

COMMUNITY BUILDING IN OUR NEIGHBOURHOOD

Castlefield Community Centre

**Program and Activity Guide
Term 3, 2019
15 July to 20 September**



Quilting



Child Care



One World Choir

505 Bluff Road

Hampton 3188

Telephone: 9598 0662

Email: castlefield@bayciss.org.au

Web: castlefield.org.au

ABN: 55 744 288 093

**Office hours: Monday and Wednesday
9am to 4pm and Tuesday, Thursday and Friday 9 am to
1pm**

Hello and Welcome to Term 3, 2019

As winter sets in it's sometimes hard to think about leaving the house in the evening however did you know that we spend about 90% of our time in doors. The crisp cold mornings and cold evenings are a great opportunity to put on that snuggly coat and get out and about. If you come to our choir or join in a yoga group or meditation you will soon warm up and get the blood moving...it also has the added benefit of meeting new people and enjoying others company. If you prefer day time activities then our art class might be just the thing. In the foyer you will notice some of the great work by complete beginners. **Ros Porter — Program Manager**

About Us

Castlefield runs a range of programs as well as hiring facilities to other community groups, private businesses and individuals. Our purpose is to build a sense of community in our local neighbourhood—come and be a part of it.

Did you know Castlefield is a BayCISS Neighbourhood House? BayCISS provides information and support including counselling, legal advice and tax help to all community people in the Bayside and Kingston local government areas. We also provide advocacy, referral and emergency relief to low income and vulnerable clients in these areas.

BayCISS

12 Katoomba St.
Hampton East, 3188.
Tel: 9555 9910

BayCISS Opening Hours:

Monday to Friday 10 am to 4pm



Castlefield is funded by the **Department of Health and Human Services** under the Neighbourhood House Coordination Program and **Bayside City Councils** Major Grants Program. We gratefully acknowledge both the financial and partnership support provided by State and Local Government. Castlefield also receives support from **All Souls Opportunity Shop, Buxton Realstate, Coles Hampton, Bunnings, The Campeyn Group, and the Federal Government through the local Member for Brighton.**



General Information

Volunteers

We rely on the very generous support of volunteers who give their time to undertake a range of tasks either in the office or helping with programs. If you are interested, speak to Ros Porter about opportunities available. Volunteering is a great way to feel a part of your community so share your skills and meet new friends.

Enrolment

When you enroll for an activity in most cases, you will be asked to make a payment for the whole term. This enables us to give certainty to our tutors and reach numbers to make programs viable. If you have financial difficulties, we are happy to have a conversation to organise regular payments. Activities are subject to sufficient numbers. In the event that an activity is cancelled due to insufficient numbers, your fees will be refunded. Some of our classes will have a free introductory session. Fees for activities on a term basis are due at the beginning of the term and can be paid at reception during office hours. We do not have credit card facilities. The term dates are based on government school holidays.

Fees

Fees can be paid by bank transfer, cheque or cash. A receipt will be given for cash or cheque payments only. Each activity has a different fee, depending on the nature of the activity. Please see the individual activities to find out their cost and how they can be paid.

Public Holidays

Activities will not run on public holidays. School holidays may have special arrangements, so please ask when enrolling if your activity is affected by school holidays.

Refunds

Please choose your enrolment carefully. Castlefield is not responsible for a change in your circumstances. Refunds will only be issued if a least seven day's notice before the start of the term is received when payment is on a term basis. Fourteen days notice is required for child care.

Children's and Young People's Activities

Short Hours Childcare Program

At Castlefield our philosophy is to nurture children's creativity and social skills through play in small groups. Short Hours Childcare has a maximum of 10 children in the 2-3 year old groups and 13 children in the 3-4 year old sessions. Our experienced childcare staff provide a warm and welcoming atmosphere in which your child can grow and develop. The program includes music, cultural celebrations, fine motor skills activities, creative play, art and craft, social and outdoor activities.

2 and 3 year olds sessions:

Time: 9 am to 1 pm Monday
9 am to 12.30 Tuesday and Thursday
9am to 12 noon Wednesday



Lynne

3 and 4 year old sessions:

Time: 1 pm to 4 pm Wednesday
9 am to 1.00 pm Friday



Robyn

Fees are between \$37 and \$47 per session. Please discuss concessions with the staff.

Our Child Care staff are Lynne and Robyn. A separate parent's information booklet is available with more detailed information and can be mailed to you on request.

Monday Morning Playgroup

Our playgroup caters for children between newborns and 3 years of age and we maintain a limit of 10 families per session to ensure a safe and pleasant environment both indoors and outdoors. Playgroup is a great way to meet other parents and support each other on your parenting journey. Our Playgroup is facilitated by Monika.

When: Mondays 9.30 am to 11am
Fees: \$6 per session payable on a term basis



Monika

Children and Young People's Activities

Brainastics

For the last 10 years, Brainastics have been introducing kindergarten aged children to reading and writing through a multi-sensory, fun and evidence-based phonics program. Tapping into children's natural curiosity, our trained teachers use the internationally renowned method of Jolly Phonics, focusing on the 42 main sounds, rather than just the 26 letters of the alphabet.

Friday: 9:30 am – 10:30 am
Fees: \$25 per session, payable per term
Contact: Shae on 0421 073 688 or brainastics@gmail.com for more info.



MFacts Maths Tutoring - Hampton



Run by teacher Justine Shelley, MFacts is maths tutoring for primary school to early secondary students. With a focus on key number skills, the aim is to improve understandings, confidence and enjoyment of maths. Sessions are tailored to each individual's needs. Justine is an experienced primary school teacher who has specialist training in maths. She will guide small groups of students in a workshop setting, helping them master key maths skills and a positive outlook.

When: Monday, Tuesday, Wednesday and Thursdays after school. Contact Justine for availability at: mfacts121@gmail.com or find her at www.mfactstutoring.com.au

Super Speak Public Speaking and Drama for Ages 6-14

Your child can learn to communicate with confidence, purpose and skill and have heaps of fun with our award winning public speaking and drama program. We teach children aged 6-14 of all confidence levels to be more confident and creative communicators for life. They will learn about expressive skills, vocal variety, body language, speech structuring, speech clarity and much more.



**When: Senior group - ages 10-14 on Saturdays from (12.30 pm - 1.25 pm)
Junior group – ages 6-9 on Saturdays from 1.30 pm - 2.25 pm**
Phone: 03 9572 5249 Email: info@superspeak.com.au Bookings are essential and enrolments can be made online at www.superspeak.com.au

Children's and Young People's Activities cont....

Mini Maestros



A fun and educational music program for babies, toddlers and pre-school children. This popular program stimulates young minds, builds confidence and fosters a love of music. Classes are age-specific to cater for children's developmental stages. Your role as a parent or caregiver is also unique in follow-up activities to help reinforce concepts learned in class.

Nurturing Confident Learners

When: Term time—ten weeks.

Time: 9.30 am to 12.30 pm (30 to 45 minutes for age specific groups)

Contact: Julia 0414 944 918 or julia.kaplan@minimaestros.com.au

www.minimaestros.com.au Bookings are essential.

BusyFeet Bayside

BusyFeet is an activity designed to create a special place through dance and music for children with disabilities aged 6 to 16. The program provides the opportunity for parents to develop friendships and discuss issues with others in similar circumstances. Brighton North Rotary established BusyFeet in Bayside in 2015 with the support of the club and funds from local entities. The group is run by a qualified dance teacher with the children being supported 1:1 by a volunteer from Rotary and the local community. All volunteers have a Working with Children check.

When: Tuesdays during school terms (10 week program)

Time: 4.30 pm to 5.15 pm

More info contact: Lyn Mortimer on: 0407 140 549



ATADS Dance

Alanna's Theatre and Dance Studio offers dance instruction and education without the stress and pressure of examinations or competitions. Beginner students or those older students who have dabbled in dance in their younger years are welcome to our safe and nurturing environment. Classes are fun and relaxed, nurturing each student's individuality to build their confidence, love and appreciation for Dance.

When: Mondays and Wednesdays during school terms.

Contact: Alanna for further details. Phone 0419 641 477

Email: alanna@atads.com.au or visit: www.atads.com.au

Mondays—Creative Ballet, Mini Junior Acro and Adult Jazz. 4.15pm to 6.45pm

Wednesdays—Mini Jazz and Junior Jazz. 4.15 pm to 6.00 pm

Adult Activities



Our choir is led by professional musicians Andrea Khoza and Annemarie Sharry who have many years experience of developing and leading choirs. The choir is loads of fun. The music is dynamic, joyful and uplifting. Everyone is welcome, you don't need to have sung in a choir before and there are no auditions.

When: Thursdays resuming 18 July (10 week term).

Time: 7.30 pm to 8.45 pm

Cost: \$15 waged and \$10 concession paid on a term basis. Casual \$20 per session. Contact: Ros 9598 0662 or castlefield@bayciss.org.au

ChantSong Circle

Join in a relaxing session of ChantSongs (short, meditative melodies/mantras) clear enough to sing along with on first listening). Connect and harmonise over a cycle of pure sounds including Sanskrit and Indigenous Australian chants. Sessions are guided by experienced, inspiring and encouraging musician, **Diana Clark-de Vries**.

When: Sundays—September 8th, October 13th and November 24th

Time: 2.00 pm to 3.30 pm. **Cost:** \$20, (\$15 concession). **Pre-booked \$25/\$20 at the door**

Booking: TryBooking. **ChantSong Circle enquiries - SMS Diana 0433 855 580**
Email: dmc@dianaclark.com.au or phone Castlefield on 9598 0662 or email castlefield@bayciss.org.au

Relax - Recharge - Rejuvenate Meditation Courses

Stephanie Rother a qualified hypnotherapist, naturopath, yoga and meditation teacher leads these 6 week courses that include gentle yoga movements, relaxation and meditation. Designed to give you a little mini-break, the courses will enable you to learn a range of mediation techniques that you can easily apply at home in your own time. Each session is structured so that you can relax and re-energise yourself while learning how to meditate at the same time.

When: Monday at 7:00 pm starting 29 July (4 weeks) or

Thursday 1:00 pm starting 25 July (6 weeks). **Contact:**

Stephanie on 0413 019 959 or e-mail steph@infinitehealth.net.au for further information or to book.



Adult Activities cont.....

Castlefield Garden Club

Meet the first Thursday of each month at 1.00 pm to share gardening knowledge, seedlings and cuttings. Guest speakers and workshops will be held on different varieties of plants, ornamentals, edibles and ideas stemming from your own interests.

Cost: Gold coin donation

When: First Thursday of each month—4 July, 1 August, 6 September, 3 October, 7 November and 5 December

Time: 1 pm to 3.00pm.

Contact : 9598 0662 for further information.

Special Event for Seniors Week

Thursday 17 October
1-3pm

Lyndi Garnett will be speaking about the delights of Salvia's.

Everyone welcome

Patchwork and Quilting

You may already be experienced or you might be a beginner. Patchwork and quilting have two groups on alternate Tuesdays. The patchwork group is full however you are welcome to join the quilting group. This is a group for people who want to learn a new skill, or add to their existing quilting skills. People who enjoy the company of others who are passionate about fabric and textiles and the wonderful combinations you can make with this beautiful craft. The groups are facilitated but essentially it is about sharing your skills and learning together.

When: Every Tuesday resuming 23 July.

Time: 9.30 am to 11.30 am

Cost: \$6 per session paid on a term basis

Gentle Strength and Balance with Nikki Licheri

Nikki's classes are simple, easy to follow without confusing equipment. Making use of a chair for body weight exercises, the goal of each class is to finish feeling better! The exercises are designed to create strength without bulk and build toned, functional bodies that meet the needs of everyday activities. Nikki is qualified to offer lots of options. She sequences a range of gentle exercises and activities that are fun to do using concepts found in the Pilates method:

Check location with the office on 9598 0662.

When: Every Tuesday resuming 16 July.

Time: 12.00 pm to 1.00 pm.

Cost: \$10 paid on a term basis

Castlefield Social Bridge Group

Our social Bridge is a group for players with some experience. Bridge is played in sets of four with two competing teams. Researchers have discovered that mentally challenging games such as bridge which offer intellectual and social stimulation, may help develop your memory and stimulate your immune system. It is NOT a supervised group or an affiliated Bridge club. Experienced duplicate Bridge players only and new members MUST have their own partner. Bookings are essential. Contact Judy on 0410 515 220. The Bridge group will operate from 4 Feb to 2 December 2019

When: Every Monday including during school holidays.

Time: 1 pm to 4 pm.

Cost: \$5 per session including afternoon tea.

YOGA with Sheryn

Sheryn is a Diploma qualified Yoga Teacher who enjoys sharing her knowledge and experience of Yoga with others. With a background in working with children, she is also a qualified Children's Yoga Teacher.



Yoga for Adults – beginners to intermediate level, includes gentle stretching, Yoga postures, breathing, meditation and relaxation. Yoga enhances strength, flexibility and a deeper connection within the self. Enjoy creating a greater sense of balance, calmness and well-being. Feel welcome to come along!

Thursdays: 5.45 – 6.45pm. BYO Yoga mat/Blanket

Casual Rate: \$15 5-Session Pass: \$65

Bookings and Enquiries: Sheryn Kennett 0425 746 858

Children's Yoga - ages 5 – 12. Engaging children through use of various stories and props, including warmup exercises, breathing activities, Yoga postures and relaxation. Creating positive experiences, using themes and books that focus on animals to take us through different Yoga poses, children develop body co-ordination, awareness, strength and flexibility. Building confidence, creativity, imaginations... and having fun!

Thursdays: 4.30 – 5.15pm

\$10 per session per child (siblings only \$5)

Bookings and Enquiries: Sheryn Kennett 0425 746 858

Art for All Abilities

Experienced artist Janis Morgan will help you discover your inner artist with a range of activities using different materials. This supportive group is great for people of all abilities. **No experience necessary.**

When: Tuesdays resuming 16 July 2019

Time: 1 pm to 2.30 pm

Cost: \$15 per session on a term basis

Tuning in to Kids - Emotionally Intelligent Parenting

A six session parenting program for parents of children aged 3 to 10 years old.

Would you like to learn how to:

- be better at talking with your child?
- be better at understanding your child?
- help your child learn to manage their emotions?
- help to prevent behaviour problems in your child?
- teach your child to deal with conflict?

When: Wednesday 9 October to 13 November 12.30 pm to 3 pm
Where: Castlefield Community Centre, 505 Bluff Road Hampton
Cost: Gold coin donation
Contact: Denise or Natalie Phone: 9555 9910

Ludstone Street Facility

Visit our new space at 19 Ludstone St Hampton~ A partnership between Hampton Community Centre, DHHS, Bayside City Council and Castlefield.

Gentle Exercise

Join Tom for this gentle resistance training program for those looking to ease themselves back into exercise or those looking to maintain a basic level of fitness. All welcome. No booking required. Mondays 12:30pm - 1:30pm Cost: \$5 casual

Book Chat With Heather Northwood - from Bayside Libraries Come along for a cuppa and a chat .Heather will introduce you to new short stories, poems or chat about what you are reading. All bibliophiles welcome. No booking required. Thursdays July 11th, Aug 8th, Sept 5th, Oct 3rd 3:00pm-4:00pm Free!

Device Advice (& Russian Conversation) With Natasha Kamenev - from Bayside Libraries Learn more about how to use your iPad/iPhone device. All welcome. No booking required. Natasha is also happy to have tea & Russian conversation. Thursdays July 25th, Aug 22nd, Sept 19th 3:00pm - 4:00pm Free!

Art n' Craft With Helen Martin BYO Craft project and enjoy a chat and a cuppa while you create. Thursdays July 11th, 25th, Aug 8th, 22nd, Sept 5th, 19th 3:00-4:00pm Free!

castlefield@bayciss.org.au
tel: 9598 0662

Support Groups

Carer's Art Space

Run by MOIRA Disability and Youth Services, this group provides parents of children with disabilities the opportunity for mutual support through art, guided by a qualified art therapist. Not good at art? Don't worry! The benefits lie in the process.

When: 3rd Tuesday of every month ~ 30 July, 20 August, 17 September, 15 October and 19 November

For more information contact the MOIRA parent support Officer, 8552 2222 or hello@moira.org.au

Rostrum – Public Speaking Group

Rostrum welcomes new members and visitors. If you have to do a wedding speech, a funeral eulogy, a job interview, a presentation for work or academia, Rostrum can give you the skills and practice to make it a great success. And we guarantee that you will have fun!

Time: 7.15 pm to 9 pm

When: Wednesdays, (except the first of the month) resuming on 10 July.

For more information, email vicclub54@rostrum.com.au or phone Colin Lill 0413 435 396

Alcoholics Anonymous Groups

A confidential program for those with an alcohol dependence problem. You can just turn up to any of the meeting times. If you require further information, go to the AA website www.aa.org.au

AA Sunrise

**Mon/Wed/Fri 6.30 am to 7.30 am and Tues/Thurs 6 am to 7 am (Room 1)
 Saturday and Sunday— 7.00 am to 8.00 am (Room1)**

AA Hampton Topic Hour: Saturdays 5.30-6.30pm (Room 1)

AA Sunday: 11 am to 12.30 pm (Room 1)

AA Mid Week Chat: Tuesdays 6.30 pm to 7.30 pm (Room 2).

AA Friday Night Recovery: 6 30 pm to 7.30pm (Room 1).

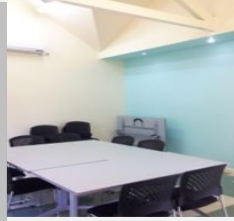
Al Anon Group

A supportive group for the families of people with an alcohol dependence problem.

Sundays: 11 am to 12.30 pm (Room 2).

Hall and Room Hire

We have a number of rooms available for hire. They can be hired on a longer term regular basis or for one off events and activities. Please speak to Ros Porter about availability, fees and charges on 9598 0662.



Community Centres in Bayside

Bayside City Council supports a range of community centres and between them there is a huge range of programs and activities for people of all ages and abilities.

Brighton Recreation Centre—9592 3033 www.brightonrec.com.au

Hampton Community Centre—9598 2977 www.hampcomm.org

Highett Neighbourhood Community House—9555 3797 www.highett.org.au

Sandybeach Centre—9598 2155 www.sandybeach.org.au

CAR PARKING

Castlefield has no dedicated parking. The adjacent Car Park is both owned and managed by the shop keepers. We encourage everyone using Castlefield to walk, ride, car share or catch a bus. If you drive, please avoid spaces immediately in front of the shops. We like to be good neighbours, so your cooperation is greatly appreciated. There is parking in adjacent streets; however, there is no parking on Bluff Road.



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