

Newsletter JANUARY – MARCH 2026

Strath Neighbourhood Centre Inc.



Regular Weekly Activities

Contact the office 0431 337 044 for details

Monday

from 9.00

Status Employment

10.00am – 2.00pm

SNC Café (starting in April)

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 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 (every second Thursday)

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)

7.00pm – 9.00pm

Square Dancing

6 Parker Avenue, Strathalbyn 5255

0431 337 044

strathnc@gmail.com



Goodbye 2025, Welcome 2026!

What a year 2025 was! It was a year of connection, growth, and resilience across our community. From new programs and partnerships to familiar faces and shared milestones, we've seen how powerful it is when people come together to support one another. As we step into 2026, we're excited to build on this momentum, continue listening to our community, and create even more opportunities for inclusion, wellbeing, and belonging in the year ahead.

Happy Australia Day

Australia Day provides an opportunity for all Australians to reflect, respect and celebrate. It is about acknowledging the contribution every Australian make to our diverse nation, from Aboriginal and Torres Strait Islander peoples who have been here for more than 65,000 years, to those whose families have come through the waves of migration over more recent centuries.

International Women's Day

8th March is International Women's Day, where we commemorate women's fight for equality and liberation along with the women's rights movement. International Women's Day gives focus to issues such as gender equality, reproductive rights, and violence and abuse against women.



WELCOME NEW SOCIAL WORK STUDENTS!



Hi everyone!

My name is Zixiao Yang, but you can just call me Yang – it's a bit easier to pronounce!

I'm currently undertaking my first social work placement here at SNC as part of my Master of Social Work at Flinders University. I completed my undergraduate degree in Japan Studies in China before coming to Australia. As an international student, studying and living here has really broadened my perspective and helped me better understand different cultures and communities.

Over time, I became more interested in understanding people's life experiences and the challenges they face, which led me to pursue social work. I hope to learn as much as I can during this placement and contribute in meaningful ways to the Centre and the community.

Outside of study and placement, I have a strong interest in cars – especially Japanese cars. I enjoy learning about how they work and what makes each model unique. It's something I'm quite passionate about!

I've really enjoyed being in Strathalbyn so far. It's a peaceful and welcoming town, and I appreciate the strong sense of community here.

If you see me around the Centre, please feel free to say hello – I'd love to have a chat!

Hi! My name is Dalia. I am a social work student from Flinders University, and I am completing my first placement here at SNC.

I come from the southern part of China, near Hong Kong, a big city named GuangZhou. I completed my bachelor's degree in International Business. However, I realised that business and finance were not my true interests. While volunteering at a community centre near my home, I discovered a strong interest in social work. I truly enjoyed spending time talking with older people, children and people with disabilities. That experience inspired me to pursue social work as my future career.

I am currently living in Mount Barker. I really enjoy the quiet atmosphere in the hills, the fresh air, and the beautiful natural scenery. In fact, Australia's stunning landscapes are one of the main reasons I chose to study here. I find nature here truly amazing.

In my free time, I enjoy travelling, singing, watching movies, cooking Chinese cuisine, and watching the stars in the evening. I am always happy to share and talk about my interests with everyone.

If you see me around the centre, please feel free to say hello! I really enjoy chatting and would love to hear your stories.



PAST EVENTS



CHRISTMAS LUNCH

Thanks to all those who came and helped us celebrate Christmas and the end of a great year!

We had a blast, and we hope you did too.



HEADSPACE ESCAPE ROOM

SNC hosted **Headspace Victor Harbor's** Escape Room fun during School Holidays!

The course involved six different mental health themed engaging puzzles.

The kids certainly had a blast solving the puzzles, uncovering the code and escaping!





NEW SERVICE!

Got an old computer sitting around that you want to make use of?

Andreas can help you update your software and install a new and free program to have it up and running to it's full potential!

Give us a call to book in a time to speak to Andreas about your computing needs.

COMPUTER HELP

Give your old computer a new lease of life
Do you have a PC or Laptop which cannot be upgraded to Windows 11? Or one which feels a bit tired and sluggish?

If your computer was built after 2015 (sometimes even older), there is a good chance that it would run well if instead of Windows, a different operating system called Linux Mint was installed. Linux Mint runs well on old computers, and there are no licensing fees for it or any of its software. It is all free! It is also not prone to viruses.

If you are interested in exploring this, we would:

1. Look at your hardware to see if it is suitable.
2. Give you a test run to see if you like it and it serves your needs.
3. If you want to go ahead and have it installed, we would back up your data onto an external drive, wipe your computer clean of Windows, install Linux Mint and all the software you need, and put all your data back onto your new system.

Contact SNC to book a time with Andreas.

SEEKING: GARDENER



We are seeking a passionate and dedicated gardener to assist us with caring for and maintaining our beautiful Grenook garden. This role involves helping to keep the garden healthy, tidy, and welcoming through regular tasks such as weeding, pruning, planting, watering, and general upkeep.

The ideal person will enjoy working outdoors, have an appreciation for plants and garden spaces, and take pride in maintaining a vibrant and well-presented environment. This is a wonderful opportunity for someone who loves gardening and would enjoy contributing to a peaceful and valued community space.

WHAT'S ON? MONDAYS

STRATH NEIGHBOURHOOD CENTRE PRESENTS...



coffee, bites, and vibes



Your local cup of connection

OPEN MONDAY 10.00AM-2.00PM

Step into SNC Café, your local hub for coffee, bites and vibes. Whether you're catching up with friends, meeting someone new, or just taking a moment for yourself, our café is a welcoming space for everyone. Enjoy great coffee, tasty snacks, and the good community energy that makes SNC special.

Our Brand New **SNC Café**, opening up in April, 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

WHAT'S ON? TUESDAYS

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.

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

We look forward to seeing you at the table!



Strath Neighbourhood Centre

COMMUNITY LUNCH

Bringing the community together to enjoy a low-cost meal

\$8 FOR 2 COURSES

EVERY TUESDAY 11AM-1:30PM
6 Parker Avenue, Strathalbyn 5255

BOOK YOUR SPOT TODAY!
0431 337 044
strathnc@gmail.com

OOOO

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!

The poster features various art supplies like paint palettes, brushes, and tubes of paint, along with logos for Strath Neighbourhood Centre and Registered Charity.



3 FREE 14

SOCIAL BINGO

TUESDAY MARCH 31st

VENUE: STRATH NEIGHBORHOOD CENTRE, 6 PARKER AVENUE, SA 5255

1:30 PM (AFTER LUNCH)

STRATHALBYN

PRIZES, FUN, TEA

Bookings essential
communityengagement@junctionaustralia.org.au
Strathalbyn Neighborhood Centre

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The poster includes logos for Strath Neighbourhood Centre, Junction Australia, and various bingo balls.

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

STRATH NEIGHBOURHOOD CENTRE GARDEN GRUBS

Our friendly group of volunteer gardeners who provide basic gardening services for fellow community members with reduced ability to work in their own gardens and limited access to professional services.

WEDNESDAYS 10:00AM-12:00PM



OUR SERVICE

- GARDEN CULTIVATION
- GARDEN NEATNESS
- GARDEN MAINTENANCE
- GARDEN TYDE - UP
- HEDGE CUTTING



FOR ENQUIRIES

6 Parker Avenue,
Strathalbyn 5255
0431 337 044
strathnc@gmail.com

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.

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.

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.



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

Logos: Strath Neighbourhood Centre, Registered Charity



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

Logos: Strath Neighbourhood Centre, Registered Charity, Alexadrina

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 & 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

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.



**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**

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.

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



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 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>