

Newsletter JULY – SEPTEMBER 2026

Strath Neighbourhood Centre Inc.



Regular Weekly Activities

Contact the office 0431 337 044 for details

Monday

10.00am – 2.00pm

SNC Café

10.00am – 12.00pm

Herb Group (Last Monday of each month)

Tuesday

from 9.00am

Workskil Australia

from 9.30am

Wise Employment

from 12.00pm

Community lunch – 2 course meal \$8 per person

1.30pm-3.30pm

Art, Craft and Games Open Afternoon – self guided

11.30am-1.30pm

Goolwa Haven free talk and advice (1st and 3rd Tuesday of the month)

1.30pm-3.30pm

Junction Australia – Free Bingo (last Tuesday of the month)

Wednesday

9.00am – 12.00pm

Repair shed

10.00am – 12.00pm

Garden Grubs

10.00am – 11.00am

Fitness for Fun

1.00pm – 4.30pm

Alexandrina Contract Bridge Club

Thursday

from 9.00am

Workskil

from 9.30am

Wise Employment

9.30am – 11.30am

Cooking with Purpose

10.00am – 3.00pm

Table tennis and community activities

3.30pm – 5.00pm

Strath Hang Out (every second Thursday)

Friday

10.00am – 12.00am

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

10.00am – 12.00am

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

1.00pm – 2.00pm

Chair Yoga

7.00pm – 9.00pm

Square Dancing

6 Parker Avenue, Strathalbyn 5255

0431 337 044

strathnc@gmail.com



Women's Health Week was September 7 – 11. This year's theme was "do it anyway", encouraging women, girls, and gender-diverse people to prioritize their health habits even when life is busy.

R U OK Day

On September 10 we celebrated R U OK Day. We all go through life's ups and downs. Often, the best people to spot the signs someone might be struggling, are the people closest to them. This day reminds us the importance of asking those people "Are you OK?" and to check in on the people we care about.



AGM

It's that time of year again!

The AGM is fast approaching, on Monday 28 September at 2:30pm. Come along and have your say.

Mental Health Month

October is Mental Health Month, with World Mental Health Day on October 10. This year's theme is "Together We Thrive" Whether at home, at work, at school, in the community or online, this Mental Health Month we're encouraging everyone to start conversations, share their stories and strengthen the connections that help us thrive.



WELCOME TO OUR NEW PLACEMENT STUDENTS!



Hello everyone!

My name is Kaitlyn. I am a Master of Social Work Student at Flinders University, and I am very excited to be doing my first placement here at the Strath Neighbourhood Centre. I completed my undergraduate degree last year in Behavioural Science (Psychology) with a major in Neuroscience (I find the human brain very fascinating!). I transferred to a social work pathway as I was drawn to a more holistic perspective to wellbeing. When I am not studying, I enjoy weekends volunteering with the Australian Kookaburra Kids Foundation. This group provides activity days, camps and mental health education for young people who are impacted by family mental illness. I am very passionate about supporting people's mental health and wellbeing! Outside of studying and volunteering, I love to learn and try new things which has resulted in me having various hobbies including playing pickleball, thrifting, cooking, and cross-stitching. I've enjoyed my first few weeks here and I'm looking forward to spending many more weeks having chats, getting involved in programs and getting to know SNC's wonderful community members. :)

Hi! My name is Erin McEvoy, and I'm excited to be joining the Strath Neighbourhood Centre as part of my university placement.

I was born and raised in Adelaide and grew up in the beautiful Adelaide Hills, spending most of my childhood in Echunga. I now live in Blackwood which I love, and returning to the Hills for my placement brings back many happy memories.

I am currently studying a Bachelor of Social Work at Flinders University, and I work in community aged care throughout the Marion area. Through both my studies and my work, I have developed a strong passion for supporting older people, particularly in addressing loneliness and encouraging meaningful community connection. I'm looking forward to learning more about how community centres like Strath Neighbourhood Centre make such a positive difference in people's lives.

Outside of work and study, I enjoy cooking, reading, gardening, and playing video games and board games. I live with my partner and our two very spoiled cats, Wilma and Calcifer.

Over the coming weeks, I'm looking forward to getting to know the incredible volunteers, staff, and community members who make Strath Neighbourhood Centre such a welcoming place.

If you see me around the Centre, please don't hesitate to say hi, I'd love to meet you and hear your stories!



ANNUAL GENERAL MEETING

Dear Members,

You are warmly invited to attend the **2026 Annual General Meeting of the Strath Neighbourhood Centre.**

Date: Monday, 28 September 2026

Time: 2.30pm

Venue: Strath Neighbourhood Centre

Everyone is very welcome to attend, and **light refreshments will be provided following the meeting.**

Voting at the AGM

Please note that only eligible members of the Strath Neighbourhood Centre are entitled to vote at the AGM. This includes:

- **Full Members** who have paid their annual membership subscription; and
- **Active Volunteer Members** who generously contribute their time to the Centre.

Join Our Governance Committee

We are also seeking new members to join our **Governance Committee.**

Our Committee plays an important role in supporting our staff and volunteers and helping ensure the Centre continues to provide valuable services, activities and opportunities for our community.

If you can offer a little of your time and have skills or experience in areas such as **finance, fundraising, networking, governance or community development**, we would love to hear from you.

You don't need to be an expert. We are looking for people who care about our community, are willing to contribute their ideas and experience, and would like to help shape the future of the Strath Neighbourhood Centre.

If you know someone who you believe would be a good fit for the Committee, please encourage them to consider nominating.

A **Governance Committee Nomination Form** is attached. If you would like to nominate, please complete the form and return it to the Strath Neighbourhood Centre **prior to the AGM.**

We hope you can join us on 28 September to reflect on the past year, celebrate what we have achieved together and look forward to another positive year for our Centre and community.

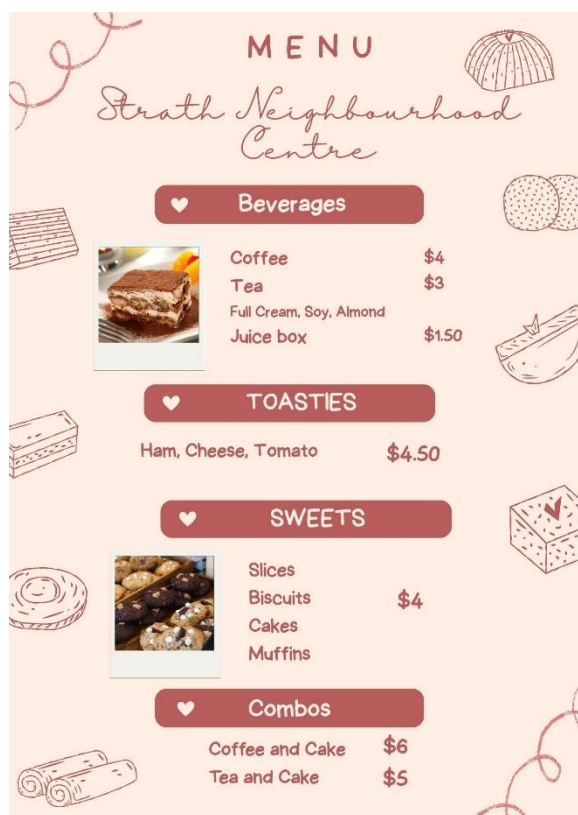
We look forward to seeing you there.

Kind regards,

Jackie Chapman
Chairperson



WHAT'S ON? MONDAYS



Our **4 C's Café**, open 10am-2pm Mondays, is more than just a place to grab a coffee — it's a space for connection and community.

With our focus on *coffee, bites and community vibes*, the café supports meaningful local engagement while offering a warm, inclusive environment for everyone.

So come on in and enjoy a great cup of coffee, a tasty bite, and the good vibes that make SNC Café a place to belong.

Come along and learn about the exciting and diverse world of herbs!

From fragrant culinary favourites like basil, rosemary and thyme, to soothing medicinal varieties such as chamomile and peppermint, herbs offer a wealth of flavour, fragrance and natural benefits.

Discover how to grow them at home, how to harvest and store them, and creative ways to use them in cooking, teas and everyday wellness. Whether you're a keen gardener, a home cook, or simply curious, this is a wonderful opportunity to explore the many ways herbs can enrich your kitchen, garden and wellbeing.

Strath Neighbourhood Centre
6 Parker Ave, Strathalbyn

Herb Group

Last Monday of the Month
10:00am- 12:00pm
-\$5 a session

Come and learn about Growing and using herbs. Previous topics included:

- Herbs for cold and flu.
- Herbal teas
- Culinary extracts including vanilla, orange and coconut extracts.

I hope you can join us. For more information call Chris on 0468386722



October 26th
Foot Reflexology and foot care

November 1st
Herb Day at Fullarton—car pool

November 30th
Herbal Safety, exploring infused oils, making herbal salves/balms Workshop

December 28th
Social get-together

WHAT'S ON? TUESDAYS



Strath Neighbourhood Centre Inc

\$8 TUESDAY COMMUNITY LUNCH

At Strath Neighbourhood Centre

Join us every Tuesday for a delicious community lunch.

-  Enjoy a meal, dessert, tea and coffee
-  Everyone is welcome
-  Come along to enjoy yourself, meet people and make new friends
-  Bookings available
-  Lunch service from 12 noon

CONTACT & BOOKINGS

Address: 6 Parker Avenue, Strathalbyn SA 5255

Phone: 0431 337 044

Email: strathnc@gmail.com

♥ Good food. Great company. Stronger community. ♥

Join us every Tuesday for our **Community Lunch** and enjoy a delicious two-course meal in a relaxed and welcoming atmosphere. It's a great opportunity to connect with others and enjoy good food in good company.

Week look forward to seeing you at the table!

On the first and third Tuesday of each month, we're also pleased to host Lisa from *Goolwa Haven* between 11:30am and 1:30pm. She'll be available for a friendly chat, along with support and advice.



Join us for a relaxing afternoon of arts, crafts and board games in a warm and welcoming setting. This program offers a chance to unwind, get creative, and connect with others in the community.

Whether you enjoy painting, simple crafts or board games just having a cuppa and a chat while you create, there's something for everyone. No experience is needed — just bring yourself and enjoy an afternoon of creativity, conversation and fun.



Arts, Crafts and Games afternoon

EVERY TUESDAY
1.30 PM TO 3.30 PM
6 PARKER AVENUE
STRATHALBYN, SA 5255

WE ASK A SMALL DONATION FOR PARTICIPATION

See you there!



Junction FREEDOM TO THRIVE **Monthly BINGO**

Presented by **Junction Australia**

Last Tuesday of the month from **1.30 PM** PRIZES | AFTERNOON TEA | FUN

Free to attend
Bookings essential

6 Parker Avenue, Strathalbyn SA 5255
Ph. 0431 337 044
Email: strathnc@gmail.com

REGISTERED CHARITY ALEXANDRIA

As part of their partnership with Strath Neighbourhood Centre, **Junction Australia** is bringing Bingo to the centre once a month!

This fun and social event is free to attend and will be held on the last Tuesday of each month. It's a wonderful opportunity to connect with others, enjoy a few laughs, and maybe even call out a winning "Bingo!"

So get your dabbers ready and join us for an afternoon of numbers, prizes and community fun.

Bookings are essential — be sure to secure your spot!

WHAT'S ON? WEDNESDAYS

Stay Strong, Steady & Active After 65

Want to improve your strength, balance, confidence and overall fitness?

Our friendly exercise sessions are designed especially for adults aged 65 and over, enjoy gentle effective exercises in a supportive and welcoming environment.

- Improve strength and mobility
- Build better balance and stability
- Help reduce the risk of falls
- Improve flexibility and confidence
- Exercise at your own pace
- Meet new people

Whether you are new to exercise or looking to stay active, our classes are about much more. It's a wonderful opportunity to meet new people and stay connected

Move better, feel stronger, stay independence!



MOVEMENT WITH MEL

STAY STRONG, STEADY & ACTIVE AFTER 65

Want to improve your strength, balance, confidence & overall fitness?

Our friendly exercise sessions are designed specifically for adults aged 65+. Enjoy gentle effective movement in a supportive and welcoming environment

- Improve strength and mobility
- Build better balance and stability
- Reduce the risk of falls
- Stay independent
- Exercise at your own pace, with an accredited trainer
- Meet new people

CONTACT MEL TO FIND OUT MORE
0423 513 435

Strath Neighbourhood Centre 6 Parker Avenue

Repair Shed

We offer:

Tool sharpening — kitchen knives, garden secateurs, pruning tools..

Minor electrical repairs

Bike repairs

Garment repairs— please book at the office

As our expertise grows our services will grow.

OPEN: Every Wednesday 9.00 – 12.00



If you have skills and are looking to enjoy a friendly Wednesday morning, please drop in and make yourself known.

Please consider a financial donation in exchange for a repair, donations help with the cost of tools, fuel and parts.



The guys in the shed have been hard at work over the past few months building Christmas decorations.

Wooden Xmas Tree with Coloured Lights: **\$20**

Wooden Christmas Elves: Pair **\$30**

Wooden Santa: **\$20**

Wooden Candle with Bauble: **\$15**

If you'd like to purchase one or find out more, give us a call to express your interest. Get in quick—stock is limited!

Got something that needs repairing?
Don't throw it away just yet!

Drop by on Wednesday morning and have a chat with the fellas out in the shed to see how they might be able to help. Whether it's a small household item, a piece of furniture, or something that just needs a bit of tinkering, they're always happy to lend their skills and share a bit of know-how. It's a great way to give your items a second life while connecting with others in a friendly, welcoming space.





GARDEN GRUBS:

Garden Grubs is a volunteer group who provide a basic gardening service to members of the local community who find themselves less able to maintain their garden, and with no or limited access to professional services.

Our service is free. We bring our own tools. We have current volunteer clearances.

Services include basic garden chores such as weeding, pruning and planting.

We attend on a once off basis but may need to revisit if we do not complete the agreed upon work in one session.

Whilst your company is welcomed there is no requirement for you to help us in your garden.

To enquire further about accessing our service or joining our group please leave a message for Jodie at:

The Strath Neighbourhood Centre
Ph: 0431 337 044
6 Parker Avenue Strathalbyn.




Our **Garden Grubbs** are here to support our local community with practical, hands-on gardening help.

If you're finding it difficult to manage your garden yourself — whether due to time, health, mobility, or financial pressures — we encourage you to reach out to our friendly team. From basic garden maintenance and tidy-ups to helping you get things back under control, the Grubbs are passionate about keeping our community spaces safe, welcoming and well cared for.

Get in touch to find out how we may be able to support you.

WHAT'S ON? THURSDAYS

Join us every Thursday for a fun and active day of Table Tennis!

Open to all ages and skill levels, it's a great opportunity to stay active, meet new people, and enjoy some friendly competition. Whether you're a beginner or a seasoned player, come along to test your skills and have some fun.




 **STRATH NEIGHBOURHOOD CENTRE** 

Join us for...
TABLE TENNIS

EVERY THURSDAY 10AM - 3PM
 \$5 FOR THE DAY
 TEA & COFFEE AVAILABLE

6 PARKER AVENUE, STRATHALBYN 5255
 0431 337 044
 STRATHNC@GMAIL.COM



**COOKING
WITH
PURPOSE**

**THURSDAY
9.30AM - 11.30AM**

NO COST

Enjoy a group cooking session and produce goods for donation or for low-cost sale to the community.

 6 Parker Avenue, Strathalbyn SA 5255
0431 337 0344
strathnc@gmail.com
strathnc.com.au

This hands-on program provides low-cost food goods for sale to the community while supporting participants to build practical life skills in a supportive and engaging environment.

Throughout the course, participants develop confidence in cooking and food preparation, learn essential kitchen safety practices, and strengthen their household budgeting and smart shopping skills. The food goods prepared as part of the program will be made available to the community at a low cost, helping make fresh, affordable options accessible to all.

Proceeds from these sales are reinvested directly back into the program, ensuring it can continue to grow, support participants, and benefit the wider community.

Strath Hangout is a new after-school program designed with **Eastern Fleurieu School** students, for young people in Strathalbyn. Strath Hangout offers a free “third space” away from home and school where young people can relax, connect and have fun.

Sessions offer a changing mix of activities they’ve asked for, including movies, music, gaming, art and more. If you know someone aged 12-19 looking for a safe, welcoming space to spend time with friends or make new ones, this is the spot for them.



Strath Hangout

We asked and you answered! Join us each Thursday fortnight for fun and free activities, if you are between 12 and 19 years old Strath Hangout is a space for you to be yourself and join a fun and welcoming community.

Where

Strath Neighbourhood Centre
6 Parker Ave, Strathalbyn 5255

When

Every Thursday Fortnight
Starting 12th of February
3:30pm - 5:00pm

Who

12- to 19-year-olds
RSVP Here



WHAT'S ON? FRIDAYS

Rugs n More is a creative and welcoming group where community members come together to craft, connect and create beautiful handmade pieces. From cosy rugs and colourful patchwork designs to upcycled fabric creations and knitted treasures, there's always something inspiring on the go.

Whether you're an experienced crafter or just keen to learn something new, this group offers a relaxed space to build skills, share ideas and enjoy good company.

Come along, bring your creativity, and be part of something warm, vibrant and community-driven.

RUGS & MORE....

RUG MAKING: FLOOR RUGS-TRADITIONAL TECHNIQUES INCLUDING UPCYCLING OF FABRIC

TEXTILE TECHNIQUES: FELTING, KNITTING AND MANY MORE.....



1ST & 3RD FRIDAYS OF THE MONTH,
10:00AM-12:00PM
\$5 PER SESSION
TEA AND COFFEE AVAILABLE



STRATH NEIGHBOURHOOD CENTRE,
6 PARKER AVE STRATHALBYN
STRATH NC: 0401337044
ENQUIRIES PH. JENNY: 0401367133



CHAIR YOGA WITH DEB

HEALTHY FIT

Friday 1-2 PM comm 10th April

Stay on for a cuppa, chat & sample a low carb
baked treat [suitable for diabetics]
\$5 per class Bookings essential

Chair Yoga is suitable for all ages, ability and genders
All postures are either seated or standing

Benefits

- Increase mobility of joints
- Build strength
- Improve balance
- Gain confidence
- Improve concentration
- Help feel less stressed and anxious

About Deb
Certified Hatha,
Yin & Chair Yoga
Teacher

for bookings
Phone 0431 337 044
Email:
strathnc@gmail.com

Discover the benefits of movement, comfort, and calm with Chair Yoga at SNC. This gentle, accessible class is designed for all abilities and is perfect for anyone looking to improve flexibility, build strength, and support overall wellbeing—without needing to get down on the floor.

Using a chair for stability, sessions combine easy stretches, guided breathing, and mindful movement to help reduce stiffness, ease tension, and leave you feeling refreshed and relaxed.

Whether you're new to exercise, returning after injury, or simply seeking a low-impact way to stay active, Chair Yoga at SNC offers a welcoming and supportive environment to help you feel your best. Join us and experience how small, guided movements can make a big difference.

VOLUNTEER OPPORTUNITIES

Would you like to meet new people, share your skills and make a difference in your local community?

Strath Neighbourhood Centre is looking for friendly and reliable volunteers to join our team across a range of roles.

Cook

We are looking for experienced cooks to help prepare our **Tuesday community lunches**.

When: Tuesdays, 9 am – 1 pm

Frequency: Negotiable

Reception Volunteer

Be the first point of contact at the Centre by welcoming visitors with a friendly smile. Assist with basic data management and computer tasks.

No experience or qualifications required. Basic computer skills would be helpful.

Police check required – provided at no cost to volunteers.

Youth Engagement Volunteers

We are looking for volunteers interested in helping plan and run **regular after-school youth engagement activities**.

If you have ideas for activities or would like to be involved in creating opportunities for local young people, we'd love to hear from you!

Working With Children Check and police check required.

Gardening Volunteer

Join our team of volunteers helping maintain our community garden. Tasks involve simple gardening and general garden maintenance.

When: Wednesdays, 9:00 am–12:00 pm

Frequency: Negotiable

Publicity Volunteer

Work under managerial supervision to help promote Strath Neighbourhood Centre activities and programs.

Help with:

Social media
Community noticeboards
Local newspapers
Other promotional activities

Repair Shed Volunteer

Join a small group of volunteers sharing practical skills and working on a range of projects.

We welcome skills and experience in areas such as:

Woodwork
Metalwork
Electronics
Small mechanics
General repairs

When: Wednesdays, 9:00 am–12:00 pm

INTERESTED IN VOLUNTEERING?

Email: strathnc@gmail.com

Phone: 0431 337 044

Office hours: 9:00 am–3:30 pm

Find out more:

www.strathnc.com.au

Facebook: Strath Neighbourhood Centre

Come and be part of our community!

KEYS TO CONNECTION WORKSHOP



MENTAL HEALTH MONTH
OCTOBER 2024
FIND YOUR WAY TO WELLBEING

Keys to Connection

Who
Young People 12 to 25 years old

When
October 17th 10am to 3pm

Where
Strath Neighbourhood Centre
6 Parker Avenue, Strathalbyn SA 5255

Get tickets here

Keys to Connection is an interactive art workshop celebrating the positive impact of music and art on mental health. You will be supported by professional artists to create your own design and add it to a shared artwork on an upright piano

CREATIVE BEGINNINGS

Supported by
phn
COUNCIL OF SA
A SOUTH AUSTRALIAN INITIATIVE

iREACH
Strathalbyn

Health
Barossa Hills Fleurieu
Local Health Network

MENTAL HEALTH COALITION
This event was made possible with funding from the Mental Health Coalition of SA and Barossa Hills Fleurieu Local Health Network

headspace
MOUNT BARKER

Strath Neighbourhood Centre has partnered with headspace Mount Barker to bring Keys to Connection to the community as part of Mental Health Month in October.

Keys to Connection is a creative piano mural project for young people aged 12–25, bringing art, music and connection together. Young people will have the opportunity to help transform a piano into a colourful and meaningful piece of community art.

Book in and come along, get creative, meet other young people and add your own ideas to the mural. Whether you're an artist, music lover, or just keen to get involved, everyone is welcome!

RED CROSS TRANSPORTATION

Strath Neighbourhood Centre has partnered with **Red Cross** in providing transportation services to our region.

Spending time out and about in the community is an important part of life. With Red Cross's Transport service, volunteer drivers can take you where you want to go.

Whether you've got errands to run or social events to attend, this service is all about keeping you connected to the people and places that matter to you.



AGED CARE SUPPORT

LOCAL, FLEXIBLE, CONNECTED



Strath Neighbourhood Centre is a community partner with HomeMade and Mable, supporting older people to:

Understand aged care options
Access flexible in-home support
Stay connected to the community

Support Includes:

Aged care navigation
In-home personal & domestic support
Social connections & community access

For more information and support:

Call or email to book in with Teena or Mikaela

LOCAL SUPPORT YOU CAN TRUST.



Strath Neighbourhood Centre is committed to inclusive, respectful, and community-led support for older people

OUR PARTNERSHIP WITH HOMEMADE AND MABLE

Strath Neighbourhood Centre is proud to partner with **HomeMade** and **Mable** to strengthen aged care support within our local community. Through this partnership, SNC helps connect community members with personalised, flexible in-home care options that promote independence, choice and dignity. Together, we're making it easier for people to access trusted support services while remaining connected to the community they know and love.



Membership New/Renewal Application

Date.....

Members shall be persons who have agreed to abide by the rules of The Association,
Have been approved by the Governance Committee.

BENEFITS OF MEMBERSHIP

- Entitled to vote at an Annual General Meeting/Special meeting.
- Eligible to nominate another financial member for a role on the Committee
- Wish to support the Centre and paid the annual membership fee of \$20.

concessions

\$10

Active Volunteers

Free

☐ I would like to join / renew (circle) the Strath Neighbourhood Centre

Membership fee \$20

☐ I would like to join / renew (circle) the Strath Neighbourhood Centre

Membership fee \$10 Concession fee

☐ I am an active Volunteer of The Strath Neighbourhood Centre

Membership – Free

First Name: Surname:

Home Phone: Mobile:

Email:

Signature:

Date of Application: 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

Admin only:

Active Volunteer updates -

Volunteer section