











NCNS Term 2, 2023 Activity Directory

All NCNS activities are free of charge. Transport & childcare may be available, call to confirm.
Walk-ins welcome unless registration is required


EARLY CHILDHOOD

 Aboriginal Early Childhood Developmental Outreach Day: For Aboriginal children 0-6years. Bounce Mobile Dentistry dental checks. Building Strong Foundations blue book check. HAPPEE Hearing Check ups. Lunch & fruit provided	Wednesday 31st May 9am - 4pm	Koolyangarra Aboriginal Family Centre <i>Bookings essential!</i> Amy 0477 004 773 or Zoe 0409 986 121 / 4729 0442
 Kooly Play Connect Playgroup: In partnership with the Luke Priddis Foundation, this playgroup is designed for Aboriginal families of children 0-6yrs who have unique needs association with having an Autism Spectrum Disorder (ASD) or autism-like characteristics in communication & behaviour skills. Transport available.	Thursdays 10am - 12pm Weekly during school term starting 27th April 2023	Luke Priddis Foundation <i>Bookings essential!</i> Shop 1/496 High St, Penrith (Luke Priddis Foundation) Zoe 0409 986 121 / 02 4729 0442
 Dark Emus Aboriginal Supported Playgroup: For Aboriginal families with children 0-5yrs. Transport & morning tea provided.	Wednesdays 10am - 12pm Weekly during school term	Lifestart - St Marys Amy 0477 004 773 or Zoe 0409 986 121
 Kooly Aboriginal Supported Playgroup: For Aboriginal families with children 0-5yrs. Transport/ morning tea provided. We will be running a music program during playgroup this term to provide a fun way for kids to develop early speech & language skills.	Fridays 10am - 12pm Weekly during school term	Koolyangarra Aboriginal Family Centre Zoe 0409 986 121 or Amy on 0477 004 773 02 4729 0442
Braddock Playtime Playgroup: For parents, carers, & children aged 0-5yrs. Come & enjoy craft, indoor/outdoor activities, singing, stories & much more with your child.	Thursdays 9:45am - 11:30am Weekly during school term	Cranebrook Neighbourhood Centre Rabia 0417 550 382 / Leanne 0408 586 797 / 02 4729 0442

KIDS & YOUTH ACTIVITIES

 NAIDOC Cup: A FREE combined schools sports gala day for Aboriginal Primary School students and their friends. Schools can register teams in the Oz tag or Netball competition. (For Schools Only)	Tuesday 20th June 2023 9:30am start	Hunter Fields, Emu Plains Joy 0409 997 504 or email joy@nepeancommunity.org.au
 NAIDOC Jamison Park: Children and youth activities, Mixed touch football, mixed netball, games, free BBQ and more. NCNS will be providing a cultural tent with various cultural activities as well as an information stall.	Friday 7 July 2023 10am to 3pm	Jamison Park, South Penrith NSW 2750 Joy 0409 997 504 or email joy@nepeancommunity.org.au
 Aboriginal Homework Centre: Pop in and we will help you with your homework and your assignments. For young people aged 12 - 18 years old.	Tuesdays 3:30pm - 5pm 2nd May - 13th June 2023	Koolyangarra Aboriginal Family Centre Leonie 0400 914 173
 Koori Youth Drop In: Koori youth, come along to the Kooly after school for a chill and hangout. There will be afternoon tea and activities. Connect with other youth and make friends with people in your area. FREE program.	Mondays 3:30pm - 5:30pm 1st May - 19th June 2023	Koolyangarra Aboriginal Family Centre Leonie 0400 914 173
Music Program: Come along & join us for a musical experience in playgroups! We will be running a music program during Young Parents group at Cranebrook Neighbourhood Centre & Kooly Aboriginal Supported Playgroup at Kooly.	Mondays 10am - 12pm CNC Fridays 10am - 12pm Kooly	Mondays CNC Leanne 0408 586 797 Fri - Kooly Zoe 0409 986 121
Paint Braddock Read: Storytime before school – read, talk and sing.	Thursdays 8:30am - 9am Weekly during school term	Braddock Public School Jeanette 0417 550 382 / 02 4729 0442
Paint Kingswood Park Read: Storytime before school – read, talk and sing.	Mondays 8:30am - 9am Weekly during school term	Kingswood Park Public School Leanne 0408 586 797 / 02 4729 0442
KP Creative Kids: Explore using different art mediums like painting, clay & charcoal while chatting with friends. For children 6-12yrs. Afternoon tea provided.	Tuesdays 3pm - 4:30pm Weekly during school term	Kingswood Park Public School <i>Bookings essential!</i> Contact the school 4721 4414 / Leanne 0408 586 797
Cranebrook Kids: Free afternoon activity. Make some awesome artworks, run through our outdoor ninja courses & play games, all while developing new friendships. Afternoon tea is provided. Open to all primary aged students in Cranebrook.	Wednesdays 3pm - 4:15pm Weekly during school term	Cranebrook Neighbourhood Centre <i>Bookings essential!</i> Nada 0407 044 119 / 02 4729 0442
Playgroup in the Park, Community Playgroup: Our playgroup will help children develop social & communication skills, in a group situation, with a parent or carer by their side for support.	Wed 9:45am - 11:15am Weekly during school term	Allsop Oval park on Oxford St opposite Cambridge Park Leanne 0408 586 797 / 02 4729 0442
Breakfast Club: Free breakfast served on school days for all Cranebrook primary & high school aged students. The kids like to play handball, Lego & drawing some mornings. Breakfast options include toasties, cereal & fruit. Families welcome!	Weekly on school days only 7:30am - 8:45am	Cranebrook Neighbourhood Centre 02 4729 0442
 Kooly Deadly Kids Dance Group: Dance group for Aboriginal boys & girls, all ages. Come along & learn more about how Culture & dance come together. A opportunity for kids to learn new skills & enjoy themselves at the same time.	Wednesdays 3:30pm - 5pm Weekly school term from 3/5	Koolyangarra Aboriginal Family Centre Carolyn 0437 083 839 / Kooly 4706 0280
 N.I.C.E Program: Facilitated by Jie Pittman this is a cultural & creative program aiming to strengthen your connection & practice of culture. Hip hop, culture, film & music for Aboriginal young people aged under 25yrs.	Thursdays weekly 4pm - 6pm School term from 4th May	Koolyangarra Aboriginal Family Centre Carolyn 0437 083 839 / Kooly 4706 0280
Street Gym: In partnership with YMCA to provide fun, active after school sport and rec activities after school. Refreshments provided. Ages 12-16 years.	Wednesdays 3pm - 5pm 3rd May - 21st June 2023	Sherringham Oval, Borrowdale Ave, Cranebrook Leonie 0400 914 173 / Kooly 4706 0280

PARENTING WORKSHOPS & GROUPS

Young Parents: Join a supportive group in a relaxed atmosphere. Learn new ideas, techniques, share stories & relax with other young parents/carers. Morning tea provided. Limited transport, please book with Leanne. We will be running a music program during young parents this term to provide a fun way for kids to develop early speech and language skills.	Mondays 10am - 12pm Weekly during school term	Cranebrook Neighbourhood Centre Leanne 0408 586 797 / Zoe 0409 986 121
Nepean Young Pregnancy Support: For young women (under 25yrs old). Morning tea is provided, and support services are also available. Call to organise an appointment with the midwife.	Tuesdays 9am - 12pm Weekly during school term	Penrith Women's Health Centre Amy 0477 004 773 / Leanne 0408 586 797 / 02 4729 0442
Non-Accredited First Aid for Children & Babies: Learn how to confidently help your child in an emergency. Facilitated by an ICU Nurse. Topics include Cardiopulmonary resuscitation (CPR), Anaphylaxis, Asthma & Choking.	Wednesday 10am - 12pm 3rd May 2023	Cranebrook Neighbourhood Centre <i>Bookings essential!</i> Monica 0437 699 019 parenting@nepeancommunity.org.au
Circle of Security-Parenting (Online): Relationship-based early intervention program designed to enhance attachment security between parents and children. 7 Weeks <i>Online course!</i> (Open to NSW Residents only)	Tuesdays 10am - 11:30am 4th May - 22nd June 2023	Online via Zoom <i>Bookings essential!</i> Monica 0437 699 019 parenting@nepeancommunity.org.au
Tuning Into Teens: Tuning in to Teens is emotion-focused program that aims to give you helpful ways of teaching tweens & teens the skills of emotional intelligence. Suitable for parents of children & young people aged 8 - 16 years.	Wednesdays 10am - 12pm 10th May - 14th June 2023	Cranebrook Neighbourhood Centre <i>Bookings essential!</i> Monica 0437 699 019 parenting@nepeancommunity.org.au
Parenting After Family Violence: A nurturing, kind program for mothers/ female caregivers who wish to heal relationships with their children and teens after family violence. Address to be sent via SMS to participants one week before the first session.	Tuesdays 10am - 12pm 9th May - 20th June 2023 (7 weeks)	Location in Penrith <i>Bookings essential!</i> Monica 0437 699 019 parenting@nepeancommunity.org.au
 Indigenous Peaceful Parents: FREE engaging 4 week group program equips you with practical mindfulness & positive psychology skills for modern family life. Suitable for parents/carers of children & teens. Limited transport, morning tea provided.	Thursdays 9:30am - 11:30am 27th April - 18th May 2023	Koolyangarra Aboriginal Family Centre <i>Bookings essential!</i> Amy 0477 004 773 / amy@nepeancommunity.org.au

COMMUNITY ACTIVITIES & PROGRAMS

Computer Course (with TAFE Outreach): 7 week course that will assist you with basic skills to use your computer, Microsoft Office, Internet, Emails and more. Free for Australian citizens, residents and some visa holders. Computers provided.	Tuesdays 11:30am - 2:30pm 2nd May - 13 June 2023	Cranebrook Neighbourhood Centre <i>Bookings essential!</i> Jeanette 0400 481 585 / 4729 0442
Your Neighbourhood Park Pop-Up: All welcome & for all to enjoy a community afternoon. Connect and make new friends in your area. Discover NCNS programs & activities available to you. Free local event! 18th May - Bearcroft Place, Cranebrook, 8th June - Braddock Public School (Back Gate)	Thursdays 2pm - 5pm 18th May - Bearcroft 8th June - Braddock	For location details and more information call: Nada 0407 044 119 or Jeanette 0417 550 382 / 4729 0442
Cranebrook Community Café: Come down and enjoy a free cup of coffee. Mootang Tarimi will also be joining us to provide free health services for all community members. There will be an opportunity to have a chat with local services and other members of the community. First Wednesday of each month.	Wednesday 10am - 12pm 3 May, 7 June, 2 Aug, 6 Sept, 4 Oct & 1 Nov (N/A in July & Dec)	Outside Koolyangarra Aboriginal Family Centre in the park Nada 0407 044 119 / 4729 0442 Carolyn 0437 083 839 / Kooly 4706 0280
Koolyangarra Services Day & BBQ: Open to all. Come & have a yarn with a number of local services & enjoy a free BBQ. Free transport available, contact Carolyn to book on (02) 4706 0280 or 0437 083 839	Wednesday 17th May 2023 10am - 2pm	Koolyangarra Aboriginal Family Centre Carolyn 0437 083 839 / Kooly 4706 0280

Golden Oldies Friendship Group: This group is aimed at connecting mature adults within the community and encourages friendships through activities. We have a bus trip once a term and play games, raffles, houseie, craft regularly.	Thursdays weekly 9:30am - 12pm	South Penrith Neighbourhood Centre \$6 membership fee 3 Trent St, South Penrith - Lisa 4721 8520
Youth & Family Casework: Case management support for young people & their families, offering advice, advocacy & referrals to appropriate services as well as providing support for current challenges that they may be experiencing. Referrals can be made by parents/ guardians, the young person, community or other services. Penrith LGA.	Monday - Friday	Melissa on 0437 911 672 melissa@nepeancommunity.org.au
Reconciliation Week: Celebrate Reconciliation Week with us at Cranebrook Neighbourhood Centre. For more information please see our website www.nepeancommunity.org.au	Tuesday 30th of May 2023 11am - 2pm	Cranebrook Neighbourhood Centre Nada 0407 044 119
Mootang Tarimi 'Mobile Outreach Service': A free mobile outreach service available to the Aboriginal community residing in Nepean Blue Mountains. Available to help with information on nutrition, physical activity, alcohol, quit smoking programs and many other health concerns affecting the community.	Thurs monthly 10am - 12pm 3 May, 7 June, 2 Aug, 6 Sept, 4 Oct & 1 Nov (N/A in July & Dec)	Koolyangarra Aboriginal Family Centre Carolyn 0437 083 839 / Kooly 4706 0280
Mootang Tarimi 'Chronic Care Bus': A free mobile outreach service available to the Aboriginal community residing in Nepean Blue Mountains. The chronic care bus will have a Registered Nurse and Aboriginal Health Worker to assist with screening, referrals and other health services. (N/A in July & Dec)	Thursday 10am - 12pm Monthly on 3 May, 7 June, 2 Aug, 6 Sept, 4 Oct & 1 Nov	Koolyangarra Aboriginal Family Centre Carolyn 0437 083 839 / Kooly 4706 0280
Casuarina Aboriginal Family Project: Therapeutic casework for Aboriginal families with children & young people in Penrith. Begin to change old ways & patterns that aren't working for you. Referrals accepted by families themselves / other services.	Monday - Friday	Koolyangarra Aboriginal Family Centre Narelle 0417 445 451 / narelle@nepeancommunity.org.au
Didge Class: Aboriginal boys & men of all ages can learn to play the Didge with Jessy McKinless from Nulungu Dreaming. You can never be too young to learn culture!	Mondays weekly 3:30pm - 5pm During school term from 1/05	Koolyangarra Aboriginal Family Centre Carolyn 0437 083 839 / Kooly 4706 0280
Aboriginal Carers Group: A group for kinship or foster carers of Aboriginal children & young people. Carers can be Aboriginal or non-Aboriginal. Come along for support and information. Morning tea provided.	Monday 10am - 12pm 15 May, 19 Jun, 21 Aug, 18 Sep, 16 Oct & 20 Nov	Koolyangarra Aboriginal Family Centre Narelle 0417 445 451 / narelle@nepeancommunity.org.au
Aboriginal Art Class: Learn how to paint with acrylics on canvas with Bryan Boney. For Aboriginal people of all ages.	Thursdays weekly 11am - 2pm School term from 4th May	Koolyangarra Aboriginal Family Centre Carolyn 0437 083 839 / Kooly 4706 0280
Western Sydney Legal Outreach Wednesdays Service: Free legal services for the community of Western Sydney. Get help with family law, FaCS, Criminal Law, Traffic Law & ord Civil Law. Last 2 Wednesdays of the month.	Wednesdays 10am - 12pm 19/4, 26/4, 24/5, 31/5, 21/6, 28/6, 19/7, 26/7	Koolyangarra Aboriginal Family Centre Bron 0439 455 139 / Kooly 4706 0280 By appointment
Aboriginal Legal Access Program (ALAP): We can help with most legal issues including employment, family law, care and protection, debts, neighbourhood disputes, minor crime and traffic fines, and more!	Fridays 10am - 12pm Fortnightly, call for dates	Cranebrook Neighbourhood Centre ALAP 0403 338 132 / alap@wsclc.org.au
Steps to Healing: Come together to share stories, & make connections through healing & culture. This group is for anyone who has been through hard times, when daily life is a struggle.	Tuesdays 10:30am - 12:30pm Weekly 25th April - 13th June	Koolyangarra Aboriginal Family Centre Bron 0439 455 139 / Kooly 4706 0280
Aboriginal SMART Recovery Program: This is a free program for anyone struggling with addictions of any kind. Guided by trained workers, you will learn a range of motivation & strength tools.	Tuesdays 12:30pm - 2pm Weekly 25th April - 13th June	Koolyangarra Aboriginal Family Centre Bron 0439 455 139 / Kooly 4706 0280
Justice of the Peace: Need someone to witness a statutory declaration or affidavit, & certify copies of original documents? Book in an appointment with a JP to help you out	Monday - Friday By appointment only, please call	Koolyangarra Aboriginal Family Centre Bookings essential! Bron 0439 455 139 / Kooly 4706 0280
Closing the Gap: A health program for Aboriginal & Torres Strait Islander people. Better healthcare, access to cheaper medicines & dedicated care coordinators/support workers	Monday - Friday 8:30am - 4pm	Impingar Centre Werrington Rodney 0447 766 861
Koori Cuppa Time: Aboriginal womens culture support & social group. Childcare and refreshments provided.	Wed Fortnightly 11am - 1pm School term from 26th April	Koolyangarra Aboriginal Family Centre Carolyn 0437 083 839 / Kooly 4706 0280
Aboriginal Men's Group: Join us for a feed & cultural connection.	Wednesdays 11am - 1pm Fortnightly from 3rd May 2023	Koolyangarra Aboriginal Family Centre Carolyn 0437 083 839 / Kooly 4706 0280
Magnetic Places: Come along to some fun & creative workshops designing & using clay & paint to make some figures representing & celebrating our local community.	Monday 3rd April 3pm - 5pm Monday 1st May 3pm-5pm	Youth Drop In, 1 Kington Place, Cranebrook Leanne or Jeanette 02 4729 0442
Magnetic Places: Come along to some fun & creative workshops designing & using clay & paint to make some figures representing & celebrating our local community.	Fridays 10am - 12pm 28/04, 5/05, 12/05 19/05, 26/05	Cranebrook Neighbourhood Centre Leanne or Jeanette 02 4729 0442
Make Time Women's Group: Come in for a coffee, chat, make new friends & enjoy various group chosen activities including sewing, craft & cooking in a friendly atmosphere. Morning tea provided. All welcome!	Tuesdays weekly during school term 9:30am - 11:30am	Cranebrook Neighbourhood Centre Nada 0407 044 119 / 02 4729 0442
Swap & Go Library South Penrith: FREE community library accepting quality books and a good read for all ages.	Wednesdays & Thursdays	South Penrith Neighbourhood Centre 4721 8520
"Taste of Everything" Workshops For Women: Learn to knit, crochet, quilt, & make flower arrangements, plus guest speakers, lunch, ten pin bowling & other bus trips, & helping disadvantaged groups with grants from Penrith City Council.	Thursdays weekly 9:30am - 11:30am	Glenmore Park Floribunda Community Centre \$5 per week Martha 0414 557 0625
Gentle & Friendly Exercise Class at South Penrith: Gentle exercise welcomes all ages and fitness levels, it is also suitable for anyone who has not exercised in a while, giving you the opportunity to exercise at your own pace in friendly atmosphere. Please bring a towel, water and your own exercise mat to class.	Mondays weekly 8am-9am	South Penrith Neighbourhood Centre \$5 per class Lisa 4721 8520

NCNS LOCATIONS

HEAD OFFICE: South Penrith Neighbourhood Centre
3 Trent Street, South Penrith 2750
Phone: (02) 4721 8520 Email: info@nepeancommunity.org.au

Koolyangarra Aboriginal Family Centre
Corner Pendock Road & Kington Place, Cranebrook 2749
Phone: (02) 4706 0280

Impingar Centre - Werrington - Closing the Gap
Corner Henry Lawson Avenue & John Batman Avenue,
Werrington County, NSW 2747 - Phone: (02) 4702 6488
(Rear building behind Namatjira Neighbourhood Centre)

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

OTHER LOCATIONS

Kingswood Park Public School
Caloola Ave, Penrith 2750

Braddock Public School
54-70 Laycock St, Cranebrook NSW 2749

Lifestart - St Marys
8/10 Carinya Ave, St Marys 2760

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

Allsopp Oval
Oxford St, Cambridge Park 2747 (opposite the shops)

Glenmore Park Floribunda Community Centre
3-4 Floribunda Ave, Glenmore Park 2745

Sherringham Oval
Cnr Sherringham Rd & Borrowdale Way Cranebrook 2749

Penrith Women's Health Centre
Cnr Henry &, Station St, Penrith 2750

Penrith South Girl Guides Hall
7 Trent Street, South Penrith 2750