

# What's On Oct - Dec 2019 @ HLLC



Hawkesbury Leisure and Learning Centre  
114 March Street, Richmond [HLLC@peppercorn.org.au](mailto:HLLC@peppercorn.org.au)

*the place to be in Richmond to learn and grow*

## Peppercorn Community Transport

Where do you want to go today?

Peppercorn Community Transport can provide subsidised transport for people referred to us by My Aged Care, and for people who have been assessed as "transport disadvantaged". We have regular shopping centre runs to both Richmond and Windsor, and we can assist you to get to your medical and other important appointments.

Call us for more information and to find out if you are eligible – 02 4504 7022.

Email: [transport@peppercorn.org.au](mailto:transport@peppercorn.org.au)

Web: [www.peppercorn.org.au](http://www.peppercorn.org.au)



Hawkesbury Leisure and Learning Centre (HLLC)  
114 March Street, Richmond – Ph: 4578 2072

# Key partners @ HLLC

Contact 1300 845 888

[info@macquarie.nsw.edu.au](mailto:info@macquarie.nsw.edu.au)

[www.macquarie.nsw.edu.au](http://www.macquarie.nsw.edu.au)

## Macquarie Community College

The Macquarie Community College purpose is to assist individuals to realise their potential and motivate them to never stop learning.

We offer a wide range of accredited and non-accredited courses to accelerate your career, improve your English, and develop new skills within our supportive and welcoming learning environments.

Contact Michelle New

9412 0000

[michelle.n@ptsd.org.au](mailto:michelle.n@ptsd.org.au)

[www.arc4ptsd.org.au](http://www.arc4ptsd.org.au)

## Australian Resource Centre for Post-Traumatic Stress Disorder – ARC4PTSD

Monday to Friday, 9am to 4pm

The ARC4PTSD provides mental health support for people with post-traumatic stress. ARC4PTSD also provides educational workshops, information resources, awareness events to build greater community understanding of the effects of trauma and stress, and support groups for individuals and their families.

Contact Gemma Haddad

0402 135 040

[info@healthandleisuretoyou.com.au](mailto:info@healthandleisuretoyou.com.au)

## Health and Leisure to You

Health and Leisure to You provides social support and activities that help improve intellectual and emotional wellbeing through memory exercises, improved gross motor function and general physical strength - by appointment.

Contact Meagan Ang

[meagan.ang@hawkesbury.nsw.gov.au](mailto:meagan.ang@hawkesbury.nsw.gov.au)

## Hawkesbury Connect Interagency

Held bimonthly on the second Wednesday

Hawkesbury City Council organises regular meetings for service providers and agencies to share ideas, provide feedback to Council, receive information and establish goals and action plans for the local community.

Contact Sarah Cassim

[sarahkcassim@outlook.com.au](mailto:sarahkcassim@outlook.com.au)

## Mums In Business Association - MIBA

Monthly networking sessions

Every MIBA Network Event is Child Friendly. Each event has a guest speaker who are experts in their craft whether it be social media, accountancy, mindset, etc. All events allow time for networking.

Contact Sharon Grech

[hawkesburyremakery@gmail.com](mailto:hawkesburyremakery@gmail.com)

## Hawkesbury Boomerang Bags & Remakery

Boomerang Bags Hawkesbury started 2.5 years ago and has made over 3000 tote bags and many veggie bags, saving fabric from landfill and providing options to plastic.

We hold sewing bees and attend markets regularly to talk about sustainability - metal straws, wooden toothbrushes and bees wax wraps.

Hawkesbury Remakery is based at Windsor with a dedicated sewing area. You're welcome to drop in and say hi and sew a bag!

# Activities through the week

## Seniors Community Meals

Date and Time – Various – see the HLLC Noticeboard

Peppercorn's Seniors Community Meals program is for people aged over 65 assessed by My Aged Care to join with friends at a local community centre, club or restaurant for a low-cost, nutritious & healthy meal and enjoy the company of others.

**Contact Louise Hampshire**

**4504 7055**

[lhampshire@peppercorn.org.au](mailto:lhampshire@peppercorn.org.au)

## Seniors Exercise Classes

Thursdays 9.15 am to 10.30 am

Are gyms too confronting? Come and join our seniors exercise classes designed just for you, match your needs and abilities, improve your mobility, posture and strength.

**Contact Lyn Campbell**

**4578 2072 or 0419 410 563**

[lyn.campbell@hotmail.com](mailto:lyn.campbell@hotmail.com)

## Informal Social Groups

Thursdays 10 am to 12 pm

Everyone is welcome.

Women's knitting & social catch up - Hawkesbury community Knitting and Social catch up is a social group where passionate knitters can create their own projects and share new techniques, while enjoying a great chat and laughter.

Men's social catch up - A comfortable atmosphere to come together to play chess, cards or just have a cuppa and a chat.

**Contact Khrise Craig**

**4578 2072**

[kcraig@peppercorn.org.au](mailto:kcraig@peppercorn.org.au)

Do you need help to get there?  
Contact Peppercorn Community Transport on 4504 7022.

*Please note – Our social groups are not part of a funded program nor are they formally facilitated by Peppercorn. Members participate independently or with a carer/support worker if required.*

## Little Book Worm @ HLLC

Mondays 10 am to 11:15 am (fortnightly)

Peppercorn is collaborating with local Hawkesbury organisations and small businesses to bring you fortnightly sessions of themed readings and rotating activities!

There will be "Story Time by Miss Sarah" from Little Blue Birds followed by a different activity each week such as cupcake decorating, arts/crafts, music time, messy play and so much more!

Booking essential.

**Contact Khrise Craig**

**4578 2072**

[kcraig@peppercorn.org.au](mailto:kcraig@peppercorn.org.au)

Do you need help to get there?  
Contact Peppercorn Community Transport on 4504 7022.



Hawkesbury Leisure and Learning Centre (HLLC)  
114 March Street, Richmond – Ph: 4578 2072

# Activities through the week

## Dance Over the Spectrum - DOTS

Tuesdays 4pm

Dance Over the Spectrum offers a space for children on the autism spectrum to experience and learn the joys of dancing. Through dance children develop fine and gross motor skills, grow in social skills, and improve neurological pathways for better speech. Dance Over the Spectrum equips children for better lives.

Contact Sharyn

0435 310 807

Sharyn@dotsdanceoverthespectrum.com

[www.dotsdanceoverthespectrum.com](http://www.dotsdanceoverthespectrum.com)

---

## Royal Institute for Deaf and Blind Children

Mondays, and by appointment

The Royal Institute for Deaf and Blind Children brings professional support to you with speech pathologists, occupational therapists, audiologists and orthoptists. Learn about what therapies are available, cochlear implant services, and receive support from other children and adults with vision or hearing loss.

Contact Tammy

Tammy.Bozgai@ridbc.org.au

[www.ridbc.org.au](http://www.ridbc.org.au)

---

## Build-A-Mind

Wednesdays 4pm to 5pm; Friday 4pm to 5:30pm

Build-A-Mind inspires kids to try something new, get creative and push the boundaries of their imaginations. It provides project-based learning on building, design and coding through using LEGO robotics, cubeletes, k'nek, goldibox, meperbots, straws, wood, even spaghetti. Build-A-Mind is an interactive and educational program expanding a child's abilities.

Contact Kerry

0456 089 044

kerry@buildamind.com.au

[www.buildamind.com.au](http://www.buildamind.com.au)

---

## WW (Weight Watchers)

Tuesdays 9am; Thursdays 5:30pm; Saturdays 8am

WW provide classes and support for men and women that assist with their goals in managing their weight and staying on track with individual dietary programs. Join us at Weight Watchers for a positive place where you can meet new friends on your journey and stay motivated for a healthier life.

Contact Angie or Steph

131 997

[customerservice@weightwatchers.com.au](mailto:customerservice@weightwatchers.com.au)

<https://www.weightwatchers.com/au/>



# Activities through the week

## Digital Mentoring Program

Wednesdays 10 am & 11 am

Leep and Peppercorn are proud to support you to build your digital skills and confidence. Close the digital divide and reduce social and economic exclusion through one-on-one digital mentoring. Bookings essential.

Contact Khrise Craig

4578 2072

[kcraig@peppercorn.org.au](mailto:kcraig@peppercorn.org.au)

---

## EMU Wellness

Date and Time – Various

Through workshops, coaching and educational events, you can gain practical knowledge and skills of how to improve your overall wellness. As well as personal support and actionable steps to achieve your goals, EMU Wellness clients walk away with the mindset, knowledge, skills and confidence to make healthy food choices for themselves and their families at home.

<https://www.emuwellness.com/>

Contact Melinda

0404 018 418

[melinda@emuwellness.com](mailto:melinda@emuwellness.com)

---

## YOGA FROM THE INSIDE

Mondays 8-9am, 6pm-7:15pm and Wednesdays 6:30pm-7:45pm

Yoga from the Inside offers a therapeutic approach to yoga. The concern is with changing your relationship to yourself and the world around you by reconnecting to your innermost wisdom using the body as the doorway. Community classes, which are inclusive and adaptive.

Courses in meditation and mindfulness are regularly offered. Various events of a health and wellbeing nature are offered throughout the year and one to one consultation with Catherine is available to develop a personalised yoga practice to support you to manage difficulties at any level; physical, emotional or mental.

Bookings are essential and can be made at [www.yogafromtheinside.com.au/offerings/](http://www.yogafromtheinside.com.au/offerings/) .

Contact Catherine

0420 439 139

[info@yogafromtheinside.com.au](mailto:info@yogafromtheinside.com.au)

[www.yogafromtheinside.com.au](http://www.yogafromtheinside.com.au)

# Activities through the week

## Dance Fit International

Tuesdays 6.30pm to 9.30pm

DanceFit is both a social and competitive studio catering for ages 5 through to 105. There are social classes for the beginner through to advanced for both competitors and social dancers. For the Kids, learning to dance builds self-motivation and self-belief. They learn skills in how to interact with each other that will last them a lifetime. It's a great place to learn, get fit interact with lots of people and learn a skill you may have thought would never have been possible.

Contact Adam and Jen

0408 387 480 or 0431 691 275

[adam@dancefit.net.au](mailto:adam@dancefit.net.au)

[jen@dancefit.net.au](mailto:jen@dancefit.net.au)

[www.dancefit.net.au](http://www.dancefit.net.au)

---

## Accent on Dance

Tuesdays 10:45 am

Accent on Dance fosters a love and appreciation of dance through the development of self-esteem. By providing a nurturing, positive environment children are encouraged to believe in their own ability and to focus on every new challenge with a disciplined, confident approach. Caring, dedicated teachers allow students to develop their own personal artistic, creative and educational strengths.

Contact Peta

0404 084 833

[accentondance@bigpond.com](mailto:accentondance@bigpond.com)

[www.accentondance.com.au](http://www.accentondance.com.au)

---

## Past Tense Yoga: Beginner's Hatha Yoga

Wednesdays 9.30 am

If you have been thinking about beginning or even changing your exercise regime, or you need to de-stress, consider yoga as a gentle way to address these issues. Yoga is a tried and true form of exercise that benefits the mind, body and spirit. It provides tension release through better posture (asanas), breathing techniques (pranayama), relaxation and meditation. IYTA Accredited

Contact Chris

0490 002 813

[pasttense60@gmail.com](mailto:pasttense60@gmail.com)

# Activities through the week

## Counselling Services

By appointment

Zak Sessions – 0434 763 100

Specialising in Child and Adolescence Counselling Services

Merilyn Fowler – 0409 903 031

Specialising in Life After Loss Bereavement Counselling Services

Judith Pemell – 0408 325 161

Specialising in complex trauma & PTSD, addiction, relationship counselling, bereavement & grief, mindfulness, meditation

Contact Khrise Craig

4578 2072

[kcraig@peppercorn.org.au](mailto:kcraig@peppercorn.org.au)

## The Potter House Christian Church

Sundays 10.30am & 6pm

The Potter House is a contemporary Christian Church where people come together to change lives. Come and enjoy contemporary worship, visiting speakers, concerts and gatherings with people searching for destiny and life purpose.

<http://www.pottershouse.com.au/>

Contact William

0452 573 802

[willtui@yahoo.com](mailto:willtui@yahoo.com)

## ROOMS FOR HIRE:

Due to our location in central Richmond, the Hawkesbury Leisure and Learning Centre is the perfect place for your next community event. We have a number of rooms available for casual or regular hire which suit a wide variety of activities. Please contact us for more details.

Contact Khrise Craig

4578 2072

[kcraig@peppercorn.org.au](mailto:kcraig@peppercorn.org.au)



**Hawkesbury Leisure and Learning Centre**

**114 March Street, Richmond**

**02 4578 2072**

**[hllc@peppercorn.org.au](mailto:hllc@peppercorn.org.au)**

*the place to be in Richmond to learn and grow*

