



# COMMUNITY NEWS

CAMERON PARK • CARDIFF • ELMORE VALE • FLETCHER • MARYLAND • MINMI • WALLSEND

AUGUST 2017 TO OCTOBER 2017

FREE



# Safe and Connected Communities

*Inspiring Families, Children and Communities to Create Positive Lasting Change*

THE CANOPY HEAD OFFICE: Cameron Park Community Centre, 107 Northlakes Drive, Cameron Park, NSW 2285

ENQUIRIES: P 02 4908 1140 E [info@thecanopy.org.au](mailto:info@thecanopy.org.au) W [thecanopy.org.au](http://thecanopy.org.au)

**FACILITIES MANAGEMENT** The Canopy offers community groups, residents and organisations the opportunity to hire facilities at reasonable rates. The facilities are suitable for functions, meetings, celebrations, conferences, regular activity groups and exhibitions. Locations include Cameron Park, Elmore Vale, Fletcher, Maryland, Minmi and Wallsend

**For all venue hire/bookings enquiries P 02 4908 1140 or E [bookings@thecanopy.org.au](mailto:bookings@thecanopy.org.au)**

**W <http://thecanopy.org.au/book-venue/>**

**CHILD AND FAMILY SERVICES** The Canopy provides parenting programs at various locations across Lake Macquarie and Newcastle as well as advice, information, supported playgroups and referral for families with children.

Families are supported both in their homes and at various locations including Cardiff and Maryland.

**For more information about Child and Family Services P 02 4954 5277.**

**COMMUNITY PROGRAMS** The Canopy initiates and supports community programs and projects in response to local needs such as: community cafés, community festivals, volunteering, a food distribution program, community surveys and a quarterly community newsletter.

**For more information about community programs: P 02 4908 1140 OR 02 4955 8111**

## ABOUT THE CANOPY NEWS

This newsletter is distributed quarterly free of charge as a community service but relies on advertisers to fund the cost of production and distribution. ***If you are a small business, please consider advertising your services knowing that you will be supporting a local community based venture.***

## ADVERTISING RATES

1/8 page (business card) \$44

1/4 page (approx.14.8cm by 10.5cm) \$77

1/2 page (21cm by 14.8cm) \$121

Full page (A4 page) \$250

Prices based on supplied artwork and subject to change in 2017

**ALL NEWSLETTER ENQUIRIES INCLUDING ADVERTISING AND EDITORIAL CONTRIBUTIONS E [choices@thecanopy.org.au](mailto:choices@thecanopy.org.au)**

## THE CANOPY LOCATIONS

CAMERON PARK COMMUNITY CENTRE	107 Northlakes Drive Cameron Park	P 02 4908 1140
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CHILD AND FAMILY SERVICES	262 Main Rd Cardiff	P 02 4954 5277
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MARYLAND NEIGHBOURHOOD CENTRE	207 Maryland Drive Maryland	P 02 4955 8111
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FLETCHER COMMUNITY CENTRE	55 Kurraka Dr Fletcher	P 02 4908 1140
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ELERMORE VALE COMMUNITY CENTRE	129 Croudace Rd Elmore Vale	P 02 4908 1140
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ELERMORE VALE COMMUNITY HALL	122 Cardiff Road Elmore Vale	P 02 4908 1140
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MINMI PROGRESS HALL	96 Woodford Street Minmi	P 02 4908 1140
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WALLSEND PIONEERS MEMORIAL HALL	54 Cowper St Wallsend	P 02 4908 1140
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*The Canopy has a team of Child and Family workers who are able to work with families with children aged 0-12 years for 3-6 months on issues affecting their family and to assist in reducing the stresses of parenting. Some areas a family worker may be able to assist are household routines, behaviour management, advocacy, information relating to domestic violence and the effects on families and support families to meet and better understand the needs of their children.*

*For more information P 0249 545 277.*

### CIRCLE OF SECURITY TRAINING FOR EDUCATORS

**The Canopy runs Circle of Security programs for parents, and also for those who work with children. Recently they facilitated a session for educators at Glendale Early Education Centre. Here is their feedback:**



Throughout the month of May, educators at Glendale Early Education Centre were fortunate enough to undertake Circle of Security training with two amazing ladies from the Canopy: Feona Ray and Julie McQuire

Circle of Security forms a cornerstone of the services philosophy as it complements Glendale Early

Educations commitment to the Kids Matter Early Childhood Mental Wellbeing Framework. The staff at Glendale Early Education gained valuable insight into how best to support children in developing positive, nurturing and secure relationships both during their days at the service but also in their home life.

Circle of Security is **a simple and practical way to support children's exploration of the world and can be used for all relationships**. Educators were able to identify when children were needing support to go out and explore their world but also when they needed to come back for reassurance, comfort and to be delighted in. The concept of primary caregivers, be they families, educators or significant others forming a nurturing circle around a child which allows them space but also a secure base to return to when emotional cups need filling is something which we can all relate to. Educators commented that the training gave them a lot of insight into how they raised their own children and also how and why they react in their own relationships. It provided an opportunity to reflect on our own areas of strength and also which parts of the circle we are least comfortable with.

Glendale Early Education Centre is known for its collaborative relationships and the nurturing given to children and families. Additionally, the service is committed to innovative best practice such as nature play and its beloved bush kindy program, Kids Matter and community connections. As the state winner in the category of Service of the Year in the Australian Family Early Education and Care Awards, Glendale Early Education Centre educators consider themselves to be advocates for children and our community and with Circle of Security training so beautifully fitting with the philosophy of the centre, educators are further able to enhance their programs for children and support families towards positive outcomes for children now and into the future.



***"From an Educators perspective, the training has strongly demonstrated that relationships are the most important part of any person's life." (JC)***

***"It has made our team and me personally more reflective about the underlying causes of children's behaviours." (KC)"***

***"I found the training was really helpful in my relationships outside of work too." (KO)***

Shark music was a big factor in the training and many educators have commented that they are now able to



recognise when their shark music is playing (picture the Jaws theme song) and how they can overcome this to assist their child or the children in their care.

***"I really like that I can recognise my shark music now and when to seek support from my colleagues." (KW)***



#### MESSAGE FROM CLAYTON BARR, MP State Member for the Electorate of Cessnock:

Together with my staff, Anne, Perri and Jordan, we are here to help you with any issues you may be having with the State Government or any of its Departments. We also help with Justice of the Peace Applications, NSW Seniors Card enquiries and Requests for Congratulatory Messages for 50th and 60th Wedding Anniversaries, and 80th, 90th and 100th Birthdays. I am available for appointments at the Sugarvalley Neighbourhood Centre located at 65 Carrington Street, West Wallsend. If you need to see me, please contact my Electorate Office by phoning 4991 1466 or Toll Free 1300 550 114 to arrange an appointment. Watch this space for future dates of my famous summer Barr-becues! You can follow me on my Facebook page "[www.facebook.com/claytonbarrmp](https://www.facebook.com/claytonbarrmp)", go to Twitter and search @claytonbarrmp or check out my website at [www.claytonbarr.com.au](http://www.claytonbarr.com.au) Cheers, Clayton

## MESSAGE FROM PAT CONROY MP Federal Member for Shortland



MY OFFICE HAS MOVED, On July 24th my electorate office opened at 26 Macquarie Street, Belmont. This is a temporary location until my new office is completed at 1A/571 Pacific Highway, Belmont. This move places my office in the geographic heart of the Shortland electorate allowing constituents in the southern parts of Shortland to have easier access to my services. While my office is busy relocating I am still getting out and about in the electorate. In August mobile offices will be held in the northern part of my electorate. On August 25th they will be at Seachange Coffee House, Jewells Plaza and Centre for Hope, Windale. Saturday, August 26th my mobile offices will be at The Place, Charlestown and Valentine Community Hall. These are private meetings that give you an opportunity to raise federal government matters. Please contact my office if you would like to book a meeting, or if you would like a mobile office in your area.

On 26 September, I will be continuing to host my Seniors Expo this time at the Belmont 16s, The Parade, Belmont. This is an opportunity for people planning to retire or who have retired, to gain information of the many services that are available in our community. Seats fill very quickly so please call to book a spot today. Currently, the major issues my office are being contacted about relate to Centrelink and NBN, however my electorate office is available to assist with all federal issues and government departments, such as the Australian Tax Office, Veterans' Affairs, Immigration and the Child Support Agency. Another service my office provides are congratulatory messages. For people celebrating a birthday of 90 or more years, or a wedding anniversary of 50 or more years, you can receive personal congratulations from me, the Prime Minister, the Governor-General, and in some instances, the Queen. For more information please contact my office on 4954 2611 or [pat.conroy.mp@aph.gov.au](mailto:pat.conroy.mp@aph.gov.au). *Pat*

## HOW TO ENCOURAGE LITERACY IN CHILDREN

**How to be a talking, reading, writing, viewing, and listening family** There are several practical things parents can do to encourage broad literacy and learning in early childhood years. Don't wait. **Read what you are reading aloud to your newborn.** Children become attuned to the sound of your voice and the tones of the language you speak as their hearing develops. Share stories at mealtime. Provide prompts like: "Tell us what your teddy did today". Alternatively, randomly select from ideas for characters, problems, and settings, for example: "Tell us about an inquisitive mouse lost in a library". Oral storytelling provides a bridge to written stories. **Record on your phone or write down your child's stories. Turn them into a book, animation, or slide show** (with an app). Children will see the transformation of their spoken words into written words. These stories can be revisited to reinforce learning of words, story structure and grammar.



**Talk about their experiences. For example, prompt them to describe something they have done, seen, read or heard about.** Research shows children's oral language supports their literacy development, and vice-versa. Guide literacy in your children's play, following their lead. For example, help them follow instructions for making something, or use texts in pretend play, such as menus in play about a pizza place. Children will engage with various texts and the purposes they have in their lives.

**Books, books, books. For babies and toddlers, start with durable board books of faces, animals and everyday things with few words that invite interactivity** (e.g., "Where is baby?"). Progress to more complex picture books with rhyming language. Talk about personal links with the stories and ask questions (such as "I wonder what will happen next or where they went to") as these will support comprehension. Look to the Children's Book Council for awarded quality children's literature. Talk about words children notice. Be sure the words make sense to children. Talk about what words look like, what patterns, letters and sounds they make. This builds children's word recognition and attack skills, and understanding of what words in context mean.

**Involve your children in activities where you use literacy. For example, if you make shopping lists or send e-cards, your children could help create these with you.** Explain what you are doing and invite children's participation (e.g. "I'm looking at a map to see how to get to your friend's house"). Children can meaningfully engage with and create texts and see the place these texts have in their lives. Use community and state libraries. Most offer interactive family literacy programs. Early Years Counts and The Australian Literacy Educators Association has a range of resources for families. Above all, be sure the experience is enjoyable, playful, and encourages children's active involvement. Literacy should be engaging for your children, not a chore.

Excerpt from an article by: Louise Phillips *Lecturer, School of Education, The University of Queensland*; Pauline Harris *Research Chair in Early Childhood, University of South Australia*  
Originally published in <http://theconversation.com> July 2017

Maryland Neighbourhood Centre is located at 207 Maryland Drive, Maryland NSW. We have ample space to accommodate your needs with plenty of parking on site. Newcastle City Council owns the building and staff are funded by NSW Department of Family and Community Services. The Maryland Neighbourhood Centre provides a safe and supportive environment where we offer services, opportunities and resources to improve the lives of our community members. We serve the community in the belief that together we can make a difference. For more information P 02 4955 8111.

### SOME OF THE REGULAR ACTIVITIES

**Healthy Hearts**—Come along and see your health improve, blood pressure, sugar levels, balance, co-ordination and cardio vascular health. Have fun and make new friends. Classes are Monday, Wednesday, Friday at 9am. Only \$6.00 per class

**Healthy Hearts for Men**—Low impact and strengthening workouts exclusively for men Monday, Wednesday and Friday at 8:15am—8:45am. Only \$6.00 per class.

**Tuesday Playgroup** — This playgroup is supported and has some fabulous activities. It starts at 9:30am every Tuesday of school term. Very inclusive playgroup if your child has special needs they are welcome.

**Walk and Talk** — Come and meet some new people who enjoy walking and talking their way around Maryland. Meet at the front of the Neighbourhood Centre Tuesday Morning at 8:30am

**Friday Playgroup** A community playgroup coordinated by mums with everyone contributing. Meets on Fridays at 9:30am. An excellent opportunity for your littlies to mix and learn. \$3 per session

**St Johns Ambulance Cadets** Offers a great opportunity for young people to get involved in volunteering, learn first aid and build confidence and leadership skills. Monday 7pm

**Perform-Ability** Perform-Ability is an excellent performance based activity that helps young people with a disability achieve their dreams. They already have several events where they will be performing at this year. There is room for some more young people to join in, so if you have a young person with a disability who likes to dance and sing then please bring them along Thursday evenings at 5pm at the Maryland Neighbourhood Centre.

**Tech Time** Tech Time is an excellent opportunity to learn how to use your smart phone, tablet or laptop computer more efficiently. Just bring your device along, if you are a beginner you can start with the basics. More advanced uses can find out together how to get the best out of your device. The cost is \$5 which includes your cup of coffee.

**Wraps of Love** Wraps of Love donates hand made blankets to people in need throughout Australia and the World. If you would like to join a fun group of giving people this may be the group for you. The ladies meet on the 1<sup>st</sup> Monday of the month at Maryland Neighbourhood Centre.

## Who Likes to SING? then come and join Marylands



If you love to sing, have fun and meet new people then this is the choir for you. This is a choir that will support people with disabilities by empowering people with all types of abilities to sing.

Maryland Neighbourhood Centre

207 Maryland Drive Maryland

Thursday 6:30pm—7:30pm

Starting July 20th



Enquiries: 4955 8111 or 0403 029 132

Maryland Neighbourhood Centre is starting a very special choir for people of all abilities.

We already have some beautiful people with Down Syndrome who are joining the choir. They would like lots of people to sing along with them.

Thursdays 6.30pm to 7.30pm, come and join the fun!

There is a small cost of \$5 this is to cover hall hire, tea and coffee and expenses of the choir leader.

Enquiries phone 02 4955 8111



**Maryland Neighbourhood Centre**

**Playgroups**

TUESDAY 9:30am—11:30am

This is a fun playgroup supported by the Canopy, First Chance and Aspect it is open to children of all abilities Mums and Dads are very welcome

Friday 10am—11:30am

another fun playgroup run by local Parents. A good way to meet new families with children the same age as yours, there is a small charge of \$3.00





## SHEILAS IN THE SHED

Sheilas in the Shed is a community group which uses creativity, projects and crafts along with friendships to empower women, giving them a sense of self worth, confidence and a safe environment to grow while sharing their skills and learning new ones. The group consists of women from culturally diverse backgrounds, seniors, youth, people with disabilities and women that might otherwise be isolated. The group has a nurturing and enthusiastic environment where all members are respected and valued. Sheilas in the Shed had its official Facebook launch on the 8th December 2016. Born out of discussions between local women in and around Maryland, Mandi Woodbine originally suggested the name Sheilas in The Shed. All present at the time agreed this name encompassed the values and direction of what the group would be about. Within 7 months the group has grown from 10 to 135 Facebook followers including some international followers.

There are currently up to 20 women that attend the workshops regularly. The group is orchestrated by Christina Petridis and Mandi Woodbine, who look forward to watching Sheilas in the Shed grow as they see the enormous value of what it has brought to the women of the local community.

If you are interested in joining Sheilas in the Shed they meet every 1<sup>st</sup> Thursday of the month 10am to 12noon at Maryland Neighbourhood Centre and every 3<sup>rd</sup> Wednesday of the month, 10am to 12 noon (venue to be announced) where you will get the opportunity to drill, hammer and glue and go home with something you have made and be proud of.

(Sheilas in the Shed does not run during school holidays)

Phone 0249 558 111 or find them on facebook by typing *sheilas in the shed* in the search bar.

*Photo: Leah Hart, Sue Howlett, Simone Holder, Sue-Wayne May, Christina Petridis, Jennifer Burns, Pam Yeomans, Sandy McMullan. Photo by Mandi Woodbine.*



## REGULAR SERVICES

### AT MARYLAND NEIGHBOURHOOD CENTRE

***For a full list of activities at Maryland Neighbourhood Centre please see the centre spread of this newsletter.***

***HRNILS are No Interest Loans.*** One of these loans can help those on benefits or a low income when they need to replace white goods or register their cars.

***A Child and Family Worker*** is available for anyone in the Maryland area with children aged under 12. The Child and Family Worker can offer parenting advice and support. Phone 0249 558 111 for an appointment.

***Taxi Vouchers*** are available if you are having difficulty getting to a doctor's appointment or the hospital or some other emergency.

***Food Distribution Program*** for those who need it in the Blue Gum Hills Community, with the generous support of OZHarvest and Coles Fletcher through the SecondBite program. Food can be picked up on Mondays, Wednesdays and Fridays.

*You will need to call in or ring the centre to collect a number anytime after 9:30am. Food can be collected at 1:30pm. There is no control over the quantity of food available. More information P: 02 4955 8111.*

## MESSAGE FROM SHARON CLAYDON MP

### Federal Member for Newcastle



**WE NEED TO PROTECT TAFE.** For generations, Hunter TAFE has provided a proven pathway for people in our region to secure the skills they need for work. Regrettably, this year's Federal Budget slashed another \$600 million from skills and TAFE, in addition to the \$2.5 billion that has

already been cut since 2013. The result of these cuts has been clear: fewer courses, higher fees for students and plummeting student and apprenticeship numbers. There has been a corresponding spike in enrolments with private vocational training providers – many of which have been implicated in scandals involving rorting and unethical behaviour. Labor believes a strong TAFE should be at the centre of Australia's skilling system. That's why we have committed to reversing Malcolm Turnbull's budget cuts and guaranteeing that at least two-thirds of vocational education funding will be allocated to TAFE.

Don't forget, my office is always able to assist with any issues and questions you may have relating to federal policy or government departments. You can contact my office by phoning 02 4926 1555, emailing [Sharon.Claydon.MP@aph.gov.au](mailto:Sharon.Claydon.MP@aph.gov.au), visiting my website [www.sharonclaydon.com](http://www.sharonclaydon.com) or dropping by my office at 427 Hunter Street, Newcastle.

# CAMERON PARK STATISTICS

## Median House Price

Buy			Rent		
\$550,000			\$488 PW		
<small>(Price guide last updated Jan 2016, 2017)</small>			<small>(Rent guide last updated Jan 2016, 2017)</small>		
2 BR	3 BR	4 BR	2 BR	3 BR	4 BR
-	\$497,500	\$562,500	-	\$430 PW	\$490 PW

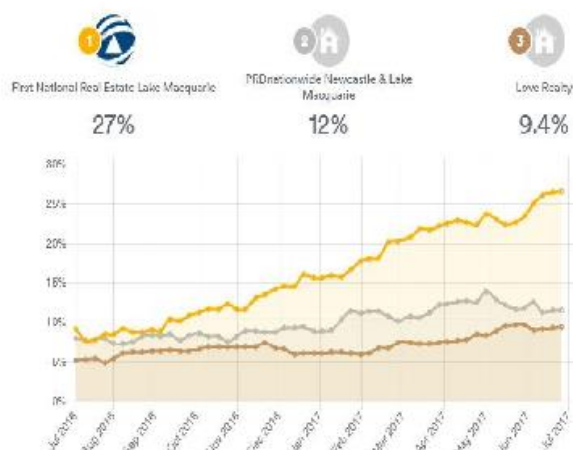
## The Lifestyle & People of Cameron Park



Source: realestate.com.au

## FIRST NATIONAL LAKE MACQUARIE MARKET SHARE

### Top Agents by Market Share - Cameron Park



### Top Agents by Recommendations - Cameron Park

	1		Troy Duncan First National Real Estate Lake Macquarie ★ 4.7	14
	2		Matthew McKee First National Real Estate Lake Macquarie ★ 4.6	5
	3		Daryl Johnson Love Realty Lake Macquarie ★ 4.5	2

### Top Agents by Sold Properties - Cameron Park

	1		Troy Duncan First National Real Estate Lake Macquarie ★ 4.7	29
	2		Matthew McKee First National Real Estate Lake Macquarie ★ 4.6	9
	3		Aaron Walter Century 21 Aaron Walter	7

Source: ratemyagent.com.au

## RECENTLY SOLD



The market is extremely **HOT** right now, if you would like a **FREE NO OBLIGATION VALUATION** on your home or investment property, call your local agents today on **4950 8555** and find out how much your property is worth.



SETTING THE  
PROFESSIONAL  
STANDARD



AUSTRALIAN  
REAL ESTATE BLOG

First National Lake Macquarie is located at Edgeworth Town Square  
Shop 2, Building B, 720 Main Road, Edgeworth NSW 2285

Phone: 4950 8555 Fax: 4950 8666

Email: [admin@lakemacquariefn.com.au](mailto:admin@lakemacquariefn.com.au)

[www.lakemacquariefn.com.au](http://www.lakemacquariefn.com.au)





# ACTIVITIES AT THE CANOPY COMMUNITY CENTRES AND HALLS

All activities and times correct at time of printing but are subject to change.

## CAMERON PARK COMMUNITY CENTRE

### MONDAY

**6.30am** Active OOSH Cameron Park  
P 0409 286 959

**9.30am** Mini Munchkins Playgroup  
E cameronparkminimunch-  
kins@gmail.com

**3pm** Active OOSH Cameron Park  
P 0409 286 959

**3.30** Northlakes Physie  
P 0412 704 940

**4pm** CADA Dance Academy  
P 0412 502 528

### TUESDAY

**6.30am** Active OOSH Cameron Park  
P 0409 286 959

**9am** Sloan Law (appointment only)  
P 4908 1140

**10am** Northlakes Salvos Mums Group  
(fortnightly) P 4957 5181

**3pm** Active OOSH Cameron Park  
P 0409 286 959

**5.30pm** Toogee Taekwondo  
P 0418 686 241

**6pm** DESIRE Health and Fitness  
P 0401 627 920

**6.15pm** Body Beyond Bootcamp  
Boxing P 0415 600 149

### WEDNESDAY

**6.30am** Active OOSH Cameron Park  
P 0409 286 959

**9.15am** BBB Mums and Bubs Training  
P 0415 600 149

**10am** Cameron Park Mixed Probus  
(monthly) E cameronparkpro-  
busclub@gmail.com

**10am** Savvy Circles Network  
(monthly) P 02 4946 1345

**3pm** Active OOSH Cameron Park  
P 0409 286 959

**3.30** Northlakes Physie P 0412 704 940

**6pm** Body Beyond Bootcamp  
Boxing P 0415 600 149

**6.30pm** Cameron Park Community  
Association (monthly)  
E cameronparkca@gmail.com

**7pm** Body Beyond Bootcamp Stretch  
P 0415 600 149

### THURSDAY

**6.30am** Active OOSH Cameron Park  
P 0409 286 959

**3pm** Active OOSH Cameron Park  
P 0409 286 959

**6pm** DESIRE Health and Fitness  
P 0401 627 920

**6.30pm** Zumba with Lenora  
P 0400 918 256

**6.15pm** GKR Karate  
P 0421 555 462

### FRIDAY

**6am** DESIRE Health and Fitness  
P 0401 627 920

**6.30am** Active OOSH Cameron Park  
P 0409 286 959

**10am** Mini Munchkins Playgroup  
E cameronparkminimunch-  
kins@gmail.com

**3pm** Active OOSH Cameron Park  
P 0409 286 959

**5.30pm** Toogee Taekwondo  
P 0418 686 241

**6.30pm** Sankha Ridma Sri Lankan  
Drumming P 0437 800 053

**7pm** Northlakes Christian Church  
Youth Group  
E rob@northlakeschristian.com

### SATURDAY

**9am** Cameron Park Fellowship  
P 0409 592 799

**2.30pm** Northlakes Salvos - Tribe  
(monthly) P 4957 5181

### SUNDAY

**9am** Northlakes Christian Church  
E rob@northlakeschristian.com

**5pm** Pentecostals of Newcastle  
P 0404 880 912

## WALLSEND PIONEERS MEMORIAL HALL

### TUESDAY

**6.30pm** Pilates  
E amylee84@icloud.com

### WEDNESDAY

**9:30am** Insight Exercise Physiology  
P 0404 467 001

### THURSDAY

**6:30pm** RollerFit All Levels

**7:30pm** RollerFit Dance

### FRIDAY

**9am** Ready Steady Go Kids  
P 1300 766 892

**6:30pm** Connecting With the Other Side  
(monthly) E info@louisehermann.com

### SUNDAY

**9am** Newcastle Stamp and Coin Fair  
(monthly)

## ELERMORE VALE COMMUNITY HALL

### MONDAY

**6.15pm** Newcastle Men's I-Group

### TUESDAY

**4.30pm** Teagan Bryan Personal Trainer  
P 0403 501 703

**5pm** Group Circuit Training  
P 0403 501 703

**6pm** Group Circuit Training  
P 0403 501 703

**7.15pm** HCCF Referees Club

### WEDNESDAY

**7pm** Yoga

### THURSDAY

**4.30pm** Teagan Bryan Personal Trainer  
P 0403 501 703

### FRIDAY

**9:30am** Little Angels Playgroup  
E littleangelsplaygroupnsw@gmail.com

### SATURDAY

**8am** Group Circuit Training  
P 0403 501 703

## FLETCHER COMMUNITY CENTRE

### MONDAY

**9:30am** Playgroup

**6:15am** Judo

### TUESDAY

**4pm** Lake Macquarie Physical Culture

### WEDNESDAY

**4pm** Lake Macquarie Physical Culture

### WEDNESDAY (continued)

**6.30pm** Bluegum Hills Neighbourhood  
Watch 4<sup>th</sup> Wednesday of the month  
P 0414 733 925

### FRIDAY

**3pm** Scope IT Kids Coding  
P 1300 761 254

### SUNDAY

**9:30am** Grace Baptist Church



## ACTIVITIES AT THE CANOPY COMMUNITY CENTRES AND HALLS

CONTACT DETAILS FOR ACTIVITIES ARE LISTED BELOW. *WHERE NO CONTACT IS LISTED PLEASE PHONE 02 4908 1140*

### MARYLAND NEIGHBOURHOOD CENTRE

#### MONDAY

**8:15am** Healthy Hearts Special  
P 4955 8111

**9am** Healthy Hearts P 4955 8111

**10am** Healthy Hearts Meditation (3<sup>rd</sup> of month) P 0413 137 324

**10am** 1st of month Charity Knitting

**4pm** Little Taeks Kids Taekwondo  
P 0418 686 241

**4.30pm** Centre Stage Performing Arts

**5pm** Toogee Taekwondo  
P 0418 686 241

**7pm** St John Ambulance

#### TUESDAY

**9:30am** Playgroup

**2pm** Hunter Prostrate Cancer  
Awareness Support Group  
P 4969 5451

**3.30pm** Centre Stage Performing Arts

#### TUESDAY continued

**6pm** Centre Stage Senior Jazz

**6:30pm** Aboriginal Painting  
P 4955 8111

#### WEDNESDAY

**8.15am** Healthy Hearts Special

**9am** Healthy Hearts

**10am** Mums and Bubs Playgroup  
P 4955 8111

**10am** Tech Time

**5pm** Toogee Tae Kwon Do

**7:30pm** Newcastle Budgerigar Club

#### THURSDAY

**10am** Sheilas in the Shed  
(1<sup>st</sup> of month) P 4955 8111

**5pm** Performability P 4955 8111

**6.30pm** HUB Choir

#### FRIDAY

**8.15am** Healthy Hearts Special

**9am** Healthy Hearts

**10am** HUB playgroup P 4951 6989

**10am** Maryland Bluegum Hills Probosc  
Club (2<sup>nd</sup> of the month)  
P 0402 476 631

**7:30pm** Newcastle Budgerigar Club

#### SATURDAY

**1pm** Christian Biblical Church of God  
(fortnightly) P 0411 236 485

#### SUNDAY

**9am** Church on the Rock  
P 0477 923 324

**10am** African Australian Christian  
Fellowship P 0469 781 374

**IF YOU WOULD LIKE TO HIRE A  
SPACE IN THIS VENUE, VISIT**  
[thecanopy.org.au](http://thecanopy.org.au)

### MINMI HALL

#### MONDAY

**6pm** Kathryn Barker Personal  
Trainer P 0466 318 953

**7:30pm** Morris Owners Club of the Hunter  
(monthly)

#### WEDNESDAY

**8.45am** Kathryn Barker Personal  
Trainer P 0466 318 953

**7pm** Newcastle & Hunter Region Antique  
Bottle & Collectables Club

**7:30pm** Hunter Valley Torana Club  
(twice monthly)  
P 0432 333 729

#### THURSDAY

**6.30pm** Tanya Milunovic Personal Trainer

#### FRIDAY

**8.45am** Kathryn Barker Personal  
Trainer P 0466 318 953

#### SATURDAY

**8am** Kathryn Barker Personal  
Trainer P 0466 318 953

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[thecanopy.org.au](http://thecanopy.org.au)

### ELERMORE VALE COMMUNITY CENTRE

#### MONDAY

**7am** Elernmore Vale OOSH  
P 4951 4165

**2pm** Elernmore Vale OOSH  
P 4951 4165

**6:30pm** Chi Gong & Meditation  
P 0416 120 193

#### TUESDAY

**7am** Elernmore Vale OOSH  
P 4951 4165

**2pm** Elernmore Vale OOSH  
P 4951 4165

**6pm** Yoga  
P 0421 076 244

#### WEDNESDAY

**7am** Elernmore Vale OOSH  
P 4951 4165

**2pm** OOSH P 4951 4165

**7pm** Yoga  
P 0459 263 007

#### THURSDAY

**7am** OOSH P 4951 4165

**10am** Elernmore Vale Social Support  
Social Day  
P 4961 2686

**2pm** OOSH P 4951 4165

**6pm** Australasian Native Orchid  
Society – Newcastle

**6pm** Sew It Seams Quilting Group

#### FRIDAY

**7am** Elernmore Vale OOSH  
P 4951 4165

**8am** Scrapbooking and  
Cardmaking (monthly)

**9:30am** ARTS4U Art Classes  
P 0417 998 321

**2pm** OOSH P 4951 4165

#### SATURDAY

**7.30am** Teagan Bryan Personal  
Trainer P 0403 501 703

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## LONG TERM CAMERON PARK RESIDENT PROVIDES FAMILY DAY CARE

Janelle, a long term Cameron Park local, has been running a family day care service in the area since 2003.

**What do you love about Cameron Park?** My family moved to Cameron Park in 1996 just before our third child was born. I love that we are fairly central to everything, shopping centres, medical services and schools. Just a short drive to the freeway and nothing seems more than 20 minutes away. We have also been very fortunate to have had great neighbours in our street. I like all the parklands/bush and walkways/cycleway we have in the suburb. The people are friendly and return my hellos while walking. We have the community group to support our suburb and lots of sporting groups in the areas including 1<sup>st</sup> Edgeworth Scout Group. We have watched the suburb grow in the last 21yrs with the community centre and now IGA. My parents soon followed us and moved to Cameron Park.

**What made you decide to start a family day care service?** I grew up with one of the first purpose built private preschools in Newcastle in my backyard run by my mother. I earned pocket money, preparing paints for children to use the next day. In later years I was working for my mother when she decided to retire and sell the business. I loved working but did not want all the paperwork and responsibilities to run a centre.

*I had three children at school and there was no after school care service in the area. The older two had been in family day care for after school care but the educator could not have the third child due to number restrictions. It was the final push I needed to move into family day care so I could continue to do the work I enjoyed but still care for my own children.*

### **What do you enjoy most about working with children?**

*I love running my service. The small group allows me to learn about and understand each child as well as developing a strong and positive partnership with the parents. I enjoy planning for each child's learning and watching the children enjoy activities together. They all learn from each other and become a small family.*

**What are some of the benefits of family day care?** Family Day Care offers all the benefits of care and education in a home environment and is flexible with hours—parents may be working, studying, or just seeking a break and looking to socialise their children. Both casual and part time care is available. For more information about Janelle's Early Learners Family Day Care, please call her on 0401 086 555. Families need to register with Lake Macquarie Family Day Care to access any care. Registration is available on line [www.lakemac.com.au](http://www.lakemac.com.au) or 02 4921 0156. Eligible families can receive Child Care Benefit and Child Care Rebate.

## Looking for Childcare in Cameron Park?



# Early Learners Family Day Care

**High Quality Child Care and Education  
in a home setting for children 0—6yrs**

**Government rebates available**

**Operating since 2003  
Diploma in Children's Services**



**For more information call Janelle**

**Phone: 0401 086 555**

**Email: [janellec61@dodo.com.au](mailto:janellec61@dodo.com.au)**

**Registered with Lake Macquarie Family Day Care**



### **MESSAGE FROM JOEL FITZGIBBON MP Federal Member for Hunter**

I'm thrilled the third round of the Stronger Communities Programme (SPC) is now open. This means the Hunter electorate has access to \$150,000 worth of grants. Applicants will be eligible to apply for a grant between \$5,000 and \$20,000 to fund a project that will benefit the local community and increase public participation. For more information about grants, visit [www.joelfitzgibbon.com/grants](http://www.joelfitzgibbon.com/grants) for more information.

I'm also calling on all community groups in the Hunter electorate to get in contact with my office to let us know your group's up to date contact details so we can keep you across the latest information about our exciting grants program. If you are a member of a not for profit organisation, sporting group or community group, call my office on 02 4991 1022 or email [joel.fitzgibbon.mp@aph.gov.au](mailto:joel.fitzgibbon.mp@aph.gov.au)

We would love you to register your group's name and contact details to ensure you receive our latest updates.

As always, if you have a Federal government issue you need assistance with, contact my office by calling 02 4991 1022. Don't forget to follow me on social media 'Joel Fitzgibbon MP' on Facebook, @fitzhunter on Twitter and FitzyMP on Instagram.

## UPCYCLING AT CAMERON PARK

Anna Dowley, The Canopy's Community Innovation Manager recently attended an Upcycling workshop that was held at Cameron Park Community Centre. We were curious about her experience:

**What attracted you to join in on an "upcycling" workshop?** Although I work for The Canopy I participated the Upcycling workshop as a local resident. I was interested in learning about how to remake old clothes that might have otherwise gone into landfill into something that had new life. Since going to the workshop I've had a wardrobe clean-out and have a number of projects in mind for reuse of the old clothes.

**What kinds of conversations ensued at the workshop?** There was a lot of conversation about the different ideas that people had for their project on the day which was a great way to get new ideas, see examples of what has worked well before and learn some new tricks. The atmosphere was welcoming and collaborative, and I enjoyed the opportunity to meet other people who also had an interest in upcycling.

**What kinds of things did participants make at the workshop? What did you make?** The workshop was a Tshirt upcycling workshop which showed us how to use tshirts to make yarn, sew a pair of children's pants or use pieces of more than one shirt to create a more interesting shirt. I changed the neckline on an old tshirt from round to a v neck and also put some panels in the sides so that it was a more comfortable fit.

**Is this only for those who know how to sew?** The workshop that I attended involved using a sewing machine but a number of Simple Upcycling workshops were also run across Lake Macquarie which didn't involve any sewing skills. These workshops covered making a produce bag from old curtains, a shopping bag from an old tshirt and a planter pot using jeans scraps.

**Can we expect more upcycling workshops or events in the future?** Upcycling Newcastle have an Upcycled Rag Rug Workshop coming up on Saturday 29 July, noon-5pm, at New Lambton Uniting Church Hall. At the workshop, Upcycle Newcastle will be demonstrating at least 5 different techniques to turn old t-shirts, jeans, clothing and sheets into fantastic rugs. Techniques will include sewing and other techniques including finger crocheting, toothbrush needle technique, coiling, braiding and shaggy rug methods. You can try one or all techniques on the day. Start collecting old t-shirts, jeans, clothing, sheets and doona covers to use. Bookings are essential.

Email [upcycling@transitionnewcastle.org.au](mailto:upcycling@transitionnewcastle.org.au) or call Cathy Stuart on 0411 434 013.



Saturday 26th August 2017 3—6pm

Cameron Park Community Centre  
107 Northlakes Drive, Cameron Park

**Hurry—limited entries only!!**

Cook a dish that showcases your culture— great prizes for the best dishes.  
Visit our website or contact us for more information and an entry form.

**Eligibility**

Over 18 years of age  
Current resident of Lake Macquarie or Newcastle  
Amateur cooks only

**First round—Free choice    Finals round—Mystery Ingredients**  
**\$10 entry fee**



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Dietitian • Podiatrist • Physiotherapist

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Support The Canopy for just \$65 and receive hundreds of dollars worth of savings at the same time!

Enquiries P 02 4908 1140 or E [annad@thecanopy.org.au](mailto:annad@thecanopy.org.au)



## STALLHOLDERS WANTED

### Cameron Park Twilight Festival

Contact [annad@thecanopy.org.au](mailto:annad@thecanopy.org.au)

## PARENTS AS TEACHERS

EVERY MONDAY DURING  
SCHOOL TERMS AT WEST WALLSEND

Meet other parents, share a morning tea together, make toys from everyday items, have fun playing with your child, be welcomed in a supportive environment.

For more information

P: 0249 545 277



## COMMUNITY CONVERSATIONS: FLETCHER



A Community Conversation was held in Fletcher Community Centre on June 20<sup>th</sup>.

From that conversation, we learned that:

- People want to build connections between neighbours.
- People want a larger range of options to connect with neighbours, being mindful that people's lives are busy and not everyone is able to commit to regular face to face meetings.
- There were specific concerns about safety in general, and concerns about elderly people being isolated.
- Residents believe there needs to be a focus on community get-togethers
- It would be useful to have an inter-agency for grass-roots community groups to learn more about what's available in the area
- Community focused groups such as Lions or Rotary were mentioned as being trusted to play a part in community actions and encouraging locals to participate.

For more information about Community Conversations or to arrange one in your area, please contact The Canopy's Community Innovation Manager [annad@thecanopy.org.au](mailto:annad@thecanopy.org.au)

## ELMORE VALE MEN'S SHED MARKET DAY

Wallsend Sporties Club

Saturday 16th September 8.30 am to 2.00 pm

Contact Barry on 02 4955 8310

Elmore Vale Men's Shed Inc meets Monday to Friday  
8.30 to 12 noon at the rear of  
Elmore Vale Community Centre.

## DEDICATED TO COMMUNITY: SANCTUARY NEIGHBOURS COMMITTEE

Cathy Young, the Sanctuary Community Development Facilitator recently interviewed Noel Dowden, President of the Sanctuary Neighbours Committee, to find out what motivates him to volunteer his time on a community committee.

### Can you tell us a little bit about your family?

My wife and I were both born and raised in Narrabri, moved to Newcastle in 1991 for work and haven't looked back since. We spent a number of years at New Lambton Heights and when we retired three years ago we built here in The Sanctuary Estate, Fletcher. We have been married 41 years, have two grown children who live in the area, have lovely grandkids and enjoy walking, fishing and movies.



### What do you love about living in The Sanctuary Estate?

The Sanctuary Estate has a friendly hometown feeling where you know your neighbours and yet it is still close to the CBD and all of its amenities.

For us the Estate can be defined as a place of safety and comfort: it is a place where young families can grow and raise their children in a neighbourhood setting. Sanctuary Estate has so much to offer and many wonderful amenities such as parks and playgrounds, a community centre, playing fields, tennis courts and walking tracks.

### What do you enjoy most about being on the Sanctuary Neighbours Committee?

What I enjoy most about serving as President of the Sanctuary Committee and being a committee member has been seeing not only the good ideas centred on our community vibrancy, but the enthusiasm and dedication committee members have for the community and the area. I love that everyone has the ability to truly get involved in the community through our very active committee. Committees like these offer an opportunity to get to know people by working side by side with them and give you an 'every-one-knows-you' kind of a feeling.

*"There are so many opportunities to be a part of the community and not just a spectator"*

There are so many opportunities to be a part of the community and not just a spectator. Our committee strives to build and maintain a supportive, safe and inclusive Estate. Our objectives are to encourage community cohesion, promote neighbourhood awareness, support a safe environment and promote an inclusive, non-judgmental Sanctuary culture.

*If you have any questions about the Sanctuary Estate, please contact Noel - he'd love to say "hi" and welcome you into the community. He can be found on the*

***Sanctuary Neighbours Group Facebook page.***

<https://www.facebook.com/groups/sanctuaryneighbours/>



### HALLOWEEN AT SANCTUARY

Every year on Halloween, the Sanctuary kids enjoy walking around the estate gathering treats in their spooky costumes! Afterwards they all join up at our Spooky Disco in the Fletcher Community Centre. Even if you're not 'trick or treating' you're still invited to our Spooky Disco. The disco will be just \$2 per person which includes a free drink. There will be prizes for the Spookiest Costumes and Scariest Dancers and it will be loads of fun!

You can start your 'Trick or Treating' walk around the estate from the Community Centre at **5pm onwards on the 31st October. The Disco will run from 6pm - 8pm** (as it's a school night!).

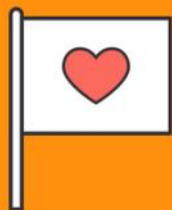
This should be loads of fun, see you on the 31st Oct!!!

NOTE: Residents please put a sign on your door or decorate your front door if you are open to Trick or Treaters knocking.





# WALLSEND PIONEERS MEMORIAL HALL OPEN DAY

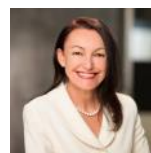


## LOCAL COMMUNITY GROUPS & HALL HIRERS HELD STALLS

Regular hall hirers and local community groups or organisations were invited to hold a stall. Representatives attended from The Canopy, Rollerfit, the Rotary Club of Wallsend-Maryland, Newcastle Stamp and Coin Fair, Insight Exercise Physiology, Wallsend Toastmasters Club, Blue Gum Hills Mens Shed Ladies Auxiliary, Wallsend Red Cross and the Wallsend Heritage Group.



## A MESSAGE FROM SONIA HORNER MP State Member for Wallsend



Winter is coming, or should I say, winter is here!

Parliament is about to resume from the winter

break and I will once again be busy in Macquarie Street advocating for the needs of people in the Wallsend electorate.

I have spoken on a number of issues, including the 10<sup>th</sup> anniversary of the Pasha Bulker storm, flooding in Wallsend and the increasing cost of electricity in NSW. We recently saw the NSW Budget handed down and when Parliament resumes I will be arguing for a greater share for Wallsend.

If you are having an issue with a State Government department, such as Family and Community Services or Fair Trading, get in contact. Also keep in mind that my office can help to arrange congratulatory messages for milestones like 50<sup>th</sup>, 60<sup>th</sup> or 70<sup>th</sup> wedding anniversaries and 80<sup>th</sup>, 90<sup>th</sup> or 100<sup>th</sup> birthdays. Please contact my office on 4950 0955 for further information. My office also provides Justice of the Peace services.

If there is an issue you think needs to be brought to the Government's attention, don't hesitate to get in contact with my office. I am here to make sure your voice is heard.

Warmest regards, Sonia Horner MP



## LOCAL PERFORMANCES

Piper Butcher performed a two part set on the stage for the event.

Piper is a 12 year old local performer with a passion for music who taught herself to play guitar and has been wowing the crowds with her talent ever since.



## 'ASK' QUESTIONS

The Canopy asked attendees four questions to get an understanding of their aspirations for Wallsend.

1. What kind of community do you want to live in?
2. Why is that important to you?
3. How is that different from how you see things now?
4. What are some of the things that need to happen to create that kind of change?



## ANSWERS TO 'ASK' QUESTIONS

We learnt that those who attended want to live in a safe, friendly, vibrant community. It is important to them that they and their families live in a supportive community which is safe because people know one another.

This is different to how things are now as people seem lost and divided but this could be changed by more community programs and initiatives.



## GENERAL FEEDBACK

Those who attended indicated that:

- It was a good opportunity to find out about the activities and groups that are based in Wallsend
- They felt welcomed
- It was a 'great afternoon' which provided the opportunity to talk to other people



## THE ESSENTIAL GUIDE TO RELAXATION

October is Mental Health Month, a reminder to look after our own mental health, and the wellbeing of those around us. We've all been told how important relaxation is but how often do we actually practice it? Here's a simple guide to follow:



Knowing how to chill out and relax is important for your mental and physical health, particularly if you're going through a stressful time. Learn why relaxation is so important, get ideas for different ways to relax, and check out what to do if you're finding it hard to chill out.

This can help if:

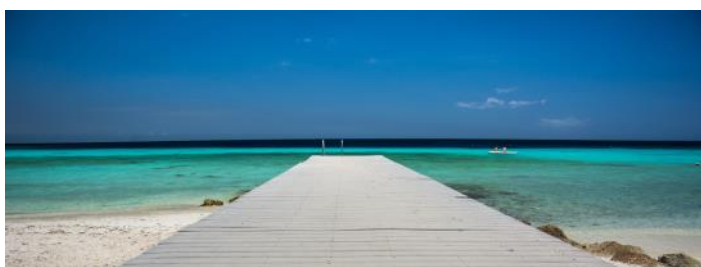
- you feel stressed or anxious
- your life is crazy busy
- you have trouble finding time to relax.

**Why is it so important to relax?** Relaxation is super-beneficial to your mental health and wellbeing. Everyone needs time in their everyday lives to chill out and enjoy themselves, but it's easy to forget to relax when things get busy. If you know how to relax, and make an effort to actually do it when you need to, it can be a great coping strategy for when you're stressed out.

If you get some chill-out time every day, you can expect to:

- keep your stress levels in check
- sleep better
- improve your mood
- Improve your memory and concentration
- be healthier.

**Relaxation strategies to try** There are lots of different things you can do to relax and chill out. Some forms of relaxation are simple and easy, while others require more discipline and some practice. If you're looking for ways to relax, try some of the suggestions below, work out which ones suit you, and then make them a regular habit.



### Some relaxation activities to try:

- Go for a walk: it's simple, free, and you can make it as long or as short as you want.
- Focus on your breathing using the ReachOut Breathe app
- Practise mindfulness even if it's just while brushing your teeth.
- Listen to some quiet music
- Go fishing.
- Play your favourite sport or game with your friends
- Take a warm bath.
- Go to a movie or watch a DVD.
- Focus your attention on a puzzle.
- Read a book.
- Learn yoga or meditation.
- Try progressive muscle relaxation

**What if I just can't relax?** If you're struggling to relax, don't worry - you're not alone. It can be difficult to find the time, and to switch off your brain. Like most things, relaxation takes practice. But if you're having a lot of trouble with it, have a chat with someone you trust, such as a parent, teacher or counsellor. If you're worried about it, make an appointment with your GP and together you can figure out a plan to get it under control.

**What can I do now?** Experiment with different relaxation techniques - some strategies will work better for you than others. Download the ReachOut Breathe app. Make relaxation a priority and schedule it in as an everyday activity.

Article courtesy Reachout.com



### HEALTHY HEARTS EXERCISE CLASSES AT CAMERON PARK

A Mixed Variety Of Exercises

Using Balancing and Co-Ordination Skills

Strength Exercises using Weights, Exercise Balls, Therobands, Agility Ladders, Chair Exercises, Cardio Exercises, Stretching such as Yoga and Body Balance.

Registered and Fully Qualified With Fitness Aust.

Now on at Cameron Park Community Centre

Fridays 10.30am – 11.15am

Cost is \$6.00 per class,

Bring your own water bottle and towel

**Contact:** Julie, Just Move Fitness 0413 137 324



The Canopy is very proud to have been selected again as a finalist in the Lake Macquarie Business Excellence Awards, this year in 2 categories: Business Person of The Year and Non Profit/Charity of the Year.  
Congratulations to the winners and all the other finalists!

**WALLSEND CAMERON PARK MARYLAND FLETCHER ELMORE VALE MINMI**

Wallsend Pioneers Memorial Hall



Cameron Park Community Centre



Maryland Neighbourhood Centre



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Fletcher Community Centre



Elmore Vale Community Centre



Elmore Vale Community Hall



Minmi Progress Hall