

28 April - 4 July 2025
Term 2 CENTRE NEWS

Kaya, Wanju - Hello & Welcome

Whether you are a long time member or a new face at the Ottey Centre, we're delighted to have you as part of our growing community. In this edition you will find some highlights from our first term and the fun activities planned for term two. As always, we're proud to be a space where people of all ages and backgrounds can come together—to learn, grow, celebrate, and support one another. Whether you're joining us for a Tai Chi class, attending a workshop, or just stopping in for a chat, we're so glad to have you here!



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

THE SOUTH LAKE OTTEY FAMILY & NEIGHBOURHOOD CENTRE ACKNOWLEDGES THE TRADITIONAL OWNERS OF COUNTRY THROUGHOUT WESTERN AUSTRALIA, AND THEIR CONTINUING CONNECTION TO LAND, WATER AND COMMUNITY. WE PAY OUR RESPECTS TO THEM AND THEIR CULTURES, AND TO ELDERS BOTH PAST AND PRESENT & EMERGING.

MANAGER REPORT- MERRILYN GRANT

*Hello everyone
I hope this Newsletter finds you all well .*

In Term 1 we saw the return of classes, welcomed our new Tai Chi Instructor Rod, introduced our new brochure and held our Easter Raffle. Thank you to Sook Yee Lai Member for Bibra Lake for drawing the Raffle, Committee and Pauline for their hard work organising and selling the tickets, raising \$2,044.00.

Those of you who attended Community Breakfast on Friday 11th April will have spoken to or noticed we had Rhiannon Shine a reporter from the ABC. Rhiannon visited to speak with the community about the cost of living and its effects. A special thank you to all those who shared their experiences.

Term 2 will be busy. In May over 400 Neighbourhood Houses are celebrating the fabulous work we do supporting our communities. As one of the recipients of the Linkwest Neighbourhood Centre Week Grant 2025 we will be celebrating together with a special event and we will also celebrate Volunteer Week to recognise the strong support and contribution of our Centre volunteers .

If you've joined us for programs, popped in for a chat or supported us, your involvement continues to make the Ottey Centre the vibrant hub that it is.

Merrilyn, Fiona and Amanda



WHAT'S ON!



Mapping Menopause

Women at any stage of **Menopause** **perimenopause, menopause or post menopause** are invited.

This 3 part program guides you to become mindfully aware of your Menopause experience. Using mindfulness, yoga, breath and creativity you will explore:

1 WEEK

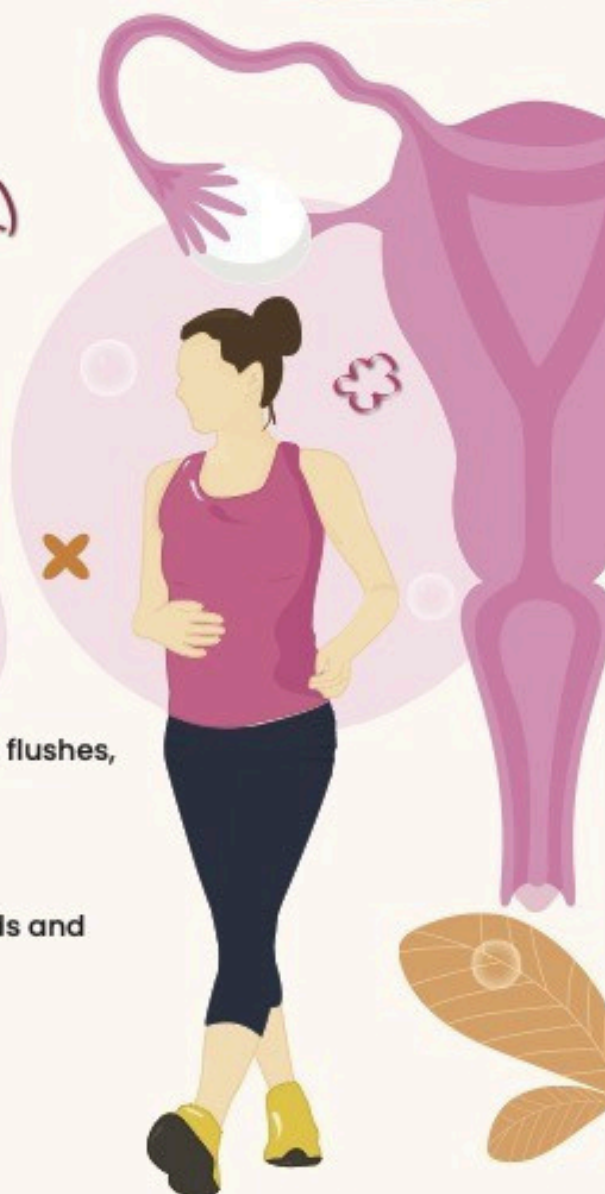
Mapping physical & sensory experiences such as hot flushes, through breath and creativity

2 WEEK

Empowering capacity in the moment mapping moods and transformation

3 WEEK

Mindful sleep and pelvic mandala.



Dates

**28 April, 5th May
and 12th May**

Monday's, 10.15am – 11.45 am
(join us for refreshments after)




Ottey Family Centre,
2A S Lake Dr, South Lake, WA

Contact Us

 (08) 94172372

 Hello@otteycentre.org

 www.art4success.com

UPCOMING WORKSHOPS



Mental Health Basics presented by Helpingminds



This workshop explores mental health challenges such as stress/burnout, depression, anxiety and schizophrenia. We will discuss ways to navigate uncomfortable emotions and how to start a conversation with someone who may be experiencing a mental health challenge. We will look at coping strategies to help support ourselves including mindfulness, gratitude and social connection, along with support services available.

Date & Time

Wednesday 14 May
9.30am-10.30am

Location

South Lake Ottey Family &
Neighbourhood Centre
2A South Lake Drive, South Lake

Contact

P: 9417 2372
E: hello@otteycentre.org
rsvp essential



WHAT'S ON!



neighbourhood
CENTRE WEEK 12 - 18
MAY '25

Join us to celebrate all the great things at:

SOUTH LAKE OTTEY FAMILY & NEIGHBOURHOOD CENTRE

We will have lots of fun things including:

Ripples of Change: Community Current Project

Join us in an ocean inspired rag weaving project.
Celebrate the power of communities. Together, let's
turn little ripples into big waves of change.
With thanks from funding from Lotterywest,
supported by Linkwest.

WHEN:

MONDAY 12 MAY 1pm-3pm

WHERE:

2a South Lake Drive SOUTH LAKE

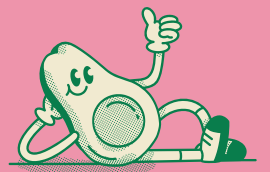
CONTACT:

RSVP: 9417 2372 hello@otteycentre.org



Australian
Neighbourhood Houses
and Centres Association

neighbourhood
CENTRE WEEK 12 - 18
MAY '25



Thank you to the dietetic students at Curtin University for facilitating a healthy eating on a budget workshop. It was a really great session filled with super tips and yummy food. Attendees gained knowledge on the food groups, reading food labels on products and taste testing the recipes. Stay tuned for the students to return soon.

Easter Raffle



1st Prize Libby

2nd Prize Britt

3rd Prize Lee

4th Prize Jude

5th Prize Robin

6th Prize Ilona

7th Prize Francis

8th Prize Rhonda

All winners have been notified.
Thank you for supporting the centre.

ART NEWS



Art with Zoey

Date & Time

Unleash your creativity, one bead at a time!

Monday 5 May &
Monday 26 May

Workshops will explore:

12.30pm-2.30pm

Basic beading techniques
How to design your jewellery
Finishing tips.

Location

South Lake Ottey Family &
Neighbourhood Centre
2A South Lake Drive, South Lake

All materials provided.

Contact

P: 9417 2372
E: hello@otteycentre.org
rsvp essential



Cost

\$10/session members \$15/session
non members



Exploring Ink Art in Term 1.

Centre News



Zumba Gold with Indah



Come and try our Zumba Gold class. This class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Caters for all abilities.



Time

9.20am Sign in
9.30am class
Every Monday in School Terms

Location

South Lake Ottey Family & Neighbourhood Centre
2A South Lake Drive, South Lake

Cost

\$ 5 per class members
\$10 per class non members

Contact

For more information:
P: 9417 2372
E: hello@otteycentre.org



Art Connect



An open and friendly space where everyone is welcome. Come along and bring your own creative project to work on and connect with others.

Tea & Coffee Provided.

Time

10.30am - 12.30pm
Every Monday in School Terms

Location

South Lake Ottey Family & Neighbourhood Centre
2A South Lake Drive, South Lake

Cost

Free to attend.
Enquire about centre membership

Contact

For more information:
P: 9417 2372
E: hello@otteycentre.org

Women's Group

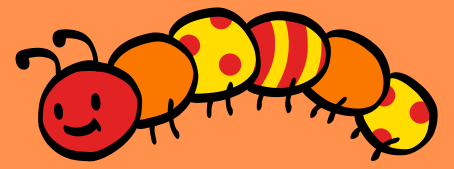
Our Women's Group meet the last Friday of the month.

Our next catch up is

11am-12.30pm FRIDAY MAY 30. Join us for a cuppa and a chat.



Playgroup



WHAT'S ON AT PLAYGROUP?

TERM TWO

28TH APRIL TO 4TH JULY
THURSDAYS 9.30 AM TO 11.30 AM

- Week 1 - Playdough & Popsticks
- Week 2 - Mothers Day
- Week 3 - International Families Week
- Week 4 - Very Hungry Caterpillar
- Weeks 5 - Sensory Play
- Week 6 - Wind Chimes & Light Catchers
- Week 7 - Dinosaur Week
- Week 8 - Car Painting
- Week 9 - Insect Week
- Week 10 - NAIDOC Week



PROUD MEMBER OF
Playgroup
WA (Inc)

COMMUNITY SUPPORT

THANK
YOU



Thank you to Bahaí Community of Cockburn, The Nappy Collective, Little Things For Tiny Tots, Woolworths Coolbellup, Share the Dignity & Dandelions WA for generous donations.

We love what we do and we really appreciate hearing from you

GRATITUDE POST



In a time when more bats than bouquets are thrown, I would like to express my thanks to the Staff and Committee members of the South Lake Ottey Family & Neighbourhood Centre.

Merrilyn, Fiona and Amanda are wonderful. They help the Members and the wider community in more ways than can be imagined. The environment they have created is inviting and nurturing.

In the 3 years that I have been a Member I have been introduced to the services provided by the Friday Community Breakfast, Food Bank, Second Bite and Threads Together.

Access to such services is often the difference between a good week and a bad week for me.

I have also been offered free access to financial counselling, taxation help, chiropractic treatment, women's health information and hearing testing. The list is endless.

I have met people of different ages and cultures. I have made friendships that I thought would have been impossible.

I have learned to make terrariums, kokedama, ink art and journals.

Thank you to the Ottey Centre for providing such a welcoming environment for the people of our community.

With kind regards,

COMMUNITY SUPPORT



Special Guest - Carers WA

Elissa from Carers WA will be visiting the Ottey Centre.

She will explain all the services they provide, including the provision of specialist information and advice, resources, carer support through counselling, education / training, social support and carer advocacy and representation, followed by a Q&A. Join us for a cuppa and a chat.

Date & Time

Wednesday June 11
10.00am-11.00am

Location

South Lake Ottey Family & Neighbourhood Centre
2A South Lake Drive, South Lake

Contact

P: 9417 2372
E: hello@otteycentre.org
rsvp essential, morning tea included.



Australia's Biggest Morning Tea



Date: Wednesday 21 MAY
Time: 9.30am - 11.00am

Join us for a cuppa so we can support those impacted by cancer.

SPECIAL GUEST: Cancer Council WA
Bring a plate to share and your spare change to play our games and buy a raffle ticket.

RSVP: Essential
9417 2372 or hello@otteycentre.org



Community Breakfast & Mobile Foodbank on each Friday during term time. 9am-10am located at the back of the centre in our community garden.



Second Bite
Ending Waste. Ending Hunger.





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

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 provide tasty treats for purchase.

For more info:

E: repaircafecockburn@gmail.com



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

Upcoming dates: 11 MAY 8 JUNE 13 JULY

