



A RIPPLE OF KINDNESS: COMMUNITY GENEROSITY STRENGTHENS LOCAL SUPPORT

This Easter, the spirit of community shone brightly as the Cameron Park Fellowship congregation and the local Charlestown NDIS team donated a significant amount of non-perishable food to the Kindness Cupboard. Their generosity has arrived at a crucial time, helping to meet the increasing demand for food support across the community.

With the rising cost of living continuing to affect households, local services have seen a noticeable surge in new individuals and families seeking assistance — particularly among women and young adults. The additional supplies have ensured that our Kindness Cupboard remains a vital resource, providing dignity, relief, and practical support to those doing it tough.



The donation is more than just food on the shelves; it reflects the deep community spirit that exists when people look out for one another. Acts of giving like this create a ripple effect — strengthening social ties, inspiring further generosity, and ensuring that vulnerable members of the community feel seen and supported.

As needs grow, the role of community-driven initiatives becomes even more critical. Contributions like this Easter donation demonstrate the powerful impact collective action can have in addressing hardship and building a stronger, more connected community for all.

The Kindness Cupboard remains a testament to the idea that small acts, when multiplied by many, can transform lives. Community support will continue to be essential in the months ahead as we work together to ensure that help is always within reach for those who need it.

CHARLESTOWN SQUARE TUESDAY CLUB: INCLUSIVE CONNECTIONS

There's something to cater for all interests and hobbies at Charlestown Square Tuesday Club Inclusive Connections this term!

From chair exercises, Mothers' Day celebration and Biggest Morning Tea fundraiser, to sustainable gardening, plant swap and digital trivia!

Tuesday Club: Inclusive Connections provides a welcoming, safe and vibrant space for all seniors to connect, forge friendships and create lasting memories. For just **\$6 per week**, you can access a variety of fun, informative and educational activities and enjoy a morning tea. First visit is FREE. For more details, call **02 4032 5500**, email programsassistant@theplacecharlestown.org.au or follow us on Facebook and Instagram.



What's On: Regular Activities at The Place

Mondays

Kundalini Yoga With Estelle

Clear the body of blocks so you can raise your energy and live to your true potential, in awareness, with a neutral mind. Classes include breathwork, dynamic movement, chanting (mantra) and meditation.

No classes on the 4th Monday of the month

Time: 6:45am - 8:00am

Cost: \$15 per class

Contact Estelle: kundaliniwithestelle@gmail.com .

Active, Stronger, Better

Fun adult exercise classes that are focused on enjoyment, independence, health and wellbeing. First class is complimentary. Level 1-2

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: 1:00pm - 2:30pm.

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

No class on 5 May

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

Mondays (Cont.)

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 (Formerly Yogic Wisdom)

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

Dementia Carer Support Group

FREE monthly meetings for the carers who support a person living with dementia to access ongoing information, emotional and practical support. Meetings are held in a friendly, supportive and confidential environment. Morning tea provided.

Date: 21 May 2025 10:00am - 12:00pm

Contact: 4985 5700

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

Wednesdays (Cont.)

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.

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** Level 1
10:30am -11:15am: **Regular Exercise** Level 2
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

Fridays

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.

No church on 25 May

www.southerncrossvineyard.org.au

Spoken Word Ministry

A faith based meeting to spread the gospel.
Fortnightly services - Commencing on the 1st June
10:00am - 1:00pm.
Info and enquiries: Edgar 0478 000 171



A FREE social and capacity building program for young people with disability
Aged 17-25
Weekly on Mondays
4:30pm - 7:30pm
(during the school term)
At The Place: Charlestown Community Centre
No NDIS funding required!



2025 Term 2 Schedule

28 Apr	Bingo! We're Back! Catching up after the holiday break with fun games.
5 May	Control, Alt, Secure Reboot your knowledge on digital safety.
12 May	Bright Ideas, Bold Beginnings Making first steps for a term art project.
19 May	Icon Explorers Designing our app landing page icons.
26 May	Place Based Olympics Go for gold in a series of challenges and games.
2 June	Culinary Clues Descriptive Cooking where Communication is key!
9 June	PUBLIC HOLIDAY On a Break - No Group Today
16 June	Perfecting the Pixel One vision, many perspectives.
23 June	Test Drive Testing how our app performs!
30 June	Codename: Crust End of term pizza party!

Food Provided!
Registrations Essential!
Join ANYTIME!
SCAN Below





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





Are you a community service professional who is interested in exploring arts-based approaches to supporting women with lived experiences of gendered violence?

You're warmly invited
to a free
Creative Networking Event
for the
Reclaiming My Place Healing & Recovery Project

Tuesday, May 13
The Place, Charlestown
Drop in anytime between 12:30 PM – 3:00 PM

Feel free to stop by for a bit or stay for the whole event—whatever works for you!

Reclaiming My Place (RMP) is an innovative arts-based program developed by the Centre of Excellence for Equity in Higher Education (CEEHE) at the University of Newcastle. RMP primarily engages with women who have lived experiences of gendered violence and stalled education histories and explores art making for mindfulness, relaxation and connection to lifelong learning.

Like to know more?

Contact: Felicity Cocuzzoli
felicity.cocuzzoli@newcastle.edu.au
0419 795 452



Supported by



Effectively Assisting People Experiencing Homelessness

A FREE Workshop for Community Workers, Volunteers & Service Providers



14 MAY 2025
9:30am - 12pm
The Place
Charlestown
Community
Centre

ripples
OF CHANGE
How small changes from the heart of the community

neighbourhood CENTRE WEEK

Presented by Glenn Beatty, Matthew Talbot Homeless Service

Gain practical information and skills including:

- Myths about homelessness.
- Changing trends in homelessness.
- Changes in Homes NSW Temporary Accommodation processes.
- The rights of homeless persons.
- Taking a trauma informed approach to assistance.
- Local Specialist Homelessness Support Services – who they are and what they do.
- Referral pathways and the 'no wrong door' approach.

Register with the QR Code
OR call 02 4032 5500



St Vincent de Paul Society NSW
good works
The Place

ART EXHIBITION BY JASU JADHAV

We are delighted to invite you to Jasu Badhav's Art Exhibition and Sale Event. The exhibition showcases a collection of realistic art that features landscapes, portraits and still life paintings. Entry by invitation only so ensure you RSVP. Light refreshments will be served.

Date: 31 May 2025

Time: 2—5 pm

Please RSVP: 0434 936 124 (Deepika Jadhav)



HUNTER CIRCLE : LISTENING TO PEOPLE RARELY HEARD

Through this workshop, participants will be introduced to the concept of the supported decision-making, with particular focus on how its principles can be applied to the people who communicate informally.

Date: 27 May 2025

Time: 9 am—3 pm

Cost: FREE to members, \$200 to non-members

Contact: Jen 0401 388 164, info@huntercircles.org

Listening to people rarely heard

A workshop with Dr Jo Watson

Communication strategies to support decision making for people who communicate informally

Tuesday 27 May
9am - 3pm
The Place, Charlestown



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.