

Newsletter AUGUST – SEPTEMBER 2025



Strath Neighbourhood Centre Inc.

6 Parker Avenue, Strathalbyn 0431 337 044

strathnc@gmail.com

Regular Weekly Activities

Contact the office 0431 337 044 for details

Monday

10.00am – 12.00am

Herb Group (Last Monday of each month)

12.30am – 3.00pm

Craft Group (Every 1st & 3rd Monday of the month)

Tuesday

from 9.30am

Wise Employment

from 12.00pm

Community lunch – 2 course meal \$8 per person

Lunch and bingo \$12. Bingo only \$5 1.15pm – 3.00pm

Wednesday

9.00am – 12.00pm

Repair shed

9.30am – 12.00pm

Garden Grubs

10.00am – 11.00am

Fitness for Fun

12.00pm – 4.30pm

Alexandrina Contract Bridge Club

Thursday

from 9.30am

Wise Employment

10.00am – 3.00pm

Table tennis and community activities

Friday

10.00am – 12.00am

Rugs N More Group (1st & 3rd Fridays of the month)

1.00pm – 3.30pm

Line Dancing

10.00am – 12.00am

Strathalbyn Garden Club (Every 4th Friday of the month)

NEWS

It's AGM time!

Members are welcome to attend on Monday 29th September at 2.30pm

NAIDOC Week

SNC would like to acknowledge the passing of NAIDOC Week 5th-12th July and the importance of recognizing and celebrating history, culture, and achievements of Aboriginal and Torres Strait Islander peoples

R U Ok? Day

National R U Ok? Day was on the 11th of September. This day is dedicated to encouraging meaningful conversations about mental health and wellbeing. This day reminds us all to check in with our friends, family, and colleagues who may be struggling, and listen to them with empathy to create a supportive environment

Our Volunteers

We welcome our new volunteers Gerri, Rosa, Julie, and Naomi!

We also like to give a huge THANKYOU to all our amazing volunteers. Your time, energy, and dedication make all the difference. Your contributions help bring our mission to life and make a real impact in our community.

We truly couldn't do it without you – so thank you for being the heart of what we do!

WELCOME NEW SOCIAL WORK STUDENTS!



Hi! My name is Isla.

I'm currently undertaking my first placement for my Master of Social Work degree at Flinders University here at the beautiful SNC.

I was born and raised in China, completed my Bachelor's degree in Biological Sciences, and later studied my Master's in Human Resource Management in Glasgow, Scotland. After working for several years in the pharmaceutical industry in Beijing, I came to better understand the importance of a person's overall well-being – not just physical health, but also emotional and social connection. This realisation inspired me to pursue social work, so I could support people more holistically and work directly within communities. I'm so glad this journey has brought me to Strathalbyn – a charming town with a touch of Scottish heritage – and to the welcoming team at SNC.

I'm an animal lover (especially anything fluffy!), enjoy being in nature, and love travelling. I'm a cheerful person who loves connecting with people and hearing their stories. As an international student, I'm always curious to learn about different cultures – so if you have any favourite Australian slang, please share it with me!

SNC is such a warm and inclusive place, where love and community spirit bring people together. I hope to contribute my skills and what I've learned in social work to give back to this wonderful centre and community.

So, if you see me around the Centre, please come and say hello – I'd love to have a chat!

Hi everyone!

My names Kai, and Im really excited to be here at SNC for my very first social work placement as part of my Master of Social Work degree. A big thank you to all the volunteers who have already said hello and made me feel welcome-it's been such a warm start. For those I haven't met yet, I'm really looking forward to meeting you soon and getting to know everyone!

I've always loved working with people and doing my part, no matter how small, to contribute to society and to others. That's one of the reasons I'm so happy to be here – it's the perfect place to work together and create something meaningful as a community.

Outside of placement, I have a few passions that keep life interesting. I studied vocal music for a few years, so if you know a local folk song, I'd love to hear it-and maybe even learn to sing it! I'm also very curious about local culture and love collecting folk stories from different places, so if you have a story to share, I'm all ears.

I really enjoy working alongside others, sharing ideas, and having good conversations. So if you see me around the Centre, please feel free to stop and have a chat –I'd love to hear your stories, learn from you, and share a few of my own!



WOMEN'S HEALTH WEEK



Women's Health Week is dedicated to the health and wellbeing of all women, girls and gender-diverse people. This year, SNC partnered with Jean Hailes to promote the week and help women within our community prioritise their own health and wellbeing.

We had a range of events throughout the week from different health care professionals, covering a range of topics.

Thanks to all those who came along to support our local professionals, we hope everyone who got involved got something out of it!

ANNUAL GENERAL MEETING



It's that time of year again where SNC is due for their AGM. This year's AGM will be held on Monday 29th September at 2:30pm. Everyone is welcome to attend.

Come along and receive reports on our performance and finances, have the opportunity to ask questions to the board, and have your say in decisions affecting your local neighbourhood centre.

See you there!

PREVIOUS TRAINING

Child Safe Environments

This training helps us as an organisation support our staff and volunteers to recognise, report and respond to children or young people who may be at risk of harm, and build their capacity to provide safe environments within our organisation. This training also helped attendees to understand their mandatory notification obligations in line with the National Principles for Child Safe organisations.

“The main message for me was that a child’s behaviour can be from underlying issues, think about the child first, we tend to use... the rule of optimism, basically, hoping for the best, accepting reasons given from adults. The child is not listened to... [is] often scared, ashamed, thinks it’s their fault... Some gruelling stories were discussed where obvious problems were ignored... So, in our situation, if we have real concerns about a child – if in doubt better to report it”

First Aid and CPR

This training equips us with the knowledge and skills to respond confidently in emergency situations. It teaches us the skills in treating injuries, performing CPR, and how to use an AED in a hands-on, practical environment. This training equips our staff, volunteers, and community with vital tools for making a difference when it matters most.



Yuntulun Ku:li-war Exhibition – Goolwa

In July we treated our volunteers to an excursion to Signal Point Experience Centre. Translating to ‘Coming together on the headland’, the ‘Yuntulun Ku:li-war exhibition tells the story of the First Nations people of the area, the early settlement history of Goolwa as a major river port and the ecology of the Murray Darling River system, exploring environmental history and challenges.

“This was a truly interactive experience! The use of multimedia displays and game-like interactions immersed the senses and made the learning experience exciting and fun. The exhibition celebrated indigenous cultural, colonial history, and the Murray River/Murrundi. It was a really well executed collaboration.”

FUTURE TRAINING OPPORTUNITIES

LAST AID – Presented by Palliative Care SA

This 4-hour introductory training program is designed to empower communities with knowledge, compassion, and confidence around death and dying.

Topics include:

- Dying as a normal part of life
- Planning ahead (wills, care directives, funeral wishes)
- Relieving suffering (practical and emotional support)
- Saying goodbye (rituals, grief, and closure)

Whether you're a family member, friend, volunteer, or simply curious – this sessions is for anyone wanting to learn and care more confidently.

Understanding Autism – Presented by Autism SA

Gain practical insight and deeper appreciation for the autistic community in this 2-hour introductory session designed to build awareness, empathy, and understanding.

What you'll learn:

This session offers a supportive and engaging introduction to autism, covering:

- What is autism?
- Language, terminology & identity preferences
- Neurodiversity and key statistics
- Communication, sensory and cognitive differences
- Hands-on activities to build real-world understanding

Whether you're a community member, educator, support worker, or just curious to learn more, this session will help you better understand and connect with autistic people in your life.

Mental Health First Aid – Accredited Course

Learn how to support someone experiencing a mental health challenge with confidence, care, and clarity.

This 12-hour evidence based course equips participants with the knowledge and practical skills to:

- Identify early signs and symptoms of common mental health conditions
- Provide initial support to someone in distress
- Access professional help and navigate local support services
- Understand therapeutic options and recovery pathways

Whether you're a colleague, friend, family member, or community leader, Mental Health First Aid training empowers you to respond early, appropriately, and without stigma.

TLC Connector (Talk, Listen, Connect)

Learn how a simple conversation can change a life.

This short and impactful 1-hour session teaches practical communication skills to help you support people experiencing loneliness, grief, and social isolation.

Through **Talk. Listen. Connect.**, you'll learn how to:

- Start meaningful, compassionate conversations
- Recognise the signs of grief and isolation
- Build trust and offer emotional support
- Strengthen social connection in your community

Perfect for volunteers, neighbours, carers, and anyone who wants to make a difference – this session empowers everyday people to become connectors in their communities.

For EOI please contact the Teena (Volunteer Coordinator)
phone: 0431 337 044 email: volunteerstrathnc@gmail.com

SCRABBLE

Due to the number of expressions of interest, we are now offering weekly Scrabble sessions.

Come and stimulate your mind and have some fun!

Tuesdays 9.30am – 11.30am

9th September

16th September

23rd September

30th September

7th October

\$5 PER PERSON (Tea and coffee included)

Call us on 0431 337 044 to book!

SOME PUZZLING NEWS...



We have been slowly chipping away at our community jigsaw puzzle and the final pieces have been put together!

Thanks to all those who took up the challenge and contributed!



WELCOME TO SNC'S NEW PROJECT OFFICER

Mikaela Porter has been employed as SNC's Project Officer.

You may have seen Mikaela at the Centre during the first half of 2025 as she did her placement here for her Social Work studies from Flinders University.

Mikaela's focus will be on supporting and coordinating projects and programs within SNC. This role involves planning, implementing, and evaluating projects which address our community needs, build capacity, and promote social inclusion.

She looks forward to working with our community, friends, and members and building a stronger and more holistic community.



COMMUNITY CONNECTIONS PROGRAM

EFS Junior School Visits



We have enjoyed having the EFS Junior School students coming to visit us on Thursday afternoons and take part in a variety of activities! These visits have helped foster intergenerational relationships, and everyone involved has appreciated the opportunity to share stories and spend meaningful time together.



Eastern Fleurieu
R-12 School

To our friends at the Strathalbyn Neighbourhood Centre,

We just wanted to say a big thank you for welcoming us into your centre each week. We really appreciate the time and effort you put into planning activities for us and the way you support us with patience and kindness.

Visiting your centre has helped us learn important life skills and given us the chance to build confidence in a real-world environment. We've also learned a lot about respectful relationships and how to connect with people from all different walks of life.

We always feel comfortable, included, and valued when we visit and that means a lot to us. Thank you for making our time with you so enjoyable and meaningful.

We're really looking forward to continuing our visits!

Warmest thanks,
The EFS Students

Kodi J
Bella
marcus H
Jess
Addy W.
Oliver
Stella
Eloise.



VOLUNTEERING OPPORTUNITIES

What we offer:

A welcoming and friendly environment

Opportunities to use your existing skills or learn new ones.

The chance to make new friends and contribute to your community.

Volunteer Roles:

Reception: Be the first point of contact, greeting visitors with a smile.

EFS junior school engagement activity support: Work with EFS teacher and SNC staff to plan and run activities Thursday afternoons.

Food pick up: One Wednesday morning every three weeks.

Back up Bingo Caller and quiz writer: Entertain the crowd with your bingo calling and quiz writing skills.

Well-being support group assist: work with trained staff to plan and run a weekly, open, well-being support sessions.

Cook: experienced lead cook needed for Tuesday lunch, frequency negotiable.

And More! We have a variety of roles available to suit your interests.

Time Commitment flexible!

If any of these positions interest you, please **Contact Us:**

Email: strathnc@gmail.com

Phone: 0431 337 044 (Office Hours: 9:00 AM - 3:30 PM)

Visit our website at <https://www.facebook.com/StrathNC/> to learn more about the centre, or visit <https://www.strathnc.com.au>



HAPPY FEEDBACK!

Thanks to the following businesses:

Paris Creek milk for their milk,
yoghurt and cheese donations!



Muso & Co

T Muso & Co. for their
vegetable donations!

Teen Challenge for their
fresh produce donations!



Thanks to the following community members:

Shout out to our
wonderful
volunteers/participa
nts for bingo who
donate prize packs!

Di Golding for
making us some
pretty table
numbers for
community lunch!

Meredith for
donating
afternoon tea for
bingo!

Nerissa (Chris Elliot's
daughter) for assisting
with FB coverage!

Big thanks to Kevin for
making and donating
a beautiful water
feature for our
garden!



Membership New/Renewal Application 2025/26

Members shall be persons who have agreed to abide by the rules of The Association wish to support the Centre and paid the annual membership fee of \$20 or \$10 for concession.

BENEFITS OF MEMBERSHIP

- *Entitled to vote at an Annual General Meeting.*
- *Eligible for election on the Committee*
- *Eligible to nominate another financial member for a role on the Committee.*
- *Financial year is 1st July to 30th June.*

☐ *I would like to join the Strath Neighbourhood Centre - \$20 Membership fee*

☐ *I would like to join the Strath Neighbourhood Centre - \$10 Concession fee*

First Name: *Surname:*

.....

Home Phone: *Mobile:*

.....

Address:

Email: *Signature:*

.....

Date of Application: *Date paid*

You can pay in person at the Centre or via Electronic funds transfer (EFT)

Account name: Strath Neighbourhood Centre Inc

Account number: 045 743 140

BSB: 105 019 (Bank SA)

Reference: Your Surname and send this completed form back via email as confirmation

Address: 6 Parker Avenue, Strathalbyn

Mobile: 0431 337 044

Email: strathnc@gmail.com

FB: [facebook.com/StrathNC](https://www.facebook.com/StrathNC)

WEB <https://strathnc.com.au>