

What's On January - March 2020 @ HLLC



Hawkesbury Leisure and Learning Centre
114 March Street, Richmond
(E) hllc@peppercorn.org.au

(P) (02) 4578 2072

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

Web: 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

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.

Michelle New

9412 0000

michelle.n@ptsd.org.au

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.

Gemma Haddad

0402 135 040

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.

Meagan Ang

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.

Sarah Cassim

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.

Louise Hampshire

4504 7055

lhampshire@peppercorn.org.au

Peppercorn 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.

Activities throughout the week

Fierce Kids

Monday, Tuesday, Thursday, Friday and Saturday

(various times and sessions)

Fierce Kids is a fitness and wellness studio based in the Hawkesbury. With emphasis on any BODY, our classes promote both physical and mental well-being. We offer 5 adult classes during the week with formats from The Jungle Body® such as dance/sexy dancehall; boxing/light weights/toning & sculpting; and a low impact class.

We also offer 2 children's movement-to-music programs: CUBZ® suitable for children aged 2-6yrs, and ROAR®, suitable for children aged 7-12yrs.

Contact Bree

infofiercekids@gmail.com
www.fiercekidssquad.com

Informal Social Groups

Thursday 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.

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.

Khrise Craig

4578 2072

kcraig@peppercorn.org.au

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

Little Book Worms @ 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!

Bookings are essential.

Khrise Craig

4578 2072

kcraig@peppercorn.org.au

Activities throughout 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

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.

Tammy

Tammy.Bozgai@ridbc.org.au

www.ridbc.org.au

Build-A-Mind

Wednesdays 4pm to 5pm

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.

Kerry

0456 089 044

kerry@buildamind.com.au

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.

Angie or Steph

131 997

customerservice@weightwatchers.com.au

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

Activities throughout 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

(02) 4578 2072

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/>

Melinda

0404 018 418

melinda@emuwellness.com

YOGA FROM THE INSIDE

Monday 8-9am, 6-7:15pm & Wednesday 6:30pm-7:45pm

Yoga from the Inside offers a therapeutic approach to yoga. You can change 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.

We also offer courses in meditation and mindfulness as well as various health & wellbeing events throughout the year. One on one consultations with Catherine are available to develop a personalised yoga practices. Bookings are essential and can be made at www.yogafromtheinside.com.au/offerings/.

Catherine

0420 439 139

info@yogafromtheinside.com.au

www.yogafromtheinside.com.au

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.

Adam and Jen

0408 387 480 or 0431 691 275

adam@dancefit.net.au

jen@dancefit.net.au

www.dancefit.net.au

Activities throughout the week

Seniors Exercise Classes

Thursday 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.

Lyn Campbell

4578 2072 or 0419 410 563

lyn.campbell@hotmail.com

Accent on Dance

Monday 4-8pm and Tuesday 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.

Peta

0404 084 833

accentondance@bigpond.com

www.accentondance.com.au

PATH Inc Hub:

FREE Disability Advocacy Services

1st & 3rd Wednesday, 10am – 2pm.

Support and advocacy to people with disability of all ages and their carers on issues of concern – including NDIS, housing and Centrelink.

Cassandra

0403 387 729 or 02 47210866

cteuma@path.org.au

Counselling Services

By appointment :: Merilyn Fowler – 0409 903 031

Specialising in Life After Loss Bereavement Counselling Services

Khrise Craig

(02) 4578 2072

krcraig@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/>

William

0452 573 802

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 several rooms available for casual or regular hire which suit a wide variety of activities. Please contact us for more details.

Contact Khrise Craig :: (02) 4578 2072 :: kcraig@peppercorn.org.au



Keep up to date about what we have to offer at the
Hawkesbury Leisure and Learning Centre.

Join our mailing list for regular updates – send your request to hllc@peppercorn.org.au

or

Find us on 

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Peppercorn

BRINGING THE HAWKESBURY TOGETHER