months, a group of incredible women from diverse migrant and refugee backgrounds have been participating in our *Digital Sisters* program—building confidence with technology and exploring how digital tools, including AI, can support them in everyday life.



As part of their learning journey, each participant has used AI to translate one of their favourite family recipes into English. At this event, they'll not only be sharing their bilingual recipe cards but also cooking the dishes for you to taste and enjoy!

This is a chance to come together, share food, and celebrate the women's achievements in a culturally safe and inclusive space. It's also a wonderful showcase of how digital literacy can empower women to express their stories, skills, and heritage in new and meaningful ways.

This is a free, open event – everyone is welcome! Call us on 02 4032 5500 or email programs@theplacecharlestown.org.au to let us know you're attending.

Date: Friday 20 June

Time: 12:30pm – 2:30pm

Location: The Place, Charlestown Community Centre

PAINT + PIZZA EVENT: A SLICE OF CREATIVITY YOU DON'T WANT TO MISS!

As the Place Based Abilities Program celebrates its first year, we're inviting the community to come and experience the creativity, connection, and colour firsthand!

Join us this June for our next big event—**Paint + Pizza**—a vibrant afternoon filled with art, flavour, and fun. Facilitated by the talented team at **Pinot & Picasso**, this inclusive session will guide participants through a fun painting activity, all while enjoying delicious pizza and great company.

Designed by participants of the program, this event reflects their creativity, leadership, and vision for accessible and welcoming social spaces.

The event is **free and open to all**, with limited places available. Whether you're already part of the program or just curious to see what it's about, this is a perfect opportunity to connect and create.

Register now with the QR code or by calling (02) 4032 5500 or emailing youthprograms1@theplacecharlestown.org.au

Let's make some memories—one brushstroke (and bite) at a time!



PLACE BASED
Abilities Program
presents

Paint + Pizza

A FREE all-ages event.
Facilitated by Pinot & Picasso

Saturday, June 21st,
5-7pm

The Place:
Charlestown
Community Centre

Limited spots available.
Register your interest today!



or contact:
youthprograms1@theplacecharlestown.org.au

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

Goddess Grooves (5 week course)

Goddess Grooves is a 5 week goddess embodiment sacred space for women. Each class includes a tea ceremony, sharing circle, energetic practices, meditation, sound activation, creative intentional goddess choreography and more! **Starting 4th June 2025, 6:45pm - 7:45pm. Cost: \$140 for 5 weeks.** For enquiries and bookings contact Bonnie: 0419 198 155.

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. No classes on March 7th.

Times: Beginners: 9:15am -10:15am
Advanced: 10:30am -11:30am Cost: \$7 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

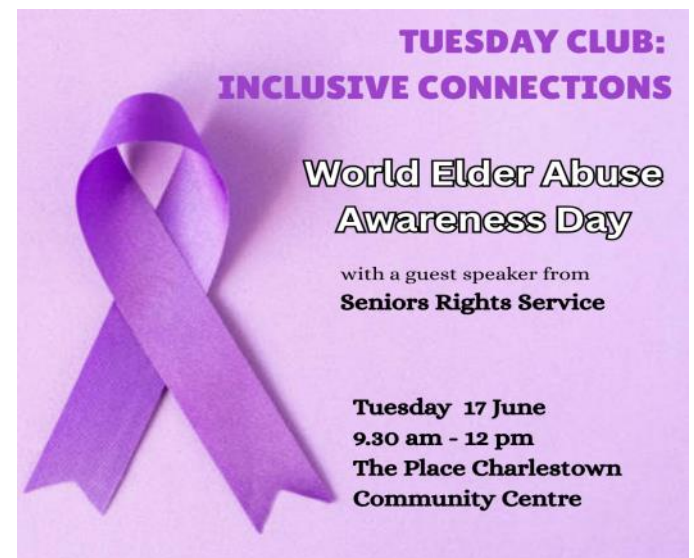
A vibrant, welcoming and charismatic youth group. 4:00pm - 6:00pm. Info and enquiries:
jackienoble36@gmail.com

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





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



Grant writing workshop

This grant writing workshop is designed for small to medium non-profit and for-purpose organisations wanting to increase the success rate of grant applications.



This workshop has been developed by Beth Innes and Renee Selby who have secured over \$10 million in funding across community, sport, art, infrastructure and academic grants.

Each grant writing workshop will cover the **10 Steps to Grant Success** including:

- Understanding organisation funding needs
- Creating a wish list and identifying funding priorities
- Developing networks and relationships
- Understanding the grant process
- Writing grants including budgets and risk management
- Acquiring and reporting on grants
- Promoting success

Charlestown workshop
Wednesday 2 July 2025
930am to 330pm
Catering provided
The Place, Charlestown Sq
Frederick St, Charlestown
Free parking



<https://www.trybooking.com/CZYXO>

Maitland workshop
Thursday 3 July 2025
930am to 330pm
Catering provided
Club Maitland City
14 Arthur St, Rutherford
Free parking



<https://www.trybooking.com/CZYXQ>



Sports 4 All

Funded by Beth Innes

Cost is \$400 per person

For more information, please contact Beth Innes | 0421664159 | beth@sports4all.com.au

At Sports 4 All our aim is to increase the wellbeing and social participation of women and girls through sport. We do this by funding player fees, funding child minding at training and games, and by supporting clubs to understand how to support, and engage with, vulnerable women and girls.

The UNIQUE Workshop

FOR TEENAGE GIRLS AGES 13 - 15

PRESENTED BY ALETHEIAGG



DATE: 11/07/2025 | TIME: 2:00PM - 4:30PM

RSUP BY THE 4TH OF JULY TO SECURE YOUR PLACE

MOBILE | 04 0952 5729

EMAIL | CHRISTINA@ALETHEIAGG.COM.AU

THE PLACE CHARLESTOWN COMMUNITY CENTRE

CORNER FREDERICK & PEARSON STREET, CHARLESTOWN

INVESTMENT \$50

POLYPHONIC

FREE SCHOOL HOLIDAY INTENSIVE

Explore. Create. Connect.



JULY 15-17
CESSNOCK & CHARLESTOWN
AGES 13-17

Apply here



PLAY ANYTHING
MUSIC THERAPY

POLYPHONIC

place

CESSNOCK

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



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.