



## **Welcome to Jesmond Neighbourhood Centre!**

Jesmond Neighbourhood Centre is a vibrant and welcoming Centre. The Centre is open to members of the community Monday to Friday from 9am to 4.00pm (Office hours 9am – 2pm), offering Adolescent and Family Counselling (9 to 18 years), SecondBite every Friday from 12noon - 2.30pm, provision of sanitary products and toiletries, shower facilities, Second Hand Shop, Hall and Room Hire, advice and referral to other services for individual support of those with specific needs and much more.....

### **Centre Assistance and Programs held at the Centre:**

**Adolescent and Family Counselling Program** - The Centre provides a range of free confidential services to families with children and adolescents (9-18 years) requiring support, advocacy, counselling and/or referral to meet their unique assessed needs.

**Second Bite** - every Friday from 12noon until 2.30pm or until goods are exhausted, free bread, fruit and vegetables available, bakery and fresh produce amounts vary from week to week. All welcome, one bag per family, please bring your own bag.

**Condom Credit Card Provider** - Available from the Admin and Managers Office, the Condom Credit Card project is a friendly, confidential way for people under the age of 25 and are sexually active or thinking about becoming sexually active, to get access to FREE condoms. Drop into the Centre or phone the Centre for more information.

**Other assistance at the Centre:** Sanitary products available on request, toiletries available on request, Second Hand Shop with donated clothing, shoes, bedding etc for men, women and children at a minimal cost, shower facilities available on request to those in need. Provision of Telstra phone cards, JP Services (by appointment), photocopying, printing and scanning services. Typing of official correspondence (by appointment), typing of Resumes (by appointment), Book Exchange, Free WiFi, Advocacy, a safe place for everyone in the Community.

**Information and Assistance with Outreach and Support Services** - Information provided on various outreach and support services in the Jesmond/Wallsend area.

**No Interest Free Loans (NILS)** - Application packs available, assistance with completing the application and scanning required documents. Phone the Centre for more information or to make an appointment for more information.

**Free Anxiety Support Group** - 1st Wednesday of month 10.00am - the Anxiety Support

Group meets in a friendly relaxed atmosphere to offer support, share experiences and meet others who have experienced similar issues. For further information telephone please phone the Centre.

**Jesmond Friendship Club** - Fridays 9.30am to 2.30pm, provides social support which includes morning tea, nourishing lunches, activities program including entertainers, guest speakers as well as a variety of social outings. For more information please contact Connectability on (02) 49621000 (option 3).

**Healthy Moves Exercise Group** - Mondays & Wednesdays afternoons, a low to moderate exercise program developed for over 65 yrs which is safe for participants with various health conditions. For more information please contact Connectability on (02) 49621000 (option 3).

**Connectability Choir** - Monday 10am to 12noon, over 65, morning tea included. Everyone welcome. For more information please contact Connectability on (02) 49621000 (option 3).

**Jesmond KU Play Group** – Every Wednesday 10am—12noon, for parents and children 0-5years. Held in school terms only. Bring your own snacks. Drop in or call KU Children's Service's on 0407 493 227 for more information.

**Overeaters Anonymous** - Saturdays 10:00am –12:30pm, lifetime support with no fees or diets. Anorexics and Bulimics welcome. For more info call (02) 95183004 or visit [www.oasydney.org](http://www.oasydney.org) or [www.aa.org](http://www.aa.org) for more information.

**Toogee Taekwondo** - Tuesdays & Thursdays 5.30pm - 7 .00pm, Suitable for children from 6 years of age, teenagers and adults. For further information call 0418 686 241 or email [www.toogee.com](http://www.toogee.com)

**Chinese Social Support Group** - Second Thursday of every month, for more info Contact Dongmei Zhang on (02) 4969 3399.

**Financial Counselling** - 2nd Tuesday of the Month, Free financial counselling is available the 2nd Tuesday of every month. For an appointment or more information please phone (02) 49689686.

**Afghan Women's Social Group** - Last Thursday of every month 10am-12noon, a social gathering for Afghan women & children. For further information please phone the Centre.

**Pitch Perfect Music Tuition** - Mondays & Fridays 4pm—5.30pm, For more information please call or text: 0457 924 544.

## **Other Centre Services offered:**

### **Room Hire**

The Jesmond Neighbourhood Centre has a number of rooms for hire:

**Jesmond Hall** – a large room that can be used for conferences, education, workshops, birthday parties (ring the Centre for exclusions) and various types of gatherings. The Hall also opens up on a fenced playground.

**Joe Leon Room** – a meeting room that will seat up to 12 people.

**Office space** – are also available for hire to organisations on a one off or more permanent basis.

All room hire is subject to availability – for more information and fees for hire please contact the Centre.

**Contact details:**

**Jesmond Neighbourhood Centre, 44 Mordue Parade, Jesmond 2299, Phone: 02 49798555  
or email [JesAdmin@connectabilityaus.org.au](mailto:JesAdmin@connectabilityaus.org.au)**

**Like our Facebook page for community information and upcoming events:**

<https://www.facebook.com/jesmondneighbourhoodcentre>