

CRISIS SUPPORT AVAILABLE



Belmont Neighbourhood Centre offers crisis support services to the community, Monday to Friday.

Services include:

- ◆ Food assistance (pantry foods, hot foods, etc.)
- ◆ Essential Items (toiletries, etc.)
- ◆ Referrals (for Community services, etc.)

Call 49470031 or come in and see us at the Centre.

Belmont Neighbourhood Centre Toy Library

Our wonderful Toy Library can be accessed 5 days a week between 9am & 2pm.

All toys can be borrowed for up to two weeks.

For all enquiries please call 49470031 or come and see us at the Centre.



What you can regularly find at the Centre...

Belmont Men's Shed open Tues— Fri 9am-2pm

Book Exchange Mon—Fri 9am-3pm

Bugalugs Playgroup Tuesdays, 10am - 12pm. \$3 per family

Craft Coffee and Chat Group
Friday 10am-12noon \$8 (M) \$10(NM)

Computer Lessons 3 Days, \$5 for members/\$7 for non members

Eastlakes Physical Culture Monday's & Thursday's
Call 0437895822 for more information.

Habitat in Harmony Community Garden
Mon, Tues, Thurs, Fri - 8am-2pm

Healthy Moves Exercise \$7 for members, \$10 for non-members

Mon & Thurs 8am-8:55am (challenging)
Mon & Thurs 9am-9:45am (easier with seats)
Wed 8am -9am (Barre class)

Fri 8am—9am (Stretch and Balance)

Hunter Region No Interest Loans
Call for an appointment 49470031

Hunter Volunteer Centre Monday 9am-1pm, call 4929 4424

Hunter Water Assistance 5 days, 9am—3pm, call for App

Justice of the Peace Service 4 days 9am-3pm, call for App
Lifeline Counselling Free Service, Mondays Call 49 402 000

Oz Harvest Friday, call 49470031 before 11am

IYENGAR Yoga Tuesdays 8am - 9am

Tai Chi Tuesdays 9am Advanced, 10am Beginners

Toy Library Mon—Fri 9am—2pm

UBA Crochet Class Friday 9.30am -11.30am



Neighbourhood Natters

Term 1 2023 January—April



FOR ALL ENQUIRIES

PHONE: 02 4947 0031

OR COME AND SEE US AT:
359 PACIFIC HIGHWAY
(CNR. OLD BELMONT ROAD)

BELMONT NORTH
PO BOX 347 BELMONT 2280

WWW.BNC.ASN.AU

Email:

Program Administrator—programs@bnc.asn.au

Centre Manager—info@bnc.asn.au

 "like" us on
Facebook

<https://www.facebook.com/belmont.neighbourhood.centre>



Free
Counselling
Service

Come and see our qualified
counsellor on Mondays
By appointment only. Call 4947 0031

Kick Start 2023 with Healthy Moves!

Healthy moves offers a variety of classes
four mornings a week at BNC.

Healthy Moves classes aim to improve fitness, strength,
balance and flexibility in a safe and supportive environment.

Mon & Thurs 8am—8.55am (Challenging)

Mon & Thurs 9am—9.45am (easier, with seats)

Wed 8am—9am (Barre Class)

Fri 8am—9am (Stretch & Balance)



bugalugs Playgroup



We're back for 2023!!!

Date: Every Tuesday

Time: 9:30—12noon.

Cost: \$3 per family

Bring morning tea and a hat

No bookings required, just show up.



Your Local Community Garden

Habitat in Harmony is BNC's longest running
environmental project, operating since 2000.

The garden uses organic gardening techniques
and is home to many flora and fauna.

The garden is wheelchair accessible and family
friendly. Come for a stroll through the garden,
get involved and improve your gardening skills.

Open Monday, Tuesday, Thursday & Friday
8am - 2pm.

Produce available for purchase.



Justice of the Peace

Belmont Neighbourhood Centre offers
Justice of the Peace Services
four days a week.

Appointments are essential so please call
49470031.

HUNTER WATER ASSISTANCE SCHEME



If you're struggling with your water bill,
we can offer assistance.

The Hunter Water Assistance Scheme is designed to help
local residents who are struggling to pay their Hunter
Water bill.

Call 4947 0031 to make an appointment.



Welcoming New Members

Open Tuesday—Friday, 9am - 2pm

Call: 02 49470031

Belmont Men's Shed is a safe and welcoming place for men
of all ages to work on wood to metal projects.

No experience required, all skill levels welcome.

Come down for a cuppa and a chat.



OZHARVEST

To book an Oz Harvest food package
please contact us on 49470031
between 9am and 11am
on Friday mornings.
Pickup is from the top carpark
from 2pm—2.30pm

From time to time we may receive very limited supplies.

If this does occur please know our wonderful volunteers
are doing their very best to distribute what we receive
evenly.

We appreciate your patience and understanding!