



This year, from 12 to 18 May 2025, we're making waves with the theme "Ripples of Change"!

Every action, no matter how small, has the power to create a ripple effect – spreading kindness, sparking ideas, and strengthening communities. At Neighbourhood and Community Houses and Centres (NCHCs) across Australia, we see it happen every day! A friendly smile, a shared story, a new skill – these small moments add up to something big, sending waves of meaningful change that extends far beyond our local neighbourhoods.

From community projects to everyday conversations, these ripples of change build momentum, shaping stronger, more connected communities. Whether it's volunteering, learning something new, or simply reaching out to someone in need, every action helps build a stronger, more connected community.

This Neighbourhood Centre Week, join us in celebrating the power of small actions that lead to big impacts. Get involved – have a chat, lend a hand, try a new class, or be part of a local event. Share your stories on the theme 'From small ripples grow big waves of change!'

Whether it's a moment of kindness, a new connection, or a community initiative, every story inspires others to take action. Together, let's turn **little ripples into big waves of change!**



neighbourhood  
CENTRE WEEK 12 - 18  
MAY '25

**Come help us celebrate our amazing centre during Neighbourhood Centre Week.**

**We will be holding a community morning tea on Thursday 15th May 11am-12pm**

**To book your spot please call us on 49470031.**

## What you can regularly find at the Centre...

**Active Stronger Better** \$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)

**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

**Hunter Region No Interest Loans**

Call for an appointment 49470031

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

**Justice of the Peace Service** 4 days 9am-3pm, call for App

**Oz Harvest** Friday, call 49470031 before 11am

**IYENGAR Yoga** Tuesdays 8am - 9am

**Tai Chi** Tuesdays 9am Advanced, 10am Beginners

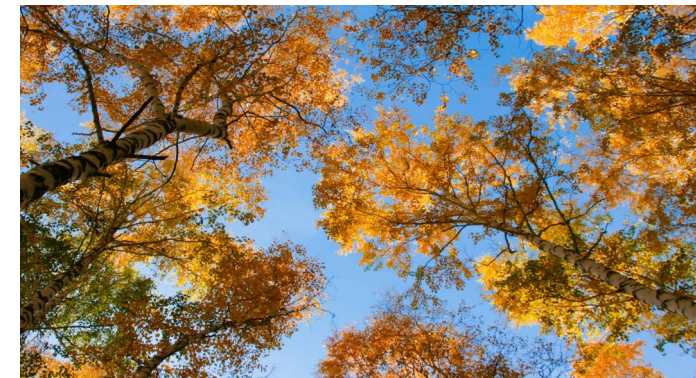
**Toy Library** Mon—Fri 9am—2pm

**U3A Crochet Class** Friday 9.30am –11.30am



# Neighbourhood Natters

## Term 2, 2025 April—July



## 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](mailto:programs@bnc.asn.au)

Centre Manager—[info@bnc.asn.au](mailto:info@bnc.asn.au)

## TERM 2 PROGRAM



EMPOWER YOUR DAUGHTER WITH CONFIDENCE,  
RESILIENCE AND A DEEPER SENSE OF SELF-WORTH

## WELL-I-AM

*For girls 9-13 years*

**ONLY \$40!**  
THANKS TO BNC & NSW GOVERNMENT FUNDING



A powerful 8-week after-school program to build essential life skills:

- 🧠 Emotional awareness & resilience
- 📱 Healthy social media and device habits
- 💬 Positive friendships and self-worth
- 🧘 Confidence and calm in life's ups and downs

TO BOOK YOUR DAUGHTER'S SPOT, OR FOR MORE INFORMATION, PLEASE CONTACT:

Karina:  
programs@welleducation.com.au



**ONLY 10 SPOTS AVAILABLE**

### WHEN:

THURSDAY 1<sup>ST</sup> MAY -  
THURSDAY 19<sup>TH</sup> JUNE (8 WEEKS)  
4:00 - 5:00PM

### WHERE:

BELMONT NEIGHBOURHOOD CENTRE  
BELMONT NORTH



# THE NEXT GENERATION: STRENGTH, VISION & LEGACY

6-13 JULY 2025

## Eastlakes NAIDOC Family Fun Day

Friday 18th July 2025

10am-3pm

Pelican Foreshore



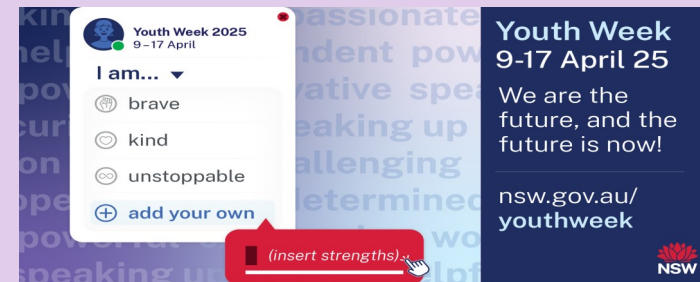
## You're Kidding Me Expo 2025

The annual You're Kidding Me Expo, which brings together children and family services from all across the City and the Hunter Region will be held over 5 days this year.

Attendees can discover a variety of programs, resources and services that Lake Macquarie parents and families can access.

**Date: Monday 2nd June — Friday 6th June**

**Venue: Centre Court,  
Charlestown Square**



This year, the youth week theme is about:

- celebrating every young person's unique strengths
- recognising young people's individual and collective power as our current and future influencers, leaders and decision makers.
- Young people are invited to celebrate the theme by sharing who they are, their skills, qualities, something about themselves they are proud of, or something they are passionate about advocating for.

I am \_\_\_\_\_.

**We are the future, and the future is now!**

