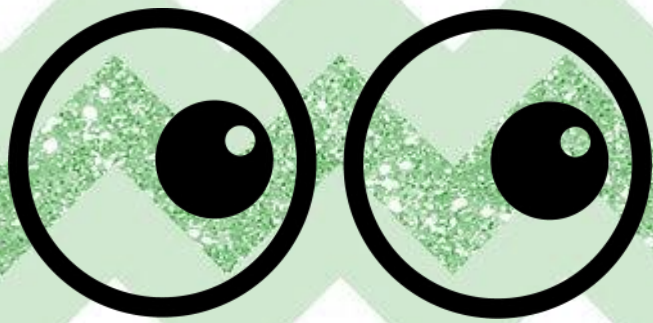


Grapevine



..WE NEED..

..YOUR IDEAS..

We need your ideas on how we can improve the Coledale Community Centre.....
If there is something you would like to see at the centre please come and let us know.

You can find all of this plus more at the centre!

Community Room

Computers

Courses

Playgroup

Doctors

Nurses

Exercise Group

Cornerstone Kitchen

G
r
a
n
n
y

M
u
n
r
o
P
a
r
k





Party in the Park

Free Immunisation Clinics 2017

COLEDALE COMMUNITY CENTRE 9.00 am – 2.00 pm 5B Kenny Drive, Coledale Phone: 6765 3103		KATHLEEN STREET EARLY CHILDHOOD CLINIC 9.00am – 2.00pm 16 Kathleen Street Tamworth Phone: 6767 8100		TAMWORTH COMMUNITY HEALTH CENTRE 1.00 pm – 6.30 pm Johnston House Tamworth Community Health Phone: 6767 8100	
No clinic		January	17	January	24
February	14	February	21	February	28
March	14	March	21	March	28
April	11	April	18	No Clinic	
May	9	May	16	May	23
June	13	June	20	June	27
July	11	July	18	July	25
August	8	August	15	August	22
September	12	September	19	September	26
October	10	October	17	October	24
November	14	November	21	November	28
December	12	December	19	No clinic	

Please bring your child's "Blue Book" and Medicare Card

Please arrive no later than 1½ hour prior to clinic closing

NO NEED TO BOOK

Young and Keen

For new and expecting parents
under 21

For more details or to register for this
informative, fun and free course

Call 67632321 or email
admin2@tfss.com.au

Topics include:

Sleep and settle
techniques

Infant first aid

Infant massage

How to be a hands on Dad

Looking after yourself

Plus many more

We welcome families and young people of all cultural backgrounds.

Child care and transport are available.

For general support from TFSS call 1800 073 388 or in an emergency call 000



Youth Refuge

Tamworth Family Support Service



Do you know a young person aged between 16—25 who is at risk of homelessness?

Do you know a young person who is couch surfing and constantly moving from one place to the next?

Are YOU a young person who doesn't have a place to call home?

Tamworth Family Support Service have a specialised youth services team to assist young persons between 16—25 with their housing situation and help engage them with other appropriate services where relevant.

1800 073 3888

16 to 25 year olds make up almost 25% of Australians
homeless population and are some of the most
vulnerable individuals.

Tamworth Youth Homelessness Support Managers:

- Work with young people who are at imminent risk of being homeless and support them to remain safely in their home, or assist them to secure stable housing
- Work with young people who experience homelessness and assist them to locate a safe place to stay
- Work with young people who are in crisis, assist them in locating a safe and secure option for accommodation and support them to access safe long term stable housing
- Work with young people who are re-housed after becoming homeless and support them to stay in their tenancy

Cornerstone Church Inc.

Cornerstone Church has been involved with this community for over 8 years. We have enjoyed linking with people and agencies and other Churches to help facilitate harmony and present the Gospel of Jesus Christ as the answer to life, in social and spiritual ways. **Our kitchen on Tuesday evenings** is a safe time and place to get to know people and have a pleasant meal. You are always welcome-ALL!



Would like to warmly welcome all residents of Coledale and surrounding areas to our services, held **every Sunday** at

Coledale Community Centre.

9:00am to 9:30am Prayer Time

9:30am to 11:00am Main Service

Hope and trust that you can come along and enjoy with us, especially if you are in need in areas of your life!

Advocacy Info Snippet

NDIS – National Disability Insurance Scheme is the new way the government is providing disability services. The NDIS is for all people who are up to and including 64 years of Age who have a permanent disability.

The first step in getting help is to check if you are eligible. You can contact the people running the scheme on 1800 800 110 or look at the webpage www.ndis.nsw.gov.au. If you are unsure about NDIS please ask you existing support services or contact Disability Advocacy NSW for more information on 02 6766 4588 or drop into our office in Peel Street, above Boost Juice.

NDIS INFO



We have featured
in the newspaper
a few times since
the last
Grapevine...



GRAFFITI PREVENTION: Tamworth Regional Council are reducing clean-up costs with projects such as the community mural at Granny Munro Park. Photo: Peter Hardin 200217PHE002

Stamping out graffiti clean-up costs

PUBLIC art is going a long way to helping the city clean up its act and stamping out vandalism.

An ongoing gripe for locals, council has been able to reduce its spending on wiping-out graffiti by almost 50 per cent in one quarter.

The local Crime Preven-

tion Working Group was recently told council spent \$2320 cleaning up 12 incidents of graffiti between August and November, 2016.

The same period in 2015 council spent \$4248 on 15 incidents.

"It's a combination of CCTV cameras and the

good work of council staff who have worked closely with the wider community to get better outcomes so we don't have as much unwanted graffiti," working group chairman Russell Webb said.

Part of the success was put down to "diversion programs", such as the mural in

Granny Munro Park.

Organisers sought input from the community for the project, which has since received a lot of positive feedback from locals. The mural was painted by local artists Shane Salvador and Dean Sunderland.

— JACOB MCARTHUR

'TEACHER CHARGED' CLARIFICATION

THE story "Teacher charged with grooming" which appeared online on *The Leader's* website and in the February 20, 2017 edition of *The Northern Daily Leader* on Page 2 made reference to the Department of Education. The teacher facing charges

is not employed by the Department of Education. The teacher is facing charges of using a carriage service to procure a child for sexual activity and using a carriage service to groom a child. She will appear in court in March.

NARRABRI SHIRE COUNCIL HOSTS PUBLIC CSG FORUM

NARRABRI Shire Council will hosting a public forum on Tuesday, with Santos, the pipeline company APA Group and the Department of Planning all providing updates about the Narrabri Gas Project and its associated infrastructure. The forum starts at 1pm

at council chambers and members of the public have also registered to speak. The government is expected to release the project's Environmental Impact Statement (EIS) on Wednesday and will be open for public comment for 60 days.

System set up to fail: Haslam

BY JACOB MCARTHUR

NEARLY one year after the federal government passed its landmark medical cannabis legislation, the situation for terminally-ill patients is getting worse, says Tamworth campaigner Lucy Haslam.

Mrs Haslam slammed the current state of affairs on the eve of the first anniversary of the bill passing.

"Unless the government changes the way they've written the legislation, the system's been set up to fail," Mrs Haslam said.

Tamworth's champion for medical cannabis said the current pathway through the Special Access Scheme can leave patients waiting for up to "a year and a half".

"And then when they get their medicine, they only get a three months' supply," she said.

Mrs Haslam said patients also face hurdles finding doctors who are "authorised prescribers" and knowing what countries products can be legally imported from.

"We've only got 23 authorised prescribers in the country and they're mostly to do with clinical trials," she said.

"There's bugger-all hope for families who want to access it legally."

"So, that leaves people stuck with the black market."

"The whole reason for putting a scheme into place, was to get people away from

the black market, get them to a safer supply and they've put so many barricades in front of people to actually get there."

Friday, February 24 will mark one year since the federal government passed the Narcotics Amendment Bill and two years since the death of Mrs Haslam's son, Dan, whose journey with terminal cancer kick started the conversation about medical cannabis use.

Two years since her son's passing, Mrs Haslam has ratcheted-up her campaign, lobbying politicians at federal and state levels to improve access for patients in need.

Federally, Greens leader, Senator Richard Di Natale is tabling a disallowance motion aimed at improving access, with Mrs Haslam contacting Labor and cross-bench MPs to lobby support for the motion.

Meanwhile, the Labor opposition in NSW are set to put forward a bill offering more protection for patients and carers.

"So instead of the police discretion just being a discretionary power, they're going to introduce a bill that would make that a regulatory thing, which would be good," she said. Mrs Haslam will meet with NSW Health Minister Brad Hazzard on Wednesday. "From a NSW perspective I think we're getting a little bit closer," she said.

TAS Scholarship and Expo Day

Monday 27 February
11am – 2pm

Come and see for yourself why more students are now enrolling at TAS than ever before.

Discover the range of possibilities available to your son or daughter at our Scholarship and Expo Day. It's the perfect chance to explore the dynamic boarding, academic, co-curricular, leadership, service and adventure opportunities at one of the leading independent schools in the country.

Find out more at www.as.edu.au



TAS
THE ARMIDALE
SCHOOL
EXPLORE
EXPERIENCE
ENROLL

www.as.edu.au

Locked Bag 3003 Armidale NSW 2350

T 02 6776 5800

F 02 6776 5830

E Info@as.edu.au



NEW GROUP: Council has formed a new King George V Ave conservation group

Voice for King George oak trees

COUNCIL

KING George V Ave's oak trees have found a voice in a newly established group, which will provide input to council.

Tamworth Regional Council (TRC) voted to create the group to try and ensure local advocates for the trees have a forum to air their thoughts and have a direct involvement in future conservation.

"We know that there is a group of dedicated residents who have great skills and a strong interest in the ongoing maintenance of the trees along the avenue," TRC planning director Peter Thompson said.

"By establishing a group, we are creating an environment where they can voice their ideas, and also assist with the ongoing maintenance of the trees in-line with the conservation management plan."

The proposal also recommended council fund the \$2500 fee required for the submission of the Conservation Management Plan to the Office of Environment and Heritage, so it can be endorsed by April next year.

— JACOB MCARTHUR



REVAMP: Tamworth singer Loren Ryan, Grace Shanley and Sara Byrnes from TFSS celebrating at the refurbished Granny Munro Park. Photo: Peter Hardin 201216PHG003

Party in Granny Munro Park

THE recent revamp of Granny Munro Park was celebrated in style with a family fun day this week.

Locals and tenants of social housing working with Tamworth Regional Council helped "bring back the park" to Granny Munro Park across November and December to

add a new handball court, picnic tables, shelters and make repairs to the cricket nets and park furniture.

Tamworth Family Support Service (TFSS) joined with Winanga-Li from Gunnedah to host a barbecue in the park to celebrate the works.

Former NRL stars Nathan

Merritt and Brad Tighe joined the festivities Tamworth provided entertainment with Street Warriors, DJ Encore and Scotty Troutman.

Funds to rejuvenate Granny Munro Park were sourced through the social housing community fund granted to TFSS.

Member takes push to minister

BY HALEY CRAIG

THE push for a new emergency drug and alcohol accommodation facility in Tamworth has escalated, with Tamworth MP Kevin Anderson taking the community's calls to a federal level.

As support mounts for the facility, proposed by Challenge Community Services, Mr Anderson has approached federal minister for regional development Fiona Nash, in a bid to find funding for the project.

The initiative could see people affected by drugs and alcohol voluntarily admitted, or referred to the service, for 'between one day to three months.

Once released, a qualified case worker would then assist the client in additional therapy and reintegration back into the community.

On Tuesday, Mr Anderson asked Ms Nash to visit Tamworth and speak with directors of Challenge Community Services.

"I had a chat to Fiona Nash and there's an opportunity through the Building Better Regions Fund and there's a community component there, that she seems to think will be a good opportunity to apply for," Mr Anderson said.

"I'm inviting her up to Tamworth to talk to Challenge, hopefully we can impress on her how important

we think the facility is.

"But I think she knows that, and totally gets that there are problems we face in NSW and understands what needs to be done and the fact that we are championing the cause here in Tamworth."

Mr Anderson said he was also going to revisit discussions with minister for family and community services Brad Hazzard and minister for mental health Pru Goward.

"I'll also be going back to them, to look at other funding opportunities," Mr Anderson said.

"This is a project that the Tamworth Ice Action group has been championing since it was identified in early meetings.

"I'm absolutely committed to try and get this to work and I think we do need it, it's very important."

"It's not a detox program, or a rehab.

"It's where someone goes at 2am in the morning when the hospital doesn't want them, the police don't want them and that person doesn't want to go back to the same environment that they got in trouble and found themselves in.

"It's a voluntary option, where they are assessed and given every opportunity, through programs and outreach that Challenge already has, to get back on track and get off drugs."

I'M EXCITED ABOUT THE NDIS BECAUSE IT'S ALL ABOUT ME

ASHLEIGH, HWNS CUSTOMER



House with No Steps



Let's Go!

Get in touch to start your NDIS journey!

Call 1300 538 746
enquiries@hwns.com.au
Visit hwns.com.au

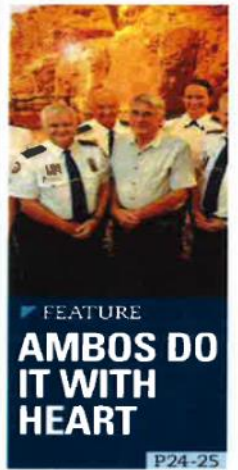
The Northern Daily

\$2.00 inc GST

LEADER



SUPPORT: Firefighter Jeremy Penfold offloads to Kenny Trindall at the community engagement night in Coledale. Photo: Gareth Gardner 160217GGH04



Tackling fires

BY CHRIS BATH

TAMWORTH Fire and Rescue crews have taken a fresh approach to preventing fires, hosting a fire safety and community engagement session at Granny Munro Park in Coledale, on Thursday.

While the event was hailed a success by Tamworth Superintendent Tom Cooper, the reasons behind the engagement have been a major

concern for services and residents alike.

"It has come in response to a number of fires we have had to attend since Christmas," Superintendent Cooper said.

"There has been quite a few grass fires, three house fires and a number of vehicle fires and the evidence suggests that some of them have been deliberately lit, particularly the grass fires."

The final straw came late in January, when crews attending yet another grass fire had rocks thrown at them by a group of kids.

Many of the grass fires have been lit in the same place, the old brick works on the corner of Cole Rd and Green St in Coledale, the latest being last weekend when fire danger was listed as catastrophic, as the Boggabri and Dunedoo fires raged.

"We basically decided to reach out to the community and the Community Engagement and Cultural Diversity teams came from Sydney to facilitate the community groups meeting," Superintendent Cooper said.

"We want to get the message out that we are a part of the community the same way that these kids are part of the community."

Continued P5



Logan Power gets a spray



Tamara Private...proud to be your choice for quality healthcare!

Every year HCF, one of Australia's leading not-for-profit health funds, collects surveys from 11,000 of its members from 100 of the nation's top hospitals. For the 3rd year running Tamara Private has been rated in NSW's top 10!

At Tamara Private our Specialists & Staff see this as valuable reward for their dedication to quality support & patient care. Thank you!

If you would like to find out more about our comprehensive services available at Tamara Private Hospital:

Visit tamaraprivate.com.au or call 02 6766 1955
2 Dean Street, North Tamworth NSW



Tamara Private Hospital
Part of Ramsay Health Care

People caring for people

Snags and footy fight fires

BY CHRIS BATH

From P1

Tamworth firefighters are looking to bridge the divide between themselves and some members of the local community, on the back of several suspicious and deliberately lit fires in the Coledale area over the past few months.

A community engagement

night was held at Granny Munro Park on Thursday, with local fire crews connecting with local kids and community members in an attempt to quell the increased amount of avoidable fires.

The evening involved some talks and workshops on fire safety and the dangers posed by unattended fires, as well as handing out lego and colouring-in books to the

younger kids, before a sausage sandwich and game of touch football rounded out the night.

Tamworth Superintendent Tom Cooper said the event was a bit of an ice-breaker for an ongoing relationship between the fire service and the local community.

"We are a part of the community too - we are not going to judge kids, or call

the police," Superintendent Cooper said.

"We are only here to help and to keep people safe - that is the message we want to put across."

While the engagement night was a bit of light hearted fun, the reason and message behind it was far from it.

"Make no mistake about it - there are severe penalties for anyone caught lighting

fires and that is a matter for the police to deal with," Superintendent Cooper said.

"We have to minimise the risk to the community and to the fires in the truck that have to go on the road and then face the fire every time they go out. We also have to pay the retained fires every time they get called out."

The fire service also gave out some valuable information

to parents that might be having trouble with children who are prone to playing with fire, or lighting fires.

"We can help parents with kids that are lighting fires, and have specialists in that area that can help as well," Superintendent Cooper said.

"The community leaders have really gotten on board, hopefully we can get the message through."

NEWS



COMING TOGETHER: Jacinta Jones, Daniele Fogg, Kaylan Lyons, Shannoa Overs with Buddy Knox. Photo: Gareth Gardner 160317GGC02

Be mindful of the gap

BY JACOB MCARTHUR

NURSES from the Coledale clinic say there still isn't enough awareness in the community about indigenous health inequality.

Tamworth joined with the rest of the country to mark Close the Gap Day, an annual awareness campaign to improve Aboriginal health outcomes, which is now in its 11th year.

The Coledale Health and Education Clinic hosted a

number of the city's health providers to help get the community familiar with the services available.

Buddy Knox, with students from Peel and Tamworth high schools, provided entertainment at Coledale on Thursday, but the clinic's nurses said they were concerned the key message for Close the Gap Day wasn't getting through.

"In the general community, there's very little awareness of how large the

inequalities in indigenous health are," clinical facilitator Kristi Latimore said.

"We need to raise that," Ms Latimore said the day was a good opportunity for local services to connect with each other and the community.

She said more education and prevention programs would be a good step in bettering health outcomes.

Ms Latimore said the clinic had started running weekly "group exercise and

yarn-up" sessions to promote healthy-living, which she said had gained good traction in the community.

Katie Brett - a third year nursing student at the clinic - said employment was also key to closing the gap.

"We should encourage more Aboriginal people to work in the [health] industry," Miss Brett said.

"Encourage us to try and look after our own people."

According to Oxfam, "Aboriginal and Torres Strait Is-

lander people have some of the poorest health outcomes of any group of people in the world".

On average, Aboriginal and Torres Strait Islander people die 10 to 17 years younger than other Australians and experience higher rates of preventable illness such as heart disease, kidney disease and diabetes.

The campaign has set the target of achieving Aboriginal health equality by the year 2030.

Tin mine trial plan put to council

GLEN Innes Severn Council will consider an application for a "trial mine" near Emmaville.

Aus Tin Mining is eyeing off a large tin deposit on Schroders Rd. GISC general manager Hein Basson said the first stage would mine 410,000 tonnes of rock to produce 1000 tonnes of tin, about one per cent of the total resource. After stage one, Aus Tin Mining will assess whether to expand the Taronga Tin Mine, or rehabilitate the area.

"This is an exciting development for our community, and I am looking forward to the establishment of this industry after due process had been followed," Mr Basson said.

Mayor Steve Toms said the mine had been recognised as an important tin reserve for some years.

"The trial mine and pilot processing plant will allow the evaluation of the resources' potential, which if positive, will be an exciting prospect for the future of Emmaville and our area," Cr Toms said. The DA is on public exhibition until April 17. For more information or to make a submission visit GISC's website.

INSIDE TODAY

News	1-8	Comics	16
National	9	Weather	17
Opinion	12	Trades & Services	21
World	13	Classifieds	22-23
Drive	14-15	Sport	24-32

www.facebook.com/NDLNews

WEATHER

TODAY



Possible shower

Min: 16°C Max: 29°C

TOMORROW



Possible shower

Min: 16°C Max: 28°C

CONTACTS

The Northern Daily Leader is published six days a week and can be read online seven days a week at www.northerndailyleader.com.au. We welcome your inquiries on the platforms below.

General inquiries: (02) 6768 1200

Email: mail.ndl@fairfaxmedia.com.au

Post/Visit: PO Box 525, Tamworth, NSW 2340; Suite 2, 27 Bourke Street, Tamworth.

LOTTO

Powerball: Draw 1087
Drawn numbers: 30, 13, 22, 27, 40, 34.
Powerball: 17
Division 1: Jackpotted
Division 2: \$256,699.15
Division 3: \$6549.90
Division 4: \$190.45
Division 5: \$62.80
Division 6: \$40.70
Division 7: \$26.10
Division 8: \$14.25

The Northern Daily
LEADER

The Northern Daily Leader is printed and published by Fairfax Media, ABN 20000014700 ACN 000014700 at Suite 2, 27 Bourke Street, Tamworth. Telephone 6768 1200. \$1.60 weekdays, \$2 Saturday. Freight surcharge extra. Registered by Australia Post Publication No. P245673/00014.

I'M EXCITED ABOUT
THE NDIS BECAUSE
IT'S ALL ABOUT ME

ASHLEIGH, HWNS CUSTOMER



House
with No
Steps



Let's Go!

Get in touch to start
your NDIS journey!

Call 1300 538 746

enquiries@hwns.com.au

Visit hwns.com.au

CLOSE THE GAP

We celebrated the Close the Gap day here at the

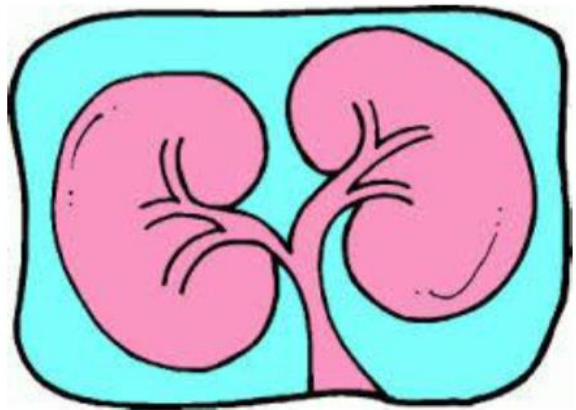
Coledale Health and Education Clinic. Several people came out to support the campaign against Aboriginal health inequalities.

Buddy Knox and the students of Tamworth and Peel High School entertained everyone with Live Music. Free lunch was provided as well. Thank you everyone for coming!

To commemorate **WORLD KIDNEY HEALTH DAY**, on March 16, 2017, the clinic conducted **FREE KIDNEY SCREENING**. Participants were screened

for risk factors which is key to disease prevention. UNE Students and the clinic staff also shared information of how kidney

damage is undetectable until later stages. Those with positive risk factors were referred for further assessment. Finally, everyone enjoyed a healthy and delicious lunch.



GROUP FITNESS and YARN UP program

Low to moderate exercises. Exercise physiologists on hand.

Workshops on healthy living.

Here at the Coledale Health and
Education Clinic.

Every Wednesday from 10am to 1pm.

Free Lunch included!

une

University of
New England

Coledale Community Health & Education Centre—UNE



Aboriginal Mums & Bubs

Thursdays 10.00am to 3.00PM

&

BSF Baby Checks

Thursdays 10.00am to 2.00pm



Chronic Disease

Matt & Hannah are in every Monday
10.00am to 2.00pm
for all issues relating to chronic health

FREE
Immunisation Clinic
2nd Tuesday of the
Month



These are just a few things that happen here at the Centre.
Drop in & have a Chat to see what other services we can offer!
Or Call reception on 02 67731498

Welcome back to 2017! We have some new healthy lifestyle programs starting this year and we can't wait!

To get your new year resolutions happening here are some healthy lifestyle tips!

5 Ways to a Healthy Lifestyle



1. Get active each day

- Regular physical activity at least 60 minutes every day.

2. Choose water as a drink

- Water is the best way to quench your thirst.

3. Eat more fruit and vegetables

4. Switch off the TV or computer and get active

- Spend no more than 2 hours a day on 'small screen' entertainment.
- Plan a range of active indoor and outdoor games or activities.

5. Eat fewer snacks and select healthier alternatives

What's in your child's lunchbox?

Fill it with the

5

1

fruit



2

vegetables



3

dairy



4

wholegrains



5

lean meat & alternatives



Make water your drink



Pack ice bricks to keep food cool



Use a thermos to keep food warm

For further information visit: www.eatforhealth.gov.au



Health
South Eastern Sydney
Local Health District

September 2014

An initiative of NSW Ministry of Health, NSW Department of Education, Office of Sport and the Heart Foundation.

<https://www.healthykids.nsw.gov.au/parents-carers/guidelines.aspx>



COLEDALE HEALTH & EDUCATION CLINIC

Coledale Community Centre

2b Kenny Drive Tamworth, NSW, 2340

For all appointments please call our friendly reception

Michael, Terri or Courtney FROM 8:30AM- 4:30PM on

(02) 67 731 498

Or

(02) 67 734 580



LIBBY (NEW NURSE): TUESDAY AND FRIDAY

NURSE SARAH: MONDAY AND WEDNESDAY

NURSING STUDENTS : everyday

**DOCTORS AVAILABLE MONDAY TO FRIDAY
9:00 AM TO 4:00PM**

Dr. Sue Amarasena & Dr Balasuriya

New Dr. joining us in February



ALL APPOINTMENTS ARE BULK BILLED

COLEDALE COMMUNITY HUB

A one stop shop to find out what's happening in the community!

The Hub workers can help with the following:

Connect you with services and provide information on programs and upcoming events.

Give you brochures, phone numbers and community newsletters.

Help you make appointments, phone calls and fill out forms.

If you have ideas on what you would like to see happen at the Hub, please come in and let us know.



How to contact us

Sara - Community Development Worker

community@tfss.com.au

Rebecca - Hub Assistant

coledale@tfss.com.au

Ph (02) 67653103

We also develop and deliver the Grapevine

Tamworth Family
Support Service Inc



OUTREACH CLINICS 2017

**WALK IN CLINIC, DO NOT
NEED AN APPOINTMENT**

10.30am – 1.30pm

TUESDAYS

Coledale Community Centre

****Sexual Health ****

*** Blood Borne Viruses Checks ***

Health Checks are at your comfort level:

- A urine sample (pee in a jar)
- A blood sample
- A swab you can do yourself if needed

Privacy: Your test will be coded (no names) and kept as a Clinic 468 record.

Free Clinic



Health
Hunter New England
Local Health District

FREE COUNSELLING

**Tuesday mornings at Coledale Community
Centre.**

Ring 67653103 to make an appointment.

Come-N-Play Oxley Vale & Hillvue

Tues Oxley Vale School 10:00 to 12:00
Wed Hillvue Public School 10:00 to 12:00

CNP Playgroups provide a structured and positive learning environment in which children 0 to 5 years of age can socialise, play and learn and are a great way for parents to meet and share their experiences.



1 800 073 388



Play Share



Laugh Grow

All families are welcome to participate in these groups including Aboriginal and Torres Strait Islander families, first time parents, young parents, single parent families, culturally diverse families, grandparents and other carers.

For Playgroup you will need a water bottle, a piece of fruit to share, hat and play clothes, because we get messy.

A \$2.00 donation is greatly appreciated.

Quirindi Playgroup

Monday 10:00 to 12:00
Bee Hive, Henry Street

Join us for a morning of play and cultural activities that are fun and engaging for you and your child.

Up to date and relevant information is available for parents through guest speakers, groups and conversation.

1 800 073 388

Children's Services Team Leader

Kim Smart - 0403 104 913
playgroup1@tfee.com.au

Come-N-Play Playgroup Coordinator

Shuray Tadman - 0413 369 253
playgroup4@tfee.com.au

Dhiyaan Coordinator

Raelene Trindal - 0423 976 595
dhiyaan@tfee.com.au

Transport for Tamworth groups
Aimee Davis - 0427 607 592

Quirindi Playgroup Coordinator

Kim Smart - 0403 104 913
playgroup3@tfee.com.au

Dhiyaan

Mon Play & Chat 10:00 to 12:00
Coledale Community Centre

Tues Come-N-Play 10:00 to 12:00
Oxley Vale School Hall

Parents and children 0-5 years of age can attend these fun mornings of activities including story time, craft, games & Cultural activities.

Thur Healthy Dhiyaan 10:00 to 12:00
Meets fortnightly except term 1.

Activities will vary from term to term with a healthy lifestyle focus. Numbers are limited for this program and bookings are essential.

Fri Mums and Bubs 10:00 to 12:00
62 Gunnedah Rd

This program is for mums with babies 0 to 2 years of age. The focus of this group is to help parents during babies first years of life.

School Ready: Aboriginal Transition Program
Are you wondering if your child is ready to start school?

Not sure what to do next?

The Dhiyaan Transition Program can help Aboriginal families through this process with individual assistance and workshops. Help your child have a positive start to their formal years of learning.

Dhiyaan

1 800 073 388



The Tamworth Family Support Early Childhood Team believe that parents are the most important people in their child's life and that all parents want what is best for their child.

Our aim is to provide support and information to assist families in this amazing period of their child's development.

Benefits to parents may be:

- *Getting advice on parenting strategies and child development
- *Sharing information on wide range of topics
 - *Advocacy with other services
 - *Building self confidence and healthy relationships
 - *Gain ideas to take home and use

We also know that Young children under the age of 5 grow and develop very rapidly, and children need a stimulating environment to promote and enhance their learning.

Children will benefit by having the opportunity to:

- *Play and have fun
- *Spend quality time with mum, dad, nan or carer
- *Develop creativity through art and craft
- *Discover and explore
 - *Learn how to problem solve
 - *Use and develop motor skills
 - *Build their self confidence
 - *Practice listening skills
 - *Practice communication skills and social skills like taking turns and sharing
 - *Use books and participate in story time.

Tamworth Family Support Service



Program Funding:



Come-N-Play Playgroups

Aboriginal Children, Youth & Families Strategy -
Quirindi Supported Playgroup



Dhiyaan Supported Playgroups



HIPPY Tamworth



Tamworth Family Support Service

PO Box 1088

Tamworth, NSW 2340

Early Childhood Programs

CCS 65 Belmore Street

PH: 1 800 073 388

email: playgroup1@tfss.com.au

www.tfss.com.au

TFSS Early Childhood Programs

Families and communities that care, share and grow

Supported Playgroups

HIPPY Tamworth

School Ready: Aboriginal
Transition Program

Confidentiality:

Any information that you give us is confidential under TFSS Guidelines and will not be discussed with any persons outside the service, unless we ask for your permission. The only exception is under the Children and Young Persons (Care and Protection) Act 1998. Organisations that deal with children and young people have the responsibility to report concerns about the safety and wellbeing of children or young people to the Department of Community Services.

Don't be pressured or tricked by salespeople

It's OK



to walk away, close the door or hang up the phone

Enquiries: 13 32 20 Indigenous: 1800 500 330

TTY for hearing impaired: 1300 723 404 www.fairtrading.nsw.gov.au



If a salesperson tries to to sell you something you don't want, it's OK to say 'No thanks'

- Don't sign anything you don't understand
- Don't fall for free offers or gifts
- Don't feel it's a once in a life time offer
- Get the contract in writing and check it with someone you trust
- Place a 'Do Not Knock' sticker on your door
- Add your phone number to the 'Do Not Call Register' by phone 1300 792 958 or online www.donotcall.gov.au

REMEMBER: If it sounds too good to be true it probably is.

For more information or to lodge a complaint, visit www.fairtrading.nsw.gov.au



Like us on Facebook
facebook.com/FairTradingNSW



Follow us on Twitter
twitter.com/NSW_FairTrading



View our videos on YouTube
youtube.com/NSWOFT

TAMWORTH TENANT PARTICIPATION GROUP



"Our Aim Is To Move Forward And Grow"

A Committee on behalf of tenants has been formed.

*Meetings are held at Crittenden Cottage, Darling street, Tamworth
At 10am-12pm every third Tuesday of the month .*

Morning Tea is provided.

Executive Committee:

President: Margret Marshall (Peggy) PH: 0402058102

Treasurer: Diane Strathmore PH: 67664308

Homes North participation officer: Joy Wilson 67666897

*We are a group of Homes North Tenants working with Homes North
on behalf of tenants to give assistance when required.*

Our first meeting for 2017 is February, Tuesday 21st.

Please feel welcome to come along and join our group.

OVER 30 OFFICES
OVER 20 YEARS OF EXPERIENCE
HELPING SCORES OF AUSTRALIANS EVERY DAY.

- ✉ EMAIL DMSREFERRALS@INTERACTGROUP.COM.AU
- ☎ PHONE 1800 618 868
- 🌐 WEBSITE INTERACTGROUP.COM.AU



HIRE WELL.
HELPING PEOPLE INTO WORK.



INTERACT PEOPLE SOLUTIONS
FOUNDED ON
HELPING OTHERS

Finding the right partner to help with job seeking and recruitment is vital. At Interact People Solutions we have a proven approach that focuses on the individual's needs. Our Employment Consultants work with those looking for work and potential employers to deliver mutually beneficial outcomes for all.

Interact People Solutions is part of The Interact Group which has over 21 years experience delivering exceptional outcomes for our clients. Interact People Solutions is contracted by the Department of Social Services to provide Disability Employment Services.

**“THE FEDERAL GOVERNMENT
HAS AWARDED US THE HIGHEST
FIVE STAR RATING.”**

Our offices have consistently held the Federal Government's highest Five Star rating for Disability Management Services.

Our Disability Management Service is free and confidential. It is designed to support eligible job seekers with a disability, injury or health condition that requires the assistance of a Disability Employment Service and are not expected to need long-term support in the workplace.

We accept referrals from a range of sources, including the Department of Human Services, Medical and Health Professionals, as well as Participant Direct Registrations.

**“A TAILORED, CLIENT-CENTRED
APPROACH.”**

For those looking to enter the workforce or for employers seeking motivated staff, the Interact People Solutions Disability Management Service provides a comprehensive range of services to place and support the right person in the right job.

Our approach with all job seekers is to be pro-active and provide tailored solutions to meet the individual clients' needs. This ensures they have all the help needed to be work-ready.

Our Consultants provide expert assistance, helping with:

- Career planning and goal setting
- Resume preparation and interview skills
- Payment of government subsidies
- Contacting employers about job opportunities
- Facilitating subsidies for potential employers
- School-based training
- Work experience placements

When looking to enter the workforce, or as an employer looking for your next member of staff, please contact our nearest office, to see how one of our Employment Consultants can find the right outcome for you.



Stressed about back to school costs?

**Would \$500 help pay for uniforms, books, excursions,
tutoring, a laptop or tablet?**

Saver Plus matches your savings for school costs, dollar for dollar, up to \$500!

You may eligible if:

- you have a Health Care or a Pensioner Concession card,
- you or your partner have some regular income from work such as full-time, part-time, casual or seasonal work, and
- you have internet access and can be contacted by email.

Contact Anne Yates
your local Saver Plus Coordinator:
02 6762 9700 / 0431 651 571
or anne.yates@benevolent.org.au

Saver Plus was developed by ANZ and the Brotherhood of St Laurence and is delivered in the Tamworth and surrounds area by The Benevolent Society. The program is funded by ANZ and the Australian Government. Find more information at saverplus.org.au.



BE READY FOR THE FUTURE

ENROL IN A CULTURAL COURSE AT TAFE NSW

DO YOU WANT TO MAKE A DIFFERENCE IN YOUR COMMUNITY?

Enrol now in an entry level course to develop the foundation skills you need to commence a career in a range of industries and make a difference within your community.

CERTIFICATE III ABORIGINAL SITES WORK

- AHCILM306 Follow Aboriginal cultural protocols
- AHCWHS301 Contribute to work health and safety processes
- AHCASW303 Identify and record Aboriginal sites, objects and cultural landscapes
- AHCASW312A Maintain an Aboriginal cultural site

CERTIFICATE II ABORIGINAL OR TORRES STRAIT ISLANDER PRIMARY HEALTH CARE

- HLTAHW005 Work in an Aboriginal and/or Torres Strait Islander primary health care context
- HLTINF001 Comply with infection prevention and control policies and procedures
- HLTWHS001 Participate in workplace health and safety

CERTIFICATE II COMMUNITY SERVICES

- CHCOM005 Communicate and work in health or community services
- CHCDIV001 Work with diverse people
- CHCDIV002 Promote ATSI cultural safety
- HLTWHS001 Participate in workplace health and safety

Location Various locations

For more information regarding this course call:

Kate Ferguson 6768 2306

Bronwyn Cocking 6768 2297

BE AMBITIOUS:
WITH PRACTICAL SKILLS AND
WORK EXPERIENCE

Information contained in this document was accurate and current at the time of publication - MARCH 2017.



ARE YOU PREGNANT?

Did you know the Gomeroi gaaynggal Centre hold regular ante natal pregnancy ultrasounds every 3 weeks?

We can perform almost all of your required pregnancy ultrasounds, they are then sent to the Tamworth Rural Referral Hospital so your doctor and pregnancy team can access them.

ULTRASOUND CLINIC

Every 3 weeks

Gomeroi Gaaynggal Centre, 2/1 Hinkler Street Tamworth
Ph. 0267621034 or find us on Facebook Gomeroi Gaaynggal



ATOD

Alcohol, Tobacco & Other Drugs Program

The ATOD Program

Our program is designed to provide culturally appropriate Alcohol, Tobacco and Other Drug, support, prevention, education, treatment and referral services for the Aboriginal community of the Tamworth Local Government Area i.e. Kootingal, Moonbi, Barraba, Manilla and Nundle (Please refer to the map for the Tamworth Local Government area).

Our Programs We Offer

- Counselling (one on one)
- Educational Workshops
- DRUMBEAT
(Designed as a 10 week program)
- Supporting Smoking Cessation
- Relapse Prevention Planning
- Specialist Addiction Advice
- Harm Reduction NSP Provider Fitpacks only and Sharps Disposal
- Support to Families and Significant others Affected by Addiction
- Community Events
- Community Groups Including:
Women's, Men's and Youth as well as Mums and Bubs.



See Our Program Broucher for more information or contact the team on:

Ph. 02) 6760 2500

Email: reception@tams.org.au (Attn: ATOD)

Postal: PO Box 253, TAMWORTH NSW 2340

Location: Based at TAMS

Suite 1/180 Peel Street, TAMWORTH, NSW 2340

If you or someone you know needs support and/or treatment to reduce/stop your Alcohol, Drug or Tobacco intake, Contact the ATOD Program.

WHAT ARE RELEVANT CONVICTIONS?

Relevant convictions are for personal violence offences committed within a domestic relationship. These include most personal violence offences such as murder, manslaughter, physical and sexual assault, property damage, stalking and intimidation, and breaches of an Apprehended Domestic Violence Order.

Other relevant convictions include certain personal violence offences committed outside of a domestic relationship, sexual offences, child abuse offences and murder.

If a relevant conviction exists, the police will provide this information to the person who may be at risk.

Some convictions and orders will not be disclosed under the Scheme. These include:

- Offences committed outside NSW
- Offences where no conviction has been recorded
- Convictions that have become spent
- Juvenile convictions
- Apprehended Domestic Violence Orders (these orders are not recorded on criminal histories)

WHAT HAPPENS IF THERE ARE NO RELEVANT CONVICTIONS?

If a person who may be at risk makes the application and their current or former partner does not have a relevant conviction, the police will invite the person back to the police station and tell them of the outcome in person. A support service worker will be available to offer support to further discuss their relationship concerns and help plan for their safety.

The absence of a criminal conviction does not mean there is no risk of domestic violence, and the person who may be at risk, or other concerned parties, should report any future concerns or instances of violence to police.

WHERE CAN I GET IMMEDIATE HELP? IN AN EMERGENCY CALL 000

The Scheme will be supported by specialist domestic and family violence support services in each of the pilot regions:

St George and Sutherland region

(Sutherland and St George Police Local Area Commands)

Sutherland Shire Family Services

Ph: **02 9528 0080**

Tamworth region

(Oxley Police Local Area Command)

Tamworth Family Support Service

Ph: **1800 073 388**

Nowra region

(Shoalhaven Police Local Area Command)

Domestic Violence Team at the YWCA NSW

Ph: **02 4423 8513**

1800RESPECT

Ph: **1800 737 732**

Child Protection Helpline

Ph: **132 111** (TTY 1800 212 936)

The Domestic Violence Line

Ph: **1800 656 463**

(TTY 1800 671 442)

Translating and Interpreting Service

Ph: **131 450**

For more information visit

www.domesticviolence.nsw.gov.au/dvds

NSW DOMESTIC VIOLENCE DISCLOSURE SCHEME

Help for people at risk

www.domesticviolence.nsw.gov.au/dvds





College of Counselling Studies *New England North West Inc.*

Providing local quality training in counselling skills for over 30 years

Short Courses

Each Session includes:

Structured Activities

Small Group Practice



Listening Skills

Active listening is more than just waiting for the other person to stop talking.

Learn to listen and vastly improve your relationships at home and at work

This course is delivered
In 1 day

Understanding our Emotional Intelligence

Relating to myself
Relating to others
Working in groups
How I react to conflict

The course is delivered over 4 days and it involves

Conflict Resolution

This course gives the participants a chance to learn such skills as
Appropriate assertiveness
Managing Emotions
Conflict Mapping

The length of the course can be tailored to suit the participant's needs

For Further information:

Phone: 02 6762 0844

Email: admin@ccsnenw.org.au

www.counsellingstudiesnenw.org.au

Anger Management Course Tamworth

Cost: \$20.00

When: 16 & 23 February, 2017
9.30am to 3.30pm

Where: Coledale Community Centre

Morning and Afternoon Tea is provided

Registrations

Close: 10 February, 2017

Send completed registration form to:

Anglicare Northern Inland OR
PO Box 3052 Fax: 6701 8299
Tamworth NSW 2340

For enquiries please phone 6701 8200

Please note: Attendance at the first session is compulsory, no person is able to join after the course has commenced.

A maximum of 12 participants will be enrolled in this course and acceptance is on a first in basis. Should applications exceed this limit, participants will be notified and placed on a waiting list. Priority will be given to participants who have not previously completed the course. A fee is applicable to those who have previously participated in an Anger Management Course.

Anger Management

*Do you experience outbursts of anger?
Does it catch you by surprise and then
shame you afterward?
There are many underlying issues behind
anger.*

*Join us and others in your situation for
the Anger Management Course.*



ANGLICARE
NORTHERN INLAND

Phone: 67018200

Fax: 67018299

Email: tamworth2@acsdarm.com.au

www.acsdarm.org.au

ANGLICARE EDUCATION COURSES ARE PART-
LY FUNDED BY THE
AUSTRALIAN GOVERNMENT

dated 111111



Anger Management Course

COLEDALE

16 & 23 February, 2017

*"Caring for the New England
and North-West"*

ANGLICARE
NORTHERN INLAND

Registration Form - Anger Management Coledale, 16 & 23 February, 2017

ALL INFORMATION PROVIDED IS CONFIDENTIAL

Name: _____

Address: _____

Post Code: _____

Daytime Contact No. _____

Email: _____

What is the main purpose for registering for this course? _____

Have you been referred to this course? Yes / No

If yes, by whom? _____

What courses, if any, have you participated in with

ANI? : _____

Other?: _____

Do you have any mental health issues that would be helpful for the facilitator to be aware of?

Yes / No . If yes, please state: _____

Are there any Disability needs? Yes / No

If yes: Intellectual ☐ Physical ☐ Wheelchair ☐

Sensory ☐ Other ☐

Signed: _____

Registration forms need to be returned to ensure enrolment in this course.

Registrations Close: 10 February 2017

**Are you tired of losing your block?
Do you want to learn ways to control your anger?**

Anger affects our thinking, planning and friendships.

**ANGER IS NOT GOOD
OR BAD.....it is a feeling!**
There are positive ways to deal with it!

Some people act out anger and others hold it in...



What do people do when they get angry?

What messages do we send when we are angry?

What triggers anger and what's underneath?

Managing Anger - Using new responses

DONATIONS TOWARDS THE COSTS OF PROVIDING THIS COURSE ARE ALWAYS WELCOME.

Support Services

If you or someone you know needs professional guidance and support, you may want to consider the following types of Helplines:

Kids Helpline
Tel. 1800 55 1800

Lifeline
Tel. 13 11 14

Mental Health Support, Central intake
Tel. 1300 669 757

Child Abuse Prevention Line
Tel. 1300 368 186

**Hunter New England Health
Central Intake Line for Drug and Alcohol**
Tel. 1300 660 054

Grief and Loss Phone Support
Tel. 02 9489 6644

Family Violence Helpline
Tel. 1800 073 388

Beyond Blue Info Line
Tel. 1300 224 636

Management of Your Personal Health Information

Social Worker Services are confidential.

If you would like to know more about TAMS Policy on respecting your privacy, please ask reception staff for assistance.

Your Rights

If you have any concerns, suggestions and complaints, we would like to hear about it. Please feel free to talk to our staff or you may prefer to write to us. We take your complaints very seriously and if necessary, we will refer the matter to our Board of Directors for consideration.

If you are not satisfied with the outcome of a complaint or in the way your complaint was handled you can refer the matter to the Healthcare Complaints Commission:

Health Care Complaints Commission NSW
Level 13/323 Castlereagh Street,
Sydney, NSW 2000

Locked Bag 18, Strawberry Hills, NSW 2012
Phone: 1800 043 159 (Toll Free)
Tel. (02) 9219 7444 Fax: (02) 9281 4585
Website: www.hccc.nsw.gov.au

If you would like information or to discuss anything about our social work program, please contact the ATOD Team Leader:

Tamworth Aboriginal Medical Service
Suite 1/180 Peel Street
Tamworth NSW 2340

Tel. 02 6760 2500 Fax. 02 6766 5711
Email: reception@tams.org.au



Tamworth Aboriginal Medical Service



Social Work Services



'A helping hand in a time of need.'

Tamworth and Surrounding Districts

The Social Worker provides assistance to clients with any concerns or difficulties regarding:

- Family and relationships
- Self esteem and confidence
- Lifestyle changes and challenges
- Making difficult decisions, and pro
- Violence and trauma
- Grief and loss

- Access to appropriate services
- Documentation and filling out forms, and

- Documentation and filing out forms, and
- Employment pathways and resume preparation

Transport

Transport is a courtesy service provided to TAMS clients who do not have access to a vehicle. Transport is limited to and from our service within the Tamworth area. 24hrs notice is required for transport bookings. Please notify our reception immediately of any transport cancellations.

Appointments

Social Workers can discuss your concerns and help tailor solutions that are in your best interest. Seeking help in times of need is important to better yourself and those around you.

Referrals not necessary, however patient must be registered with TAMS.

It is important that you call to cancel an appointment if you are unable to keep it.





National YOUTH WEEK²⁰¹⁷

Get involved, be heard, make a difference.

*If you're aged between 12-25,
Youth Week is a great opportunity to:*



- Share ideas
- Attend live events
- Have your voice heard on issues of concern to you
- Showcase your talents
- Celebrate your contribution to the community
- Take part in competitions
- Have Fun!



TAMWORTH REGIONAL YOUTH CENTRE



1A Quinn Street, Tamworth P 02 6767 5747



YOUTH WEEK OPENING NIGHT

LIP SYNC BATTLE AND KARAOKE DISCO



@TRYC **TAMWORTH
REGIONAL
YOUTH
CENTRE**

For more information contact Tamworth Regional Youth Centre
1a Quinn Street, Tamworth 6767 5747



TRYC

TAMWORTH
REGIONAL
YOUTH
CENTRE

YOUTH
WEEK 20
17

Pool PARTY

SATURDAY
**1ST
APRIL**
**12.30
PM**



and Awesome Inflatable Obstacle Course

@ **MANILLA POOL**
Lunch Provided



For more information contact Tamworth Regional Youth Centre
1a Quinn Street, Tamworth 6767 5747





MOVIE NIGHT

@ the youthie

April 5th
6:30pm

POPCORN FOR ALL!



The Tamworth Regional Youth Centre

1a Quinn Street, Tamworth
P. 02 6767 5749



YOUTH WEEK 2017 - 8th APRIL 4PM

TOUCH FOOTY GAME

freeBBQ

**OPEN
12- 18
YEARS**



CENTENARY PARK



The Tamworth Regional Youth Centre

**1a Quinn Street, Tamworth
P. 02 6767 5749**



OUTREACH CLINICS 2017

**WALK IN CLINIC, DO NOT
NEED AN APPOINTMENT**

10.30am – 1.30pm

TUESDAYS

Coledale Community Centre

****Sexual Health ****

*** Blood Borne Viruses Checks ***

Health Checks are at your comfort level:

- A urine sample (pee in a jar)
- A blood sample
- A swab you can do yourself if needed

Privacy: Your test will be coded (no names) and kept as a Clinic 468 record.

Free Clinic



Health
Hunter New England
Local Health District

April 2017									
Monday		Tuesday		Wednesday		Thursday		Friday	
3		4		5	6	7			
Dhiiyaan Playgroup	10am - 12	Counsellor	9.30 – 2.00pm 2.00 – 3.00pm 5.30pm	Group Fitness & Yarn Up	10am - 1pm	Dhiiyaan Mums Fitness Women's Yoga	10 - 12pm 5.30 – 6.30		
10		11		12	13	14			
School Holidays		Counsellor	9.30- 2.00pm 9.00–2.00pm	Group Fitness & Yarn Up	10am - 1pm	Winanga-Li Women's Yoga	10 – 2pm 5.30 - 6.30	Closed Good Friday	
17		18		19	20	21			
Closed Easter Monday		Counsellor	9.30 – 2.00pm 2.00 – 3.00pm	Group Fitness & Yarn Up	10am - 1pm	Women's Yoga	5.30 - 6.30		
24		25		26	27	28			
			Closed ANZAC Day	Group Fitness & Yarn Up	10am - 1pm	Dhiiyaan Mums Fitness Women's Yoga	10 - 12pm 5.30 – 6.30		

- If you would like to attend or would like more information on any of these groups/events please contact Bec or Sara 02 67653103.
- Timetable is only a guide times a dates can change at any time.

May 2017									
Monday		Tuesday			Wednesday		Thursday		Friday
1		2	3			4	5		
Dhiyaan Playgroup	10am - 12	Counsellor	9.30 – 2.00pm	Group Fitness & Yarn Up	10am - 1pm	Dhiyaan Mums Fitness	10 - 12pm		
		North West Legal Cornerstone Kitchen	2.00 – 3.00pm			Women's Yoga	5.30 – 6.30		
8		9	10			11	12		
Dhiyaan Playgroup	10am - 12	Counsellor	9.30- 2.00pm	Group Fitness & Yarn Up	10am - 1pm	Winanga-Li	10 – 2pm		
		Immunisation Clinic Cornerstone Kitchen	9.00–2.00pm			Dhiyaan Mums Fitness	10 - 12.00		
15		16	17			18	19		
Dhiyaan Playgroup	10am - 12	Counsellor	9.30 – 2.00pm	Group Fitness & Yarn Up	10am - 1pm	Dhiyaan Mums Fitness	10 - 12pm		
		Cornerstone Kitchen	5.30pm			Women's Yoga	5.30 – 6.30		
22		23	24			25	26		
Dhiyaan Playgroup	10am - 12	Counsellor	9.30 – 2.00pm	Group Fitness & Yarn Up	10am - 1pm	Winanga-Li	10 – 2pm		
		Cornerstone Kitchen	5.30pm			Dhiyaan Mums Fitness	10 - 12.00		
29		30	31						
Dhiyaan Playgroup	10am - 12	Counsellor	9.30 – 2.00pm	Group Fitness & Yarn Up	10am - 1pm				
		Department Fair Trading Cornerstone Kitchen	10.00 – 12.00						

- Timetable is only a guide times a dates can change at any time.

- If you would like to attend or would like more information on any of these groups/events please contact Bec or Sara 02 67653103.