

# Community Connections Hackham

72 Collins Parade, Hackham SA 5163 P: 81866944 E: [cchackham@junctionaustralia.org.au](mailto:cchackham@junctionaustralia.org.au)

## Connecting with Communities – Term 4 2017

<p><b>Who's In Charge?</b></p> <p><b>When:</b> Mondays  <b>Time:</b> 10.00am – 12.00pm  <b>Dates:</b> 23<sup>rd</sup> Oct – 11<sup>th</sup> Dec</p> <p>An 8 session course for those struggling with children or adolescents that use violence and abuse, towards them and other family members.</p> <p>Bookings to Sheila on 8392 3000</p> <p>Free program provided by Junction Australia</p>	<p><b>Yoga – My Body My Instrument</b></p> <p><b>When:</b> Mondays  <b>Time:</b> 5.30pm - 6.30om</p> <p>A session of gentle movement, relaxation and a little chanting. 4 session pass \$50.00</p> <p>Booking to Sherilee on 0408829866 or email <a href="mailto:sherileejoymusic@gmail.com">sherileejoymusic@gmail.com</a></p>	<p><b>Carer Peer Support Group</b></p> <p><b>When:</b> Wednesdays  <b>Time:</b> 12.45pm – 2.45pm  <b>Dates:</b> 24<sup>th</sup> Oct – 12<sup>th</sup> Dec</p> <p>Do you care for someone? Come and share your experiences, challenges, resources and join a supportive group. Please bring a plate of food to share and enjoy a coffee or tea in a supported environment.</p> <p>Facilitated by Sue &amp; Volunteers  Crèche available, bookings essential on 8186 6944</p>
<p><b>Playgroup Tuesday</b></p> <p><b>When:</b> Tuesdays  <b>Time:</b> 9.30am – 11.00am  <b>Dates:</b> During School Term</p> <p>Our supported playgroup is a great place to meet other families, let your children play with others in a safe and supported environment.</p> <p>Cost is \$10 per term and please bring a piece of fruit to share.</p>	<p><b>Playgroup Thursday</b></p> <p><b>When:</b> Thursdays  <b>Time:</b> 9.30am – 11.00am  <b>Dates:</b> During School Term</p> <p>Our supported playgroup is a great place to meet other families, let your children play with others in a safe and supported environment.</p> <p>Community Foodies will be joining us with a great program on healthy eating on a budget.</p> <p>Cost is \$10 per term and please bring a piece of fruit to share.</p>	<p><b>Siblings in Focus</b></p> <p><b>Times:</b> 3.30pm to 5.00pm</p> <p><b>Aldinga</b> – Wednesdays weekly @ Aldinga Community Centre</p> <p><b>Seaford</b> – Thursdays weekly @ Seaford Community Centre</p> <p><b>Hackham</b> – Fridays Fortnightly @ Community Connections Hackham</p> <p>A program for 5-12 year old siblings of children with disabilities and/or chronic illness.</p> <p>Bookings to Tanya on 8186 6944  This is a Communities for Children activity funded by the Australian Government Department of Social Services</p>
<p><b>FREE Crèche</b></p> <p><b>When:</b> Wednesdays  <b>Time:</b> 9.30am – 12.30pm</p> <p><b>When:</b> Thursdays  <b>Time:</b> 12.00pm – 2.00pm</p> <p>We can care for your child/ren for 2 hours while you study, seek work or another activity that supports you to re-enter the workforce or education.</p> <p>Bookings on 81866944  Please bring a snack for your child/ren.</p>		<p><b>Financial Counselling</b></p> <p><b>When:</b> Tuesdays  <b>Time:</b> 9.00am- 2.00pm</p> <p>Uniting Communities financial counsellors can help support people who are struggling to manage their finances, with information, options and advocacy</p> <p>To book an appointment or speak to a financial counsellor  Contact 8202 5010</p>

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<p><b>Grow Free Cart</b></p> <p><b>When:</b> Weekdays <b>Time:</b> 9.00am – 5.00pm</p> <p>Did you know we now have a Grow Free Cart! The cart allows for the community to donate excess produce to share. Any members of the community are welcome to “Take what you need and give what you can.”</p> <p>Thank you for your support.</p>	<p><b>Bringing Up Great Kids</b></p> <p><b>When:</b> Wednesdays <b>Time:</b> 12.30pm - 2.30pm <b>Dates:</b> 1<sup>st</sup> Nov – 13<sup>th</sup> Dec</p> <p>Rose from Uniting Communities will be facilitating BUGKs, a program for parents of young children to help raise happy confident children.</p> <p>Bookings on 8186 6944 Crèche available, Bookings essential</p>	<p><b>Oz Harvest</b></p> <p><b>When:</b> Tuesdays <b>Time:</b> Afternoon</p> <p>Oz Harvest kindly donates to the centre on a Tuesday, community members are welcome to drop in and access some food to support their family. We encourage you to just take enough for your family so that the resources can be shared throughout the community.</p> <p>Thank you for your support.</p>
<p><b>GROW</b></p> <p><b>When:</b> Fridays <b>Time:</b> 9.30am– 11.30am <b>Dates:</b> Starting 20<sup>th</sup> October</p> <p>Grow is a caring and supportive, community based organisation that has developed a unique program for improving and maintaining mental wellbeing.</p> <p>Facilitated by Shirley Lavender</p> <p>Crèche available, bookings essential on 8186 6944</p>	<p><b>Kids N Dads*</b></p> <p><b>When:</b> Wednesdays <b>Time:</b> 3.30pm – 5.00pm <b>Dates:</b> Starting 18<sup>th</sup> October</p> <p><b>FREE</b> weekly activity for children (birth – 12) and their *fathers/father figures to enjoy fun activities together, share some food, learn new skills and build relationships. Please register with Malcom on 0437232124 or email <a href="mailto:malcolmd@unitingcommunities.org">malcolmd@unitingcommunities.org</a></p> <p>This is a Communities for Children activity funded by the Australian Government Department of Social Services</p>	<p><b>Community Connections Team</b></p> <p><b>Volunteers:</b> Louise, Len, Karen, Carolyn, Michelle, Andrea</p> <p><b>Staff:</b> Julianne, Emily, Sue &amp; Kerry</p> <p>Without the support and dedication of our volunteers and staff the centre would not be able to provide the services it does. Thank you for supporting our Volunteers when contacting us; they are the heart of the centre. If you would like to share your skills as a Volunteer please give us a call on 81866944.</p>
<p><b>Centre Hire</b></p> <p>Community Connections is available for hire to families wanting a space to celebrate a child’s birthday. Hire rates are \$20 per hour with a minimum of 3 hours hire on a weekend. A bond is taken and returned when key and inspection completed.</p> <p>Please contact us on 8186 6944 for more information.</p>		<p><b>Walking for Wellness</b></p> <p><b>When:</b> Fridays during term <b>Time:</b> 12.00pm - 1.00pm <b>Dates:</b> During School Term</p> <p>Everyone is welcome to join Sue &amp; Karen for a gentle walk of the local area, a great opportunity to meet new people and enjoy the outdoors.</p> <p>Crèche available, bookings essential on 8186 6944</p>