

# NCNS NEWSLETTER

## LAUNCH OF THE ARTWORK CREATED BY COMMUNITY FOR 'OUR INSTALLATION IS PATHWAY TO CONNECTION' MAGNETIC PLACES GRANT FROM PENRITH CITY COUNCIL.

On Friday 29th September approximately 70 people attended the launch of the amazing artwork created by community during our Magnetic Places workshops in term 3. The figures created were to be put on the fences around Cranebrook Neighbourhood Centre to brighten up the area and were part of the "Our installation is Pathway to Connection" Magnetic Places Grant from Penrith City Council.



The Magnetic Places project was achieved with the help of NCNS Operations Manager, Julie and artist Diamando.

We were able to offer the community the opportunity to participate in several workshops over 10 weeks where there were 8 sessions, 2 masks at Cranebrook, 2 at Kooly Youth Drop In and 4 painting sessions at Cranebrook Neighbourhood Centre.



We began making the masks with support from community members, Tamara Preschool and the Youth Drop in at Kooly.





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The first sessions at each location, were to make the masks from clay using a mould and then adding a bit of their own character. The masks were then fired in a kiln. The second session was then to glaze the masks and refire them in the kiln. Then we repeated this process again.



Diamando spoke about the workshops and all the children who attended the launch got to show their artistic side through Messy Play.

The idea for the artwork came from artist Diamando, who also did all the cutting of the silhouettes for our community members to paint.



Local school students, pre-schoolers and other community groups assisted with the designs that were then sketched onto the prepared wood. The four painting sessions were led by artist Diamando and Uncle Brian.

At the launch we also had a messy play day. Julie did the Acknowledgement to Country and thanked council for the grant that made the project possible.



# WELCOME BACK LUNCHEON TO REOPEN SOUTH PENRITH NEIGHBOURHOOD CENTRE & GOLDEN OLDIES 29TH BIRTHDAY

On Thursday, 12th October 2023, NCNS held a Welcome Back Luncheon to celebrate the reopening of South Penrith Neighbourhood Centre as well as the Golden Oldies Friendship Groups' 29th Birthday.

We showcased Penrith's local businesses with the event fully catered by PJ's Catering, cake and cupcakes from Poles patisserie at Nepean Square, as well as donated meat trays as lucky door prizes from K&A Quality Meats.



This was our first event in newly renovated South Penrith Neighbourhood Centre. NCNS Finance Officer, Lisa and Admin & Community Worker, Jerry spoke about the newly renovated centre and the activities that we run here.

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We had over 60 local residents including members from our Gentle Exercise Class, Golden Oldies and Emu Plains Friends & Neighbours group.



We had a fantastic music performance from the Amazing Greys Barbershop Quartet. Amazing Greys quartet was formed in 2001 and has had changes in the baritone, bass & tenor parts since then. The current line up is: Graeme Long (Tenor), John Unsworth (Lead), Richard Denton (Bass) and Jim Bradshaw (Baritone). For more information, you can contact the Amazing Greys on [amazinggreys@sydneysiders.org](mailto:amazinggreys@sydneysiders.org) or 0414 995 130.



Our five longest standing members from the Golden Oldies, Pat, Joan, Maureen, Jean and Lyn cut the cake! Joan spoke about the history of the Golden Oldies Group and its initiation.



Bec who runs our South Penrith Gentle Exercise talked about the group, and we had 4 attendees explain why they attend Gentle exercise and the benefits of this group. Bec was then presented flowers in recognition of her great facilitation of the class.

People who attended on the day commented that the day was so well organised, great music, fantastic food, a good opportunity to chat in a friendly, relaxing and fun environment. It was also a great way to engage and meet new members of the community. This was the aim!



A big shout out to Lisa for organising this great event with the help of Jerry and to St Marys RSL and Ex Services Club Limited, Club Grant for making this event possible.



We asked those who attended the day for their feedback and are so happy to hear they all enjoyed the day. Here is some of the reviews...

**'Welcome Back' Event Survey**

Did you enjoy today's event?  Yes or No

What was your favourite part?  
*Hard to pick as all parts were excellent.*

Any other comments or feedback:  
*So good to meet new people.*

**'Welcome Back' Event Survey**

Did you enjoy today's event?  Yes or No

What was your favourite part?  
*all of it*

Any other comments or feedback:  
*Lisa is awesome!*

**'Welcome Back' Event Survey**

Did you enjoy today's event?  Yes or No

What was your favourite part?  
*"The Golden Oldies"*

Any other comments or feedback:  
*Great to meet some community members. Also to learn what goes on in this centre.*

**'Welcome Back' Event Survey**

Did you enjoy today's event?  Yes or No

What was your favourite part?  
*Just seeing everyone having a great day!*

Any other comments or feedback:  
*A very enjoyable day.*

**'Welcome Back' Event Survey**

Did you enjoy today's event?  Yes or No

What was your favourite part?  
*I loved meeting the community that engages with the centre in an atmosphere that was welcoming, warm & friendly.*

Any other comments or feedback:  
*It was so well organized - great music, fantastic food, good opportunities to chat - friendly, relaxing, a fun!*

**'Welcome Back' Event Survey**

Did you enjoy today's event?  Yes or No

What was your favourite part?  
*Everything was wonderful. Organised extremely well. Everyone very friendly. Great lunch. Also enjoyed the singers.*

Any other comments or feedback:  
*Thank you very much.*

**'Welcome Back' Event Survey**

Did you enjoy today's event?  Yes or No

What was your favourite part?  
*The food was excellent. The Barbershop quartet was actually very good. It was along, loved the whole day.*

Any other comments or feedback:  
*Well done guys for putting this together. It did very much appreciated.*

**'Welcome Back' Event Survey**

Did you enjoy today's event?  Yes or No

What was your favourite part?  
*listening to singers in good company*

Any other comments or feedback:  
*Great to mix with new people for lunch & to find out what's on.*

**'Welcome Back' Event Survey**

Did you enjoy today's event?  Yes or No

What was your favourite part?  
*ENJOYED THE ENTERTAINMENT MEAL & GET TOGETHER*

Any other comments or feedback:  
*ENJOY ATTENDING THE CENTRE - VERY PLEASANT STAFF*

# CONNECTING WITH KIDS: THE POWER OF LOVE LANGUAGES

Have you ever considered applying Love Languages to your relationship with your children? The concept, originally introduced by Dr. Gary Chapman for couples, has evolved into a valuable tool for parents and caregivers to build strong, loving bonds with their children.

## Understanding Love Language

Love Language is all about how individuals both give and receive love. Identifying your child's primary love language, or a combination of two, can significantly benefit your parent-child relationship. It ensures that your child not only knows they're loved but also feels it deeply.

The Five Love Languages and Their Application to Children:

### 1. Words of Affirmation:

Expressing love, praise, appreciation, and encouragement through words. Connect through words of affirmation by saying "I love you" often, acknowledging your child's achievements, leaving sweet notes in unexpected places, and sharing what you love about them.

### 2. Quality Time:

Providing your child with focused, undivided attention shows your love them and value their company. Connect through quality time by engaging in conversations, enjoying activities, scheduling one-on-one time, and prioritising family meals.

### 3. Physical Touch:

Children thrive on loving physical touch, especially during infancy. Connect through physical touch with hugs, kisses, cuddles, playful activities like wrestling, holding hands, and story time.

### 4. Gifts:

For some children, receiving a physical gift symbolises love and affection. It's about the thought and effort behind the gift. Connect through giving gifts by selecting items aligned with your child's interests, surprising them with thoughtful gifts, and creating treasure hunts.

### 5. Acts of Service:

Doing things for your child to make them feel cared for and special is another love language. Connect through acts of service by preparing special meals, engaging in their favourite activities, assisting with tasks, and completing their chores.

Understanding your child's love language is a valuable tool to show love and nurture your child, and it helps you notice when your child is expressing love. Being aware of your own love language but responding in your child's love language can further strengthen the parent-child bond.

Take the Love Language Quiz with Your Child. It's a fun way to connect and learn something new together.

## [Take the Love Language Quiz with Your Child](#)



