




NCNS Term 2, 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

 Dark Emus Aboriginal Supported Playgroup: For Aboriginal families with children 0-5yrs. Transport & morning tea provided. Starting back from 1st May 2024.	Wednesdays 10am -12pm Weekly during school term	Lifestart - St Marys Amy 0477 004 773
 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 back on 3rd May 2024.	Fridays 10am - 12pm Weekly during school term	Koolyangarra Aboriginal Family Centre Amy on 0477 004 773 or 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 29/4 to 17/06 (8 weeks) 10am - 11:30am	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. Morning tea provided. Starting back 2nd May 2024	Thursdays weekly during school term 9:45am - 11:30am	Braddock Public School in Community Hub Leanne 0408 586 797 / 02 4729 0442 Rabia 0417 550 382
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. Morning tea provided. Starting Wed 1st May 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
 Aboriginal Early Childhood Developmental Outreach Day: For Aboriginal children 0-6years. Bounce Mobile Dentistry dental checks. Brien Holden foundation eye checks. HAPPEE Hearing Check ups. Lunch provided Transport Provided - bookings essential for transport. Bookings Essential for the day to avoid disappointment.	Friday 7th June 2024 9am - 3:30pm	Koolyangarra Aboriginal Family Centre Amy on 02 4729 0442 or 0477 004 773






KIDS & YOUTH ACTIVITIES


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 weekly during school term from 3:00pm - 5:00pm	Youth Hub - Kooly 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 30th April 2024. Registrations through the school.	Tuesdays 3pm - 4:30pm Weekly during school term	Kingswood Park Public School Bookings essential! Contact the school 4721 4414 / Leanne 0408 586 797
Breakfast Club: Free breakfast served on school days for all Cranebrook primary & high school aged students. The kids like to play handball, table tennis, basketball, soccer, Lego & drawing some mornings. Breakfast options include toasties, raisin toast, yoghurt, cereal & fruit platter. Families welcome!	Weekly on school days only 7:30am - 8:45am	Cranebrook Neighbourhood Centre Rabia 02 4729 0442
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.	Tuesdays 10am to 11:30am Weekly during school term	Penrith Women's Health Centre Leanne 0408 586 797 or Amy 0477 004 773
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 29/05 - 3/07 No class 19/06	Cranebrook Neighbourhood Centre Sussan 0437 699 019 parenting@nepeancommunity.org.au
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	Tuesdays 10am - 12:00pm 30/04 - 2/07 No class 14/05 & 21/05	South Penrith Neighbourhood Centre Sussan 0437 699 019 Childcare available.
 Indigenous Peaceful Parents: FREE engaging 4 week group program equips you with practical & positive mindfulness skills for modern family life. Suitable for parents/carers of children & teens. Limited transport, and childcare available - bookings essential! Light refreshments provided.	Thursdays weekly from 2nd May - 23rd May 2024 9:30am - 11:30am	Cranebrook Neighbourhood Centre Bookings essential! Amy 0477 004 773 / amy@nepeancommunity.org.au
Bringing Up Great Kids: The Bringing up Great Kids program offers tools to better understand your child's actions and enhance your communication and patterns of behaviour. For parents/caregivers of babies, toddlers and primary aged children Places Limited, Registration Essential. 6 week program. No childcare on 20th June 2024.	Thursdays weekly 30th May to 4th July 2024 12:30 pm - 2:30 pm	Cranebrook Neighbourhood Centre Sussan 0437 699 019 parenting@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. Call Amy to book on 0477 004 773.	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

Centrelink Support: Get support with My Gov, payments and forms that need to be submitted for payments.	Tuesdays 9:30am - 11:30am Weekly during school term	Penrith Women's Health Centre Amy 0477 004 773 Leanne 0408 586 797 / 02 4729 0442
South Penrith Gambling Community Education Session: Attend our free community workshop with GIS (Gambling Impact Society) for responsible gambling awareness, lived experience speaker, and Gamble Aware counsellor. Morning Tea on arrival provided.	Wednesday, 5th June 2024 10am - 12pm	South Penrith Neighbourhood Centre Jerry 4721 8520 / jerry@nepeancommunity.org.au
Cranebrook Gambling Community Education Session: Attend our free community workshop with GIS (Gambling Impact Society) for responsible gambling awareness, lived experience speaker, and Gamble Aware counsellor. BBQ Lunch provided. Transport Provided. Contact Carolyn to book transport.	Wednesday 29th May 2024 10.30am - 1pm	Koolyangarra Aboriginal Family Centre Jerry 4721 8520 / jerry@nepeancommunity.org.au or Carolyn 4706 0280
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 30th April to 25th June 2024	Cranebrook Neighbourhood Centre Bookings essential! Nigella 0400 481 585
Good Service Mob & Koolyangarra Services Day: Open to all. Come & have a yarn with local services & enjoy a free BBQ. (Good Service Mob, Muru Mittigar, NSW Revenue, NDIS Uniting, Service NSW, Aboriginal Employment Strategy, DV West, SRAC + more.) Transport Provided. Contact Carolyn to book transport.	Wednesday 29th May 2024 10am - 2pm	Koolyangarra Aboriginal Family Centre Carolyn 0437 083 839 / Kooly 4706 0280
Golden Oldies Friendship Group: Golden Oldies is a friendly Seniors Social Group, welcoming community in the local Penrith area. Morning tea is put on weekly & a variety of activities; lunches, guest services, bus trips, housie, trading tables, craft & trivia. Membership is \$6 per attendance to cover cost of hall hire, morning tea and resources.	Thursdays weekly 9:30am - 12pm	South Penrith Neighbourhood Centre \$6 per attendance 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. Transport Provided. Contact Carolyn to book transport.	Wednesdays 1st May, 5th June, & 3rd July 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) Transport Provided. Contact Carolyn to book transport.	Wednesdays 1st May, 5th June, & 3rd July 10am - 12pm	Koolyangarra Aboriginal Family Centre Carolyn 0437 083 839 / Kooly 4706 0280
 Aboriginal Art Class: Learn how to paint with acrylics on canvas with Bryan Boney. For Aboriginal people of all ages. Transport Provided. Contact Carolyn to book transport.	Thursdays weekly 11am - 2pm School term from 9/05	Koolyangarra Aboriginal Family Centre Carolyn 0437 083 839 / 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 15/05	Koolyangarra Aboriginal Family Centre Carolyn 0437 083 839 / Kooly 4706 0280

 Aboriginal Men's Group: Join us for a feed & cultural connection. Transport Provided. Contact Carolyn to book.	Wednesdays 11am - 1pm Fortnightly from 8/05	Koolyangarra Aboriginal Family Centre Carolyn 0437 083 839 / Kooly 02 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 Rabia 02 4729 0442
Swap & Go Library South Penrith: Swap & go is a community library offering a FREE book swap, borrow or donate service in South Penrith. There is a variety of books for everyone of all ages. Come along and see what you can find!	Tuesday, Wednesdays & Thursdays 8:30am - 3:30pm	South Penrith Neighbourhood Centre 02 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 557 062
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.	Mondays & Fridays weekly 8:30am - 9:30am	South Penrith Neighbourhood Centre \$5 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 Public School
54-70 Laycock St, Cranebrook NSW 2749

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

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