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| **C.R.E.A.T.E.- North Shore contact Greg 9462-9100 February** 2020 |

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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
|  |  |  |  |  | “No Suppression Music” **1** |
| **3**  11am Social Tennis-  10.30 Bingo- ChatswoodRSL  12.30pm $10 lunch  1.30pm Spiritual Connect | **4**  10.30am Aquahealth  12pm Community Lunch  1pm Digitising with Ian  1pm Consumer Referral  2.30pm Beading Group  4pm –Dance | **5**  10.30am MUSIC  12.30pm Community Lunch  1.30pm OUTING to Balmoral  2.30pm Writers group | 6  9.30am Foodshare  12.30pm Home delivery | **7**  10am-1pmArt@Artarmon  11-12pm Tennis Courts available see Greg to book | **9** |
| **10**  10am Hornsby Toastmasters  10.30 Bingo-ChatswoodRSL  11am Social Tennis  12.30pm $10 lunch  1.30pm Spiritual Connect | **11**  10.30am Aquahealth  12pm Community Lunch  1pm Digitising with Ian  1pm Consumer Referral  2.30pm Beading Group  4pm –Dance | **12**  10.30am MUSIC  12.30pm Community Lunch  1.30pm OUTING to Balmoral  2.30pm Writers group | **13**  9.30am Foodshare  12.30pm Home delivery | **14**  10am-1pmArt@Artarmon  11-12pm Tennis Courts available see Greg to book | **16** |
| **17**  10.30 Bingo- ChatswoodRSL  11am Social Tennis  12.30pm $10 lunch  1.30pm Spiritual Connect | **18**  10.30am Aquahealth  12pm Community Lunch  1pm Digitising with Ian  1pm Consumer Referral  2.30pm Beading Group  4pm –Dance | **19**  10.30am MUSIC  12.30pm Community Lunch  1.30pm OUTING to Balmoral  2.30pm Writers group | **20**  9.30am Foodshare  12.30pm Home delivery | **21**  10am-1pmArt@Artarmon  11-12pm Tennis Courts available see Greg to book | **22** |
| **24**  10.30 Bingo- ChatswoodRSL  11am Social Tennis-  10am Hornsby Toastmasters  1.30pm Spiritual Connect  **USEFUL CONTACT NUMBERS**  **Lifeline 131 114 Suicide Call back Service 1300 659 467 Mental Health Line 1800-011 511 Mental Health Info Line 1300 794 991 Beyond Blue 1300 224 636 Anxiety disorders 1300 794 992 Health Advice 1800 022 222 SANE 1800 187 263 Mensline 1300 789 978 Salvos Careline 1300 363 622 Justice Health & Forensic Network –1800 222-472 Health Direct 1800 022 222 Gambling HELP 1800 858 858 CONSUMERS WEBSITES:-** [www.consumersaustralia.org](http://www.consumersaustralia.org) - a new Consumer based website for individuals to have their point of view. **TURN OVER** | **25**  10.30am Aquahealth  12pm Community Lunch  1pm Digitising with Ian  1pm Consumer Referral  2.30pm Beading Group  4pm –Dance | **26**  10.30am MUSIC  12.30pm Community Lunch  1.30pm OUTING to Balmoral  2.30pm Writers group | **27**  9.30am Foodshare  12.30pm Home delivery | **28**  10am-1pmArt@Artarmon  11-12pm Tennis Courts available see Greg to book  12.30pm CREATING Wellbeing  Monoprinting with Basia | **Programs available on table next to reception area at Health Centre.** |

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| **February THESE PROGRAMS ARE AVAILABLE TO BOTH NON & NDIS MEMBERS – conditions apply**  2020 | | |
| *C.R.E.A.T.E. – North Shore acknowledges with sincere thanks the following Corporate and NGO’s their staff for their valued experience and commitment and sincerely appreciate the support of all their contributions both funding and staffing to deliver and assist with providing our social day –recovery & education programs.*  1.The Dougherty Centre -7 Victor St Chatswood contact :- Leigh 2. Community Mental Health Teams –NSRYDE-M.H Teams 3. MacQuarie & North Shore Chaplainacy 4. Artarmon Tennis Acadamy-Mr Mark Nissen 5. North Sydney Council – “ART Wellbeing sessions” –Fridays  6.- Mr Ian Hilton-Cowie Volunteer Digital facilitator - 7. Mr Phil Cohen –Bush Walk Co-ordinator - TAFE-St Leonards funding ART Teachers-Bryony Glidden-Head Teacher -9. Yourside Inc Catherine/Lotte/Snow for their dedication and assitance  **.** | | |
| **PROGRAM** | **Venue / Room/LOCATION** | **Program Detail** |
| Social TENNIS  **Mon** | Artarmon Courts -Artarmon | Fee Free **–** for CARERS & consumers Join for Social Tennis group at your level -walk from Artarmon station |
| Bingo Mon | Chatswood RSL | Chatswood RSL for a fun session of Bingo at 10.30am |
| **$10 lunch** Mon | Chatswood RSL | Join Greg at the Chatswood RSL-–“Chit chat Bistro” at 12.30pm |
| Spiritual Connect Mon | 24 Olga Street Chatswood | **Fee free** 1.30pm Join Peter /Keith for weekly friendly social spiritual group gathering |
| Hornsby Toastmasters Mon | Hornsby RSL | Join in on the 2nd & 4th Mondays to boost your public speaking confidence for those interviews or in public |
| Aquahealth Tues | North Sydney Pool | For CARERS &consumers-Join Greg & Sandi a great healthy session in the indoor pool-bring $2 for locker- **please book** |
| Conversations @ Lunch **Tues** | Dougherty Centre -Chatswood | Fee Free-Meet in the Blend Café for 12.30pm for a healthy meal and socially connecting |
| **Digitising Tues** | Dougherty Centre -Chatswood | Fee Free – Join Ian for all things digital to help make you better informed and empowered |
| Consumer Referrals Tues | Dougherty Centre -Chatswood | see Greg at 12.30pm for discussion and program benefit on offer **to you** – Call in -9462-9100 |
| Beading Group Tues | Chatswood Hub 47 Hercules St | Fee free **–** 2pm -Join Michelle for all things Beading and making interesting jewellery items for yourself or nds |
| Dancing for fun Tues | Adventist Church - Chatswood | Fee Free –join Pauline/Greg for this great way to have fun and exercise and beneficils movements to help everyday - |
| MUSIC Wed | Hercules House Chatswood | Fee Free- Join Nick and this core group who will ease you into enjoying creative songs & singing |
| Healthy lunch/BBQ Wed | Hercules House Chatswood | $3-50 – thanks to Action Foundation Volunteers who will prepare and provide a healthy lunch for you to enjoy |
| Outing Wed | Hercules House Chatswood | Fee Free –about 1.30pm Join Greg for an Outing to Balmoral Beach for either Coffee-Walking –Swimming–chatting |
| Writer’s Group-LNS Wed | Community Centre –St Leonards | **Fee Free -** 2.30pm **-**Join Cheng/Veronica for all things Writing –Authors - Poetry & Pros and have fun |
| Food Share Thur | Life Source Church West Chatswood | $2 annual joining fee **–**Either meet Greg at health centre for 9.30am or meet Lifesource bus at chatswood-9.15am |
| Brekky & Bush Walk Fri | Blend Café Chatswood | Will commence in March for new programs |
| ART @Artarmon Fri | Tennis Clubhouse- Artarmon | Fee Free & Weekly- Join TAFE teachers& Greg for a an expressive opportunity |
| Wellbeing ART Fri | North Sydney Community Centre | Friday 22nd Feb 12.30-3pm **mono printing** with Basia –call 9936-8156 Jess Gledhillto book in |
| No Suppression Music Sat | MacQuarie Hospital grounds | **Fee Free –** Call Paula 9895-8782 or 0413-451-073 for more details and directions for venue**Sat February 2nd** |
| **LifeLine Counselling** | Financial | Call 9498-8805 to make an appointment |
| **Centrelink Services** | Newsletter | <http://pulse.centrelink.gov.au> for all the latest information |
| **Hireup – 9113-5933** | Lvl 10 -10 Christie St- St Leonards | This online platform employment agency will match individuals with support workers for their needs - e:-hello@hireup.com.au |
| **Online platform** | AUSTRALIAN GOVERNMENT | Head to health.gov.au |
| **Exercise programs** | Comprehensive list | Reasonable fees –http://www.activeandhealthy.nsw.gov.au/program/are/northern%20sydney |
| **Seniors Stepping on** | Various sites | A free falls prevention program for seniors over 7 weeks – call :-Nadia Williams 9808-9685 / 0401-715-845 |
| **Ask IZZY** | Ask izzy.org.au | 16 + services for consumers-i.e. Housing-Food-Health-Cetnrelink-Money Help-Legal-Drugs&Alcohol-Life skillsAdvocacy-etc |