








NCNS Term 1, 2024 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

 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. Running from 8th February 2024	Thursdays 10am - 12pm Weekly during school term	Koolyangarra Aboriginal Family Centre Zoe 0409 986 121 / 02 4729 0442
 Dark Emus Aboriginal Supported Playgroup: For Aboriginal families with children 0-5yrs. Transport & morning tea provided. Starting from 7th February 2024	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. Starting from 9th February 2024	Fridays 10am - 12pm Weekly during school term	Koolyangarra Aboriginal Family Centre Zoe 0409 986 121 or Amy on 0477 004 773 02 4729 0442
7 Senses Playtime: A play opportunity for children and parents to focus on supporting the development of the 5 senses and a couple more important developmental challenges that children experience. The group will look at the use of repetition, exploration and experimentation to create a safe learning environment for children and their families.	Mondays from 12th Feb - 1st Apr (8 weeks) 9:30am - 11am	Cranebrook Neighbourhood Centre Leanne 0408 586 797 / 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. Starting back 15th February 2024	Thursdays 9:45am - 11:30am Weekly during school term	Braddock Public School in Community Hub Rabia 0417 550 382 Leanne 0408 586 797 / 02 4729 0442
 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	15th March 2024 10am - 1pm	Koolyangarra Aboriginal Family Centre Amy on 02 4729 0442 or 0477 004 773



KIDS & YOUTH ACTIVITIES








 Aboriginal Go4Fun: Spend time with friends and family to get healthy, active and happy with Aboriginal Go4Fun. Aboriginal Go4Fun is a ten week healthy lifestyle program for kids aged 7-13 and their families. A parent or carer is required to attend each session. Transport available. Free program. Starting Thursday 8th February 2024.	Thursdays weekly from 8th Feb - 11th Feb 2024 4:30pm - 6:30pm	Nepean Aquatic Centre Penrith Please call 02 4706 0280 to register.
Youth Drop In: Come along to the Youth Hub at 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	Kooly Youth Hub Kim 0458 800 087
KP Creative Kids: Explore using different art mediums like painting, clay & charcoal while chatting with friends. For children in year 3 to 6. Afternoon tea provided. Starting back Tuesday 13th February 2024.	Tuesdays 3pm - 4:30pm Weekly during school term	Kingswood Park Public School Bookings essential! 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 Bookings essential! 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. Starting back Wednesday 7th February 2024	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 Kim 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 5/02	Koolyangarra Aboriginal Family Centre Carolyn 0437 083 839 / Kooly 4706 0280
 Culture with Jie: Cultural yarn time for young people aged 12 - 25	Thursdays weekly 4pm - 6pm School term	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 during school term 3pm - 5pm	Sherringham Oval, Borrowdale Ave, Cranebrook Kim 0458 800 087

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.	Mondays 9:30am - 11:30am Weekly during school term	Penrith Women's Health Centre Leanne 0408 586 797 / Zoe 0409 986 121
Bringing up Great Kids Program: Offers tools to better understand your child's actions and enhance your communication and patterns of behaviour. Promotes respectful interactions and encourage the development of your child's positive self-identity. For parents/caregivers of babies, toddlers and primary aged children. Limited child minding available.	Tuesdays 13th Feb - 19th Mar 10am - 12pm Registrations Essential	South Penrith Neighbourhood Centre Please call Sussan on 0437 699 019 or or parenting@nepeancommunity.org.au to book your spot.
Circle of Security-Parenting: Relationship-based early intervention program designed to enhance attachment security between parents and children. 8 Weeks. Bookings essential! parenting@nepeancommunity.org.au	Wednesdays 10am - 12:00pm 14th Feb - 3rd Apr	Cranebrook Neighbourhood Centre Sussan 0437 699 019 Childcare available.
 Indigenous Triple P (Positive Parenting Program) FREE program aims to help our mothers, fathers, family & carers to understand how we can help our children grow, teach them right from wrong, help them develop respect and have strong family relationships. Morning tea provided. Child minding/ transport available. Contact Zoe to book.	Mondays weekly from 12th Feb - 11th Mar (5 weeks) 12:30pm - 2:30pm	Cranebrook Neighbourhood Centre Zoe 02 4729 0442 or 0409 986 121 Limited spots available.
 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 weekly from 7th Mar - 28 Mar - Call on 4/04 9:30am - 11:30am	Braddock Public School Hub Bookings essential! Amy 0477 004 773 / amy@nepeancommunity.org.au
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. Starting from 6th February 2024	Tuesdays 9am - 12pm Weekly during school term	Penrith Women's Health Centre Amy 0477 004 773 Leanne 0408 586 797 / 02 4729 0442

COMMUNITY ACTIVITIES & PROGRAMS

Computer Course (with TAFE Outreach): 9 week course. Learn 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 13th February to 9th April	Cranebrook Neighbourhood Centre Bookings essential! Nada 02 4729 0442/0408 586 797 or Nigella 0400 481 585
Centrelink Support: NCNS will have a Centrelink worker at Cranebrook every fortnight helping with My Gov, payments and forms that need to be submitted for payments.	10am - 12pm Call for dates	Cranebrook Neighbourhood Centre 02 4729 0442
Cranebrook Community Cafe: 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.	Wednesdays 10am - 12pm Dates to be confirmed	Outside Koolyangarra Aboriginal Family Centre in the park Nada 0407 044 119 / 4729 0442 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, housie, craft regularly.	Thursdays weekly 9:30am - 12pm	South Penrith Neighbourhood Centre \$6 membership fee Jerry 4721 8520 or jerry@nepeancommunity.org.au
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
 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.	Wednesdays 7th Feb, 6th Mar, 3rd Apr & 1st May 2024 10am - 12pm	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)	Wednesdays 7th Feb, 6th Mar, 3rd Apr & 1st May 2024 10am - 12pm	Koolyangarra Aboriginal Family Centre Carolyn 0437 083 839 / Kooly 4706 0280

 Didge Class: Aboriginal boys & men of all ages can learn to play the Didge with Jessie McKinless from Nulungu Dreaming. You can never be too young to learn culture!	Mondays weekly 3:30pm - 5pm During school term from 5/02	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 Please call the centre	Koolyangarra Aboriginal Family Centre Bron 0439 455 139 / Kooly 4706 0280 By appointment
 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 8/02	Koolyangarra Aboriginal Family Centre Carolyn 0437 083 839 / Kooly 4706 0280
 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 Last 2 weeks of the month	Cranebrook Neighbourhood Centre ALAP 0403 338 132 / alap@wsclc.org.au
 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 7/02	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 14/02	Koolyangarra Aboriginal Family Centre Carolyn 0437 083 839 / Kooly 4706 0280
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: Join our inclusive & welcoming exercise class for all ages/fitness levels. Exercise at your own pace in a friendly space. Pay per class. Please bring own mat/towel with you. Starting 15th January 2024.	Mondays & Fridays weekly 8:30am - 9:30am	South Penrith Neighbourhood Centre \$6 per class Lisa or Jerry on 02 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 Publick 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