Hello, and welcome to our second newsletter. This format appears to be very popular, as it is easy to read and full of information. I would like to thank Janice (Uniting Church, Springwood) for her support in allowing us to produce this resource, as well as for assisting the centre with food for our Christmas Hampers. This year has proven such a stretch for the centre in many areas, and our work would not have been possible without the dedication of staff and volunteers.

As the year comes to a close, I would like to thank all the workers and volunteers at Winmalee Neighbourhood Centre as no service works in isolation, and given the huge increase in clients, we have all had to work together to ensure positive outcomes for these clients. We have also had great support from staff at Myer Penrith (thank you, Jenny), Springwood Rotary, Curves Springwood and community members. Pearl Schipilliti, Stan and Joan Smith and Elizabeth Godleman who drop in regularly with food and/or toys for our emergency relief program. Local business, La Montagna, has allowed us to put a collection bin in their café for our Christmas Food relief hampers, Phil from Chemmart has approached the centre to see how we can work together, and Justin at Winmalee Post Office and staff at Gloria Jeans have all helped us to promote the Centre—a big thank you for your support!

If you are a community organisation with a program that is relevant to the Winmalee area, and can assist the local community, please contact us as we may be able to help in promoting your service.

I would like to take this opportunity to wish everyone a safe, healthy Christmas and New Year, and we look forward to a busy 2011.

Morna Colbran
Manager, Winmalee Neighbourhood Centre Inc.

The winners of the Winmalee Neighbourhood Centre Inc. Raffle are:
1st Prize: Blue 55C
2nd Prize: Red 11G
3rd Prize: Blue 02C
4th prize; red 29C
Congratulations!

The 2011 WNC Committee

Soon it will be a new year, and for many organisations, this means change. It is certainly no different here at Winmalee Neighbourhood Centre.

WNC has the pleasure of announcing the new WNC Management Committee:
President: Beverley Eaton
Vice President: Alec Browne
Secretary: Bill Knagge
Treasurer: Elaine Mercier
Sue Whitehouse
Ross Ingram
Valda Bray
Jon Downie
Winsome Badman

Staff and management would also like to take this opportunity to extend a warm welcome to our new WNC Association members. We hope you enjoy your association with WNC and find it as rewarding and challenging as we do.

Welcome back to our returning Association members as well. Thank you for the past year, and we look forward to another busy year in 2011!

It is never too late to become a member of WNC. For only $5.50 (GST inclusive), you can make a difference in your local community.

For more information, please call Winmalee Neighbourhood Centre on 4754 4050.

Outgoing Committee: Thank you!!!
Hub Play Group Christmas Party

Winmalee Community Hub recently enjoyed a taste of Christmas with its Supported Play Group Play and Chat Christmas Party, held at Winmalee Neighbourhood Centre.

The children (ranging in age from 0-5 years) had a great time singing, playing musical instruments, listening to stories and just playing on the equipment... and, of course, eating!

There was even a surprise visit from Santa Claus with a present for each and every child attending! The Community Hub and Winmalee Neighbourhood Centre would like to offer our thanks to the local NSW Fire Brigade who drove Santa to the centre in their fire truck—the children got such a thrill out of the event.

For more information about the Supported Play Group, please contact Jill Carlson-Beardall on 4739 5963.
Bosom Buddies Lower Blue Mountains

**Bosom Buddies Lower Blue Mountains** is a Breast Cancer Support Group which meets at Winmalee Neighbourhood Centre. The group has guest speakers, relaxation and other things of interest, while sharing in fun, friendship and support.

The Bosom Buddies meet for emotional support, to grow and learn, and to develop friendship with others who are travelling the same journey.

Maybe what you are experiencing or have experienced could help others. Our group encourages a confidential, open forum in a friendly, supportive atmosphere.

Meetings alternate monthly between the first Monday evening (7pm-9.30pm) and the first Friday morning (9.30am-12pm) of the month (no meeting in January). These meetings are held at Winmalee Neighbourhood Centre, 62 White Cross Rd, Winmalee.

For more information please call Winmalee Neighbourhood Centre on 4754 4050.

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**WINMALEE COMMUNITY GARDEN**

Staff and Volunteers at WNC have just completed the Spring planting of the Winmalee Community Garden.

After a big "clean-up", we have re-fertilized and planted a large range of new vegetables, including silverbeet, carrots, lettuce, zucchini, cucumbers, beetroot and more.

We would like to thank our regular Volunteers, and also welcome a few new people into our gardening fold.

Volunteers are always welcome, and don’t forget... we eat what we harvest! Nothing like fresh organic vegies straight from the garden...

For more information, or to register as a gardening volunteer, call WNC on 4754 4050.

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**NILS for Back-to-School costs...**

Has Christmas left you a little short?

Has the school holidays just “wiped you out?”

Does the thought of all those back-to-school expenses fill you with dread?

NSW N o Interest Loans Scheme (NILS) offers loans of up to $1200 to low-income families living in the 2777 and 2776 postcode areas.

All loans are by application and require an assessment process. NILS loans have no Interest, no fees, no charges and no penalties.

In order to apply for a loan, you can call W Innalee Neighbourhood Centre for an information pack— these packs contain all the information you will need. You can then call W N C and make an appointment with Julie, our NILS officer.

Repayments are tailored to suit each individual’s needs.

For more information or for a NILS brochure, please call W Innalee Neighbourhood Centre on 4754 4050.

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**WINMALEE COMMUNITY GARDEN**

“Gardening is a kind of self-prescribed preventative medicine, good for all ills.”

Sheryl London
“A liberally educated person meets new ideas with curiosity and fascination. An illiberally educated person meets new ideas with fear.” — James B. Stockdale

Low-cost Yoga / Gentle exercise

If your New Year’s resolution is (once again!) to get fit and healthy...

Then W inmalee Neighbourhood Centre is the place for you to be in 2011.

WNC will be holding Yoga/ Gentle exercise classes every Friday at 9.30am. These classes are specifically designed to ensure that people of all ages and with all health issues can attend.

The classes will be held by Yoga instructor, Emily Cale. Emily has been practicing Yoga for over 15 years, and has been instructing for over two years.

Emily trained as an instructor at Samadhi Yoga in Newtown, Sydney. She was fortunate to be able to train under renowned instructor, Katie Manitis, who is also the author of Spiritual Survival in the City.

Katie has been trained to teach many levels of health and experience, including Children’s Yoga. She mostly practices Hatha Vinyasa, a flowing style of Yoga concentrating on gentle exercise and relaxation using breath and movement together.

Emily would like to welcome all newcomers and welcome back her more experienced clients. Classes are only $7 per person, and are held every Friday at 9.30am at W inmalee Neighbourhood Centre. To book, please call WNC on 4754 4050.

New Computer Course @ WNC

Blue Mountains TAFE Outreach is offering free computer skills classes in 2011: “Computing skills: the next step”. Classes may include:

- Electronic presentations (PowerPoint)
- Emails and internet
- Desktop Publishing
- Spreadsheets (Excel)

You will need basic computing skills to do this course.

The course will be held on Fridays, from 1pm—4pm starting on the 25th February and continuing until 24th June (excluding school holidays) at Winmalee Neighbourhood Centre.

To register for the course please call the Winmalee Neighbourhood Centre on 4754 4050. All students registered are invited to attend a course information meeting to discuss topics for the course—4th February, 1pm at WNC.

A Partnership program with Winmalee Neighbourhood Centre and Blue Mountains TAFE Outreach.

Springwood Uniting Church

W inmalee Neighbourhood Centre would like to thank Springwood Uniting Church, again, for their support in the printing of our newsletters. We, literally, could not produce these without the assistance of SUC.

Winmalee Neighbourhood Centre is holding their Family Games Night on Sunday 9th January, 4pm—6pm. The program includes games, colouring activities, music and songs, Story Time and a BBQ dinner. Cost is only $5 per family.

For more information, contact Charla on 4751 3951.
Winmalee Neighbourhood Centre is very pleased to announce that the 2010 Seniors' Christmas luncheon was a huge success. A total of seventy-five guests attended the annual party, which was held this year at The Old Farm, Purvines Rd, Yellow Rock.

Winmalee Neighbourhood Centre would like to thank the members of Springwood Rotary, who made this whole event possible. Special thanks to Ross and Robyn Ingram for their generosity and hospitality. Many thanks, also, to the Lantern Club for catering such a delicious lunch—and for ensuring that everything ran so smoothly!

Staff at WNC and our guests would all like to give very special thanks to Winmalee High School teacher, Raelene Clifford, for organising the entertainment for the event. Guests were able to enjoy the beautiful caroling of the extremely talented Rebecca Matheson and Cassandra Colless. Such a treat for all! And, of course, thanks also to “roadie”, Ben Hayes.

A wonderful time was had by all. "Act as if what you do makes a difference. It does.” - William James

The New Year will see a free lunch being provided at the Springwood Civic Centre. At this stage we are looking at the middle of February 2011 to begin the project. We have yet to set a day, but at this point it looks like it will occur every Monday. This all came about from meetings held with Maxemployment, St Vincent de Paul, Springwood Police and Springwood and Winmalee Neighbourhood Centres. We all felt that the Lower Mountains should have a free lunch available, especially for those facing financial challenges or who are socially isolated or homeless. Really, we just want to ensure those who do not have access to fresh, nutritious food have the opportunity to do so. A special thanks to Maurice Brady for assisting with this project, and to Blue Mountains City Council. For more information call Winmalee Neighbourhood Centre on 4754 4050.
Winmalee Neighbourhood Centre is open:
9.00am— 4.30pm Mondays to Thursdays
9.00am— 4.00pm Fridays

Winmalee Neighbourhood Centre offers:
• Emergency Food relief
• Assistance with Electricity, Gas and Telstra bills
• No Interest Loans (NILS)
• Justice of the Peace
• Advocacy
• Low cost Meeting Rooms
• Low cost photocopying, fax, laminating and binding

No Interest Loans (NILS)

NILS is a no-interest loan scheme designed to assist low income and disadvantaged people. Anyone on a low income or receiving income support from Centrelink, and is living within the 2777/2776 postcode area, is eligible to apply for a NILS assessment. To apply for a loan, ring WNC for an information package. After obtaining necessary quotes and documentation, you may ring WNC for an appointment with the NILS Officer. Repayments are tailored to suit individual circumstance.

Call 4754 4050 for more information.

Winmalee Neighbourhood Centre Inc. accepts donations. All donations over $2 are tax deductible.

WNC Noticeboard

Monday Mixed Medium Art Group: An art/craft group for young people 12-18 years old. Meets every second Monday at 3pm. Classes include mosaics, stained glass, beading, painting and art identified by the young people. Phone 4754 4050 for more information.

Lower Blue Mountains Bosom Buddies: Our group offers support to women diagnosed with Breast Cancer. We meet alternate months on the first Monday (7-9.30pm) and on the first Friday (9.30 – 12 noon)

Kids Care: occasional child care service for 0-6 year olds. Tuesdays from 9.30-2.00pm. $5 per child per hour (minimum payment for 3 hours), and an annual admin. fee of $10 per family. Phone Michelle on 0412 932 801 to book.

Culture Lab—Organic Food: Phone Rita for more information 4751 5772

Aspergers Support Group: A Support Group for all people affected by Aspergers on a daily basis. We meet on the 3rd Monday of every month at 7.30pm at the Centre. New members always welcome.

Women's Room Mothers' Group: Meets 10am - 1pm on the 2nd and 4th W ednesday of the month. Cost $10 includes materials for artworks.

WNC Noticeboard

Winmalee Neighbourhood Centre Inc.
62 White Cross Rd
Winmalee
4754 4050

Al-Anon Support Meetings: W ednesdays 11am -2pm at W inmalee Neighbourhood Centre

Take-A-Break Carers’ Support Group: This group offers opportunities for Carers to meet together on a regular basis in a safe space, to share what it is like to be a carer, swap information, make friends and provide a range of functions, including education, training, support and fun. 3rd Friday of every month at 10.30am.

Women's Massage: Unwind with a one hour massage for $40. Our therapist is a qualified remedial/sports massage therapist. Every second Monday or by special appointment.

Women's Room Mothers’ Group:

Lower Blue Mountains Bosom Buddies:

Kids Care:

Culture Lab—Organic Food:

Aspergers Support Group:

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