

Seniors		
Friends & Neighbours: Social group - bus trips, fun days, guest speakers. On first & third Wednesdays	10am - 12pm 2 x per month	Emu Plains Community Centre (02) 4721 8520
Golden Oldies: Bus trips, social days, games, raffles, housie, craft. Friendship, activities, fun!	Thursday 9.30am - 12pm	South Penrith Neighbourhood Centre (02) 4721 8520
Senior Group: New members welcome. Please bring a plate to share for morning tea - come along for a cuppa and a chat	Thursdays (weekly) 10am - 12pm	Cranebrook Neighbourhood Centre Anna - (02) 4729 0442

TAFE Courses

Introduction to Mobile Technology: Understanding and using iPads and other tablets, mobile phones, social media, apps, cloud technology and more	Wed Term 4 9.30am - 12.30pm	Glenmore Pk - Floribunda Community Centre Julie - 4733 1499
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Women

Indigenous Young Mum's Group: Program for Aboriginal young mums and expecting mums aged 16-25 years or Aboriginal families with children from birth to 5yo.	Wed fortnightly 10am - 12pm during term	Cranebrook - Koolyangarra Aboriginal Child & Family Centre Mary - 0467 494 196
Koori Cuppa Time: Friendly group for Aboriginal women. Transport, refreshments & childcare provided.	Every 2nd Wed 10am - 12pm	Cranebrook Neighbourhood Centre Trudy - (02) 4729 3907
Make Time Women's Group: New members wanted - FREE social group for women; come along for a coffee and chat, try your hand at craft, cooking, and more	Tuesdays (weekly) during school term 9.30am - 11.30am	Cranebrook Neighbourhood Centre Anna or Zoe - (02) 4729 0442
"Taste of Everything" Workshops for Women: Beading, fixing taps, card making, attaching hinges and more	Thursday 9.30am - 11.30am	Glenmore Park - Floribunda Community Centre Julie - (02) 4733 1499

NCNS Locations

South Penrith Neighbourhood Centre
3 Trent St, South Penrith NSW 2750
Phone: (02) 4721 8520

Floribunda Community Centre
1 Floribunda Ave, Glenmore Park NSW 2745
Phone: (02) 4733 1499

North Penrith Community Centre (Kingswood Park)
66B Illawong Ave, Penrith NSW 2749
Phone: (02) 4721 0507

Cranebrook Neighbourhood Centre
Hosking St, Cranebrook NSW 2749
Phone: (02) 4729 0442

Koolyangarra Aboriginal Child & Family Centre
1 Kington Place, Cranebrook NSW 2749
Phone: (02) 4729 3907

Werrington Centre
71 Henry Lawson Ave, Werrington County NSW 2747
Phone: (02) 4702 6488

Nepean Community & Neighbourhood Services

NCNS 

RESPECT. RESILIENCE. RECONCILIATION.

www.nepeancommunity.org.au

Activity Directory - Term 4 2014

Wellbeing

Counselling: Free counselling service (provided by Building Strong Foundations- Community Health) at Kooly - for Aboriginal families with kids birth to 5yo.	By appointment fortnightly on Fridays	Cranebrook - Koolyangarra Aboriginal Child & Family Centre Carolyn - (02) 4729 3907
Aboriginal Immunisation Clinic: Run in partnership with Public Health. Friday 17th October, 14th November, 12th December.	One Friday per month 10am - 12pm	Cranebrook - Koolyangarra Aboriginal Child & Family Centre Carolyn - (02) 4729 3907
Counselling: Free counselling service (provided by Community Health) at Kooly - priority given to Cranebrook and/or Aboriginal community members	By appointment	Cranebrook - Koolyangarra Aboriginal Child & Family Centre Community Health - 1800 222608
Falun Dafa Qigong: Free meditation classes	Wednesday 7pm	Glenmore Park - 0459 099 689
Mootang Tarima (Living Longer): Free health screening, nutrition and lifestyle advice for Aboriginal people aged over 16 years.	Friday Monthly	Cranebrook - Koolyangarra Aboriginal Child & Family Centre Trudy - (02) 4729 3907
Tai Chi: People of any age or fitness level can benefit from Tai Chi. Improves mental alertness, suppleness & overall well-being. For stress management or exercise.	Friday 7pm - 8pm	Glenmore Park - Floribunda Community Centre Christie - 0431 149 131

Parents & Carers

Aboriginal Carers Group: Are you looking after an Aboriginal child or young person? (For both Koori & Non-Koori carers). Our aim is to help kids stay linked into their culture. Ring if you need help with transport.	1st Monday of the month 10am - 12pm	Arts & Craft Studio St Mary's Community Centre Cnr Mamre Rd & Swanston St Bronwyn - (02) 4702 6496
ADHD Parent Support Group: Come along to a new parents network/support group for parents/carers of children who have ADHD/ADD/ODD.	7.30pm - 9.30pm 3rd Monday of the month	South Penrith Neighbourhood Centre adhndnepeanpenrith@gmail.com
Family Support/Case management: Eligible Aboriginal families can access our Brighter Futures or Indigenous Parenting family support programs	Monday - Friday 8.30am - 4pm	Donna, Natasha or Bronwyn - (02) 4702 6488
Parents in Partnership (PIP): Catch up support group for parents with teenagers - a parent group with a difference! Craft, activities, light refreshments. Gold coin donation.	Wednesdays 12.30 - 2.30pm starts 15th October	Kingswood Park - North Penrith Community Centre Naomi - (02) 4721 0507
Western Sydney GrandCarers: Social support group for grandparents with full time care of their grandchildren	1st & 3rd Fridays of each month 10.30am - 1.30pm	South Penrith Neighbourhood Centre Cheryl - 0403 151 414

Exercise

Gentle Exercise: Class for all ages...fun and laughter guaranteed! Come along and join us - Suitable for all ages and fitness levels. \$6 per week.	Friday 9am - 10am	Kingswood Park - North Penrith Community Centre Naomi - (02) 4721 0507
Heartmoves: One hour Heart Foundation accredited class suitable for all ages & fitness levels. \$5 per class.	Wed 9.15-10.15am	Glenmore Park - Floribunda Community Centre Julie - (02) 4733 1499
Heartmoves: One hour Heart Foundation accredited class suitable for all ages & fitness levels. \$5 per class.	Mon 8.30-9.30am & Fri 8.00-9.00am	South Penrith Neighbourhood Centre (02) 4721 8520

Baby & Pre-School

Aboriginal Playgroup - Cranebrook: for Aboriginal families with children 0 - 5 years	Fridays during term 10am - 12pm	Cranebrook - Koolyangarra Aboriginal Child & Family Centre Carolyn - (02) 4729 3907
Nyrang Aboriginal Playgroup: for Aboriginal families with children 0 - 5 years. Lunch provided.	Tuesdays 12pm - 2pm	Kingswood Park - North Penrith Community Centre Tracie/Mary - (02) 4729 3907
Baby Clinic: Drop In Baby Health checks	Every second Friday morning 9.30 - 11.30am	Cranebrook - Koolyangarra Aboriginal Child & Family Centre Carolyn - (02) 4729 3907
Braddock Early Learning: Program for children starting school at Braddock Public School in 2014	During school hours	Braddock Public School BPS Office (02) 4729 0625
Braddock Playtime: Playgroup at Braddock Public School for families with children from 0 to 5 years. Games, books, singing, craft, painting, sand play and more.	Mondays 9.30 - 11.30am	Braddock Public School Zoe (02) 4729 0442
Children's Week Fun Day: FREE event for children 0 - 5yo and their families / carers. Lots of fun FREE activities!	10am - 12pm Friday 24th October	Cranebrook Neighbourhood Centre Zoe (02) 4729 0442
Orana Circle Time: We come to your playgroup / parent's group to facilitate a free one-off 40 min Circle Time session.	Must book one term in advance	Narelle - 0409 986 121
Paint Cranebrook REaD: For all parents / carers with children 0-5, come and join us for some reading, rhyming, singing and fun. Ring for dates.	1.45 - 2.45pm on Wednesday once a month	Cranebrook Shops Zoe: 4729 0442 or 0437 699 019
Play N Yarn: for Aboriginal children who haven't been to preschool and enrolling at Cambridge Park Public School. Run in partnership with Connect. Bring child's morning tea.	Fridays during term 9.00- 11.00am	Cambridge Park Public- Room 14 Mary - 0467 494 196 Kerri - 0414 503 547
Screening Service: Early intervention screening service for children up to 5 years (provided by Lapstone Preschool)	By appointment every 2nd month	Cranebrook - Koolyangarra Aboriginal Child & Family Centre Trudy - (02) 4729 3907

Parenting Programs

Circle of Security: Increase your awareness of your children's needs and your responses to those needs. Please book for workshop and child-minding.	10am - 12pm 8 x Fridays from 24th October	Glenmore Park - Floribunda Community Centre Narelle - 0409 986 121
Healthy Eating Lunchbox Session: for families with Aboriginal children going to Kindergarten in 2015. Bookings essential - FREE child-care, transport and morning tea.	10am - 12pm Friday 28th November	Cranebrook - Koolyangarra Aboriginal Child & Family Centre Carolyn - (02) 4729 3907
Play Power: for families of Aboriginal children 0-3yrs. Bookings essential - FREE child-care, transport and morning tea.	10am - 12pm Thursday 30th October	Cranebrook - Koolyangarra Aboriginal Child & Family Centre Carolyn - (02) 4729 3907
Resilience Doughnut: A tool for parent's to measure their child's resilience - how can we flip our child's problems into possibilities? Please book for workshop.	11am - 1.30pm Monday 8th Dec	Glenmore Park - Floribunda Community Centre Narelle - 0409 986 121
Special Playtime: Helps parents build a relationship with their child through play, to reduce negative patterns of interacting and increase co-operation.	11am - 1.30pm Thursday 23rd Oct	Glenmore Park - Floribunda Community Centre Narelle - 0409 986 121
Triple P Group: Positive Parenting Program for parents of children 2 -12yo. Build positive relationships, make parenting more enjoyable. Book for workshop / child-minding.	10am-12.15pm 6 x Wednesdays from 5th Nov	South Penrith Neighbourhood Centre Narelle - 0409 986 121
Triple P - Advanced Modules: for parents who have already completed Triple P. Modules include: Coping with Your Anger, Parent Traps and Partner Support.	Individual sessions by appointment	Narelle - 0409 986 121

Children & Young People

Afterschool Activities: Craft and fun activities for kids aged 5-12yo.	Tuesday 3 - 4.15pm	Kingswood Park - North Penrith Community Centre Monica - (02) 4721 0507
Breakfast Club: Free breakfast served on school days for any child attending Braddock or Cranebrook High - parents welcome to accompany them.	School days 7.30am - 8.45am	Cranebrook Neighbourhood Centre Anna - (02) 4729 0442
Monthly Fun Afternoons: FREE for children with a disability and their families. Art, craft and games. Let us know if you need transport. Run in partnership with Northcott.	After school until 5pm Last Tues of month (during term)	Cranebrook - Koolyangarra Aboriginal Child & Family Centre Carolyn - (02) 4729 3907
Glenmore Park Youth Drop-in: Free activities and games for young people 11yo+.	Each Tues & Wed 3pm - 5.30pm	GP Youth Centre, Luttrell St Aldo - (02) 4733 1499
In-School Resilience Programs: School-based programs to develop resilience, healthy peer relationships, prevent bullying, manage stress & more	By appointment	School-based Nerida - (02) 4733 1499
Kids Fun and Fitness: Would your child enjoy an exciting program of exercise and fun in a safe environment? For kids 5-14yo. Only \$5 per week.	Wednesdays 4pm - 5pm	Glenmore Park - Floribunda Community Centre Julie - (02) 4733 1499
Koori Games: a program for Koori kids of all ages and their friends, to participate in sports, learn new skills and have fun. Parents welcome.	Monday 3:30pm - 5pm	Cranebrook High School Outdoor Basketball Courts Roy - (02) 4729 3907
Koori Games: a program for Koori kids of all ages and their friends, to participate in sports, learn new skills and have fun. Parents welcome.	Thursday 3:30pm - 5pm	Kingswood Park Public School Ovals Roy - (02) 4729 3907
KP Active Kids Junior Program: for kids 4-8yo to participate in games and fun. Parents welcome.	Thursday 3pm - 4.15pm	Kingswood Park Public School Naomi - (02) 4721 0507
Kingswood Park Youth Outreach: BBQ and activities for 11-17 year olds.	Monday 3.30pm-7pm	Stewart Park, Caloola Ave Aldo - (02) 4733 1499
Nepean Young Pregnancy Support Group: for young women (under 25 years of age)	Tuesdays 10am - 2pm	13 Reserve St, Penrith Nerida - (02) 4733 1499
Walan Mahlee Dance Group: For Aboriginal girls 6 to 18yo to learn Traditional Aboriginal Dance from the Brewarrina area.	Fridays 3.30pm - 5pm during term	Cranebrook - Koolyangarra Aboriginal Child & Family Centre Tracie - (02) 4729 3907
Youth Hope: For information contact Gareth		Gareth - (02) 4702 6490

Community

Community Wardrobe: Clothing swap group. Bring an item, swap an item.	Mondays 9.30am - 10.30am starts 13th October	Kingswood Park - North Penrith Community Centre Naomi - (02) 4721 0507
Craft n Connect: Opportunity to finish off old craft projects and start new ones. FREE.	Monday 9.30am - 11.30am	Glenmore Pk - Floribunda Community Centre Jo - 0477 114 701
Creative Writing: Established writer or novice, poetry or prose - there's something for everyone.	Tuesdays 9.30am - 11am	South Penrith Neighbourhood Centre (02) 4721 8520
Kingswood Park Fun Afternoons: Fun free activities for the whole family on 15th October and 19th November.	3 - 5pm Wed Once per month	Kingswood Park - North Penrith Community Centre Monica - (02) 4721 0507
Men's Group / Shed: Expression of Interest for a men's group/ shed to get up and running.	Expressions of Interest	Cranebrook Neighbourhood Centre. Anna - (02) 4729 0442
The Pantry Program: Purchase discounted grocery items in bulk (Kingswood Park / Cranebrook residents only)	C: Once per term KP: Twice per term	Cranebrook: Anna - (02)4729 0442 Kingswood Park: Monica - (02) 4721 0507