



Woden Community Service Social Groups

Woden Community Service (WCS) is one of five regional community services within Canberra. WCS is a not-for-profit organisation that provides a broad range of community services. Services are funded by ACT and Australian Governments.

Outlined is a brief description of social groups that we facilitate. For more information call 6282 2644, drop in at 26 Corinna St Woden (opposite Phillip Health Centre) or visit www.wcs.org.au.

Monday

English Classes (over 65 years)

Talk and Support English classes is for people looking to learn and practice casual English conversation in a friendly environment

When: Mondays, 9:30am to 11:30am (during school terms)

Place: St Alban's Church (Chappell St, Lyons)

Cost: Free

Contact: Emma on 6181 2802

Yoga Style Exercise (over 65 years)

Seated or floor Yoga classes for relaxation, strength, balance and flexibility

When: Every Monday, 10:00am to 11:00am

Place: The Smith Family Building

Cost: \$5.00 for morning tea

Contact: Sandy on 6181 2816

Bunnings Trip (over 65 years)

Enjoy browsing at Bunnings Tuggeranong followed by morning tea at the cafe

When: Last Monday of the month, 9:30am to 11:30am

Cost: \$5.00 (buy your own morning tea)

Contact: Amy on 6181 2828

Tuesday

Tuesday Lunch Group

For people who are over 65 or isolated and live in the Woden area. Activities include regular guest speakers, events and outings to community activities and places of interest, music and entertainers.

When: Every Tuesday, 10:00am to 1:00pm

Place: The German Club Narrabundah

Cost: \$10 for lunch and (\$5.00 for transport each way if required)

Contact: Sandy on 6181 2816



Seniors Walking group (over 65 years)

For people who are older in the Woden area. Walk at your own pace and enjoy the company of like-minded people. We pick up from home and return you home.

When: Every Tuesday, 10:20am to 1:00pm. Pick up at 9:00am.

Place: Lake Burley Griffin (subject to change)

Cost: Free (buy your own morning tea)

Contact: John on 0418 516 462

English Classes

Talk and Support English classes is for people looking to learn and practice casual English conversation in a friendly environment

When: Tuesdays, 9:30am to 11:30am (during school terms)

Place: Lutheran Church (37 Burnie St, Lyons)

Cost: Free

Contact: Emma on 6181 2802

Youth Centre Drop In

Woden Youth Centre is an inclusive service for young people aged 12 – 25 years. The Youth Centre provides services including; information, support and referral and case management. The service also provides free recreational facilities

When: Every Tuesday, 3:00pm to 5:30pm

Place: Woden Youth Centre (Callam St, Woden)

Cost: Free

Contact: Youth Engagement Team on 6282 3037

Molonglo Valley Playgroup

Molonglo Valley playgroup is a free playgroup for all families. Parents can come along with the children and share in, story time, singing, games and morning tea (bring a piece of fruit to share).

When: Every Tuesday, 9:15am to 11:30am (during school terms)

Place: Charles Weston Primary School, 80 Woodberry Ave, Coombs

Cost: Free

Contact: Jaymini Jogia on 6234 6823

Hearing Voices

Hearing Voices Groups are simply people with shared experiences coming together to support one another. They offer a safe haven where people who hear, see or sense things that other people don't, can feel accepted, valued and understood.

When: Fortnightly on Tuesdays between 2:30- 4:30

Place: Smith Family Training Rooms, Cnr Launceston and Easty streets

Contact: TRec Team on 6221 9511 (*please ring before attending*)



Wednesday

Drop In Playgroup

Come and join your child in some fun activities and enjoy a cuppa and a chat with other parents

When: Every Wednesday, 9:30am to 11:30am (during school terms)

Place: Lollipop Children's Centre, Woden Community Service

Cost: Free

Contact: Nicole on 6234 6817

Paint and Play Weston

Paint and Play is a free outdoor playgroup for children from birth to 5 years and carers. Paint and Play is supported by Communities @ Work, Noah's Ark and Woden Community Service. If it is raining or extremely cold/windy the session will be cancelled.

When: Every Wednesday, 9:30am to 11:00am (during school terms)

Place: Weston Community Hub (Parking off Hilder St. Weston)

Cost: Free – donations welcome

Contact: Jenny on 6234 6854

Multicultural Playgroup

Multicultural playgroup is a free playgroup for multicultural families. It celebrates multicultural events, story time, singing, games and morning tea (bring a piece of fruit to share).

When: Every second Wednesday, 9:30am to 11:30am (during school terms)

Place: Lyons Preschool Site 12 Ulverstone St, LYONS

Cost: Free

Contact: Jaymini Jogia on 6234 6823

Game on (Board Game group)

A social group open to everyone that play Fun, quick and easy to learn board and card games.

When: Wednesday, 1:30pm to 3:30pm

Place: Woden Community Service 26 Corinna St, Woden

Cost: Free

Contact: Emma 6181 2802

Ladies weekly afternoon tea

For ladies over 65 or isolated and live in the Woden area

When: Every Wednesday, 1:30pm to 3:30pm

Place: The Woden Southern Cross Club

Cost: Free to attend (Buy your own cuppa and transport available \$5 each way)

Contact: Sandy on 6181 2816



Snowy Hydro Group

For ex-snowy hydro workers and their families in Canberra & elsewhere

When: Last Wednesday of each month (except in December) 12.00 -3 .00pm

Place: Woden Southern Cross Club (in the Golden Grill)

Cost: Free to attend (buy your own cuppa/lunch)

Contact: Sandy on 02 61812816 or email: sandy.vandertoorn@wcs.org.au

Discovery Trips (over 65 years)

Day Trips for elderly Canberra's living in the Woden Area (who are registered for transport services)

When: One to Two Wednesdays a month – 9am – 3pm (location pending)

Place: Varied - Canberra and surrounding towns

Cost: Trips within Canberra - \$10; Trips outside Canberra - \$15 (Lunch not included)

Contact Amy on 6181 2828

Aldi & Op Shops (over 65 years)

A social morning of Op Shopping, Lunch and Grocery shopping at various Aldi Stores

When: The 4th Wednesday of the month

Place: Varied – Canberra and surrounding towns

Cost: Cost: Trips within Canberra - \$10; Trips outside Canberra - \$15 (Lunch not included)

Contact Amy on 6181 2828

Creative Writing

When: Every Wednesday, 10 am to 12 pm

Place: Woden Library Meeting Room

Cost: Free

Contact: BCS on 6293 3951

Youth Centre Drop In

Woden Youth Centre is an inclusive service for young people aged 12 – 25 years. The Youth Centre provides services including; information, support and referral and case management. The service also provides free recreational facilities

When: Every Wednesday, 3:00pm to 5:30pm

Place: Woden Youth Centre (Callam St, Woden)

Cost: Free

Contact: Youth Engagement Team on 6282 3037

Fire Belly

Young men's (12-25) health and fitness program

When: Every Wednesday, 3:00pm to 5:30pm

Place: Meet at Woden Youth Centre (Callam St, Woden) at 3:30pm for free transport to PCYC Erindale.

Cost: Free

Contact: Youth Engagement Team on 6282 3037



Thursday

Paint and Play

Paint and Play is a free outdoor playgroup for children from birth to 5 years and carers. Paint and Play is supported by YMCA, Lyons Early Childhood School, Noah's Ark, and Woden Community Service. If it is raining or extremely cold/windy the session will be cancelled.

When: Thursdays during school term, 9:30am to 11:00am

Place: Lyons Preschool Site 12 Ulverstone St, LYONS

Cost: Free - donations welcome

Contact: Caroline Walters, YMCA on 0429 629 155

Duffy Playgroup

Duffy playgroup is a free playgroup for all families. Parents can come along with the children and share in, story time, singing, games and morning tea (bring a piece of fruit to share).

When: Every Thursday, 9:30am to 11:30am (during school terms)

Place: Duffy Primary School, Burrinjuck Crescent, Duffy

Cost: Free

Contact: Jaymini Jogia on 6234 6823

Gather Women's Group

GATHER Young Women's Group is designed to assist young women (approx. 18-35years old) develop more confidence in social situations, find new friendships, and reduce social isolation;

When: Every Thursday 2pm-4pm

Place: The Smith Family, Cnr Launceston and Easty Streets, Woden

Cost: This is an NDIS funded group. Cost applies the participants' NDIS Plans

Contact: Leanne Heald on 6221 9533

Women's Group – "Women Supporting Women"

Women Supporting Women is a peer lead support group for middle aged women

When: Fortnightly meetings on Thursdays, 1:00pm to 3:30pm

Place: Woden Community Service, Community Room

Cost: Gold coin donation

Contact: Emma on 6181 2802 (*please ring before attending*)

Women's Cooking Circle

Cooking Circles great social networks between women through cooking. We meet together to share recipes, learn new skills, taste new foods and flavours. If you are female, live in Canberra, love cooking and want to build your social network, join us. We would love to cook with you

When: Every second Thursday of Month, 10:00 am to 1:00pm

Place: Canberra Islamic Centre, 221 Clive Steele Avenue, Monash



(Transport available \$3 each way)

Cost: Gold coin donation

Contact: Muataza on 6181 2802 (please ring and register to join group before attending)

Youth Centre Drop In

Woden Youth Centre is an inclusive service for young people aged 12 – 25 years. The Youth Centre provides services including; information, support and referral and case management. The service also provides free recreational facilities

When: Every Thursday, 2:00pm to 5:30pm

Place: Woden Youth Centre (Callam St, Woden)

Cost: Free

Contact: Youth Engagement Team on 6282 3037

Seniors Shopping Trip (over 65 years)

Weekly shopping trip to Woden/Mawson for people who are older. We pick up from home and return you home.

When: Thursday, 10:30am to 12:30pm

Place: Woden/Mawson

Cost: Transport \$5 each way

Contact: Amy on 6181 2828

Men's Weekly Morning Tea (over 65 years)

For older men that live in the Woden area

When: Every Thursday, 10:00am to 12:00pm

Place: The Woden Southern Cross Club

Cost: Free to attend (Buy your own cuppa and transport available \$5 each way)

Contact: Sandy on 6181 2816

Youth Centre Drop In

Woden Youth Centre is an inclusive service for young people aged 12 – 25 years. The Youth Centre provides services including; information, support and referral and case management. The service also provides free recreational facilities

When: Every Thursday, 3:00pm to 5:30pm

Place: Woden Youth Centre (Callam St, Woden)

Cost: Free

Contact: Youth Engagement Team on 6282 3037

Bit Bent Social Group

Is a social group for young people who want to hang out with other young people who are GLBTIQ or who still are not sure in a safe and friendly environment.

When: Every Thursday through the school term, 5:00pm to 6:30pm

Place: Woden Youth Centre (Callam St, Woden)

Age: 16-25 years

Cost: Free

Contact: Youth Engagement Team on 6282 3037



Friday

Friday Social Group (over 65 years)

A social group for older people to have an opportunity to meet new people and enjoy activities, such as craft, bingo, music, guest speakers, outings and lunches.

When: Every Friday, 10:00am to 1:00pm

Place: The German Club Narrabundah

Cost: \$10.00 includes morning tea and lunch. (Transport is \$5.00 each way if required)

Contact: Sandy on 6181 2816 and Amy for transport on 6181 2828

Philosophy Group

These sessions are informal and relaxed and include lively discussions on philosophy and the history of ideas. This group is facilitated by the Belconnen Community Service's Southside Day to Day Living Program and WCS.

When: Fridays fortnightly, 10:00am – 11:30am

Place: The Smith Family Building, Cnr Launceston and Easty St Woden

Cost: Fee applies to NDIS Plans, otherwise free.

Contact: Paul (Mental Health & Wellbeing) on 6221 9525 or John Vance (BCS D2DL Program) 6293 3951

Mental Health and Wellbeing Friday Social Lunch

A friendly social lunch and activities for participants of our Mental Health Recovery and NDIS Services' participants. This is one of our team's most successful social groups. A fun time is had by all. Participants and members of our team get together for a healthy lunch and social activities. In the warmer months we alternate weeks at the Woden Youth Centre (those who want to play pool, table tennis or shoot hoops) and Weston Park for a BBQ (where badminton is the rage). Otherwise we're based at the Youth Centre.

When: Fridays, 12:00pm – 2:00pm

Place: The Smith Family Building, Cnr Launceston and Easty St Woden

Cost: This is an NDIS funded group. Cost applies to NDIS Plans, no other cost involved.

Contact: For inquiries please contact our Intake Coordinator on 6282 2644.

Mindfulness

A relaxed half hour Mindfulness session for anyone interested in this particular method of meditation

When: Fridays weekly, 12:30pm – 1:00pm

Place: Woden Library in the Balcony Room, above Café Ink

Cost: Free

Contact: TRec Team on 6221 9511 (*please ring before attending*)



Get Into Reading

Get Into Reading encourages social contact and engagement, self-confidence, stimulation and imagination, personal reflection, encouragement to share thoughts and feelings, improvement in literacy, a sense of well-being and inclusiveness! Who benefits? A wide range of people including those that feel isolated, people living with depression or anxiety, and people living with dementia

When: Fridays weekly, 1:30pm-3:00pm

Place: Woden Library in the Balcony Room

Cost: Fee applies to NDIS Plans, otherwise free

Contact: John Vance (BCS D2DL Program) 6293 3951

Youth Centre Drop In

Woden Youth Centre is an inclusive service for young people aged 12 – 25 years. The Youth Centre provides services including; information, support and referral, and case management, the service also provides free recreational facilities.

Free dinner on Friday nights at 5:00pm until 6:00pm.

When: Every Friday, 3:00pm to 7:00pm

Place: Woden Youth Centre (Callam St, Woden)

Cost: Free

Contact: Youth Engagement Team on 6282 3037

Youth Centre Band Night

When: Usually the last Friday of month, drop in from 2:00pm to 6:00pm, doors opening from 6pm. See *Youth Engagement Team Facebook page for dates or contact Woden Youth Centre.*

Place: Woden Youth Centre (Callam St, Woden)

Cost: Cover charge may apply

Contact: Youth Engagement Team on 6282 3037

Weekends

Re-BIKE

Young people that meet to fix bikes that have been donated by the community. These bikes will then be donated back to people that are economically disadvantaged.

When: Every second weekend

Place: The Recyclery, 33 Lawson Cres, Acton ACT

Contact: Emma on 6181 2802