

Newsletter JUNE - JULY 2025



Strath Neighbourhood Centre Inc
6 Parker Avenue, Strathalbyn 0431 337 044
strathnc@gmail.com

Time has flown. Here we are in the beginning of winter and finally the farmlands around us are starting to look busy with tractors, ploughs and seeders in full noise after the few recent light showers of rain.



Here at the centre we have also been busy. Over the past couple of months, along with our regular weekly activities, several short courses and activities have been facilitated, including Beginners Farm Maintenance Skills, a Certificated First Aid Course, an excursion to Goolwa Art Exhibition, Positive Partnership - Diversity of Autism workshop, an afternoon tea & movie day for volunteers during Volunteer week, and Child Safe Environment training. Our amazing university students, Haley & Mikaela, have been overseeing the **Zen Zone** youth activities on Monday mornings and helping with the running of the **Bingo** on Tuesday afternoons.

Newsletter JUNE - JULY 2025

Regular Weekly Activities

Contact the office 0431 337 044
for details

Monday mornings from 9.30

Herb Group 9.30 Last Monday of each month.

Tuesday from 9.30am

Wise Employment

Tuesdays from midday

Community Lunch

2 course meal \$8 per person. Lunch and bingo

\$12. Bingo only \$5 1.15 – 3.00

All welcome

Wednesday 9.00am - midday

Repair Shed

Wednesday 9.30am - midday

Garden Grubs

Wednesday 10.00 - 11.00

Fitness for Fun

Wednesday 12 – 4.30 pm

Alexandrina Contract Bridge Club

Thursday from 9.30 am.

Wise Employment

Thursday 10.00 - 3.00

Table Tennis and community activities \$5

Friday

Rugs N More Group

10.00 – 12.00 1st & 3rd Fridays

Line Dancing 1.00pm—3.30pm

Strathalbyn Garden Club 10.00 -12.00

Every 4th Friday of the month.

REGULAR ACTIVITIES

Greenok Garden is just an amazing space to visit, sit and enjoy. Thanks to the tireless efforts of Sharon, Chris, Jodie, Louise and Meg. The edging pavers have been laid and look fantastic- Bravo ladies.

Rugs'n'More attendance is rapidly growing, offering workshops to help people learn new skills and to see what these clever ladies have to offer in the fortnightly sessions. Come along and see volunteer co-ordinator, Jenny and the team felting, crocheting, knitting, spinning, fabric rug making and more, have a coffee or tea and join in the friendship on the 1st and 3rd Fridays of the month from 10.00am – 12.00noon.

Table Tennis on Thursdays from 10.00am until 3.00pm is full of fun and action. Get a team together and come to the centre to play off. Volunteer gamer, Ian is always up for the competition and at just \$5/pp what a great way to get a little exercise and a lot of laughs.

Community Lunch on every Tuesday from 12.00noon till 1.30pm. The volunteer kitchen team want everyone to know that *It's all about the friendship and social connections* with the added bonus of a two course lunch. A select group of Eastern Fleurieu School (EFS) students from 7-12 campus attend regularly to assist and socialise with everyone and the Health Studies students from EFS came along in May to prepare, cook and serve the meal, which was met with positive feedback from all those in attendance.

Newsletter JUNE - JULY 2025

The recent installation of a new dishwasher and AC by local tradesmen saw little disruption to the running of the kitchen. The new additions will improve the way we operate and provide comfort and safety to the volunteers in the kitchen.

Bingo and Quiz with the help of Teena, Mikaela, Ian, and Haley caller Colin entertains the participants following the lunch on Tuesdays. Great prizes up for grabs including a generous Woolworths voucher and many more generously donated beautiful gift packs.

Repair Shed volunteers are keen handymen who can help with small repairs to bikes, furniture etc and offer tool & knife sharpening. Drop in on Wednesdays with your items and have a chat with the guys.

Garden Grubs have welcomed the addition of a rubble apron to the side of the little shed so they will be able to pot up plants etc. Their visits to local gardens are welcomed with open arms and met with nothing but positive feedback. Well done to our wonderful Grubs, keep up the good work digging, weeding, pruning, planting etc

NEW VOLUNTEERS

We welcome our new volunteers Judy, Rady and Lyna. In a day and era where time is a precious commodity, it is important to thank volunteers who take time from their busy lives to help out. The dedication of all our volunteers highlights the impact and value each individual brings to our centre and more importantly, to our community.



OFFICES CHANGING PLACE

During the 2nd week of June we had an interior “re-vamp” with the administrative office now in the boardroom giving admin staff more space and allowing all to be together in the one hub.

Newsletter JUNE - JULY 2025

WISE Employment Services is business as usual on Tuesdays & Thursdays but now located in the front office.



SOCIAL SUPERMARKET

Strath Neighbourhood Centre Inc, proposal for a Neighbourhood Food Store.

A community consultation and information session is being planned for Mid July, please watch for notices.

To quote the Centre for Social Impact (Flinders Uni) "A 'social supermarket' is a community hub that provides an alternative way for people to access affordable food, as well as social support, services, and opportunities for connection".

Features like no interest loans, financial counselling, work experience, volunteering opportunities, low-cost cafés and cooking programs provide crucial assistance in people's lives, as well as and opportunities for social connection and 'giving back' (reciprocity)." (<https://www.csi.edu.au/news/what-is-a-social-supermarket-and-how-do-they-tackle-food-insecurity/>) accessed 13/02/2025

Strath Neighbourhood Centre Inc (SNC) is well positioned to transition to the blended service model (Pettman, Pontifex, 2024), as SNC is already providing much of the baseline service, although at a much smaller capacity.

SNC's aim is to complement and support existing food relief services and provide access to information or services for wellbeing and social connection.

The Strath Neighbourhood Centre Inc
acknowledges and appreciates the
support of the Alexandrina Council

Newsletter JUNE - JULY 2025



REMINDER

A reminder to all our existing members that we welcome new members and volunteers anytime, so if you know of any person/s who you think would like to join our neighbourhood family, please do not hesitate to ask them. They can apply for membership by calling into the centre during office hours Mon-Fri 9.00am -3.30pm or by completing the attached form. We also remind you that the annual membership renewal is due as of 1st July 2025. Please see attached renewal form for details.

DONATIONS

A huge thank you to all the generous people and businesses who kindly donate to our centre and community in many various ways, including but certainly not limited to the following:

Fresh garden produce
Homemade cakes & slices
Hand knitted rugs, beanies and scarves
Milk & Yoghurt
Bread

NEXT ISSUE

- An introduction to our new volunteers. We have asked these people to put down into words a little about themselves.
- Farewell to the university students
- What else happens in the centre – U3A, Line dancing, Fun & Fitness etc

Newsletter JUNE - JULY 2025

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>



Newsletter JUNE - JULY 2025

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