

# NCNS NEWSLETTER

**MERRY CHRISTMAS AND HAPPY NEW YEAR FROM THE NCNS TEAM!**



2023 has been a great year for NCNS! We look forward to the break to refresh with our family and friends and look forward to getting back into our work in the new year. We recognise families are having a tough time with financial and housing pressures. We wish everyone a wonderful Christmas and New Year. We hope you get to spend time with your families over this holiday season and get some time to relax and rewind in preparation of the new year!

NCNS Head Office at South Penrith Neighbourhood Centre (02 4721 8520) will be closed from 4pm Wednesday 20th December 2023 and will reopen Wednesday 3rd January 2024.

There will be skeleton staff at centres during January 2024, so we recommend giving the centre a call before you pop in over this period.

**Cranebrook Neighbourhood Centre – (02) 4729 0442**

**Koolyangarra Aboriginal Family Centre – (02) 4706 0280**

**Closing the Gap - (02) 4702 6488**

For enquiries, please email [info@nepeancommunity.org.au](mailto:info@nepeancommunity.org.au)





## **FFT-CW OUR YEAR IN REVIEW**

In the 2022-2023 financial year the Functional Family Therapy - Child Welfare team saw 73 families all over the Penrith, Blue Mountains, and Lithgow regions.

FFT-CW works with families from a strengths-based perspective, looking at what's currently working for them and then we visit weekly, or sometimes a couple of times a week for a while, to walk alongside them, coaching and encouraging all members of the family to make small shifts for achievable changes.

Over the last few years we have increasingly seen common themes around teens dealing with anxiety and worries around violence. Our parents and carers have experienced high stress levels and have embraced support FFT-CW offers, which includes strategies for non-violent communication and emotional regulation.

We wish all our communities and colleagues a peaceful and safe holiday period. We're looking forward to working with you all again in 2024.



# PENRITH FOOD AND MATERIAL NEED SUPPORTS AVAILABLE DECEMBER 2023 TO JANUARY 2024



## Penrith Food and Material Need Supports available, December 2023 to January 2024

Organisation	What is provided	Date and Time	Location	Contact
Paying It Forward	Free meal service	Sunday evenings 5:30pm to 6pm	Jamison Park, 1 <sup>st</sup> entry to the park at roundabout on York Road, when coming from Jamison Road - in the breezeway of the facilities block.	0459262637
	Christmas meal takeaway only	Sunday 24 Dec. 5:30pm to 6pm		
Mama Lana	Regular Meal services	Monday to Saturday 6:30pm to 8pm	The Little White House 55 Woodriff St Penrith NSW 2750	0407909447
	*Continuing after Christmas day and through New Year except Sundays.			
	Christmas day lunch	Monday 25 Dec. 12 to 12:30pm		
	Closed	Sunday 24 Dec.		



Penrith Community Kitchen (PCK)	Christmas Lunch *Free take away meals for Christmas, plus Santa and toys from Rotary giving tree and food/toiletry hampers	Friday 22 Dec. 12pm to 1:30pm	PCYC 100 Station St Penrith NSW 2750 - the Kitchen is located near the carpark	<a href="mailto:gal@penrithcbdcorp.com.au">gal@penrithcbdcorp.com.au</a> 4722 5556 9-5pm Secretary of PCK. For agencies: contact the Kitchen for order form for additional hampers and toys by 7/12/23.
	Lunch service in Dec. and Jan. *Except Public Holidays	Monday to Friday 11:30am to 1:30pm		
	Closed	Public holidays		
Christ Mission Possible (CMP)	Groceries and house- hold items Free food shop and free breakfasts	Monday, Wednesday and Friday mornings	The Rock Community Centre Copeland St Kingswood	47048809
	Closed	23 Dec. to 8 Jan.		
Angicare	Emergency food relief Food hampers Financial Assistance		45 Castlereagh Street Penrith NSW 2750.	(02)86248600 Please call to make arrangements.
	Closed	23 Dec. to 8 Jan.		
Angicare St. Marys	Long life pantry items Closed	25 & 26 Dec. and 1 & 2 Jan. only	120 Queen St., St. Marys	0449991927



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Wesley Mission	Emergency relief i.e., rent arrears, vouchers for groceries, financial counselling	Available until Thursday 21 Dec.	202/148 Henry St Penrith NSW 2750	47329277 1300827638 Please call to make arrangements
	Closed	22 Dec to 8 Jan.		
Your Community Needs	Food hampers for a small fee, fresh produce, free Christmas gifts, free clothing	Open Monday to Saturday 10:30am to 1:30pm	6/516-526 Great Western Hwy, St Marys	0468884717
	Closed	23 Dec. to 28 Dec.		

**Note: All efforts have been made to ensure the information in this list is accurate and up-to-date. However, offerings can change last minute so we recommend double-checking with the relevant services on the contact details provided in this list.**

