

NCNS NEWSLETTER

WE CELEBRATE THE STRENGTH & RESILIENCE OF OUR ELDERS & IMMERSE OURSELVES IN ABORIGINAL CULTURE AT NAIDOC JAMO

For the first time in over 3 years the Penrith community came together to celebrate NAIDOC Week at the annual Penrith City Council NAIDOC Week event at Jamison Park.

NCNS has been a part of NAIDOC Jamo since its inception, and we have loved watching the event grow over the years, seeing so many people coming out to support and immerse themselves in Aboriginal culture, connection, resilience and achievement.

Our popular NCNS Cultural tent had a program of diverse and interactive workshops.

NCNS Managing Director, Joy Impiombato enthused, *"It's always a massive highlight to hear songs being sung in language, and watch the kids dance the ancient stories of the Lyre Bird, and Sea Eagle, and proudly sharing their culture."*



Jessy playing the Didge created a huge buzz and drew a large crowd to watch our talented Kooly Deadly Kids - Nulungu Dreaming dance group perform.



After Jessy's corroboree, we moved on to Uncle Les's Firestick workshop, a great interactive session that the kids loved learning especially making actual fire with a special fire stick and some grass.



Aunty Erin created a warm, inviting space for her workshop on River Stories - an intimate and informative deep dive into the life of Darug people living on the Hawkesbury.



Aunty Tracey had so many join her to make Aboriginal bracelets or necklaces using her beautiful beads and charms.

The introduction of a marketplace for Aboriginal creators to sell their wares was a wonderful addition this year. NCNS purchased some beautifully crafted puzzles and games which we will be using in our Aboriginal Supported Playgroups.

The main stage had an interesting line up of speakers - a highlight being the Elders in Dialogue - an extended conversation with some of our local Aunties and Uncles who shared their stories, looking at the past but also to the future, expressing their hope for future generations.

What is always great about NAIDOC Jamo, is catching up with everyone, making those connections, reconnecting and to see community members enjoy the day catching up with mob.



NCNS Managing Director, Joy Implombato commented, "This year's theme 'For Our Elders' resonated with so many of us, knowing of their strength, resilience and gave us an opportunity to thank them for everything they have done for their families and communities. Congratulations to the organising committee and to everyone who was there to make the day a huge success!"



View **NAIDOC JAMO GALLERY** [here](#).

EMPOWERING YOUTH: NCNS' SCHOOL HOLIDAY PROGRAM FUELS ADVENTURE AND FRIENDSHIP

Nepean Community and Neighbourhood Services (NCNS) recently concluded an amazing School Holiday Program that left teenagers buzzing with excitement. Packed with thrilling activities like Oz tag, laser tag, and rock climbing, this action-filled program created unforgettable memories and provided valuable experiences for all participants.

The program's sporting activities weren't just about having fun—they offered a range of benefits for the teens. Engaging in team sports like Oz tag not only improved their physical fitness and coordination but also fostered collaboration, discipline, and good sportsmanship.

A unique highlight of the program was promoting independence by encouraging participants to prepare their own sandwiches and snacks for some of the days. This hands-on experience empowered teens to take control of their nutrition and develop essential life skills like meal planning. It was a practical and valuable lesson in self-sufficiency.

One of the program's standout aspects was the emphasis on social connection. Engaging in group activities and sharing meals created opportunities for teens to form new friendships and strengthen existing bonds. Beyond the fun and socialising, the School Holiday Program offered valuable personal growth opportunities, allowing participants to discover their strengths, build resilience, and develop a greater sense of self.

NCNS' School Holiday Program provides an outstanding adventure for teenagers. From the thrilling activities that improved physical fitness to the promotion of independence and social connections, the program offered a well-rounded experience. With a focus on personal growth and the development of life skills, participants walked away with more than just amazing memories. NCNS remains committed to providing transformative experiences that empower and enrich the lives of young individuals in the community.





PARENTS CORNER

KIDS AND PETS: TIPS FOR BUILDING A SAFE AND RESPECTFUL RELATIONSHIP

Around 63% of Australian households host a furry member of the family. Children reap many benefits from having pets; the research suggests that that beyond companionship, caring for animals may support the development children's non-verbal communication skills and empathy.

Looking after pets can be a positive learning experience for kids, but the care of an animal should not be left to a child alone. Parents must play an active and thoughtful role in teaching children how to care for animals responsibly and safely.

Pets should never be bought or adopted on a whim (even if your child begs and begs). A cat or dog is a long-term commitment for the whole family. When calculating the forecasted costs of your new furry companion, do not under-estimate veterinary costs over a pet's lifetime.

Always supervise your child with the family pet. Be in eye and ear shot of toddlers and babies around animals and stay close in case you need to intervene. Keep animals securely contained and away from infants when you are not in the room and establish separate spaces in the house for pets and young children.

Help your child recognise your pet's cues of stress or fear. Together, you and child need to look out for the both the obvious signs of distress (e.g. cats hissing, dogs growling) as well as the more subtle signs (e.g. a cat swishing its tail). Children should be encouraged to give animals space when appropriate, including at sleeping and eating times.

It is essential that you model respect for animals so that your child can learn by example. Children learn more from observing us than listening to what we say. Show your child how to speak calmly and quietly with animals and handle them with gentleness. Praise your child when they do the right thing, for example "great job giving soft pats".

NCNS in partnership with RSPCA hosts regular Pet Days at Cranebrook Neighbourhood Centre to offer subsidised de-sexing and micro-chipping. Check out our Facebook page to learn more: <https://www.facebook.com/NepeanCommunity>.

Follow these tips and you can create a healthy and happy home for both kids and pets.

Article written by Monica Purcell, Family Facilitator



SHOUT OUT TO JOAN WHO GENEROUSLY VOLUNTEERS HER OWN TIME TO ENRICH THE LIVES OF SENIORS IN OUR COMMUNITY

We would like to give a special shout-out to Joan (left) from Golden Oldies, who has done a phenomenal job arranging activities and leading the group for many years. Her dedication and commitment are truly appreciated by the group and NCNS. Joan generously volunteers her own time to enrich the lives of seniors in our community.

We recently had the pleasure of celebrating Christmas in July together. The event featured raffles, a delightful meal with and homemade soups creating a joyful atmosphere where we all shared in the holiday spirit.

For those who are interested, Golden Oldies meets every Thursday from 9:30 am to 11:30 am at the South Penrith Neighbourhood Centre. It's a wonderful opportunity to join our vibrant group and enjoy engaging activities and the companionship of fellow seniors.

Once again, let's extend our gratitude to Joan for her exceptional work and the positive impact she has made on our lives. Her commitment to serving the community is truly inspiring. We look forward to many more enriching experiences together.



[CLICK HERE TO VIEW](#)

NAIDOC CUP 2023 PHOTO GALLERY - OVER 500 PHOTOS!



FEATURED

[illegible]

Parenting Programs Term 3 2023

CIRCLE OF SECURITY-PARENTING™ ONLINE
Attachment-based program for expecting parents,
and parents of babies and toddlers.

Thursdays 27th July - 7th September 2023
(8 weeks)

Time:
10am - 11.30am (1.5 hours)

Where:
ONLINE via ZOOM (NSW Residents Only)

BRINGING UP GREAT KIDS

parents of babies, toddlers and primary aged children.

Wednesdays 2nd August - 6th September 2023
(4 weeks)

Time:
10am-12pm (2 hours)

Where:
Cranebrook Neighbourhood Centre

17 Hosking St Cranebrook, NSW 2749

NCNS
NEPEAN COMMUNITY & NEIGHBOURHOOD SERVICES

TUNING IN TO KIDS
Co-facilitated in partnership with the City of Seattle Youth Council. This program teaches

When:

(6 weeks)

10am-12pm (2 hours)

South Penrith Neighbourhood
3 Trent St South Penrith, NSW

PENRITH

CITY SOURCE

0437 699 019 or
enquiries@businessdevelopment.co.uk

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Keep up to date with all of our FREE parenting and children's activities!
Facebook: [aParentingaFourth @NewcastleCommunity](#)
Web: www.newcastlecommunity.org.au



NATIONAL ABORIGINAL & TORRES STRAIT ISLANDER
CHILDREN'S DAY
 FRIDAY 4TH AUGUST, 2023 10AM TO 12PM

**LITTLE VOICES
LOUD FUTURES**

ALL WELCOME TO COME ALONG & CELEBRATE OUR CHILDREN, ENJOY OUR CULTURAL ACTIVITIES, WITH A WARM LUNCH • FRUIT PROVIDED.!


Children's Day is a day for Aboriginal and Torres Strait Islander families to celebrate the importance that family, culture, and community plays in our children's development and wellbeing. It's a day to help our kids stand tall and feel connected and proud.

Location:
 Koolyangarra Aboriginal Family Centre
 Cnr Pendock Rd & Kingston, Cranebrook

Contact Amy ah:
 (02) 4729 0442 / 0477 004 773
 Bookings essentials for Transport

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NEPEAN COMMUNITY & NEIGHBOURHOOD SERVICES

 **Children's Day**  **SNAICC**
 National Torres Strait Islander Children's Association



Early Childhood Developmental Outreach Day

FOR ABORIGINAL CHILDREN 0-6 YEARS

WEDNESDAY
20TH SEPTEMBER 2023
9am - 4pm

Families will be able to enjoy lots of **FUN activities!**
 Early intervention screening is vital for young children to help identify any health or other problems that may affect their growth, learning and development.






Services provided include the following:

- Bounce Mobile Dentistry 0-5yrs (dental checks, bookings essential)
- Building Strong Foundations 0-5yrs (health checks, bookings essential)
- HAPEE Ears For Early Years, Hearing Australia 0-5yrs (hearing checks, bookings essential)
- BRIEN Holden Foundation Eye Tests

Location:
 Koolyangarra Aboriginal Family Centre
 Corner Pendock Rd & Kingston Pl, Cranbrook 2749


Free Lunch
Transport provided (call to book)

Please call to make a booking at any of the Clinics
 Aney 0477 004 773 | Zee 0409 986 121 | Cranbrook Centre (02) 4729 0442

Aboriginal School Readiness Program


For Aboriginal children transitioning to school in 2024



This is an 8 week program aimed at getting children school ready. For Aboriginal kids transitioning to school in 2023 who are not accessing any early childhood services. Open to Aboriginal children from the Penrith LGA area. Morning tea and transport provided (bookings essential).

Dates: Thursdays 27th of July to 14th of September 2023
Time: 9.30am - 11.00am
Where: Bradbrook Public school
54-70 Laycock St, Cranbrook NSW 2749
Contact: Amy on 02 4729 0442 or 0477 004 775


Places are limited, please contact Amy to register.



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NEPEAN COMMUNITY & NEIGHBOURHOOD SERVICES

Respect. Resilience.
Reconciliation.

www.nepeancommunity.org.au



PENRITH CITY COUNCIL

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!

3:00pm to 4:00pm

Call Nadea for more info on:
04607 044 119

Term 3, 2023: 10th August - Braddock Public School (Back Gate) 7th September - Beacroft Place, Cranebrook.

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NEAPEAN COMMUNITY & NEIGHBOURHOOD SERVICES www.ncnseapcommunity.org.au



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