

NEWS



CAMERON PARK . CARDIFF . ELERMORE VALE . FLETCHER . MARYLAND . MINMI . WALLSEND



The Canopy is a non-profit community organisation that manages local services and projects which aim to provide safe and welcoming environments for children, families and communities to grow.



THE CANOPY SERVICES

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

PHONE: 0249 081 140 ENQUIRIES: info@thecanopy.org.au WEBSITE www.thecanopy.org.au

CHILD AND FAMILY SERVICES

The Canopy provides parenting programs 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.

PARTNERSHIPS & COLLABORATIONS

The Canopy actively works in partnership with other community organisations and businesses to improve outcomes for children, families and communities in Lake Macquarie, Newcastle, Central Coast and the Hunter.

COMMUNITY DEVELOPMENT

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.

VENUE HIRE

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.

COMMUNITY FACILITIES MANAGED BY THE CANOPY

For all bookings enquiries please phone 0249 081 140 or email bookings@thecanopy.org.au

Cameron Park Community Centre
Cardiff Child and Family Services
Maryland Neighbourhood Centre
Fletcher Community Centre
Elermore Vale Community Centre
Elermore Vale Community Hall
Wallsend Pioneer Memorial Hall
Minmi Progress Hall

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.

The Canopy is happy to accept editorial content from Lake Macquarie residents, groups and organisations.

Publication depends on space available.

ADVERTISING RATES

These are subject to change in 2017, please email choices@thecanopy.org.au to confirm current 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) \$220

Prices based on supplied artwork





Cameron Park Community Centre is located at 107 Northlakes Drive Cameron Park. The Centre is managed by The Canopy Inc and the building is owned by Lake Macquarie Council. The Centre focusses on meeting the needs of residents in Cameron Park and surrounding areas by providing community programs, space for community groups to meet and resources to support local group activities.



MODERN AND SPACIOUS FACILITIES FOR HIRE VACANCIES AVAILABLE 2017

Reasonable Rates, Discounts For Non-Profit Groups, Casual or Permanent Hire Visit: 107 Northlakes Drive, Cameron Park during business hours for a tour.

Phone: 02 4908 1140 Email: bookings@thecanopy.org.au Check out our online booking system: www.thecanopy.org.au

ACTIVITIES AT CAMERON PARK COMMUNITY CENTRE

MINI MUNCHKINS PLAYGROUP

Playgroup runs at the Cameron Park Community Centre on Mondays 9:30 – 11:30am and Fridays 10am – 12pm.

ZUMBA

Thursdays at 6:30pm. First class is free, following classes are \$12. All fitness levels welcome. For information phone Lenora on 0400 918 256.

NORTHLAKES CHRISTIAN CHURCH AND YOUTH GROUP Meets at

Cameron Park every Sunday morning at 10am. Childcare and Kids Church available! Friday night Youth Group every Friday during school term from 7 – 8:30pm, open to high school students years 7-12.

Contact Rbranham@bigpond.com

CAMERON PARK COMMUNITY ASSOCIATION

Monthly meeting at the Cameron Park Community Centre, commencing 6.30pm, first Wednesday of each month. All residents welcome. Email: cameronparkca@gmail.com or Phone: 0421 000 033

DANCE CLASSES

Specialising in all styles from 2 years to teenagers. Classical ballet, jazz, contemporary, cheerleading, singing, drama and private tuition. Every Monday 4 – 8pm. For information email info@chauntellealydiadanceacademy. com.au or phone 0412 502 528.

TOOGEE TAEKWONDO Traditional Taekwondo. Weekly on Tuesdays and

Fridays from 5:30 – 7pm. For enquiries phone 0418 686 241.

SLOAN LAW

FIRST CONSULTATION FREE

Half hour appointments to confer with a qualified lawyer on Tuesday mornings. Phone 02 4908 1140 to book. *Appointments essential*.

BOXING AND STRETCH CLASSES

Boxing Wednesdays 6pm
BBB Boxing is suitable for any fitness level and for any fitness type.
Stretch Wednesdays 7pm
Stretch class is similar to yoga it is excellent for the body, the mind and is a great way to relax. Phone
0415 600 149 for more information.

CAMERON PARK MIXED PROBUS

Are you retired? We meet on the first Wednesday of the month, 9:30am – 12pm. Email cameronparkprobusclub@gmail.com

SAVVY CIRCLES NETWORK

Get to know other consultants from the Direct Sales/Party Plan Profession in your local area. Monthly on Wednesdays from 10am – 12pm. For information phone 4946 1345 or visit www.savvycirclesnetwork.com

COMPUTER LESSONS

Customized to suit you. Weekly on Tuesdays 10am – 1pm, \$5 per class. Phone 4908 1140 for more information.

VACATION CARE AND OUT OF SCHOOL HOURS CARE

All primary school aged children

welcome. Enquiries phone 0409 286 959 or

email: cameronparkoosh@gmail.com

PHOTOCOPYING AVAILABLE CAMERON PARK COMMUNITY CENTRE

PRICES:

	A4	A3
B&W	\$0.15	\$0.30
COLOUR	\$0.20	\$0.50
LAMINATING	\$2.00	\$4.00

NEW ACTIVITIES FOR 2017

NORTHLAKES PHYSIE Physie

caters for all ages so please call Kylie on 0412 704 940 for more information.

LITTLE KICKERS AND RUGBY Little

Kickers and Rugby is running on Tuesday and Wednesday mornings from 9.30-11.30am. Please contact Naomi at nboots@littlekickers.com.au

MUMS AND BUBS FITNESS CLASS

Friday mornings from 8.45-9.45am. For more details call Stephanie on 0401 627 920

NORTHLAKES PHYSIE CLUB COMES TO CAMERON PARK

Kylie Martin started physie when she was 7 years old and continued until about 17 years



of age. In this time, she was lucky enough to compete at National level and placed 4^{th} at the Opera House.

After having nearly 18 years

off she decided to return to Physie with her 3 daughters. Kylie says: "returning to Physie at 33 years of age was one of the best decisions I made. I returned to a lot of familiar faces that I competed against as a child and it was wonderful to see most of the ladies were now enjoying the sport with their daughters". She started teaching 6 years ago. Kylie states there is an aura of confidence around Physie girls of all ages: "Taught to stand tall, with strength and pride, they are team players committed to achieving their goals."

WHAT IS PHYSIE? Physie is a mixture of dance such as jazz, ballet, hip hop, contemporary, aerobic dance and even yoga! The choreography changes annually and is designed for maximum variety and fun. Physie is great to build muscle, strength and co-ordination, increases flexibility, balance and focus, encourage imagination and creativity and develop social skills and meet new friends. Mums, daughters and even nans can all do it together.

Enquiries: Kylie on 0412 704 940.

CAMERON PARK COMMUNITY SURVEY: A BRIEF OVERVIEW

Results of 75 Cameron Park resident responses between October and December 2016

I WANT TO LIVE IN A COMMUNITY THAT IS:

Safe, Connected, Friendly, Happy/Stress Free



SAFETY CONNECTEDNESS, FRIENDLINESS AND HAPPY/STRESS FREE ARE IMPORTANT BECAUSE:

I have a family with children

I want to feel part of a community/like I belong

I want to feel safe



CAMERON PARK IS DIFFERENT RIGHT NOW BECAUSE

Unsafe/crime/lack of road safety

No community connection

Not enough services/amenities

Not enough family friendly activities



IN CAMERON PARK WE NEED TO:

Get connected/hold community events

Prevent crime/improve road safety

Establish more facilities/amenities/services



WHAT ARE YOUR THOUGHTS? JOIN THE CONVERSATION:

facebook: cameronparkcommunitycentre



A MESSAGE FROM JOEL FITZGIBBON MP Federal Member for Hunter

Happy New Year to all readers. I hope Christmas was a happy and relaxing time for you and 2017 brings success, good health and happiness. Christmas was certainly a fortunate time for me because I was blessed with the opportunity to travel to London with my family (no taxpayers' money and no apartment purchased!) where we were able to visit our daughter who is working as a paramedic for the London Ambulance Service.

Like so many of our global cities, London is a wonderful place to visit. But every overseas visit serves as a reminder that we Australians live in the best country in the world. This is a view again confirmed by the OECD's annual "Better Life" survey which has rated Australia No.1. Let's work together to keep it that way!

My team and I are always keen to assist with issues or questions relating to Federal Government departments or to put you in contact with someone who can. Please ring, write, visit my website or call in. In addition to my Facebook page Joel Fitzgibbon MP, you can follow me on Twitter @fitzhunter or check my website www.joelfitzgibbon.com for information. Also feel free to contact the office, phone 49 911 022 or post to 3 Edward Street, (PO Box 526) Cessnock, 2325.

A MESSAGE FROM CLAYTON BARR MP



State Member for the Electorate of Cessnock:

Together with my staff, Anne and Perri, 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.

I will be in the Holmesville and Edgeworth areas for my Community Barr-becues in February and March. I'll provide the sausage, sauce and bread: you just have to turn up!

Edgeworth: Thursday 16 March: 4.30pm-6pm, Kane Bruce Memorial Park, Durham Drive.

Edgeworth: Thursday 23 March: 11.30am-1pm, park in Johnson Street.

You can follow me on my Facebook page "www.facebook.com/claytonbarrmp", go to Twitter and search @claytonbarrmp or check out my website at www.claytonbarr.com.au

Cheers, Clayton

CAMERON PARK TWILIGHT FESTIVAL

The second annual Cameron Park Twilight Festival took place on Saturday, 12th November 2016 and was attended by over 2,000 local residents.

The festival had something for everyone with reptile shows, performances, demonstrations, food, market and community stalls, roaming Star Wars characters, a free jumping castle and the opportunity to meet our local Police and members of Cameron Park Rural Fire Brigade. The event was organised by a community organising committee comprising of local community members, representatives from The Canopy, Lake Macquarie City Council, Ability Links and Cameron Park Rural Fire Brigade.

The committee would like to extend a big thankyou to the many local businesses who sponsored the event and without whom many of the activities would not have been possible. These were IGA Cameron Park, Optus, Northlakes Christian Church, Living Wealth Financial, Lake Macquarie Conveyancing, Happy Dots Occupational Therapy for Children and Anytime Fitness Edgeworth. Planning for the 2017 event will commence in February and we welcome local organisation or community members to join in to have your say about the event.

Please contact Anna at annad@thecanopy.org.au or on 4908 1140 to ask how you can get involved.























The Canopy joined the Cameron Park Rural Fire Brigade in December at Speers Point Carols by Candlelight to sell battery operated candles. The brigade members gave children a wonderful opportunity to play firefighters with a simulated fire and hose and of course they were able to explore the fire engines.



ELERMORE VALE COMMUNITY CENTRE



Elermore Vale Community Centre is located next to the Elermore Vale Shopping Centre, at 129 Croudace Rd. Elermore Vale, NSW 2287. The Centre is managed by The Canopy Inc and the building is owned by Newcastle City Council.

VENUE HIRE

The main hall is suitable for events of up to 80 people, and a separate room with a capacity of 15 is available for workshops or small classes. The kitchen is available for use by all hirers and features a commercial fridge, oven, microwave and urn.



For bookings and information please email bookings@thecanopy.org.au or phone 0249 081 140





FLETCHER COMMUNITY CENTRE



Fletcher Community Centre is located at 55 Kurraka Dr. Fletcher, NSW 2287. The Centre is managed by The Canopy Inc and the building is owned by Newcastle City Council.

The Centre focusses on meeting the needs of residents in Fletcher, The Sanctuary and surrounding areas by providing community programs, space for community groups to meet and resources to support local group activities.

For bookings and information please email bookings@thecanopy.org.au or phone 0249 081 140

VENUE HIRE

The perfect location for events and functions of up to 100 people such as special celebrations, weddings, conferences and meetings.

Function packages at Fletcher Community Centre include hire of the main hall, use of tables and seating, crockery, cutlery and use of the AV system (including a projector and multi-speaker sound system).

The semi-commercial kichen features a commercial fridge, large oven with 5 burner cooktop, microwave, urn and commercial dishwasher.



The smaller rooms at the centre can accommodate meetings of up to 15, and a kitchenette located close to these rooms offers tea and coffee making facilities.

FLETCHER RESIDENTS: VOLUNTEERS NEEDED FOR FUTURE PROGRAMS AT FLETCHER COMMUNITY CENTRE

The Canopy has recently taken over the management of Fletcher Community Centre and has some exciting plans in store for the second half of the year. We are looking for local residents with a few hours to spare each week to assist with the planning and implementation of community consultations and small community events. Are you able to help? Please email annad@thecanopy.org.au with "Volunteering" in the subject line, or phone 0249 081 140 during business hours.

FOR A LIST OF ACTIVITIES AT FLETCHER COMMUNITY CENTRE PLEASE SEE CENTRE SPREAD OF THIS NEWSLETTER



YOGA

PILATES



PHYSICAL CULTURE



PLAYGROUP





MINMI PROGRESS HALL



Minmi Progress Hall is located on Woodford Street, Minmi. The hall is managed by The Canopy Inc and the building is owned by Newcastle City Council.

VENUE HIRE

The hall is suitable for parties of up to 70 guests, and is also a great little venue for regular users such as dance classes, fitness classes or social groups. The kitchen contains a fridge, oven, pie oven and microwave, as well as an urn for tea and coffee making. For bookings and information please email bookings@thecanopy.org.au or phone 0249 081 140



FOR A LIST OF ACTIVITIES AT MINMI PROGRESS HALL PLEASE SEE CENTRE SPREAD OF THIS NEWSLETTER



TORANA CLUB



FITNESS CLASSES



ANTIQUE BOTTLE CLUB



WALLSEND PIONEER MEMORIAL HALL



Wallsend Pioneer Memorial Hall is located at 54 Cowper St. Wallsend, NSW 2287. The hall is managed by The Canopy Inc and the building is owned by Newcastle City Council. Built in the 1960's, the Wallsend Pioneers Memorial Hall features a large main hall, with polished floors and a raised stage with backstage area including wings, crossover and changerooms. Other features of this hall include a semi-commercial kitchen, with a large oven and five-burner stove, stainless steel benchtops, microwave, large fridge, and an urn for tea and coffee.

The hall can seat up to 200 and is perfect for large events, or for regular hires such as dance or fitness classes, or bookings where additional space is required. For bookings and information please email bookings@thecanopy.org.au or phone 0249 081 140



FOR A LIST OF ACTIVITIES AT WALLSEND PIONEER MEMORIAL HALL PLEASE SEE CENTRE SPREAD OF THIS NEWSLETTER

MONTHLY STAMP AND COIN FAIR



TAE KWON

ROLLERFIT CLASSES



INSIGHT PHYSIOLOGY



ELERMORE VALE COMMUNITY HALL



Elermore Vale Community Hall is located at 122 Cardiff Road, Elermore Vale. The hall is managed by The Canopy Inc and the building is owned by Newcastle City Council. The hall has an overall capacity of 65. It is suitable for events such as children's birthday parties, dance/exercise classes, or any other gathering that requires only a smaller space. The hall is hired with seating for 55, and five trestle tables are also provided. The kitchenette has a fridge, oven and urn. For bookings and information please email bookings@thecanopy.org.au or phone 0249 081 140



FOR A LIST OF ACTIVITIES AT ELERMORE VALE COMMUNITY HALL PLEASE SEE CENTRE SPREAD OF THIS NEWSLETTER





MEN'S GROUP



PLAYGROUP



ACTIVITIES AT THE CANOPY COMMUNITY CENTRES AND HALLS

CAMERON PARK COMMUNITY CENTRE

MONDAY

6.30am OOSH

9.30am Mini Munchkins Playgroup

3pm OOSH

3.30pm Northlakes Physie

4pm CADA Dance Academy

TUESDAY

6.30am OOSH

9am Sloan Law (appointment only)

9am Salvation Army Mothers

Group (fortnightly)

9.45am Little Kickers and Rugby

10am Computer Course

3pm OOSH

5.30pm Tae Kwon Do

WEDNESDAY

6.30am OOSH

10 am Cameron Park Probus

(monthly)

10am Savvy Circles (monthly)

3pm OOSH

6pm BBB Boxing

6.30pm Cameron Park Community

Association (monthly)

7pm BBB Stretch Class

THURSDAY

6.30am OOSH

3pm OOSH

6.30pm Zumba

7.30pm GKR Karate

FRIDAY

6.30am OOSH

8.45am Mums and Bubs Fitness

9.45am Yoga

10am Mini Munchkins Playgroup

3pm OOSH

5.30pm Tae Kwon Do

6.30pm Sri Lankan Drumming

7pm Northlakes Christian Youth Group

SATURDAY

9am Cameron Park Fellowship

4.30pm Northlakes Salvation Army

Tribe (monthly)

SUNDAY

9am Northlakes Christian Church

5.30pm Pentecostals of Newcastle





ELERMORE VALE COMMUNITY CENTRE

MONDAY

7am-9am OOSH

2pm-6pm OOSH

6.30pm-7.30pm Tai Chi

TUESDAY

7am-9am OOSH

2pm-6pm OOSH

WEDNESDAY

7am-9am OOSH

10am-12pm Bingo

2pm-6pm OOSH

6.30pm-8.30pm Yoga

THURSDAY

7am-9am OOSH

10am-1pm Social Day

2pm-6pm OOSH

6pm—9pm Sewing Club

6pm-9pm Native Orchid Society

(monthly)

FRIDAY

7am-9am OOSH

9.30am-12.30pm Art Classes

8am—12pm Craft Fair

(monthly)

2pm—6pm OOSH



FLETCHER COMMUNITY CENTRE

MONDAY	WEDNESDAY	SATURDAY
6am Yoga	6am Pilates	7am Yoga
9.30am Playgroup	4pm Physical Culture	SUNDAY
6pm Yoga	7.15pm Bible Church	9.30am Bible Church
TUESDAY	THURSDAY	4pm Yoga
6am Pilates	6am Yoga	

ACTIVITIES AT THE CANOPY COMMUNITY CENTRES AND HALLS

MARYLAND NEIGHBOURHOOD CENTRE

MONDAY

8:15am Healthy Hearts Special

9am Healthy Hearts

10am 1st of month Knitting 3rd of month Meditation

4pm Centre Stage

5pm Toogee Taekwondo

7pm St Johns Ambulance

TUESDAY

9:30am Playgroup

12pm Tech Time

2pm Prostrate Cancer group (monthly)

3:30pm Centre Stage

6pm Centre Stage Senior Jazz

WEDNESDAY

8:15am Healthy Hearts Special

9am Healthy Hearts

4pm Taekwondo Kids

5pm Toogee Taekwondo

7:30pm Budgerigar club (fortnightly)

THURSDAY

9:30am Family Music Fun: Do-re-mi program

10 am Sheilas in the Shed

4pm Level 3 Kodaly Music Kinders or Year 1

5pm Perform-ability

FRIDAY

8:15am Healthy Hearts Special

9am Healthy Hearts

9:30am Probus (monthly)

10am Playgroup

7:30pm Budgerigar Club (monthly)

SATURDAY

1pm Christian Biblical Church of God (fortnightly)

SUNDAY

9am Church of the Rock Ministries

1:30pm African Australian Christian Fellowship

ELERMORE VALE COMMUNITY HALL

MONDAY

6.15pm - 9.15pm Men's group (monthly)

TUESDAY

7.15pm - 9.15pm Football Refs club (monthly)

FRIDAY

10am - 2pm Playgroup

WALLSEND PIONEER MEMORIAL HALL

TUESDAY

5.30pm-6.30pm Taekwondo

WEDNESDAY

9.30am-10.30am Insight Physiology

THURSDAY

5.30pm-6.30pm Taekwondo

6.30pm - 9.30pm Rollerfit Class

FRIDAY

5pm-10pm

Connecting with the other side

SATURDAY

9am-11am Rollerfit class

SUNDAY

8am - 4pm Stamp and Coin Fair (monthly)



MINMI HALL

MONDAY

7.30pm-9.30pm Morris Club (monthly)

6.15pm-7.15pm Fitness class

WEDNESDAY

7.30pm-10.30pm Torana Club (fortnightly)

7pm-10pm Antique Bottle Club (monthly)

5.45pm-6.45pm Fitness class



VOLUNTEERS NEEDED

All of The Canopy's venues rely on volunteers to assist us

to connect with local residents in each community.

There are lots of ways in which volunteers can help with reception, event planning, small community projects, gardening, craft and more!

Call 0249 081 140 or email annad@thecanopy.org.au for more information.





MARYLAND NEIGHBOURHOOD CENTRE



Make a Difference

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 phone 0249 558 111.

CENTRELINK CONSULTATIONS FOR centrelink ABORIGINAL COMMUNITY

Late last year Michael Austin from
Centrelink came to Maryland
Neighbourhood Centre and assisted
some of our Aboriginal community
members. He also informed them about
changes to Centrelink and what is
available that they can access. Michael
would like to continue to have these
types of consultations with Aboriginal
Community members so if you would
like to chat with him in 2017 please
contact us, and we will invite him to the
Centre again this year.

If other community members would like a Centrelink session arranged at Maryland Neighbourhood Centre please let us know by phone 4955 8111 or message us on facebook/ marylandneighbourhoodcentre

CAN AND NON PERSIHABLE FOOD DRIVE

We would like to thank local community members who, through the Neighbourhood Centre, Glendore Public School, Callaghan College and Maryland Public School, gave to our can and nonperishable food drive. Last financial year we supplied vegetables and fruit for 3,500 people. That food is donated by Coles Fletcher and Glendale through the 2nd Bites Program and Oz Harvest.

The cans and nonperishable food is only given out in emergency food packs throughout the year and last year

we provided about 100 emergency packs. These were given to families who were struggling to the point they did not know where their next meal was coming from.

Maryland Neighbourhood Centre does not receive funding to provide this service. It is supported by fantastic volunteers who give up their time to collect, sort and distribute food. This includes local businesses who respond to community needs and selfless community members.

Your continued support and donations in 2017 will allow us to provide disadvantaged families with emergency food until we can refer them to further help. You never know when this could be you or your family members in need of a little assistance.

CRIME PREVENTION IN BLUE GUM HILLS



Snr Constable Jeff Milton came to the Centre to talk to a number of concerned community members who wanted to know how they should deal with crimes happening in the area. The meeting was attended by 25 community members including Sonia Hornery MP who is circulating a

petition for a police station to be re-established in the area. Snr Constable Milton explained that every morning the Police meet and look at the crime reports for the last 24 hours, last week and the last 6 weeks. They are looking for patterns and hotspots in crime. The suburbs that have the most reported against them are the ones that receive most attention. He also gave us some very low percentages of crime reported in our suburb, for example stealing was reported at 1.8% . He then explained if you:

- have an immediate emergency that is life threatening ring 000
- are reporting a crime ring Police Assistance Line 131 444, Waratah Police 4926 6599 or report in person.
- Have intelligence e.g. drug dealers, stolen property etc. ring Crime Stoppers

If you are interested in signing the petition you can do so at the Neighbourhood Centre. Community members will be holding another meeting this year.

SERVICES YOU MAY NOT KNOW ABOUT

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.

If you are interested in either of these please ring the Maryland Neighbourhood Centre on 0249 558 111.

SHEILAS IN THE SHED

2nd February will be the start of our Women's Shed. The small but enthusiastic organising committee has named the Maryland group "Sheilas in the Shed" The first meeting will be morning tea to welcome and introduce everyone to the shed and what it hopes to achieve. There is also discussion about night time groups as the committee wants to give all women the opportunity to enjoy the friendship and activities that will come from being involved. Suggestions for Sheilas in the Shed can be put into the pink suggestion box that will be in the foyer of the Neighbourhood Centre and a lookout for the Facebook page that will be up and running from January. This is destined to be a very caring, sharing and supportive group.

CULTURAL CONNEXION

Cultural Connexion is a series of 6 two hour workshops that will commence on the evening of the 23rd February, for 10 teenage boys and 10 teenage girls and their parent, carer or significant adult in their life. Each male adult and child will



be working together to make a didgeridoo and then learn to play it, whilst the women will be doing painting and weaving.

The overall aim of the project is to help young people connect to Aboriginal culture, family, education and community. Respect will be given

to men's and women's business with young people and their significant adult working together in culturally appropriate groups with two local Aboriginal artist

to achieve considerable artistic outcomes. The project will culminate in a community day that will allow participating youth to display their learning and achievements through the project. If you are interested in participating with your child 12-18 please ring Maryland Neighbourhood Centre on 4955 8111 you will need to register because of the limited numbers.



SOME OF THE WEEKLY ACTIVITIES AT MNC

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

Tech Time — Connect with others over the internet, share photos, use email, with confidence, develop a Facebook profile or whatever you need to learn. \$5 per class ring 0249 558 111.

Perform-Ability Dance and performance for young people with a disability every Thursday 5pm. Lots of opportunities throughout the year to perform publicly.

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

SOME OF THE MONTHLY ACTIVITIES AT MNC

Charity Knitting Group—If you like to knit or crochet you are welcome to come along and help making knee rugs beanies etc. 1st Monday of every Month at 10am Hunter Prostate Cancer Support and Awareness Group—Provides fellowship and shared experiences for people with prostate cancer. Partners and family members welcome. 2nd Tuesday of every month 2pm Probus—an association for active retirees to enjoy the

Meditation—Meditation helps to clam the mind , learn some techniques to meditate anywhere . 3rd Monday of every month 10am

fellowship of others. 2nd Friday of each Month from

Newcastle Budgerigar Club—Welcomes visitors and members on the 4th Friday of every month at 7:30pm. For hobbyists interested in keeping, breeding and exhibiting. www.budgerigar.com.au/Newcastle-budgerigar-club-inc.html

FOOD DISTRIBUTION PROGRAM

Maryland Neighbourhood Centre run a 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. Phone: 0249 558 111. There is no control over the quantity of food available.

CHURCH GROUPS WHICH MEET AT MARYLAND NEIGHBOURHOOD CENTRE

The Christian Biblical Church of God meets on the 1st and 3rd Saturdays of each month at 1pm. We have sermons and Bible studies focussed on: The meaning of life; What happens when we die? Is Jesus God or is the Father God? Who or What is the Holy Spirit? Does God care about our behaviour? All are welcome.

Church on The Rock Ministries International

Our church services are 10 am to 12pm at the centre, Our motto: "Bound by unity and love – small enough to know you by name and big enough to love you" Join the family fellowship with pastors Munya 0431 922 688 and Leticia 0477 923 324.

African Australian Christian Fellowship meet every Sunday 1:30pm to 5pm for prayer and worship.

HALL HIRE AND OFFICE HIRE AVAILABLE

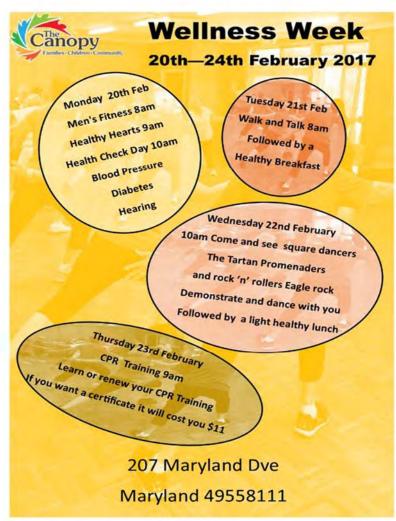


Planning a function? Looking for a place to meet? Reasonable rates Call 0249 081 140 for more information

Do-Re-Mi MUSIC FUN AND LEARNING

Passionate teachers engage young babies, toddlers, pre-schoolers and primary aged kids with music, movement, dance and fun using Australian content and music. The unique curriculum is based on the Kodaly approach- learning to sight read and play by ear- which means our kids are real musos! Research shows that multi-modal learning through music and movement is essential for brain development, creativity and coordination. But even better than that, Julie Logan Music sessions are fun for kids AND their parents! *Thurs 9.30-10.15* Family Music Fun: Babies to 5 years Do-Re-Mi program *Thurs 4.00-4.45* Level 3

Kodaly Music Kinders or Year 1 no prior experience necessary . Ph 0414 848 741 for more information.



WELLNESS WEEK ACTIVITIES

Maryland Neighbourhood Centre will be celebrating Wellness Week in February with a range of fun and healthy actitvities. Check out the poster or drop in to the Centre to find out more.

HEALTHY HEARTS

Healthy Hearts has gone from strength to strength. Not only is it an excellent way for older people to maintain their mobility and strength, but it is a lovely group who are totally involved in the community. Throughout this year they have had several events supporting charities such as Cancer Awareness, Daffodil Day and Walk a Mile Koorie Style raising around \$3000.

The participants also socialize after class, grabbing a coffee at the



Neighbourhood Centre kiosk and supporting each other through any struggles they may be facing.

If you would like to be part of an exercise class that looks after all aspects of your health, this is the one for you. Classes start again in February on Monday, Wednesday and Friday at 9am.





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 phone 02 4954 5277.



BRINGING UP GREAT KIDS FREE PROGRAM FOR PARENTS/CARERS

Learn more about the origins of your parenting style and how it can be more effective. A 6 session program for parents and carers ar Nar-un-bah Schools as Community Centres in the grounds of Fennell Bay Public School. Starting Wednesday 22nd February 10am-12pm. FREE course, and FREE childminding.

Learn about:

- The importance of self esteem building in children
- Ways for you as a parent to take care of yourself and to find support when you need it
- Understand the messages that children communicate to their parents
- Develop strategies to manage your parenting approach despite mounting pressures on your time and role

For more information please phone Julie on 0249545277 or Jen on 0249596140

In December, The Canopy Child and Family Services partnered with Macquarie Life Church to prepare and hand out hampers for families . Thank you to all those who assisted with this venture.



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 phone 0249 545 277





MESSAGE FROM PAT CONROY MP Federal Member for Shortland



Welcome to 2017. This year will see a significant change as my office is relocating from Cardiff to Belmont. Belmont is the central point of the Shortland electorate and makes it easier for people who live as far south as San Remo to be able to access the electorate office, hence the move. However, this process does take some time so I will still be at the Cardiff location for the next few months.

Throughout this year, I will continue to hold mobile offices, visit market stalls and shopping centers, and door-knock throughout the electorate. I like to get out and about as much as possible, to see the great electorate that I live and work in.

My office has been inundated with calls due to several Centrelink payment changes that have taken effect from January 1. These changes effect family payments and pensions. If you need assistance or would like further information please contact my office.

Currently Centrelink and NBN matters are the major issues that people tend to contact my office about 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 Citizenship and the Child Support Agency.

If you know of someone special who are about to celebrate a significant milestone why not organize a congratulatory message. 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.

If you want to organise a congratulatory message, want to know when we are next out and about in your area, or have a federal matter you need assistance with please contact my office on 4954 2611 or

123 MAGIC PARENTING PROGRAM

Only \$5 (for workbook)

8th, 15th 22nd February, 9.45am-12.15pm

Fletcher Community Centre Kurraka Drive, Fletcher

123 Magic looks at what children need from the adults around them, how their developing brains work and how we can best help them to learn to manage their own emotions. 123 Magic gives parents a chance to reflect on how they can calmly emotion coach their children to teach appropriate behaviour.

THINGS TO DO WITH THE KIDS BACK AT SCHOOL



The kids are back at school – whether you're happy or sad, you now have so much more time on your hands. So what to do next? Here are some ideas:

The world needs volunteers! So does your child's school. Have you thought about helping out with reading or in the canteen or joining the P&C? Your local community centre has lots of great volunteering opportunities – check us out!

Local charities are always on the lookout for people to lend a hand. Try Hunter Volunteers, the Fire Service or SES.

You've spent so much time running around after the kids, why not keep the momentum going? Join a gym, make up an exercise regime at home (jog around the yard, do weights with canned food or bottled water)

Time to prioritise YOU.

There are heaps of yoga and meditation classes around, find one that suits you. Join a book club check out what's on at your local library

- Meet up with friends
- Go for a coffee
- Make a time to go for a power walk
- Join a club
- Start a new activity



THE CANOPY AT CAMERON PARK, CARDIFF, ELERMORE VALE, FLETCHER, MARYLAND, MINMI AND WALLSEND.

From February 1st 2017, The Canopy will take over the management of several community facilities owned by Newcastle City Council. This includes Fletcher Community Centre, Elermore Vale Community Centre, Elermore Vale Community Hall, Wallsend Pioneer Memorial Hall and Minmi Progress Hall. If you are a resident near any of these venues, we would love to hear your suggestions about activities you'd like to see happen in your local community!

For information about any of the facilities, please email bookings@thecanopy.org.au













GET READY FOR THE 2017 ENTERTAINMENT BOOK

The Canopy is excited to announce that we will be fundraising with the 2017 Entertainment Book.

Pre-sales start early March. Enquiries phone 0249081140 or email annad@thecanopy.org.au

USEFUL PHONE NUMBERS Emergencies phone 000

Lifeline 131 114 (24 hour counselling service)

Kids Helpline 1800 551 800

Parents Helpline 1300 301 300 (8am to 10pm 7 days a week)

Salvo Care Line 1300 363 622 (24 hour counselling service)

Samaritans 1300 656 336

Housing Homeless Hotline 1800 152 152

Domestic Violence Helpline 1800 656 463

Poisons Information Line 13 11 26

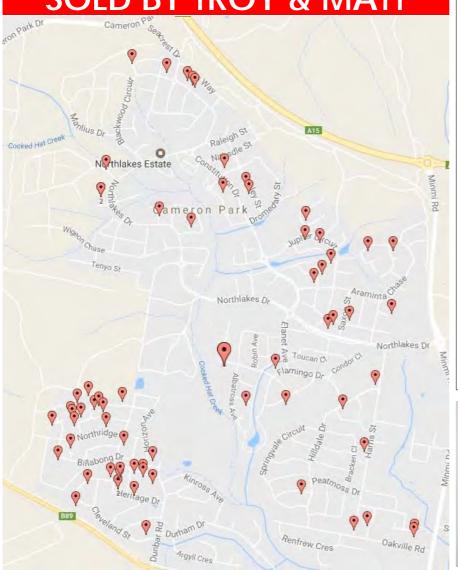


CAMERON PARK SPECIALISTS

Your home is your most valuable asset, don't you deserve to have the **best** Agency looking after your sale?

First National Lake Macquarie are the area's specialists who hold the record for most properties sold in the area and the suburb record for highest residential property sold!

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