
3 February - 11 April 2025 CENTRE NEWS Term 1

Kaya, Wanju - Hello & Welcome

Welcome Back!

Centre Membership 2025 Information.

What does Membership of the Ottey Centre mean?

Members are able to propose and vote on motions at the Annual General Meeting, provide feedback and suggestions, and nominate to be a member of our Committee of Management. Members are also eligible to receive a reduced fee to attend some activities and invitations to attend special events.

Renew or apply for your new membership 2025 now.

Ask for a membership form to complete either at the Centre or email hello@otteycentre.org to request a form.

You will need to complete your form and pay the Annual Membership Fee of \$20 at the Centre.



**OPENING HOURS: MONDAY - THURSDAY 9AM-3PM / FRIDAY 9AM-1PM
2A SOUTH LAKE DRIVE SOUTH LAKE WA 6164**

MANAGER REPORT

MERRILYN GRANT

Welcome to Term 1 and 2025.

Hoping you all enjoyed the holiday season and Happy New Year.

Term 4, absolutely flew by with a busy ten weeks. The end of 2024 was very busy with the AGM, presentation of our Annual Report and election of our new Committee of Management.

The following were elected: Sima Torabi (Chair), Jeannette Larkin (Deputy Chair), Catherine Baron (Treasurer), Stephen Carey (Secretary), Sandy Tasker, Wendy Everett and Gizella Dudas (Members). A special thank you to all those who attended.

Our Christmas Lunch was very successful and enjoyed by all. Thank you to Prestige Caterer's and Katie our musician.

This year we are hoping all our program participants will become official members of the South Lake Ottey Family & Neighbourhood Centre. A strong membership base makes a robust organisation and benefits when applying for grants and funding.

We have a wonderful community of people here at the Ottey Centre and I would like to thank everyone - staff, facilitators, volunteers, program participants and all organisations who donate and connect with the Centre for helping to make the Ottey Centre a special place to work, learn and connect. .

Looking forward to 2025 and a very successful year.





Mental Health Week

Mental Health Week is a national celebration encouraging social connection. This was celebrated during 5-12 October last year.

This important week aims to increase mental wellbeing in WA communities by:

- Encouraging each of us to support and look out for one another.
- Promoting mental health literacy – learning the ‘language’ of expressing feelings, good and bad; and
- Continuing to raise awareness of mental health issues and reduce the stigma that can be associated with seeking help.

The centre is very thankful and acknowledges the grant offered by WAAMH and Lotterywest for the opportunity to bring people together to build and support mentally healthy communities. Participants were able to learn the Japanese art form of Kintsugi, repairing broken pottery. A beautiful symbolism of breakage, repair, beauty & transformation. Facilitated by our trained art therapist Zoey, who guided the workshop with a focus on the process and encouraged creative expression in a safe and supported environment.

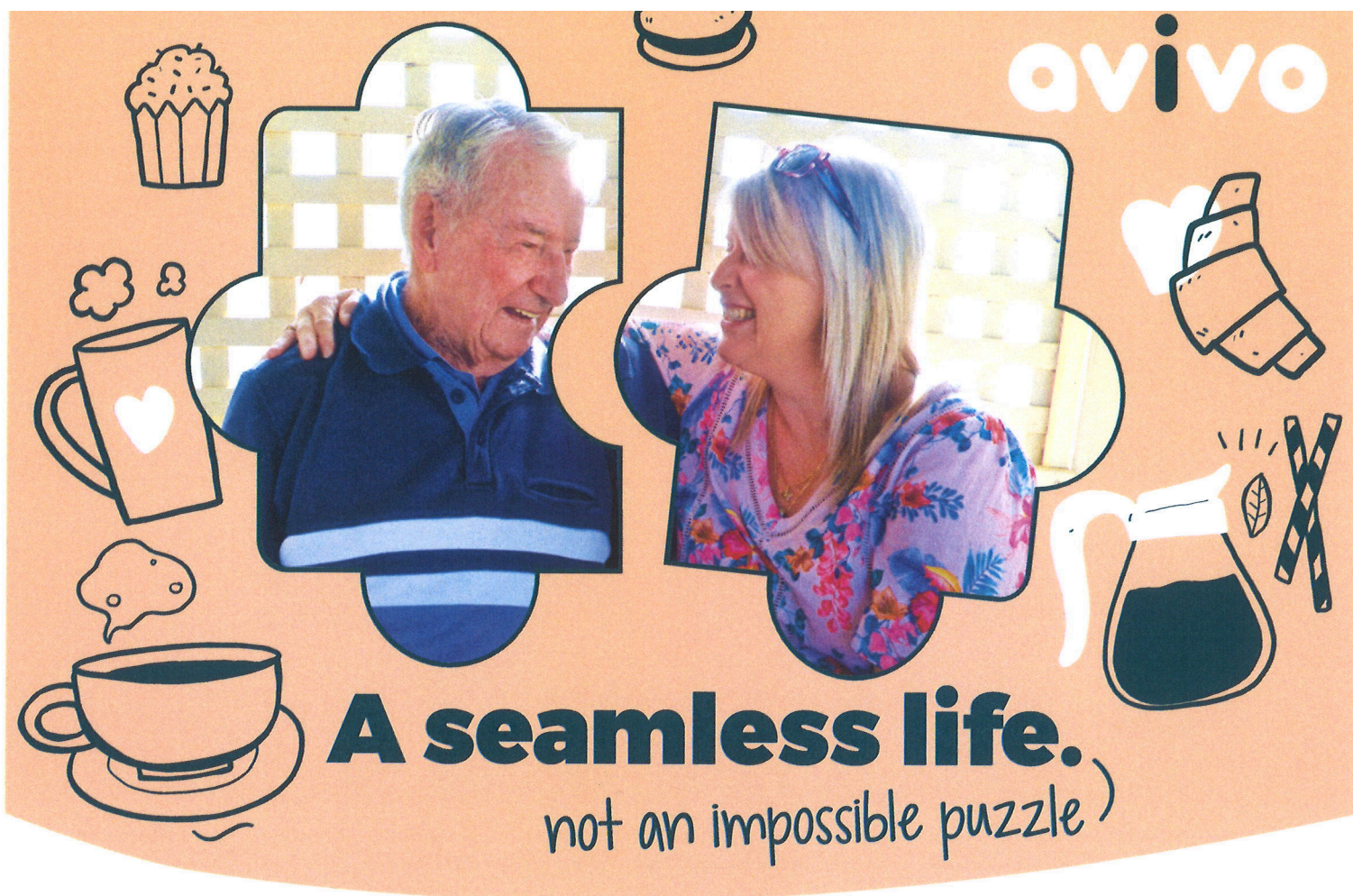


Zoey is back with some art classes. Save the dates!
More Information to follow.

**Thursday 20 February &
Thursday 20 March
1pm-3pm**



UPCOMING WORKSHOPS



A seamless life.
not an impossible puzzle

Morning Tea and Q&A with Avivo

We know choosing a provider and learning about your Home Care Package can seem overwhelming, but it doesn't need to be. We're here to simplify the process.

Join us for a cuppa and a chat!

When: 25 February 11.30am - 1pm

Where: The Ottey Centre, 2A South Lake Dr, South Lake

RSVP: Call (08) 9417 2372

It all starts with a conversation.



1300 428 486

avivo.org.au

WHAT'S ON!



CHAIR YOGA

YOUR HEALTH & WELLNESS
JOURNEY STARTS NOW

FOR BODY, MIND, AND SOUL

6 week block
Wednesday
10.30AM - 11.30 AM

19 & 26 February
5,12,19,26 March

COST: \$60 MEMBERS
\$90 MEMBERS

REGISTER NOW

E: hello@otteycentre.org PH: 9417 2372

payment will be required up front at the start of term
A: 2a South Lake Drive SOUTH LAKE

SOUTH
LAKE
ottey
centre
FAMILY AND NEIGHBOURHOOD



Murdoch Chiropractic Clinic

Murdoch University Chiropractic Clinic provides an outreach service to the Ottey Centre. Final year students under supervision, provide high quality clinical evaluations and chiropractic treatments.

This service is free and no referral required.

Hours: Every Wednesday 1pm-2.30pm



CHRISTMAS



SENIOR'S WEEK



Senior's Week took place from 10-17 November. With thanks from funding made available by **Lotterywest**, **Department of Communities** and **COTA Western Australia** the Ottey Centre was able to celebrate Seniors in our community. It was also an opportunity for our Senior's to get involved and feel more connected, learn a new skill, and overall improve their wellbeing. We were able to do this by offering a fantastic workshop to create a paper Sunflower, facilitated by the fabulous **Jotterbook Flowers** and decorate cupcakes at playgroup bringing all ages together through play.

Supported by



Government of **Western Australia**
Department of **Communities**



Centre News



We said goodbye to some friends in 2024. We wish Vince from Murdoch Chiropractic Clinic, Maree from Tai Chi & Michelle from East Metro Health unit all the best. Our partnership with East Metro Health has now finished however we are excited to have Moorditj Koort continue with our Aboriginal Women's Group each Wednesday during Term time. We also welcome 3UA Cockburn as a regular hirer at the centre and our new Tai Chi instructor Rod.

Women's Friendship Group

Our Women's Friendship group has been a wonderful addition to the centre. The group have had some informative guest speakers including Curtin University Cockburn Health Clinic, Meningitis Centre Australia & Where is the Door. Next catch up is: Friday 28 February 11am. Join us for a coffee and a chat to make new friends and connect with others.



Playgroup



We welcomed new families to playgroup last year and we are excited to see everyone again in 2025. The children developed their fine & gross motor skills by painting, threading & dancing. Highlights of the year include Book Week, celebrating Father's Day making paper planes and eating pizza, sensory activities making fizzy pumpkins for Halloween, Senior's Week decorating cupcakes and we finished the year off with a visit from Santa and dancing with Happy Feet.



WHAT'S ON AT PLAYGROUP?

TERM ONE

3RD FEBRUARY TO 11TH APRIL
THURSDAYS 9.30 AM TO 11.30 AM

Week 1 - Welcome Back

Week 2 - Be My Valentine

Week 3 - Water Play

Week 4 - Watermelon Paper Collage

Weeks 5 - Turtley Awesome

Week 6 - Calm Down Bottles

Week 7 - Harmony Day

Week 8 - Sensory Play

Week 9 - Rainbows

Week 10 - In The Garden



COMMUNITY SUPPORT

THANK
YOU



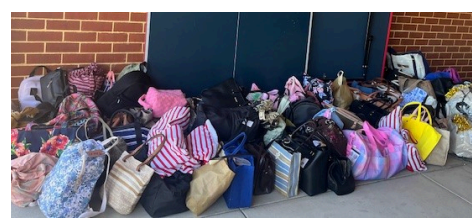
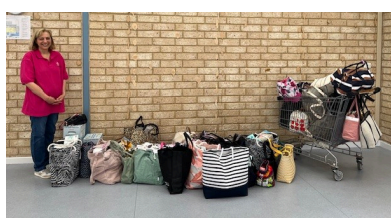
Colleen & Andre from the City of Cockburn Financial Counselling Services presented a scam aware workshop last term. Attendees were provided with information to identify scams, how to report and take action, how to stay safe online and minimize risks. Colleen and Andre attend our community breakfast each Friday. They are able to provide support, information and advocacy to people experiencing financial difficulties paying bills, debts and loans, managing with insufficient income and financial impacts of life events.

Stay tuned for more presentations from the Financial Counselling Team.

What a fantastic fundraising effort from The Hammond Park Pokémon Go group! We appreciate the kindness and generosity from Alex Smith who is the Community Ambassador for the group and his wonderful team! Alex reached out to the Ottey Centre and donated food for Christmas Hampers. He also raised \$72 with his beautiful Christmas light display.



**BIG THANKS AS ALWAYS TO OUR WONDERFUL SUPPORTERS:
ST JAMES CHURCH IN SOUTH LAKE, FRIENDS OF THE COMMUNITY,
THREAD TOGETHER, DJINDA DREAMING EDUCATION, U3A
COCKBURN, BIBRA LAKE SCOUT GROUP, SOUTH LAKE PRIMARY
SCHOOL P&C, SHARE THE DIGNITY, SOOK YEE LAI FOR BIBRA
LAKE, ALIGN HEALTH, GIVIT, LITTLE THINGS FOR TINY TOTS, JEAN
& ROB BRUCE, YANGEPUK LEISURE GROUP, REPAIR CAFE &
COOLBELLUP LADIES GROUP**



thank you
so much

COMMUNITY SUPPORT



SecondBite
Ending Waste. Ending Hunger.

Mobile Foodbank visit the Ottey Centre every Friday, 9am-10am, located at the back of our community garden. To access this service, you need a current referral. If you are experiencing financial stress and in need of a referral, please ask one of our friendly staff for more info. Payment is EFTPOS only and you will need to bring some ID to confirm your details. At the same time, the centre gives out free fruit and veges donated by SecondBite and a free sausage sizzle available on the day at our Community Breakfast.



MONDAY

ZUMBA

9:20am sign in
9:30am - 10.15am

ART CONNECT

10.30am - 12.30pm

TUESDAY

Tai Chi

9:20am sign in
9:30am - 10.15am

LINE DANCING

1.45pm - 2.45pm

WEDNESDAY

MURDOCH CHIRO CLINIC

1.00pm - 3.00pm

THURSDAY

PLAYGROUP

9:30am - 11.30am

FRIDAY

COMMUNITY BREAKFAST

SECONDBITE FRUIT & VEG

MOBILE FOODBANK

COMMUNITY HAIRDRESSER

9:00am - 10.00am

WEEKEND GROUPS

AA CANDLELIGHT MEETING
6PM-7PM

REPAIR CAFE- 2ND SUNDAY
OF THE MONTH

Repair Cafe Cockburn

Repair Cafe Cockburn are back for 2025 here at the Ottey Centre. Their mission is to reduce items going to landfill and bring back a culture of repairing. This service is provided by volunteers who will do their best to repair household items, bikes, toys electronics, small appliances, sewing and jewellery repairs. Supported by the Country Women's Association (CWA) and the Spearwood Sea Dragon Girl Guides who will be providing tasty treats for purchase. For more info: E: repaircafecockburn@gmail.com

Open on the 2nd Sunday of the month 10am-12pm

Upcoming dates:



9 FEBRUARY, 9 MARCH, 13 APRIL, 11 MAY, 8 JUNE

