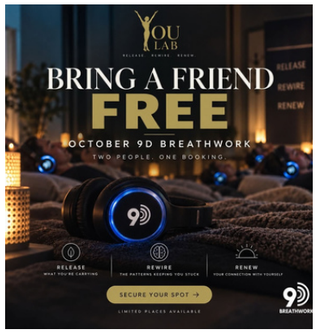
Stronger Together: NDIS Community Event
Date: Wednesday 14th October 2026
Times: 10:00 am - 12:00 pm
Cost: FREE!

Join Aruma's Positive Behaviour Support Team for a free collaborative sector forum and networking morning tea.

Navigating the NDIS shouldn't be a solo journey. Whether you are a participant, a family member, or a dedicated provider, connection is the key to better outcomes. Aruma invites local Support Coordinators, Local Area Coordinators, allied health professionals, disability service providers, and participant families to connect and learn together. This session will feature a specialist presentation and practical Q&A with Aruma's Positive Behaviour Support (PBS) Practice Leadership Team. Spaces are limited - find out more and book your spot: https://www.eventbrite.com.au/e/stronger-together-ndis-community-event-newcastle-tickets-1999977117396 or contact: Bobby.newton@aruma.com.au or 1300 538 746.

The You Lab 9D Breathwork October Special: Bring a Friend for FREE!
Date: Sunday 18th October 2026
Times: 5:00 pm - 7: 00 pm
Cost: $125.00 (Bring a friend for FREE!)



Know someone who could do with feeling a little lighter right now? Maybe it's you. Maybe it's both of you. This October The You Lab is giving you the chance to experience 9D Breathwork together — to put everything else down, release some of what you've been carrying and walk away feeling lighter, clearer and more connected to yourselves. Book one place and bring your person for FREE! Release. Rewire. Renew. Find out more and book: https://calendly.com/jo-theyoulab/the-you-lab-9d-breathwork-in-person-group-ses-clone
or email: jo@theyoulab.com.au

Mental Health First Aid (MHFA) Standard Course
Dates: Wed 21st & Thurs 22nd October 2026
Time: 9:30 am - 4:00 pm (each day, both days required)
Cost: $297.00

Mental Health First Aid (MHFA) is a nationally accredited course that gives participants practical, evidence-based skills to recognise when someone may be struggling, start a supportive conversation with confidence, and connect them to the right help. Delivered by Daniel Simpson, Principal Consultant at Elevare Psychosocial Consulting and a licensed MHFA Instructor. Contact Daniel for enquiries: 0421 384 109 or daniel@elevarepsychosocialconsulting.com.au

Tantrum Youth Arts

As a not-for-profit co-operative and registered charity, for 50 years Tantrum has invested deeply in young artists, providing creative and performance opportunities for children and young adults. 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**.

October 2026

www.theplacecharlestown.org.au
programs@theplacecharlestown.org.au
Tel: (02) 4032 5500

Charlestown Square, Cnr. Frederick & Pearson Sts.

www.facebook.com/theplacecharlestown

Discover Digital & Try Something New this Get Online Week!

Celebrate Get Online Week with us on Wednesday the 21st of October from 11:30am–2:00pm and discover some of the fun things the digital world has to offer!

This FREE, friendly and hands-on event for people aged 50 and over is a chance to try something new and have fun online. Explore Google Earth, get creative with Google AI, become an online shopping detective, and discover free games and online courses through Be Connected – plus more!

Friendly Digital Mentors will be there to help, with no previous experience needed. Bring your device if you have one, or use one of the devices available on the day.

Food and refreshments provided.

Limited spaces available so bookings are essential.
Book you spot by calling us on **(02) 4032 5500** or email **programsassistant@theplacecharlestown.org.au**

Looking for a professional kitchen without the price tag?

Our Commercial Kitchen is a clean, well-equipped, professional space that you can hire at an affordable rate. Perfect for food preparation, cooking workshops, training, catering and more. With plenty of preparation space and the equipment you need to get to work, it's a practical option for businesses, organisations and community groups.

- Available for casual or regular bookings
- Centrally located in Charlestown
- Convenient free parking available

Professional without the price tag, plus every booking helps support programs and services for our local community.

Interested in hiring our Commercial Kitchen? Find out more via our website below, or get in touch on **(02) 4032 5500** today!
https://www.theplacecharlestown.org.au/venue-hire

The Place will be closed on Monday the 5th October 2026 for the Public Holiday

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
Recommencing 12th October

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
Recommencing 12th October

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
Recommencing 13th October

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
Recommencing 13th October

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
Recommencing 14th October

Thursdays

Miracle Babies NutureGroup

A FREE play and support group for families and children who have been impacted by a premature or sick birth with time in a neonatal unit (or who have a prenatal anomaly, injury or condition diagnosed in the first 5 years of life resulting in ongoing medical challenges). Connect with Support Worker Mackenzie, who understands the neonatal journey firsthand, and meet other families with similar experiences while children play. Morning tea included. Held fortnightly on Thursdays - **1st, 15th & 29th October**. Time: 10:00am - 12:00 pm. Contact: 1300 622 243 or (02) 9724 8999 or email services@miraclebabies.org.au

Thursdays Cont.

Lake Macquarie Interagency

1st October 2026, 9:30am - 11:30am
A networking and information share meeting for social service providers in the Lake Macquarie LGA. Hear from guest speakers, enjoy sector updates and morning tea. Contact: sacp@lakemac.nsw.gov.au Visit: https://www.lakemac.com.au/Community/Directory/Lake-Macquarie-Interagency

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
Recommencing 15th October

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

Fridays Cont.

Maxx Martial Arts

Fun marital arts classes focused on building confidence, focus and discipline for kids ages 4-12. Suitable for beginners. Introductory offer 5 classes + a FREE karate uniform for $49 Time: 4:00pm – 4:30 pm.
Contact: 0437 812 391

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
No service on 4th & 11th October

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 - 2:30pm. Contact Margaret 0449 618 184