



*The heart of our community*

# What's On



## Regular Weekly Programs



[www.nscctas.org.au](http://www.nscctas.org.au)



Find us on google maps

Funded by the Crown through the  
Department Of Premier and Cabinet

# Newnham

49 George Town Road, Newnham



6326 5506

@ admin@nscctas.org.au

## MONDAY

### Tai Chi

10 am-11 am



Release stress & improve your balance with simple Tai Chi exercises to suit all abilities.

### Digital Uplift

9 am- 11 am



Free

- Digital Skill Help
- Getting Online/ Online Safety
- Digital tools for Work
- Accessing Government Services

Just drop in and see Nathan

### Dance Fit Class

11 am- 12 Noon



Join Caz with some easy, fun dance moves for all abilities. Great way to keep moving and make new friends.

### Knitters Unleashed

1-3pm



Come along, join Glenys and work on knitting projects together

Materials provided,

Beginners Welcome.

## TUESDAY

### Community Keep Fit

10am-11am



Keep moving with simple exercises for all abilities. All equipment provided.

### Micro Lunch

12.30 pm

Free!

Weekly light lunch, alternating BBQ with Indian Cuisine

*Please Book for this one.*



### All Stitched Up

10am-2pm

Get Crafty with us & create to donate.



### Children's University

3.15-4.15 pm

Learning hub for children 8-14 yrs Fun Games, experiments, activities and much more !



Fortnightly Only:  
Call us for dates

### FREE GP Clinic Walk-In Clinic

6.00-9.00 pm

Includes most GP like services including:  
Scripts- Health Checks- Referrals- Bloods- Xray's



Moreton Group  
Medical Services

# Newnham

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## Snag Chat Van

11am- 1pm

Join us for a sausage, chat & games

*3rd Tuesday of every month only*



## WEDNESDAY

### Launceston Legal Literacy Centre



LEGAL  
LITERACY  
VOLUNTEERS

10am-12pm

Help filling in documents and  
much more! Drop-In Service

### Goldie's Group

10am- 12 Noon

Craft, Activities, Games  
and a great chance to connect  
with others.



### Community Lunch

12.30-2.00 pm

**\$5**



Join in a delicious 2 course lunch  
Great way to make new friends.

*Please book for this one!*

### Baby Bugs

12 Noon-1.00 pm



Playgroup for caregivers and their  
families to learn together.

For children Birth- 5 years

*For more more info call*

*Caz 0448 919160*

### Your Space 1.00-2.30 pm

Connect, have fun, chat and share a laugh with others.

*For more info call Caz 0448 919160*



## THURSDAY

### Women Together Program

9.30am-12 Noon

Welcoming Migrant Women and  
building social connection through friendships.





49 George Town Road, Newnham  
6326 5506 @ admin@nscctas.org.au

## FRIDAY

### Let's Get Crafty 10.00 am -11.30am



Bring along any craft that you may be working on and share ideas together. Great way to make a new friend as well !

### Boomerang Bags 1.00-3.00pm

Create & sew sustainable, re-usable cloth shopping bags. All welcome- You can help out in so many ways!

- Design Team
- Cut Out Team
- Sewing Team



### Learner Driver Mentor Program

To assist people within the Northern Suburbs of Launceston with no access to a supervisory driver obtain their 80+ hours of driving time. We provide a vehicle and trained driver Mentor.



Call Mani or Mark on 0456 891344  
Tues-Thurs 9.30 am-2.30pm to enquire



### Can you help us out and become a Mentor?

If you have two hours per week and would like to make a real difference in another person's life then please come along and chat to us today.

- Mentors are provided with full training and support.
- Mentors do not need to teach learners how to drive.
- Driving practice takes place in a dual control vehicle provided by L2P



*Our FaRM project has become a place where people can learn, connect and grow- both food and confidence. So much activity is buzzing around our gardens, so why not come and have a look !*

- Market garden site at Mowbray is ready for future crop planting.
- Garden beds at Newnham site are producing masses of fresh vegetables that are available to buy from our Market stalls.
- Our Green house is full of seedlings ready for planting.

If you would like to be a part of our volunteer crew- then drop in and find out more or give us a call.



# Mowbray

Dover Street, Mowbray

 6326 6776 @adminm@nscctas.org.au

## MONDAY

### Modernism Art 10am-12 Noon

Come and explore the painting, drawing and design ideas of Modernism.



### Scrapbooking- 1pm-2.30 pm

Come along and have Fun with Scrapbooking. \$3

## TUESDAY



### Learn to Machine Sew

10am-12 pm

Come and learn some machine sewing basics.



12.30-2.30 pm

Machine sewing class for more advanced sewers.

## WEDNESDAY



GROW

1.00-3.00 pm

Community -based Mental Health Support Program.

Sharing life's challenges and solutions together.

Contact: Linda- 0417 737203 [linda.allen@grow.org.au](mailto:linda.allen@grow.org.au)

# Mowbray

Dover Street, Mowbray

 6326 6776

@adminm@nscctas.org.au

## Hairdresser Visit

Affordable haircuts for everyone!

Last Wednesday of every month.

By appointment only-Call us on

63 266776 to book

Also Available

- Trim or cut
- Nail Gel
- Face Waxing
- Eyelash tint
- Eye brow tint



## Car Park BBQ

First Wednesday of each month

3-4.30 pm



Join our Community Family worker Deb for family fun activities and grab a sausage from the Snag Chat crew !

## THURSDAY

### Landscape Art

10am-12 Noon



Come along and join our friendly art group and learn the basics of painting landscapes.

### Learn to play Mahjong

10am-12pm



Discover a new passion and enjoy the classic game of Mahjong. Great way to keep your mind active, learn a new skill and make new friends.

## FRIDAY

### Cooking with Allan

11am- 1pm



Simple, affordable and delicious meals to make and share together. Limited Spaces Available Call us to express your interest today!

### Make Time To Play

3.15-4.30pm



Family Fun activity group filled with interactive activities to enjoy together.

Call Deb 0455 310329 for more info

### Mural Project Workshop

10am-12 Noon

Help us connect our Garden of Peace and reflection

Mural project with our Mowbray site

Chris will help guide the project with you.

Everyone Welcome- All materials supplied



# The Shed (Rocherlea)

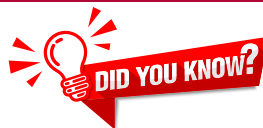
12 Kingbilly Crescent, Rocherlea

## Work Shop Activities

We welcome outside participants to join in workshop activities.

**Monday, Tuesday, Wednesday**  
**9.30 am-2.30 pm**

Call in to The Shed to talk with the group and find out more about how you can get involved.



The team also take orders for custom made projects for individuals and organisations



## Monday

### PEEPS - Youth Program

**3.15-4.30 pm**

For young people aged 10-17 yrs.

A safe space for young people to hang out.

- Eightball
- Games
- BBQ
- Snacks & Drinks
- Activities



## Weekend



DadLAN is a social network, and place to connect over gaming  
**Meets on the 3<sup>rd</sup> Sunday of the month 1-5pm @ The Shed**  
Join us at: [DISCORD.GG/DADLAN](https://discord.gg/DADLAN)

# A little extra information



## Loans available up to \$2000



Household Essentials like fridges, washers, furniture, bond and rent in advance



Car Care Essentials like registration, tyres and repairs



Education Essentials like computers, school trips, text books and school uniforms



Medical and Dental Essentials like mobility equipment, dentures and treatment costs



Family Violence Support like removal costs and security equipment



Refugee Family Reunion like visa fees and airfares

To register

[www.nilstasmania.org.au](http://www.nilstasmania.org.au) or call 1300 301650



## What is NILS?

NILS is the No Interest Loan Scheme. They help low income Tasmanians get safe, fair and affordable loans

No Interest. No Fees or Charges.



NSCC are a delivery partner for NILS so once you have registered we can help you complete your application with a confidential interview.



### WE DON'T:

- Lend money for food or bills
- Give you cash
- Lend money for second hand goods

## Did you know ?

Beau from Services Australia visits fortnightly on Tuesday's

**NSCC Mowbray Site 10-12 Noon**

**NSCC Newnham Site 12.30-2.15pm**

Beau is the Multicultural Service Officer and can support you with information or help you may need about Centrelink/ Medicare Services

September 29<sup>th</sup> October 13<sup>th</sup> 27<sup>th</sup> November 10<sup>th</sup> 27<sup>th</sup>



## Calling all Volunteers..... We need you!



If you have a few spare hours in your week and want to be part of our dynamic team at either of our sites then give us a call on

**63 265506** and ask to speak to Trish or Mary.

We would love to welcome you to our garden, kitchen, admin or van driver teams.

You might have a skill that you would like to share as a volunteer, all you have to do is take that first step and call us.

Follow us on Facebook

or check out our Website for information on upcoming programs, activities, events across our 3 sites.

[www.nscctas.org.au](http://www.nscctas.org.au)

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