

Newsletter OCTOBER – NOVEMBER 2025



Strath Neighbourhood Centre Inc.

Regular Weekly Activities

Contact the office 0431 337 044 for details

Monday

from 9.00

Status Employment

10.00am – 11am

Wallaby Physiotherapy

10.00am – 12.00pm

Herb Group (Last Monday of each month)

12.30pm – 3.00pm

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

Tuesday

from 9.00am

Workskil Australia

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

10.00am – 12.00pm

Garden Grubs

10.00am – 11.00am

Fitness for Fun

12.00pm – 4.30pm

Alexandrina Contract Bridge Club

Thursday

from 9.00am

Workskil

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)

6 Parker Avenue, Strathalbyn 5255

0431 337 044

strathnc@gmail.com



Mental Health Month

October was National Mental Health Month.

This month aims to increase awareness and understanding of mental health and wellbeing, promoting empathy and encouraging people to seek help when needed.

Christmas

Christmas is fast approaching!

Join us for Christmas lunch on Tues 16th December.

\$15 per person, bookings essential.

Please note that the centre will be closed from Sat 20th December to Sun 4th January.



NEW PROGRAMS!



A flyer for the Social Art Group. It features a pink and yellow background with illustrations of art supplies like paint cans, brushes, and a palette. The text is in various colors and fonts, including a large 'Social ART GROUP' title. Logos for 'Parker Regional Centre Inc' and 'ALEXANDRINA' are visible in the top corners.

Social ART GROUP

EVERY 2ND AND 4TH MONDAY OF THE MONTH

AT 12.30PM - 3.30PM

NEED A SPACE TO GET CREATIVE?
WANNA MEET SOME LIKE MINDED PEOPLE AND SHARE YOUR PASSION?
COME ALONG TO SNC'S SOCIAL ART GROUP AND START CREATING MASTERPIECES!

BRING YOUR OWN ART SUPPLIES
UNLIMITED TEA AND COFFEE AVAILABLE \$5

6 PARKER AVENUE, STRATHALBYN SA 5255

Join Now

PH: 0431 337 044
EMAIL: STRATHNC@GMAIL.COM

Join us for a relaxing afternoon of social art! Bring in your own projects or just enjoy a cuppa and chat with some like-minded people.

No pressure to get that piece looking picture perfect. Just come and have some fun!

Come learn basic cooking/baking skills, kitchen safety, household budgeting and shopping through a self-funded cooking group.

End of each session produce is packed and put up for sale to the community to promote self-funding.

To attend you must be signed up as an SNC volunteer and fully inducted. Attendees are also encouraged to complete the Do Food Safely online training course (or equivalent).



A flyer for the Cooking with Purpose group. It features a light blue background with illustrations of kitchen items like a cutting board, knife, vegetables, and a rolling pin. The text is in bold, black, and green fonts. Logos for 'Parker Regional Centre Inc' and 'REGISTERED CHARITY' are visible in the top right corner.

COOKING WITH PURPOSE

EVERY 1ST AND 3RD THURSDAY OF THE MONTH
9.30AM - 11.30AM

A group of volunteers who will prepare low-cost food goods for sale to the community through a self-funded cooking group that teaches cooking skills, kitchen safety, household budgeting and shopping

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

PAST EVENTS...

INSIDE OUT LOUD WORKSHOP

The *Inside Out Loud* exhibition showcased the creative expressions of 8 young people aged 12-17 who participated in a captivating lino print-making workshop led by professional artist **Rebecca Prince**, in collaboration with **Strath Neighbourhood Centre** and **Headspace**.

Exploring themes of **mental health, wellbeing, and self-expression**, participants designed and printed original artwork reflecting on what brings them joy and happiness in times of sadness. This display celebrates **Mental Health Month** and highlights the power of art to connect, heal, and communicate what words sometimes cannot.

LAST AID

On Monday 10th November we hosted a Last Aid Course, presented by **Palliative Care SA**. This educational program was for our community to improve confidence and skills in supporting carers, family members, colleagues, or people experiencing terminal diagnosis, dying, death or grief.

“As someone from another cultural background, I found the Last Aid lecture deeply meaningful. It helped me understand how compassion and dignity can guide us in supporting people at the end of life.”

“This course offered a warm and open space to talk about death and dying as a natural part of life. Participants explored topics like planning ahead, supporting others with care and compassion, and finding meaningful ways to say goodbye. The session was lively and engaging, filled with thoughtful discussions and plenty of interaction – a truly inspiring morning for everyone who joined.”

RADY'S PRODUCE CART



Did you know that our wonderful volunteer Rady is bringing freshly grown vegetables in for sale every Wednesday morning and fortnightly Friday morning?

Types of vegies depend on what is seasonal.

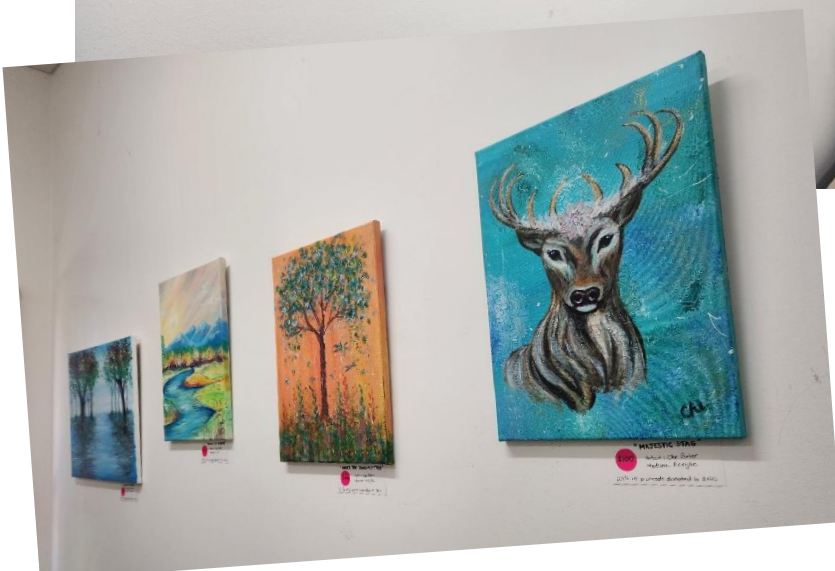
Come on in and grab a bargain, you can't get any fresher!

CHE'S ART GALLERY



Thanks to Che for adding some colour to our meeting room and putting up an art display!

Please come in and enjoy her art as much as we do.



Her pieces are also available for sale with 20% of proceeds being donated to the centre!

CHRISTMAS LUNCH



Our Community Christmas lunch will be on Tuesday 16th December.

\$15pp for a buffet style.

Main course will be ham, chicken and turkey with side salads.

For dessert there is the option of pavlova or Christmas pudding.

Bookings are essential!

GRENOOK GARDEN

A big thankyou to our dedicated garden volunteers who compassionately look after our beautiful Grenook Garden.

Thanks to their time and efforts we have been awarded First Prize for Community Garden in the Spring Garden Competition!

If you haven't already, please stop by and visit the garden – come gab a cuppa and sit and enjoy this beautiful space!



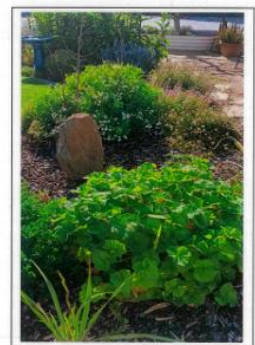
Strathalbyn Show
Spring Garden Competition 2025
Judged on Saturday September 13th

FIRST PRIZE COMMUNITY GARDEN STRATH NEIGHBOURHOOD CENTRE

This new garden, less than twelve months old, was developed after an initial meeting of volunteers in July 2024. The first working bee was held on the 31st July and the site was cleared and planted in September of that year. Turf was laid in late October and mulch was spread over the garden.

The garden is neat and well presented, with seating areas and a water feature which provides a tranquil, reflective feel to the garden.

The garden is a true community space where everyone is welcome.



WORKING BEE



Join us on Wednesday 10th December from 10.00am – 12.00pm for our Working Bee!

Jobs will include:

- Mowing
- Whipper snipping
- Tidying the garden
- Rubbish removal

If you have a trailer we can use to load up rubbish and take the dump please let us know!



WORKING BEE

VOLUNTEER APPRECIATION



Certificate of Appreciation

Presented to
Strath Neighbourhood Centre Inc.

In recognition of your valued service to the Australian Community through your participation in the Tax Help Program.

Rob Heffernan, A.O.
Commissioner of Taxation
03 November 2025

Thanks to all our wonderful staff and volunteers for all their support and hard work throughout the year!

Without them we wouldn't be able to function and provide services to the community in the capacity that we do.



Big thanks to our own Julia for her support with Tax Help.



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.

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

Craft Group: assisting with set up and facilitating a bi-weekly craft group

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>



THAT'S A WRAP!

Some final words from our centre manager for the year:

Hello Neighbours,

What a year, a word that comes to mind is change!

The centre continues to grow, and through this growth we have been able to offer more effective services. The addition of our volunteer coordinator (Teena) and centre's project officer (Mikaela), has seen solid progress in developing our support services.

Volunteers are the life blood of the centre, without our volunteers, the centre is just a building, without heart or soul, our volunteers and staff provide the heart and soul of the centre. The centre's strength comes from the willingness and dedication of our volunteers, supported by our paid employees (who earn their pay).

The year has seen opportunity to develop the centre into a true community support service. We have enjoyed the companionship of our EFS students and thank them for being a part of our family.

SNC is as you may be aware, exploring the development of a social supermarket, should we achieve this goal, we will be a true neighbourhood support service, proving food security, support services, and other connections. While offering additional social connections, and a range of self-determined activities.

The future is yet to be written, but your centre is pushing forward to provide our community with much-needed services.

In closing, I thank all volunteers, staff and social work students for making my workload manageable, and for bringing change, youth and the wisdoms that contribute to our service.

Stay safe,
Malcolm Sutcliffe



Thanks for a Great Year!

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>