

# Community Connections



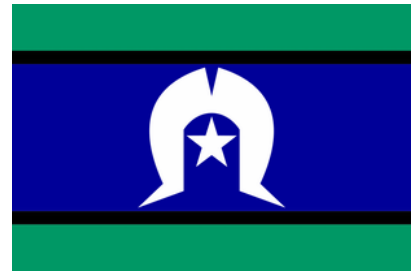
**A guide to inclusive community groups  
and activities across the Mid North Coast**



# Acknowledgement

**We acknowledge the Gumbaynggirr, Dunghutti, and Birpai peoples, traditional owners of the land on which we live and work, and their continuing connection to land, water, sea and community.**

**We pay respects to Australia's First Peoples, to their unique and diverse cultures, and to the Elders past, present and emerging.**



**We appreciate and celebrate diversity in all its forms. We believe diversity of all kinds makes our teams, services and organisation stronger and more effective.**



## **Community Connections Guide Charter:**

**The organisations included in this Community Connections Guide are dedicated to promoting accessibility and inclusion. Each group is committed to creating spaces where all individuals - regardless of ability, age, culture or background - are welcomed, respected and empowered to participate fully.**

# Contents



Click below on the section you'd like to visit



Throughout the guide, you can click on the orange Home button to return to this page.

**Introduction**

**Want to get involved?**

**Inclusion: What it is, and how to be inclusive**

**Helpful connections and financial subsidies**

**Port Macquarie & the Hastings Valley**

**Kempsey & the Macleay Valley**

**Macksville & the Nambucca Valley**

**Coffs Harbour & the Bellingen Valley**



# Introduction

The Community Connections Guide has been created by Blue Sky Community Services to encourage social inclusion across the Mid North Coast of NSW.

At Blue Sky we embrace and celebrate difference, and are grateful that our communities are enriched by a range of experiences and perspectives.

We are committed to social inclusion for everyone, and we value the diverse strengths, talents and assets of all people and communities.

This guide includes profiles on local groups, and contains information on how you can join, what to expect, and a list of accessibility features.

Getting involved in your community is a great way to meet new people, learn new skills and expand social networks.

You might want to think about getting involved in something you have previously tried, or perhaps you might want to try something new.

The profiles in this guide are designed to help you explore these opportunities.



All costs, information and availability are correct at the time of publication. Whilst we strive to make sure profiles are updated and current, all information provided is subject to change without notice. We encourage you to make your own enquiries with the relevant clubs/associations.



# Want to get involved?

Are you a member of a community group on the Mid North Coast that you would like featured in the Community Connections Guide?

If so, then please complete the form that's available on the Blue Sky Community Services website ([www.bluesky.org.au](http://www.bluesky.org.au)) and send it to: [lyndawarwick@bluesky.org.au](mailto:lyndawarwick@bluesky.org.au)

It's free to list and is a great way to promote social inclusion in our community.

We can also assist you with easy practical ways your group can celebrate diversity, promote inclusion and, most importantly, make people feel like they belong.



Contact us today to speak with our team:

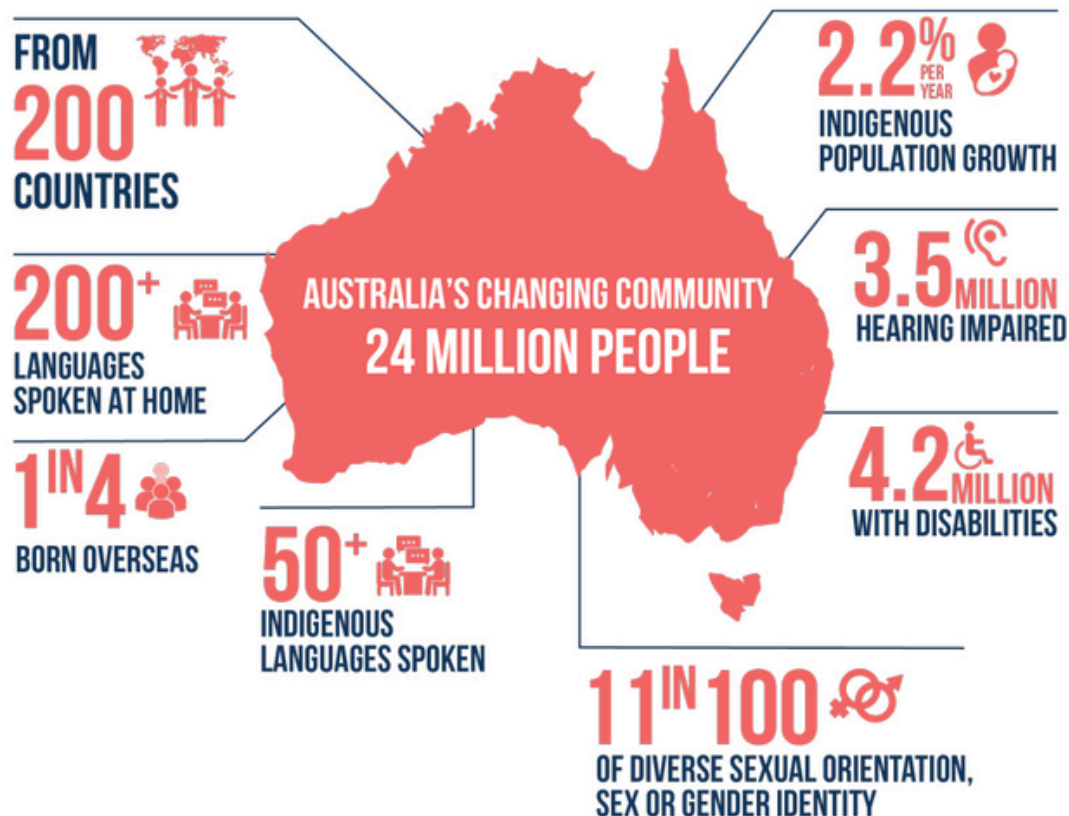
Lynda Warwick

Inclusive Communities Coordinator

Blue Sky Community Services

Phone: 1800 241 675

Email: [lyndawarwick@bluesky.org.au](mailto:lyndawarwick@bluesky.org.au)



# Have your say



Giving feedback means telling us what you think. Your feedback is important to us! It tells us:

- what we do well
- what we can do better.

To provide us with feedback, please complete the short survey by scanning the QR code below or clicking on it to follow the online link.

A survey is a set of questions. We want to ask you some questions about what you like about the Community Connections Guide, what we can do to make the guide better, and if you have been able to connect with a new group through the guide.

Thank you for assisting us!

If you would like to give feedback by telephone or email please contact:

Lynda Warwick

Phone: 1800 241 675

Email: [lyndawarwick@bluesky.org.au](mailto:lyndawarwick@bluesky.org.au)



# Inclusion: What is it and how to be inclusive

## What is Inclusion?

Feeling welcome

Everyone having the same opportunities

Being valued for who you are and your contribution

Being socially accepted

Being able to choose and make decisions

Belonging to a community



## How to be socially inclusive

Blue Sky Community Services values and supports mainstream inclusion in businesses, services and community activities for everyone.

We do this in the following ways, and encourage you to do this too:

- **Promote awareness** about inclusion in the community
- **Create conversations**, ask questions and be curious about how to be more inclusive
- **Embrace difference** and find ways to celebrate everyone. Everyone has a 'gift' or something they can bring to life and connect with other people
- **Fight exclusion** by breaking down barriers and speaking up when something is unfair or exclusive

**Identify opportunities** to grow inclusion, and fostering businesses, events, locations and people that are inclusive in our community. Find ways for

- everyone to belong.



# Helpful connections and financial subsidies

## Companion Card



The NSW Companion Card program is for people with a significant and permanent disability who need a high level of care in the community. The Companion Card allows a cardholder's support person free entry into participating venues and events. To find out if you are eligible, or to apply, phone: 1800 893 044 or scan the QR code

## Taxi Transport Subsidy Scheme

The Taxi Transport Subsidy Scheme (TTSS) supports NSW residents who are unable to use public transport because of a severe and permanent disability. If you are eligible, you could receive a subsidy of 50% off a taxi fare, up to a maximum subsidy of \$60, and only pay the remaining fare. This includes travel in wheelchair-accessible taxis. Scan the QR code to apply or call 131 500 to request a form by mail.



## NSW Seniors Card or NSW Senior Savers Card

If you are a NSW permanent resident aged 60 or over, you can apply for either a NSW Seniors Card or Senior Savers Card. Both cards are free and give you discounts and special offers at thousands of businesses across NSW including shops, restaurants and professional services. Many interstate businesses also provide discounts on request. The NSW Seniors Card gives you access to the Gold Opal Card transport concessions and public transport concessions Australia-wide. The NSW Senior Savers Card does not offer this benefit.

You can apply online by scanning the QR code, in person at Service NSW, or by calling 13 77 88.



# Helpful connections and financial subsidies

## Active & Creative Kids Vouchers

A program to support eligible families with school-aged children to participate in sport, recreational, creative or cultural activities with registered providers.

The voucher is valued at \$50 and:

- will be available twice a year, starting from February 2024
- can be used for eligible active or creative activities with registered providers.

You will be able to apply for a voucher if:

- your child is a NSW resident and aged between 4.5 and 18 years old
- you receive:
  - Family Tax Benefit Part A
  - Family Tax Benefit Part B
  - both Family Tax Benefit Part A and Family Tax Benefit Part B.

**You can apply on the service NSW app or scan the QR code  
for more information**



The background of the page is white and features several stylized, hand-drawn clouds in a dark grey outline. These clouds are scattered around the central text, appearing in the top left, top right, middle right, bottom left, and bottom right corners.

# Port Macquarie & The Hastings Valley

# Accessible feature icons

Throughout this guide you will see many group profiles also include accessible feature icons. These icons will help you find groups that meet your accessibility needs, for example, a group that meets in a venue that has a wheelchair-accessible entry and parking available. Some groups may not have icons depicted on their profile as meeting places can vary.



## Accessible Parking Nearby

Accessible Parking means a designated parking space for use only by persons with a disability or other mobility limitations. Nearby means within 50m.

## Accessible Toilet

Accessible toilets are toilets that have been specially designed to better accommodate people who may require additional space and support, especially people who may have a physical disability. An accessible toilet must meet certain standards and compliance.



## Assistive Listening Systems

Assistive listening systems (augmented hearing, or hearing loop) are installed in many venues and are used to amplify or enhance sound quality via hearing aids, headsets or other devices. They include infrared, loop and FM systems.

## Auslan Trained

Auslan is short for Australian sign language, a language developed by, and for, Australians who are deaf or hearing impaired. A member of staff is trained in Auslan and is generally on duty.



## Adapted Activities Available

Adapted activities can take many forms but are generally designed to be a more accessible version of an activity, e.g. walking basketball is a modified version of the sport of basketball.

# Accessible feature icons

## Communication Device Charging

A power source is available for customers to charge their communication devices.



## Guide, Working or Assistance Dog Aware

All customer-facing staff are aware that Guide, Working or Assistance Dogs are legally allowed on the premises.

## Large Print Information Available

Large Print is useful for people who have some vision but can't read standard-size print, particularly for reference material, timetables, menus etc. Wherever possible use a standard print size of 12 point. For large print text the recommended size is 18 point.



## Mobility Device Recharging

There is power and space available for wheelchairs and/or mobility scooters to recharge.

## Sensory Friendly

A sensory-friendly environment is a space that has been changed to be more calming for the senses, e.g. dimmed lighting, quiet zone, and sensory tools available for use



## Wheelchair Accessible Entry

Fixed or temporary ramp or lift that meets Australian Standards – Access for People with Disabilities.

# Local Links

## **My Community Diary:**

The Port Macquarie-Hastings Community Diary provides up-to-date information for community organisations that provide events in the local area.



## **Heart of the Hastings:**

The Heart of the Hastings newsletter is a great resource featuring a complete 'what's on in Wauchope' section.



## **Greater Port Macquarie Website:**

The website is a comprehensive guide to the Hastings area for residents and visitors. The website includes a What's On guide, monthly newsletter and local connections.



## **My Community Directory Website:**

My Community Directory website is an online community directory that provides a link between people and local community organisations to deliver better health and social outcomes.





# Port Macquarie Roller Derby League

Port Macquarie Roller Derby League is an all-inclusive sporting league established 10 years ago. We are looking for new members of all skating levels who practise once a week at Wauchope Indoor Stadium.

We come together to learn how to skate, skating skills, and Derby 101, we run through everything needed to play and partake in Roller Derby. We are equipped with Skate Victoria accredited and trained coaches, no experience is required, come and have a try, or even just come and watch.

Each person is entitled to 1x Come 'n Try which lets you come and have a go before joining up with PMRDL.

Come and try something new, challenge yourself or just come and have some fun!

Message our Facebook page for any enquiries, more info or just to talk with one of our amazing committee members - just scan the QR code!

## Cost:

**\$10 for training**

**\$5 to hire a pair of skates if needed**



All information provided is subject to change without notice.  
Please contact the organiser to confirm.

**When:**  
Every Tuesday night 2024  
6.15 - 8.30pm

**Where:**  
Wauchope Indoor Stadium,  
Cameron St

**Contact:**  
[committee@pmdl.com](mailto:committee@pmdl.com)





# Hastings DSA

## Disabled Surfers Association of Australia

The Hastings Disabled Surfers Association is a volunteer-run organisation that enables people of all ages and abilities to take part in one of Australia's most popular pastimes, beach surfing.

The Hastings DSA has volunteers who are trained to work with people with disability both in and out of the water. Each event includes beach marshalls who oversee the event, team leaders who coordinate groups of participants and volunteers in the water, and other volunteers who coordinate participant sign-ins and post-event BBQs and get-togethers.

**Cost:** Free

Scan the QR code to check out event dates on the Hastings DSA Facebook page

A BBQ lunch follows each DSA surfing event

**Where:**

Beaches within the Port Macquarie area

**Contact:**

[secretary-hastings@disabledsurfers.org](mailto:secretary-hastings@disabledsurfers.org)



All information provided is subject to change without notice.  
Please contact the organiser to confirm.



# Scouts NSW

Scouts Australia provides young people aged 5 to 25 with opportunities to grow through adventure.

We provide opportunities that are adventurous, fun, challenging and inclusive.

We provide an experience that is all about

- connecting with the outdoors
- building new and existing friendships
- learning new skills
- helping to create a better world.

Scouts Australia provides fun youth development activities, building resilient and confident boys and girls aged 5 to 25 in the Joey Scout, Cub Scout, Scout, Venturer Scout and Rover Scout Sections. We also welcome adult volunteer Scout Leaders. Scouts has opportunities for the whole family to be involved.

Everyone is welcome, and we value the diversity of our members.

***Come join us for a free trial!***

**Cost:** Varies and includes:  
Scouts NSW membership, local group fees and uniform



**Camden Haven Sea Scouts**  
3-5 Tunis Street, Laurieton

**Contact:**  
[joy.mcinally@nsw.scouts.com.au](mailto:joy.mcinally@nsw.scouts.com.au)

**1st Port Macquarie Sea Scouts**  
Buller Street, Port Macquarie

**Contact:**  
[GL.1stportmacquarie@nsw.scouts.com.au](mailto:GL.1stportmacquarie@nsw.scouts.com.au)

**2nd Wauchope Scouts**  
Tallowood Ave, Wauchope  
[Rachel.king@nsw.scouts.com.au](mailto:Rachel.king@nsw.scouts.com.au)



All information provided is subject to change without notice.  
Please contact the organiser to confirm.



Birpai Local Aboriginal  
Land Council

Port Macquarie/Hastings: Activity Group

# Birpai Women's Groups

Birpai Local Aboriginal Land Council is host to three Aboriginal Women's groups.

They are a great place to make new connections and have a yarn with other women in a culturally safe space whilst doing something creative.

You will have the opportunity to take part in a variety of activities including singing, sewing and craft across the various groups.

## Want to Join?

Please contact Birpai LALC to register your interest

**Cost:** Free

Scan the QR code to  
connect with us on Facebook



## Women's Sewing Group

**When:**

Mondays at 10am

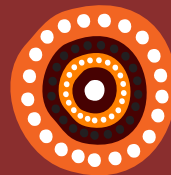
## Djiyagan Dhanbaan (Strong Sister) - Women's Group

**When:**

Times and days vary

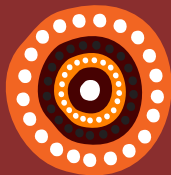
Please contact Aunty Rhonda to register

Phone 0431 324 309



## Creative Circle

Fortnightly



**Where:**

Birpai Aboriginal Lands Council  
14 Aston St, Port Macquarie

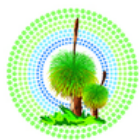
**Contact:**

Phone: (02) 6584 9066

[admin@birpailalc.org.au](mailto:admin@birpailalc.org.au)



All information provided is subject to change without notice. Please contact the organiser to confirm.



Birpai Local Aboriginal  
Land Council

Port Macquarie/Hastings: Activity Group

# Dhoongang - Men's Group

The Birpai Local Aboriginal Dhoongang Men's group is a great place to come and have a yarn and catch up with other men in a culturally safe space.

You will have the opportunity to take part in a variety of activities including woodworking, carving and a shared meal.

## Want to Join?

Please contact Birpai LALC to register your interest

**Cost:** Free



Scan the QR code to  
connect with us on facebook



## When:

Thursdays at 4pm

## Where:

Birpai Aboriginal Lands Council  
14 Aston St, Port Macquarie

## Contact:

Phone: (02) 6584 9066  
[admin@birpailalc.org.au](mailto:admin@birpailalc.org.au)

All information provided is subject to change without notice.  
Please contact the organiser to confirm.



# Table Tennis

## Port Macquarie Table Tennis Club

Port Macquarie Table Tennis Club offers fun and enjoyment to players of all ages.

You don't have to be a skilled player to join our club. Our members range in age from retirement to primary school. We play on up to 6 tables and play in groups with three levels from beginner to accomplished.

We have two robots and several practice nets that allow you to improve your shots at your own pace.

**Cost: \$5 per session**

**Plus annual membership**

NOTE: Prior attending, please check on our Facebook page for any changes due to public holidays or events. Monthly schedule is published on FB for Indoor Sports Stadium.

### Opening Times:

Monday 4.30pm – 7.30pm  
(Girl Guides Hall)

Wednesday 4:30pm – 7:30pm  
(Girl Guides Hall)

Thursday 10am – 12pm  
(Indoor Sports Stadium)  
except during school holidays

Sunday 2pm – 4pm  
(Indoor Sports Stadium)

### Locations:

Girl Guides Hall  
50 Hollingsworth St, Port Macquarie

Port Macquarie Indoor Sports Stadium  
1 Hibbard Drive. (off Hastings River Drive)



All information provided is subject to change without notice.  
Please contact the organiser to confirm.



# Riding for the Disabled

RDA (NSW) is a volunteer organisation providing equine-assisted activities for people with disabilities to develop and enhance their abilities.

Our coaches meet with the rider to match a suitable horse to rider's ability. This also gives the rider the opportunity to meet our wonderful horses and volunteers.

Volunteers are always welcome and we provide a mentoring system. If you have no horse experience and want to work with horses we provide training. Some of our riders only require 1 leader (volunteer) others may also require side walkers (2 volunteers), so 3 in total.

We supply boots and helmets for the riders.

**Cost:** \$10 per ride

Annual registration and insurance is \$100



## When:

Tuesday's during school term  
9am-12 midday

## Where:

Wauchope Showground in  
covered arena,  
entry via Wade Street, Wauchope

## Contact:

Cathy Wagstaff  
0417 468 518

[wauchopeportmacquarie@rdansw.org.au](mailto:wauchopeportmacquarie@rdansw.org.au)

All information provided is subject to change without notice. Please contact the organiser to confirm.





# Chit Chat Connect

Join us for a cuppa and a chat

Chit Chat Connect is a drop-in centre for those who wish to build friendships and social connections, get out for a while, or just sit and chat or have a cuppa.

Activities will be different each week.

Women Supporting Women - Thursday mornings.

Men of Purpose - Thursday afternoons.

Scan the QR code to connect with us on Facebook.

**Cost:** Free



## When:

Every Thursday

Women: 10am to 12 noon

Men: 1pm to 3pm

## Where:

Unit 13 /10 Bellbowrie Street

Bellbowrie Business Centre

Port Macquarie 24441

## Contact:

Jan Eldridge

02 6584 2951

[care@4life.org.au](mailto:care@4life.org.au)



All information provided is subject to change without notice. Please contact the organiser to confirm.

# Walking Groups

Heart Foundation Walking is Australia's largest free walking community. Over the past 21 years, more than 80,000 Australians have participated in Heart Foundation Walking. Join Heart Foundation Walking and take positive steps to help reduce stress, have a healthier body, build stronger relationships, and most of all, be happy.

Walking is an enjoyable, low-impact exercise for people of all ages and abilities to promote physical activity.

Scan the QR code to find your closest group and register.

**Cost:** Free

***Free fitness, friendship & fun***



## **The Happy Feet Walkers**

### **When:**

8.30am Fridays

Medium pace, 45-60 Minutes

pram & dog-friendly

### **Meeting Point:**

Westport Club - on the grass at the end of the ground level of the tiered car park.

25 Buller Street, Port Macquarie

Walk Organiser: Teresa 0416 391 663



All information provided is subject to change without notice.  
Please contact the organiser to confirm.



# Tai Chi

## Dragons Gate Tai Chi Chuan

Tai Chi has been described as meditation in motion. Originally developed for self-defence, Tai Chi has evolved into a powerful tool for reducing stress, increasing energy, and improving strength, balance and agility through gentle flowing movements.

Enjoy learning a large range of Tai Chi practices including Qigong, Tai Chi Chuan, Tai Chi for health, Tai Chi for energy and Tai Chi Weapons with experienced teachers.

Please wear flat-soled shoes/bare feet and loose, comfortable clothing.

Scan the QR code to connect with the group on Facebook

*Enjoy gentle exercise in a welcoming and supportive group.*

**Cost: \$10**



### When:

#### Beginners

10am - 11am on Tuesdays

#### Intermediate & Advanced

10am - 11am on Thursdays

### Where:

MacAdams Music Centre, 33 Lord Street,  
Port Macquarie

### Contact:

John Shuttleworth  
Mobile 042 8080 963



All information provided is subject to change without notice.

Please contact the organiser to confirm.



# The Australian Navy Cadets

## Training Ship Rushcutter

The Australian Navy Cadets (ANC) is a voluntary youth organisation open to males and females aged between 12 and 18 (able to join in the year they turn 13).

The ANC provides a planned youth development program based on maritime skills in an adventurous environment, delivering youth empowerment and conscious enterprise.

What can I learn in Cadets?

- Sailing, power boating and canoeing
- Seamanship and navigation
- Teamwork, leadership and communication
- Drill and ceremonial processes
- Safe weapons handling
- Drumming
- Confidence, pride and self discipline

### Cost:

Joining: \$65 – includes Unit Polo Shirt, Unit Cap and Unit DPNU Badge

### Weekly Fees:

The first week is free  
\$2 per night



### Want to Join?

Come with your child on a Tuesday night to assist in completing and sign the application form and to try out the group.

Bring a form of ID for your child which shows their Date of Birth,

### When:

Cadets meet on Tuesday nights  
17:45 - 21:00  
every week except for school holidays.

### Location:

40-44 Munster Street Port Macquarie

### Contact:

[TSRushcutter@navycadets.gov.au](mailto:TSRushcutter@navycadets.gov.au)



# Parkrun

Parkruns are free, weekly, community events that take place all around the world. Saturday morning events are 5 kilometres and take place in parks and open spaces.

Parkrun is a positive, welcoming and inclusive experience where there is no time limit and no one finishes last.

Everyone is welcome to come along, whether you walk, jog, run, volunteer, or spectate.

And join us for a post-run social coffee at a nearby local café.

**Please register to participate by scanning the QR code.**

**Cost:** Free

## Locations:

### Port Macquarie

Every Saturday at 7am

The breakwall near the northern end of Town Beach

### Wauchope:

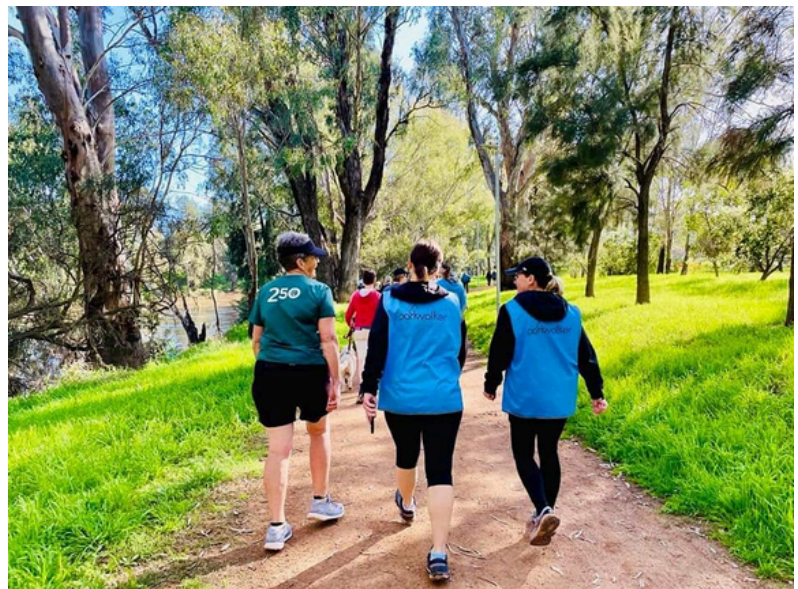
Every Saturday at 7am

Rocks Ferry Reserve

### Laurieton:

Every Saturday at 8am

Henry Kendall Reserve



All information provided is subject to change without notice.

Please contact the organiser to confirm.

# Wauchope Regional Arts Project (WRAP)

The WRAP is designed to assist artists of varying abilities to build confidence, skills and connections with prominent artists, so they can become active participants in our artistically and creatively-rich community.

WRAP conducts visual and performing arts workshops with small participant numbers to enable one-on-one tuition and skills development.

Each term has a new workshop calendar of events.

**Cost:** Varies

**When:**

Varies depending on Calendar

**Location:**

Wauchope Community Arts Hall  
2 Oxley Lane, Wauchope

**Contact:**

Marita  
[wrap@outlook.com](mailto:wrap@outlook.com)  
0458 787 019



All information provided is subject to change without notice. Please contact the organiser to confirm.

# The Lost Plot

## Port Macquarie Community Garden

The Lost Plot is Port Macquarie's Community Garden. It is a constantly evolving community space open to anyone regardless of age and ability.

It is a place where people can come together to grow and learn about growing food, to connect to like-minded people, to share knowledge and skills and most importantly, to have fun.

There are regular working bees where people are encouraged to participate, learn new skills and/or share their knowledge. We encourage our 'bees' to become members for a small annual fee, and in return, members are welcome to share in the harvest of the garden.

**Cost:** Annual Membership fees from \$15



### When:

#### Working Bees

Every Thursday & Saturday

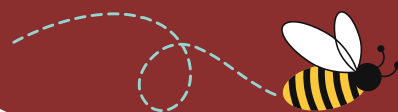
9am – 12pm (Autumn & Winter)

8am -11am (Spring & Summer)

### Location:

Central Rd,

Port Macquarie



All information provided is subject to change without notice.

Please contact the organiser to confirm.



# The School of Hard Knocks

The School of Hard Knocks Absolutely Everybody Choir in Port Macquarie is an inclusive, supportive group for vulnerable or marginalised people who want to come together, make music and friends.

The choir offers a rehearsal once a week where members meet and enjoy singing together under the direction of a trained musical director.

The benefits of singing, especially in a choir, are well documented.

As an adjunct to the singing, choir members enjoy a morning tea to enjoy socialising in a safe and inclusive setting.

New members just turn up, your first week is free!

**Cost:** \$10 Includes Morning Tea

**When:**

Tuesdays

Members arrive from 9.45am

Rehearsals 10.30am - 12.30pm

**Where:**

110 Lord St

Port Macquarie



All information provided is subject to change without notice.

Please contact the organiser to confirm.



# Walking Basketball

## Port Macquarie Basketball Association

Walking Basketball is a fun, social, low impact way to remain active.

The sessions last for 60 minutes and are made up of warm-up, skill-based drills and 'game play'.

Sessions are designed to be adaptable based on your skill level, fitness and mobility

**Cost:** \$20 annual registration fee payable to BNSW

*All abilities and ages are welcome.*

### When:

Tuesdays from 10.45-11.45am

### Location:

Port Macquarie Sports Stadium  
Corner of Hastings River Drive  
& Hibbard Drive

### Contact:

Deb Burghardt (Director)

P: (02) 6583 2573  
[d.burghardt@portmacquariebasketball.com.au](mailto:d.burghardt@portmacquariebasketball.com.au)



All information provided is subject to change without notice.

Please contact the organiser to confirm.

Port Macquarie

# Book Club Walk & Talk

The Port Macquarie Book Club, Walk and Talk is a friendly and relaxed group of people, bound together by a love of books, and of walking. Take in the views and enjoy a stroll as you share your reflections on the month's book followed by a stop for coffee.

**Cost:** Free

*All ages and abilities welcome*

## When:

Once a month on a Saturday morning.  
Check out the Facebook page to confirm dates and book selection

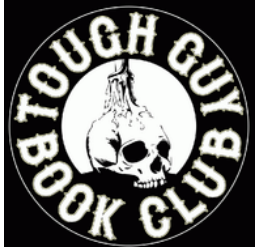
## Location:

Meet near the Buller Street Bridge in front of the old Food for Less car park (look out for the banner)

Scan the QR code or click the link to join the Facebook group



All information provided is subject to change without notice.  
Please contact the organiser to confirm.



# Tough Guy Book Club

## Port Macquarie Chapter

The Tough Guy Book Club is like a fight club for your mind. It is a modern meeting place for guys of all walks of life to get together and discuss not just the work of literary greats, but any and all of the issues that men tackle on a daily basis. It's where guys can engage in bare-knuckled conversation about the many classics of contemporary literature.

Once a month we get together to sink a couple of brews and discuss the themes and topics that arise from the previous month's reading. A great chance to share your thoughts, meet some excellent lads and foster a community of reading and good old-fashioned chat.

### How do I join?

You just turn up. Read the book before hand or not, doesn't really matter, we're not your boss.

**Cost:** Free



### When:

7pm on the first Wednesday  
of the month

### Where:

The Beach House  
1 Horton St,  
Port Macquarie

[info@toughguybookclub.com](mailto:info@toughguybookclub.com)



All information provided is subject to change without notice.  
Please contact the organiser to confirm.

# Belly Dancing

***All levels of ability, ages, bodies, genders, welcome.***

Come and learn this ancient art form passed down through a lineage of women that brings us together today.

Discover new ways to move your body and new muscles deep within your core with moves that awaken our divine feminine.

Our hips and neck are connected and through these movements you may shift emotions long-held or stuck.

Have belly laughs as you try new moves and dance with your sisters in belly dance. We create a safe space without judgement. No previous dance experience necessary.

Wear something comfortable and bring a bottle of water.

**Cost:** \$20 per session



## When:

Saturdays 9:30am to 11am

\* Block courses are held for 6 or 8 weeks with intervals in between courses

## Location:

Port Dance Studio  
8 Milton Circuit, Port Macquarie

## To book:

Contact Sati the instructor  
[wiriya.sati@gmail.com](mailto:wiriya.sati@gmail.com)



All information provided is subject to change without notice.  
Please contact the organiser to confirm.

# IMFRAW Port Macquarie

## Indigenous Marathon Foundation Running and Walking Group

The IMFRAW Port Macquarie group is open to all people of all abilities to join us on Wednesdays at Westport Park from 4pm to walk, jog or run up to 5 km, Westport Park to Town Beach return.

IMFRAW is a grassroots, community-led impact program. Established in 2011 by the Indigenous Marathon Foundation as the Deadly Fun Runs and driven by IMP Graduates and Community Members, IMFRAW addresses chronic disease by normalising running and walking within Indigenous Communities and provides a free, inclusive and safe environment for individuals to flourish and feel supported. IMFRAW is currently operational in 40+ Communities across Australia.

### When:

Wednesdays from 4.30pm to walk, jog or run up to 5 km

### Location:

Meeting point is Westport Park, Port Macquarie



**Cost:** Free



All information provided is subject to change without notice.  
Please contact the organiser to confirm.



# Country Women's Association (CWA)

The CWA is the largest women's organisation in Australia and aims to improve conditions for country women and children. We reach that aim in various ways including lobbying for change, helping the local community, creating a network of support, and meeting together in towns and cities.

Branch members meet once a month and participate in many different activities, from fundraising, handicrafts, and cultural activities to debating current social or environmental issues. Each branch is unique which allows it to meet the needs specific to its community.

Membership is open to all women living in NSW and ACT.

To connect with your local CWA, scan the QR code or click on the link to visit the website for more details.

**Cost:** Annual membership \$47  
(October 2023 to September 2024)



## CWAs Near You

### Lake Cathie-Hastings Branch

Meetings held on 3rd Thursday of the month at 1.30pm  
Lake Cathie Community Hall, Mullaway Road

### Port Macquarie Branch

Meetings held on 2nd Wednesday of the month at 10am  
Quay North Building, 11 Horton St

### Wauchope Branch

Meetings held on 2nd Friday of the month at 10am  
CWA Rooms 51 High St (next to Council/Library)

### Kendall Branch

Meetings held on 3rd Tuesday of the month, 10am for a 10.30 am start  
War Memorial Rooms, Graham St, Kendall



All information provided is subject to change without notice.  
Please contact the organiser to confirm.

# University of the third age (U3A)

## Learn, Laugh, Live

U3A is an international movement which promotes and practises life-long learning by providing low cost educational opportunities for older people.

We provide opportunities for learning by bringing together members with knowledge and skills, and members who wish to learn.

Activities include Zumba, languages, philosophy, computer skills, writing, dancing, photography, mahjong, petanque, gardening, poetry, ukulele, excursions, history, art and book clubs.

**Cost:** Annual membership

**\$40 plus \$5 Joining Fee**

Course & event fees vary



### When:

Varies across 4 terms per year

### Location:

The U3A Centre, Building A – St Agnes Village, Lochinvar Place, Port Macquarie

### Contact:

(02) 6584 4192

[contact@u3a.com.au](mailto:contact@u3a.com.au)



All information provided is subject to change without notice.

Please contact the organiser to confirm.

# Makerspace

MakerSpace is a place where people can come together to create and innovate, to build community connection, and to share in the joy and excitement of being a part of something bigger.

MakerSpace offers a wide variety of learning and social experiences including woodworking, painting, drawing, creating podcasts, upcycling and more!

**Cost:** Monthly membership starts at \$15 for Concession card holders

**When:**  
Varies

Scan the QR code to see what's on

**Location:**  
MakerSpace  
4 Albert Cct, Port Macquarie



All information provided is subject to change without notice.  
Please contact the organiser to confirm.

# The Broken Bago Day Club

The Broken Bago Day Club is an inclusive social club based in Wauchope.

Come along for a fun day of word puzzles, light chair exercises, activity or entertainment and a fun variety of games enjoyed by all.

The activities are followed by a social lunch (at your own cost) accompanied by friendly chatter.

Tea & coffee is provided by the club.

Most members are over 50 years of age, but all ages are welcome.

**Cost: \$2 door entry**

## When:

Monthly from  
February to December on the 2nd & 4th  
Thursday of each month  
10.15am to 1.30pm

## Location:

Wauchope RSL,  
Cnr Young &, Cameron Street

## Contact:

Gail Stoker 0418 455 402



All information provided is subject to change without notice.  
Please contact the organiser to confirm.



# The Man Walk

The Man Walk provides an opportunity for men to get together to walk, talk and support each other in a regular and healthy way.

The Man Walk provides an environment that is positive, supportive and inclusive, where there is no pressure and no barriers to entry. Just an opportunity to walk, talk and support!

We want to make it ok to talk, and we want to make it ok for men to ask for help if they need it.

Wear comfortable clothing, a hat, sunscreen and bring a water bottle.

Walks vary from 30-40 mins and can include a variety of surfaces including sand and stairs.

All ages, abilities and fitness levels are welcome.

**Cost:** Free



## Port Macquarie

When: 9am every Saturday

Starting Point: Breakwall HQ, North Town  
Beach reserve, Port Macquarie

## Bonny Hills

When: 9am every Thursday

Starting Point: Rainbow Beach Reserve,  
Beach Street, Bonny Hills

## Contact:

Please contact John Crisp  
Mobile: 0467 390 813 for more information  
or connect with our Facebook group

All information provided is subject to change without notice.  
Please contact the organiser to confirm.

# Blah Blah Blah Coffee for Blokes

The Blah Blah Blah coffee for blokes group meets weekly at local cafes. It's an informal and welcoming group to give men the opportunity to meet others for coffee, conversation and friendship.

It's a safe space for men from all ages and backgrounds to come together to enhance our wellbeing.

All men are welcome, just turn up.

**Cost:** Free



## Port Macquarie

When: 9am every Tuesday  
Meeting Point: Breakwall HQ, North Town  
Beach reserve, Port Macquarie  
(bring your own folding chair)

## Wauchope

When 9am every Thursday  
Meeting Point : Whistlestop Cafe, Timber  
Town, 2325 Oxley Hwy, Wauchope

## Contact:

John Crisp

Mobile: 0467 390 813

or connect with our Facebook group by  
scanning the QR code

All information provided is subject to change without notice.  
Please contact the organiser to confirm.



# Hastings Fly Fishers Club

Hastings Fly Fishers is a family-oriented fishing club devoted primarily to the promotion and enjoyment of fly fishing in all its various forms covering the Port Macquarie Hastings region.

This includes fly-fishing in pristine mountain trout streams, fishing in the lowland rivers and lakes for native freshwater species as well as saltwater fly-fishing in river estuaries and on local beaches.

The Club holds monthly club meetings, often with guest speakers, covering diverse fishing topics and tips.

The Club holds monthly fishing outings including weekend trips to well-known fishing venues and day trips to local rivers and estuaries.

Casting days are also held to enable skills to be improved under the guidance of experienced casters.

**Cost:** Annual Memberships vary \$40 per annum for full membership plus one-off \$20 joining fee



## Club Meetings

### When:

7pm on the 2nd Wednesday of the month

### Where:

Port City Bowling Club, 4 Owen St. Port Macquarie.

## Fishing & BBQ Outings

### When:

4th Sunday of the month

### Where:

Location varies

### Contact:

[www.hastingsflyfishers.org.au](http://www.hastingsflyfishers.org.au)

[hffsecretary@gmail.com](mailto:hffsecretary@gmail.com)

All information provided is subject to change without notice.  
Please contact the organiser to confirm.

# Hastings Valley Amateur Beekeepers Association

*Offering education through teaching and interactive practical learning*

As a member of the Hastings Valley Amateur Beekeepers Association, you will learn much about beekeeping from your fellow members, both in general discussion and in supportive, practical experience when inspecting the club's beehives, and taking part in activities such as extracting honey and re-queening.



**Cost:** \$2

**Plus Annual Membership**

**Amateur Beekeepers Australia**

## Club Meetings

### When:

6:30pm, second Wednesday of the month

### Where:

Wauchope Senior Citizens hall,  
47-51 High St Wauchope

### Contact:

[hastingsvalley.secretary@beekeepers.asn.au](mailto:hastingsvalley.secretary@beekeepers.asn.au)



All information provided is subject to change without notice.  
Please contact the organiser to confirm.



# The North Coast Herpetology Group

The North Coast Herpetology Group Inc. is a collection of friendly people who are passionate about the proper care of reptiles and amphibians as pets and in the environment.

You will have the opportunity for hands-on experience, learning from experts in the field, networking with fellow herpetology enthusiasts, participating in field trips, and accessing valuable resources and educational material.

We hold monthly meetings, including presentations from guest speakers who specialise in herpetology, reptile-themed movie nights, trivia & game nights, and auctions to raise money for our group and conservation efforts. Bring your own reptile for show and tell night, photography competitions, husbandry workshops, and the chance to expand your knowledge with access to experienced members who can provide mentorship and guidance. Visitors are welcome to attend two meetings before becoming a member.

**Cost: \$15 for an individual membership,  
\$25 for a couple or family**



## Meetings:

Held on the 1st Friday of each month  
7pm Lions Club Hall, Hastings River  
Drive, Port Macquarie

## Contact:

[northcoastherp@gmail.com](mailto:northcoastherp@gmail.com)  
[www.northcoastherpetologygroup.org.au](http://www.northcoastherpetologygroup.org.au)



All information provided is subject to change without notice.  
Please contact the organiser to confirm.

# Men's Shed

*Discover a place to connect, a community to belong to & mates that make it all worthwhile.*

Men's sheds provide a safe, friendly, and inclusive environment where men can meet and work on meaningful projects:

- at their own pace
- in their own time
- in the company of other men.

There is a network of over 1000 men's sheds across Australia. Men's sheds offer a variety of activities, from manual crafts to gardening to beekeeping. Some may undertake community projects such as making toys for local childcare groups. Men's sheds provide an opportunity to learn new skills such as first aid. They may hold health and wellbeing events and provide contacts for men to follow up on their health needs. Men's sheds can also provide an opportunity to make friends.

To connect with your local Men's shed scan the QR code or click on the link to visit the website for more details.

**Cost:** varies, check with each individual shed



## Men's Sheds Near You

Hastings Men's Shed Inc.  
(reopening soon)

Unit 2, 227 Oxley Highway  
Port Macquarie

Hibbard Maritime Men's Shed  
Narimba Close, Port Macquarie

Wauchope Men's Shed Inc.  
Wauchope Showground, High Street  
Wauchope

Laurieton Men's Shed Inc.  
164 Diamond Head Road, Dunbogan



All information provided is subject to change without notice.  
Please contact the organiser to confirm.



# Port Macquarie Scale Modellers

Port Macquarie Scale Modellers is a local not-for-profit scale model club with members ranging in age from early teens through to 80+ years of age. We enjoy building scale models, promoting the hobby, and learning from each other. Not only do we offer help and support at our monthly meetings, we also offer friendship and assistance to our members on a daily basis. Our club is welcoming and inclusive of all skill levels and abilities.

We hold monthly meetings where we:

- share modelling skills/best practice
- show work in progress
- show completed models
- run workshops
- run group builds.

In July of each year, we hold our Scale Model Expo at Port Panthers, where we show off our completed models. Our show attracts model enthusiasts and exhibitors from all over NSW. The Expo raises much-needed funds for the local Port Macquarie Maritime Museum.

**Cost:** Free



## When:

7pm every 2nd Tuesday of the month

## Where:

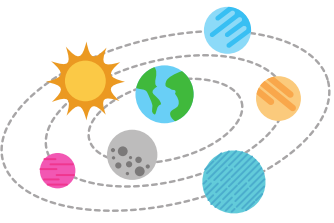
Panthers Port Macquarie, 1 Bay Street  
Check board at reception  
for room location

## Contact:

Craig Anderson  
[pmqscalemodellers@outlook.com](mailto:pmqscalemodellers@outlook.com)



All information provided is subject to change without notice.  
Please contact the organiser to confirm.



# Mid North Coast Astronomy Group

Do you own a telescope and don't know what to do with it, or have you always had a fascination for the night sky but wanted to know more? A new astronomy group has now formed on the Mid-North Coast under the auspices of world-renowned local astronomer (Astro) Dave Reneke. Dave is a feature space writer for major Australian publications including Australasian Science magazine and is a science correspondent for the ABC and commercial radio.

- large telescopes available for viewing and instruction
- hands-on lessons/repairs - bring your own telescope

**Cost:** Free



Scan the QR code to connect  
with us on Facebook



## **When:**

Meet First Saturday of the month  
(Weather permitting - check Facebook  
page on the day)

## **Time:**

Sundown

## **Where:**

Sancrox Reserve, Colvin St, Sancrox

## **Contact:**

Dave Reneke

Mobile: 0400 636 363

Email: [davereneke@gmail.com](mailto:davereneke@gmail.com)

All information provided is subject to change without notice.  
Please contact the organiser to confirm.



# Coastal Crafters

The coastal crafters is a social group for anyone interested in papercraft, scrapbooking and cardmaking. There are no formal classes, however newcomers are given assistance and everyone is very friendly and happy to help. We all have different styles and love to see each other's work.

We have supplies available including a wide variety of paper, card stock and embellishments available for use. We also have a Cricut & Cuttlebug with embossing and die-cut folders and other small pieces of equipment that can be utilised.

## Cost:

**Members: \$5 per session**

**Visitors: \$8 per session**

**Annual membership of the Senior Citizens Club is a \$10 one-off joining fee, then \$5 per year.**



## When:

2nd and 4th Saturday of the Month  
9.30am - 3pm

## Location:

Seniors Citizens Centre  
43 Munster Street Port Macquarie

## Contact:

Vicky Martin  
[janickycraft@hotmail.com](mailto:janickycraft@hotmail.com)



All information provided is subject to change without notice.  
Please contact the organiser to confirm.

# Port City Combined Probus Club Inc

Probus is a group for active retirees to share fun, friendship, and fellowship. Our club has approximately 55 members and is what is termed “mixed” with both male and female members, of varying ages, skills, and abilities.

Probus Clubs offer a range of activities including trips and outings for members to enjoy, depending on their interests, lifestyle and location.

Probus members meet monthly to enjoy the company of like-minded fellow retirees and listen to interesting guest speakers.

Interested in Joining?

Come along to our next meeting, prospective members attend three meet-ups prior to applying for membership.

**Cost:** \$25.00 joining fee &  
annual membership \$45.00

**When:**

9.45 am on the 1st Friday of the month

**Location:**

Wauchope Country Club, 24 King St,  
Wauchope

**Contact:**

Membership officer

Greg Hearne

[greghearne9@bigpond.com](mailto:greghearne9@bigpond.com)

All information provided is subject to change without notice.  
Please contact the organiser to confirm.

# Port Macquarie Stroke Recovery Club

**Have you, or someone you care about, had a stroke?**

At a Stroke Recovery Group meeting you will:

- meet with others who have 'been there'
- share experiences
- learn from educational speakers
- keep up to date with Stroke research
- attend social outings
- receive emotional support from other members
- receive invitations to events arranged by the Stroke Recovery Association (SRA)
- receive regular SRA newsletters
- enjoy a coffee and a chat!

## MEETING DETAILS:

### Where:

Panthers Port Macquarie  
1 Bay Street, Port Macquarie

### When:

1st & 3rd Thursday of the month  
10am - 12pm

### Contact:

1300 650 594  
[info@strokensw.org.au](mailto:info@strokensw.org.au)



**STROKE RECOVERY  
ASSOCIATION NSW**

All information provided is subject to change without notice.  
Please contact the organiser to confirm.



# Port Macquarie Anxiety Support Group

**"Connection to understanding people who care and help"**

support group participant

Do you, or someone you love, experience anxiety?

Would you like an opportunity to share your experiences and be supported by others?

WayAhead support groups are a non-judgmental place for people with anxiety and/or their family, carers and friends to meet. These groups comprise a small number of people who come together to share personal experiences and information in a safe, friendly and supportive environment. Meetings are run by trained volunteers and are held under strict COVID safety plans. Groups are for ages 18+.

Anxiety disorders include generalised anxiety disorder, panic attacks, obsessive-compulsive disorder, agoraphobia, social anxiety and specific phobias.

## MEETING DETAILS:

### When:

1st Wednesday of the month  
6pm to 8pm

### Where:

Port Macquarie Library,  
32 Grant Street

**Please register for the group by  
contacting:**

[supportgroups@wayahead.org.au](mailto:supportgroups@wayahead.org.au)  
1300 794 992



**WayAhead**  
Mental Health Association NSW



All information provided is subject to change without notice.  
Please contact the organiser to confirm.



**SELF SEEN**

Port Macquarie/Hastings: Peer and/or Carer Group

# Self Seen

**Self Seen is a community support group offering a place to chat and feel connected.**

## **Women's Meetup**

Run by women, for women, this group holds different activities for women to step into and engage.

From casual walks to yoga classes, they come together to enjoy each other's company, make new friends, and support each other in their individual struggles.

## **Men's Sunday Meetup**

Men's Sunday Meetup was created to connect men in the local community.

It's a safe space to come together and spend the morning eating a free breakfast and going for a casual walk down the beach.

It's a great way to meet new friends and know that the men have your back.

### **When:**

Every Sunday at 7am

### **Where:**

Coast Café

Lighthouse beach

Port Macquarie



### **When:**

Every Sunday at 7am

### **Where:**

Shelly Beach

Port Macquarie



All information provided is subject to change without notice. Please contact the organiser to confirm.

# Parkinson's Support Group

The Port Macquarie Parkinson's Support Group was established to provide people living with Parkinson's and their partners, carers and families, with information, advice and a place to share their experiences with others in similar situations.

Support group meetings range from group discussions, to educational sessions by guest speakers, social outings or just sharing a cuppa.



**parkinson's**  
NSW

IN THIS TOGETHER



## **Support Group meeting:**

10.30am

3rd Thursday of the Month

Hibbard Sports Club

20 Boundary Street

Port Macquarie

## **Carers Gathering:**

10am

4th Thursday of the month

Location varies

## **Contact:**

Parkinson's NSW InfoLine

1800 644 189

All information provided is subject to change without notice.

Please contact the organiser to confirm.

# Port Macquarie Carers Group

The Port Carer Support Group meets for a social café cuppa once a month.

All Carers are welcome (Aged Care or Disability) to join us for some down time with like-minded people.

Information about local services and Carer support is available as required.

## **When:**

2nd Thursday of the month  
10am - 12pm

## **Where:**

Drift Cafe, Port City Bowling Club  
4 Owen St, Port Macquarie

## **Contact:**

Elizabeth  
[eliznoble4@gmail.com](mailto:eliznoble4@gmail.com)



All information provided is subject to change without notice.  
Please contact the organiser to confirm.

# The Family and Carer Mental Health Program

**Do you care for a loved one who is living with mental health challenges?**

The Family and Carer Mental Health Program supports families and carers of people with a mental illness through a comprehensive range of supports and services.

We provide education and training, one-to-one support, and support groups to help ensure you have the tools you need in your caring role.

Mission Australia run Monthly carer support meetings and educational workshops which range from social events, mindfulness walks, art therapy and training.

To attend a a carer support group meeting or workshop please contact:

Kelly Laming

Carer Support Worker

0408 174 982

Monday to Wednesday

[lamingk@missionaustralia.com.au](mailto:lamingk@missionaustralia.com.au)

Mission Australia

Suite 8 Macquarie Park

27 Grant Street, Port Macquarie



**MISSION**  
**AUSTRALIA** | together  
we stand



All information provided is subject to change without notice.  
Please contact the organiser to confirm.



The background of the entire page is decorated with several stylized, hand-drawn clouds in a dark grey outline. The clouds are scattered across the page, with some appearing in the corners and others more centrally located. The text is centered and written in a bold, green, sans-serif font.

Kempsey

&

The Macleay  
Valley

# Accessible feature icons

Throughout this guide you will see many group profiles also include accessible feature icons. These icons will help you find groups that meet your accessibility needs, for example, a group that meets in a venue that has a wheelchair-accessible entry and parking available. Some groups may not have icons depicted on their profile as meeting places can vary.



## Accessible Parking Nearby

Accessible Parking means a designated parking space for use only by persons with a disability or other mobility limitations. Nearby means within 50m.

## Accessible Toilet

Accessible toilets are toilets that have been specially designed to better accommodate people who may require additional space and support, especially people who may have a physical disability. An accessible toilet must meet certain standards and compliance.



## Assistive Listening Systems

Assistive listening systems (augmented hearing, or hearing loop) are installed in many venues and are used to amplify or enhance sound quality via hearing aids, headsets or other devices. They include infrared, loop and FM systems.

## Auslan Trained

Auslan is short for Australian sign language, a language developed by, and for, Australians who are deaf or hearing impaired. A member of staff is trained in Auslan and is generally on duty.



## Adapted Activities Available

Adapted activities can take many forms but are generally designed to be a more accessible version of an activity, e.g. walking basketball is a modified version of the sport of basketball.

# Accessible feature icons

## Communication Device Charging

A power source is available for customers to charge their communication devices.



## Guide, Working or Assistance Dog Aware

All customer-facing staff are aware that Guide, Working or Assistance Dogs are legally allowed on the premises.

## Large Print Information Available

Large Print is useful for people who have some vision but can't read standard-size print, particularly for reference material, timetables, menus etc. Wherever possible use a standard print size of 12 point. For large print text the recommended size is 18 point.



## Mobility Device Recharging

There is power and space available for wheelchairs and/or mobility scooters to recharge.

## Sensory Friendly

A sensory-friendly environment is a space that has been changed to be more calming for the senses, e.g. dimmed lighting, quiet zone, and sensory tools available for use



## Wheelchair Accessible Entry

Fixed or temporary ramp or lift that meets Australian Standards – Access for People with Disabilities.

# Local Links

## **My Community Diary:**

The Kempsey Community Diary provides up-to-date information for community organisations that provide events in the local area.



## **Stuarts Point And District Community Organisation (SPaDCO):**

SPaDCO is a not-for-profit community group that promotes the Stuarts Point and surrounding areas and connects community members.



## **SWR Sport & Rec Association:**

South West Rocks Sport & Rec. Association was formed by the SWR community sporting and recreation groups. It's a great organisation to connect with if you're looking to explore local sporting groups.



## **My Community Directory Website:**

My Community Directory website is an online community directory that provides a link between people and local community organisations to deliver better health and social outcomes.



# Photography Club

## Kempsey Macleay RSL

A group of people who share a passion for photography. This is a club to share and learn skills.

There are workshops that teach camera skills, editing skills, and more. Some weekends there are outings, where club members go and take photographs together.

Each month there is a new theme and the group aims to take photos related to that theme to share with the group. There is also the option to submit photos to receive constructive feedback and suggestions from others, as well as join in on competitions. Or you can just join in socially!

**Cost:** \$25 annually (includes cost for workshops, club membership, and insurance for outings).

**Visitors and new members welcome.**



### When:

2nd Thursday of the month  
7pm

### Location:

Macleay RSL club (upstairs)

### Contact:

Alan Rouse (President)

P: 02 6562 2197

E: [alkerri@dodo.com.au](mailto:alkerri@dodo.com.au)

All information provided is subject to change without notice.

Please contact the organiser to confirm.



# Riding for the Disabled

RDA is operated by a dedicated team of volunteers providing equine-assisted activities for people of all ages living with a disability. Each session is conducted by fully certified RDA (NSW) coaches who hold current Certificate III in Equine Therapy Programs for People with Disabilities. All activities are designed to meet the needs of individual participants.

Our volunteers are trained to assist participants to build their confidence and self-esteem by being part of this community-based organisation which has a positive impact on their self-awareness and wellbeing. RDA participants can engage in riding-based and non-riding-based sessions.

**Cost:** \$160 per school term

**Annual registration and insurance is \$130**



## When:

Tuesdays during the school term

## Where:

Kempsey Showground at the undercover arena area - only accessible via Thompson St. in West Kempsey

## Contact:

Wendy Dunbar  
0437 609 273

[kempseyrda@gmail.com](mailto:kempseyrda@gmail.com)



All information provided is subject to change without notice. Please contact the organiser to confirm.

# Stuarts Point & District Garden Club

Regardless of the greenness of your thumb, your competence with compost, your flair with foliage, or your passion for pruning.. Our newly formed Garden Club welcomes new members and visitors.

Come along for a casual chat, shared produce, great growing information, and a light lunch.

## When:

11.30am  
1st Wednesday of the month

## Location:

Community Hall  
Ocean Ave,  
Stuarts Point

**Visitors and new members  
welcome.**



All information provided is subject to change without notice.  
Please contact the organiser to confirm.



# Rainbow Yarn Crochet Group

The rainbow yarn crochet group is for anyone who enjoys yarn crafts and connecting with others. Join us to meet crafty friends and learn new skills. Led by local crocheters, you can learn some basic stitches and create your own granny squares. Crocheting is an activity that encourages focus, mindfulness and creativity while meeting new people and building friendships.

Please bring any crochet supplies you have; we will, however, have spare crochet hooks and yarn to help get you started.

Not keen on crochet? No problem, come along for a coffee and a chat.

**Cost:** Free



**When:**  
10am every Wednesday  
during school terms.

**Location:**  
Point Break Cafe, Reserve Road,  
Crescent Head

**Contact:**  
Scan or click on the QR code to join our  
Facebook page



All information provided is subject to change without notice.  
Please contact the organiser to confirm.

# Parkrun

Parkruns are free, weekly, community events that take place all around the world.

Saturday morning events are 5 kilometres and take place in parks and open spaces.

Parkrun is a positive, welcoming and inclusive experience where there is no time limit and no one finishes last.

Everyone is welcome to come along, whether you walk, jog, run, volunteer or spectate.

And join us for a post-run social coffee at a nearby local café.

Please register on the website to participate by scanning the QR code.

## When:

Every Saturday at 7:00am

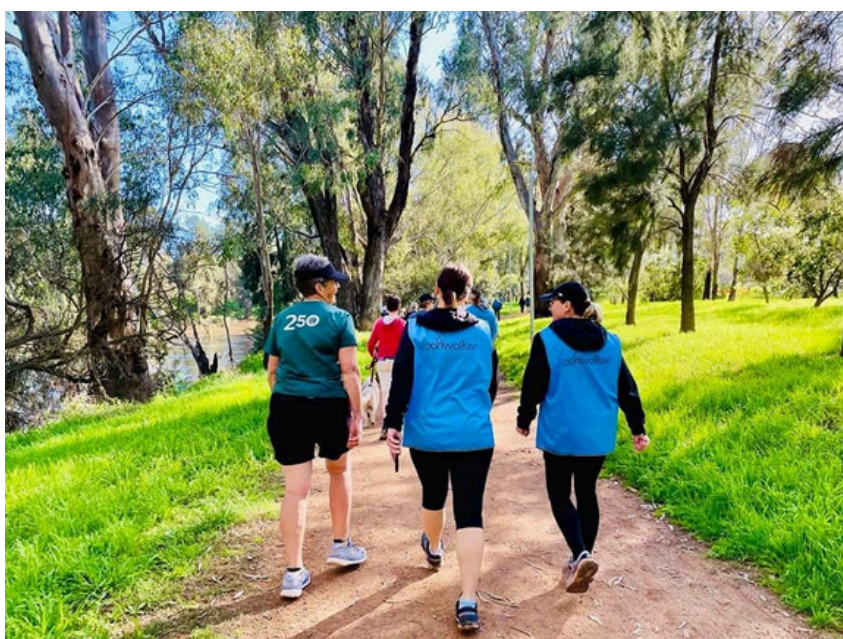
## Location:

Horseshoe Bay Reserve

Livingstone Street

South West Rocks

**Cost:** Free



All information provided is subject to change without notice.

Please contact the organiser to confirm.

# Walking Groups

## ***Free fitness, friendship & fun***

Heart Foundation Walking is Australia's largest free walking community. Over the past 21 years, more than 80,000 Australians have participated in Heart Foundation Walking. Join Heart Foundation Walking and take positive steps to help reduce stress, have a healthier body, build stronger relationships, and most of all, be happy.

Walking is an enjoyable, low-impact exercise for people of all ages and abilities to promote physical activity.

Scan the QR code to find your closest group and register.

**Cost:** Free



### **Kempsey Walking Group**

#### **When:**

9am Tuesday & Thursday  
Medium pace, 45-60 minutes, pram & dog friendly

#### **Meeting Place:**

Riverside Park, 1 Verge St, Kempsey  
Walk Organiser: Caroline 02 6562 7571



All information provided is subject to change without notice.  
Please contact the organiser to confirm.

# Macleay Landcare Network

Macleay Landcare Network is non-profit here to support the community with sustainable agriculture and environmental activities in the Macleay Valley.

Some of our projects include:

- growing and supplying appropriate koala food and habitat tree species
- the creation of native rainforest arboretum that will provide a valuable educational resource for local schools and the wider community
- restoration of riverbanks and habitat corridors.

We host regular working bees, nursery propagation days and workshops.

Please wear suitable protective clothing, hat, sunscreen and bring a bottle of water.

***Volunteers are always welcome - it's a great way to meet new friends and learn about our natural environment.***

**Cost:** \$5 Annual Membership



## Location:

42 Rudder St, East Kempsey

## Contact:

(02) 6562 2076

[office.macleaylandcare@gmail.com](mailto:office.macleaylandcare@gmail.com)

## Macleay Landcare Sub Groups:

Arakoon Landcare Nursery

Big Nobby Bushcare

Hat Head Dunecare

East Kempsey Arboretum

Macleay Living Sustainably

Upper Macleay Landcare

Bellbrook Landcare



All information provided is subject to change without notice.  
Please contact the organiser to confirm.

# Art From Our Place

Art from Our Place is a free program designed to support local women to develop their talent in the production of art and craft and get savvy for building successful, creative businesses.

This program will suit women who are interested in turning their art and craft into income, with the aim of selling their creations at various opportunities and outlets that we will work together to establish. This may include exhibitions, pop-up shops, online sales, and local markets. The workshops are led by established artists, who are supported by various others to advise on legal, business, communications and marketing as required.

Workshop materials and resources are supplied.

**Cost:** Free

## When:

Fridays from 10 am to 12.30pm

## Where:

South Kempsey Community Centre  
Corner of Queen & Yarravel St

## For further information call or text:

Jenni: 0477 123 945

Shirley: 0458 695 167



All information provided is subject to change without notice.  
Please contact the organiser to confirm.



# Macleay Valley Mountain Bikers Club Social Ride

## Macleay Valley Mountain Bikers Club

The Macleay Valley Mountain Bikers Club Social Ride is open to all riders, including non-members.

The social ride takes place at 2pm every Saturday; 3pm during Daylight Savings.

Riders of all styles and abilities are welcome, so come along and explore our mountain bike trails located within the Kalateenee State Forest.

You will need to supply your own bike and helmet.

***We promote, encourage and develop the sport of mountain biking in the Macleay Valley for all people of all abilities.***

**Cost:** Free

Membership for the Macleay Valley Mountain Bikers Club is through AusCycling

### When:

2pm every Saturday &  
3pm during Daylight Savings

### Where:

Kataleenee State Forest South Kempsey  
Entrance via Kempsey Golf Club Carpark

### Contact:

[macleayvalleymtb@gmail.com](mailto:macleayvalleymtb@gmail.com)



All information provided is subject to change without notice.  
Please contact the organiser to confirm.



# Macleay Pickleball Inc

Pickleball is a fun sport, designed for all ages and skill levels. With elements of tennis, badminton, and ping-pong, the game is easy for beginners but quick and competitive for more experienced players.

The best way to give it a try is to come along to one of the weekly sessions and join in the fun, inclusive group.

New players are advised to join from 2-3pm for beginner coaching and drills.

Bring a chair, a hat, sports shoes, comfortable clothing, and a bottle of water. Join in or spectate. All equipment provided.

## When:

2pm every Tuesday, Friday and Sunday

## Where:

South West Rocks Netball Courts  
2 Sportsmans Way, South West Rocks

## Contact:

Selene

0428 117 689

**Cost:** Members \$4 / Non-members \$6  
Annual membership starts from \$50 for Seniors



All information provided is subject to change without notice.  
Please contact the organiser to confirm.



# Country Women's Association (CWA)

The CWA is the largest women's organisation in Australia and aims to improve conditions for country women and children. We reach that aim in various ways including lobbying for change, helping the local community, creating a network of support, and meeting together in towns and cities.

Branch members meet once a month and participate in many different activities, from fundraising, handicrafts, and cultural activities to debating current social or environmental issues. Each branch is unique which allows it to meet the needs specific to its community.

Membership is open to all women living in NSW and ACT

To connect with your local CWA, scan the QR code or click on the link to visit the website for more details.

**Cost:** Annual membership \$47  
(October 2023 to September 2024)



## CWAs Near You

### Kempsey Branch

Meetings held on 2nd Friday of the month at 10am  
CWA Rooms Cnr Verge & John St,  
Kempsey

### Gladstone NSW Evening Branch

Meetings held on 2nd Wednesday of the month at 6pm  
SES Headquarters  
Kinchela Street Gladstone

### South West Rocks Branch

Meetings held on 3rd Monday of the month at 1pm  
CWA Rooms 47 Landsborough St,  
South West Rocks

### Yarrahapinni Branch

Meetings held on 2nd Thursday of the month at 10am  
Community Hall, 42 Ocean Ave,  
Stuarts Point



All information provided is subject to change without notice.  
Please contact the organiser to confirm.

# South West Rocks Writers Group

This friendly group has a different group leader each time to take us through fun writing exercises.

From this, we learn creativity in writing skills and language, description, dialogue and much more for fiction, memoirs and other types of writing.

We have a 20-minute morning tea break.

**Cost:** Gold coin donation

If you love writing or want to give it a go, please join us.

## When:

1st and 3rd Tuesday each month

## Location:

Annex of the South West Rocks  
Catholic Church  
Gregory Street, South West Rocks

## Contact:

Diane: 0429 664 550  
email: [dijens@bigpond.com](mailto:dijens@bigpond.com)



All information provided is subject to change without notice.  
Please contact the organiser to confirm.



# Kundalini Yoga and Meditation

Kundalini Yoga and Meditation, the yoga of awareness, is accessible to all, beginners or advanced, young or old. There is something for everyone in this ancient science. It is a fast way to align mind, body and spirit which is the aim of all yoga.

It implements potent disciplines and techniques that integrate breathwork, movement and physical postures, relaxation, mantra chants and meditation aligning you with your highest self.

Wear comfy clothes, bring mat, water, meditation cushion and rug.

**Cost:** by donation  
(suggested from \$10)



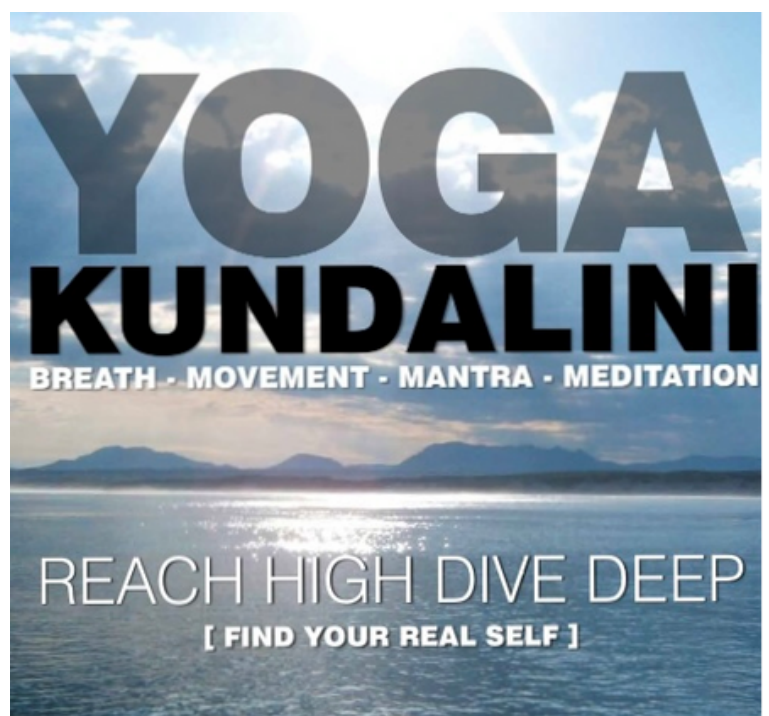
## Class Times

Mondays 12.45-2.00pm  
Willawarrin Community Hall,  
24-26 Main St, Willawarrin

Fridays 9.15-10.30am  
Back Creek at South West Rocks

## Contact:

Robert Henry  
[robhenry@bigpond.com](mailto:robhenry@bigpond.com)



All information provided is subject to change without notice.  
Please contact the organiser to confirm.



# The Man Walk

The Man Walk provides an opportunity for men to get together to walk, talk and support each other in a regular and healthy way.

The Man Walk provides an environment that is positive, supportive and inclusive, where there is no pressure and no barriers to entry. Just an opportunity to walk, talk and support!

We want to make it ok to talk, and we want to make it ok for men to ask for help if they need it.

Wear comfortable clothing, a hat, sunscreen and bring a water bottle.

Walks vary from 30-40 mins and can include a variety of surfaces.

All ages, abilities and fitness levels are welcome.

**Cost:** Free



## Kempsey

When: 8am every Wednesday  
Starting Point: We meet at the covered eating area in Riverside Park, Kempsey

Contact:

For more information connect with our Facebook group



All information provided is subject to change without notice.  
Please contact the organiser to confirm.

# Men's Shed

*Discover a place to connect, a community to belong to & mates that make it all worthwhile.*

Men's sheds provide a safe, friendly, and inclusive environment where men can meet and work on meaningful projects:

- at their own pace
- in their own time
- in the company of other men.

There is a network of over 1000 men's sheds across Australia. Men's sheds offer a variety of activities from manual crafts to gardening to beekeeping. Some may undertake community projects such as making toys for local childcare groups. Men's sheds provide an opportunity to learn new skills such as first aid. They may hold health and wellbeing events and provide contacts for men to follow up on their health needs. Men's sheds can also provide an opportunity to make friends.

To connect with your local Men's shed scan the QR code or click on the link to visit the website for more details.

**Cost:** varies, check with each individual shed



## Men's Sheds Near You

### Kempsey Macleay Men's Shed

330 Macleay Valley Way, South  
Kempsey (on the grounds of Kempsey  
Golf Club)

### Stuarts Point Men's Shed

Fishermans Reach Road,  
Stuarts Point



All information provided is subject to change without notice.  
Please contact the organiser to confirm.

# Kookaburra Day Club

Kempsey Macleay RSL

A club for people who enjoy playing bingo, cards, trivia, and other stimulating activities.

An inclusive space to socialise while enjoying catered morning tea and lunch.

**All welcome, no booking required.**

**Cost:** \$10 per week  
which covers morning tea and lunch.

## When:

Every Friday morning  
9am – 12:30pm

## Location:

RSL Memorial Hall (next to RSL)  
1 York Lane, Kempsey

## Contact:

Lyn 0418 2760 43  
or  
Maxine 0419 251 361

P: 6562 2197  
E: [alkerri@dodo.com.au](mailto:alkerri@dodo.com.au)



All information provided is subject to change without notice.  
Please contact the organiser to confirm.

# Macleay Low Vision & Blindness Catch-Up

A catch-up for people with low vision, blindness, and carers/family members in the Macleay area.

If you would like to connect with others, make friends and share information, please come along.

The group is free to attend, however as we meet at the Kempsey Macleay RSL Club, you will need to be a club member if you live in the local area.

Annual membership is \$11.

Everyone is welcome!

## When:

10am on the third Wednesday of the month

## Where:

Kempsey Macleay RSL Club,  
1 York Lane, Kempsey

## Contact:

Ross Henderson  
[ross.henderson@ndis.gov.au](mailto:ross.henderson@ndis.gov.au)  
1800 241 675



All information provided is subject to change without notice.  
Please contact the organiser to confirm.

# The Family and Carer Mental Health Program

**Do you care for a loved one who is living with mental health challenges?**

The Family and Carer Mental Health Program supports families and carers of people with mental illness through a comprehensive range of support and services.

We provide education and training, one-on-one support, as well as support groups, to help ensure you have the tools you need in your caring role.

Mission Australia runs monthly carer support meetings and educational workshops, which include social events, mindfulness walks, art therapy and training.

**To attend a carer support group meeting or workshop please contact:**

Kelly Laming  
Carer Support Worker  
0408 174 982  
Monday to Wednesday  
[lamingk@missionaustralia.com.au](mailto:lamingk@missionaustralia.com.au)

Mission Australia  
Suite 8 Macquarie Park  
27 Grant Street, Port Macquarie



**MISSION  
AUSTRALIA** | together  
we stand



All information provided is subject to change without notice.  
Please contact the organiser to confirm.

# MENTors For Men

## Men supporting men

Mentors for Men is a social inclusion program that reduces social isolation by supporting men into health and wellbeing activities, so that they gain fulfilment and purpose in their lives and have the opportunity to reach their full potential.

Mentors for Men provides a safe and supportive space for men to share one-on-one with a mentor.

As mentors, we meet up once a week and share experiences and wisdom.

Operating as volunteers provides the opportunity for men from all backgrounds to share their skills, knowledge and experience, and build a rich culture of men supporting men.

Mentors for Men is a community service organisation that's free, non-profit, non-religious, and completely confidential.

**Cost:** Free



If you would like to discuss your situation in confidence to find out if mentoring is for you or if you are interested in becoming a Mentor

please contact:

Graham on 0439 979 077

Or scan the QR code to check out our website

[www.mentorsformen.com.au](http://www.mentorsformen.com.au)



All information provided is subject to change without notice.  
Please contact the organiser to confirm.





Macksville

&



The Nambucca  
Valley



# Accessible feature icons

Throughout this guide you will see many group profiles also include accessible feature icons. These icons will help you find groups that meet your accessibility needs, for example, a group that meets in a venue that has a wheelchair-accessible entry and parking available. Some groups may not have icons depicted on their profile as meeting places can vary.



## Accessible Parking Nearby

Accessible Parking means a designated parking space for use only by persons with a disability or other mobility limitations. Nearby means within 50m.

## Accessible Toilet

Accessible toilets are toilets that have been specially designed to better accommodate people who may require additional space and support, especially people who may have a physical disability. An accessible toilet must meet certain standards and compliance.



## Assistive Listening Systems

Assistive listening systems (augmented hearing, or hearing loop) are installed in many venues and are used to amplify or enhance sound quality via hearing aids, headsets or other devices. They include infrared, loop and FM systems.

## Auslan Trained

Auslan is short for Australian sign language, a language developed by, and for, Australians who are deaf or hearing impaired. A member of staff is trained in Auslan and is generally on duty.



## Adapted Activities Available

Adapted activities can take many forms but are generally designed to be a more accessible version of an activity, e.g. walking basketball is a modified version of the sport of basketball.

# Accessible feature icons

## Communication Device Charging

A power source is available for customers to charge their communication devices.



## Guide, Working or Assistance Dog Aware

All customer-facing staff are aware that Guide, Working or Assistance Dogs are legally allowed on the premises.

## Large Print Information Available

Large Print is useful for people who have some vision but can't read standard-size print, particularly for reference material, timetables, menus etc. Wherever possible use a standard print size of 12 point. For large print text the recommended size is 18 point.



## Mobility Device Recharging

There is power and space available for wheelchairs and/or mobility scooters to recharge.

## Sensory Friendly

A sensory-friendly environment is a space that has been changed to be more calming for the senses, e.g. dimmed lighting, quiet zone, and sensory tools available for use



## Wheelchair Accessible Entry

Fixed or temporary ramp or lift that meets Australian Standards – Access for People with Disabilities.

# Local Links

## **My Community Diary:**

The Nambucca Community Diary provides up-to-date information for community organisations that provide events in the Nambucca area.



## **Bowraville Community Website:**

The Bowraville community website and newsletter are great resources to find out what's happening in the area. The website includes a comprehensive directory of local services and businesses.



## **Nambucca Community News:**

The local Nambucca community newsletter helps connect you to community. It also features a complete 'what's on' page for Nambucca Heads, Macksville, and surrounding areas.



## **My Community Directory Website:**

My Community Directory website is an online community directory that provides a link between people and local community organisations to deliver better health and social outcomes.



# Walking Groups

Heart Foundation Walking is Australia's largest free walking community. Over the past 21 years more than 80,000 Australians have participated in Heart Foundation Walking. Join Heart Foundation Walking and take positive steps to help reduce stress, have a healthier body, build stronger relationships, and most of all, be happy.

Walking is an enjoyable, low-impact exercise for people of all ages and abilities to promote physical activity.

**Scan the QR code to find your closest group and register as a walker.**

**Cost:** Free

**Free fitness, friendship & fun**



## Macksville Movers

**When:**

7am Tuesday & Thursday

Medium pace, 45-60 minutes, pram & dog friendly

**Meeting Place:**

Boat Ramp Car Park

Ferry St & Pacific Hwy, Macksville

**Walk Organiser:** Heather

heather\_edw@yahoo.com.au



All information provided is subject to change without notice.  
Please contact the organiser to confirm.

# Men's Shed

*Discover a place to connect, a community to belong to & mates that make it all worthwhile.*

Men's sheds provide a safe, friendly, and inclusive environment where men can meet and work on meaningful projects:

- at their own pace
- in their own time
- in the company of other men.

There is a network of over 1000 men's sheds across Australia. Men's sheds offer a variety of activities, from manual crafts to gardening and beekeeping. Some may undertake community projects such as making toys for local childcare groups. Men's sheds provide an opportunity to learn new skills such as first aid. They may hold health and wellbeing events and provide contacts for men to follow up on their health needs. Men's sheds can also provide an opportunity to make friends.

To connect with your local Men's shed, scan the QR code or click on the link to visit the website for more details.

**Cost:** varies, check with the individual shed



## Men's Sheds Near You

### Nambucca Heads Men's Shed

2 Railway Road, Nambucca Heads  
(just behind the  
Ambulance Station)



All information provided is subject to change without notice.  
Please contact the organiser to confirm.



# Nambucca Bird Watchers

The Nambucca Birdwatchers Group has monthly trips in which they record 40 to 75 different birds on an outing.

The group travels as far as South West Rocks, Dorrigo and Woolgoolga.

Some of the great benefits of joining the group include:

1. It keeps you active. Walking in the fresh outdoors is great easy exercise.
2. It keeps you social. Meet people and make friends with a common interest.
3. Stress release. Looking for birds and listening to their songs is a calming task that actually lowers blood pressure and levels of stress-inducing hormones.
4. Stimulates and challenges. Learn about birds, their habits and song.

Please bring a hat, binoculars, a folding chair, water, morning tea and lunch.

**Cost:** Free

## When:

8am on the 3rd Thursday of the month

## Meeting Place:

Different locations each month

## Interested in Joining?

Contact

Leo and Pam Debattista

02 6568 2314 or email

[leodeba@bigpond.net.au](mailto:leodeba@bigpond.net.au)



All information provided is subject to change without notice.

Please contact the organiser to confirm.

# Nambucca CLC Art & Craft workshops

Local artist Lesley runs social art classes welcoming all skill levels and abilities. With over 60 years of experience in art and craft, Lesley teaches a wide range of topics including basketry, weaving, Kumihimo (Japanese braiding), Kanzashi (Japanese fabric flower making), drawing, painting, crochet, gem trees and jewellery, patchworking, and scrapbooking.

Classes are open to all ages (children under 8 must be accompanied by an adult).

Some products created in the classes are donated back to the care shop and various charities.

Can you spare some time? We are looking for volunteers who can assist with the general running of the group. You don't need any experience but a passion for creativity would be a bonus.

Volunteering and attending classes are a fantastic way to share skills, learn new things, have fun, and make friends.

Everyone is welcome.

**Cost:** Free

**Materials also supplied  
at no cost when possible**

## When:

Classes run in 6-8 week blocks

Wednesday: Crochet group

Friday: Art group (drawing, painting)

Saturday: Mixed craft group

## Where:

Nambucca Valley Christian Life Centre

Cnr. Pacific Highway & Florence

Wilmont Drive

## For further information or to book in

Contact: Lesley Hodges

Lhodes49@outlook.com

0401 852 746



All information provided is subject to change without notice.

Please contact the organiser to confirm.



# Country Women's Association (CWA)

The CWA is the largest women's organisation in Australia and aims to improve conditions for country women and children. We reach that aim in various ways including lobbying for change, helping the local community, creating a network of support, and meeting together in towns and cities.

Branch members meet once a month and participate in many different activities, from fundraising, handicrafts, and cultural activities to debating current social or environmental issues. Each branch is unique which allows it to meet the needs specific to its community.

Membership is open to all women living in NSW and ACT

To connect with your local CWA, scan the QR code or click on the link to visit the website for more details.

**Cost:** Annual membership \$47  
(October 2023 to September 2024)  
Other costs may also apply

## CWAs Near You

### Macksville Branch

Meetings held on 2nd Thursday of the month at 10am  
CWA Rooms 31 Princess St,  
Macksville

### Nambucca Valley Evening Branch

Meetings held on 2nd Tuesday of the month at 6pm  
Macksville Ex-Services Club (subject to change in 2024)



All information provided is subject to change without notice.  
Please contact the organiser to confirm.



# Wonderland Sensory Playgroup

The Wonderland playgroup is a sensory session that is run by two mamas who decided to start up a special little something in the Nambucca region for children and families of all ages.

We are both extremely passionate about creating a fun and inviting space for children and families to learn, play and socialise. Our sessions take place every second Monday.

In each session, there is a new theme, and we create 4 sensory trays relating to that particular theme. Scan the QR code to connect with social media pages to keep up updated.

Book via the link:

<https://wonderlandplaygrou.wixsite.com/wonderlandplaygroup>

**Cost:** \$20 per child,  
\$15 per subsequent  
child



## When:

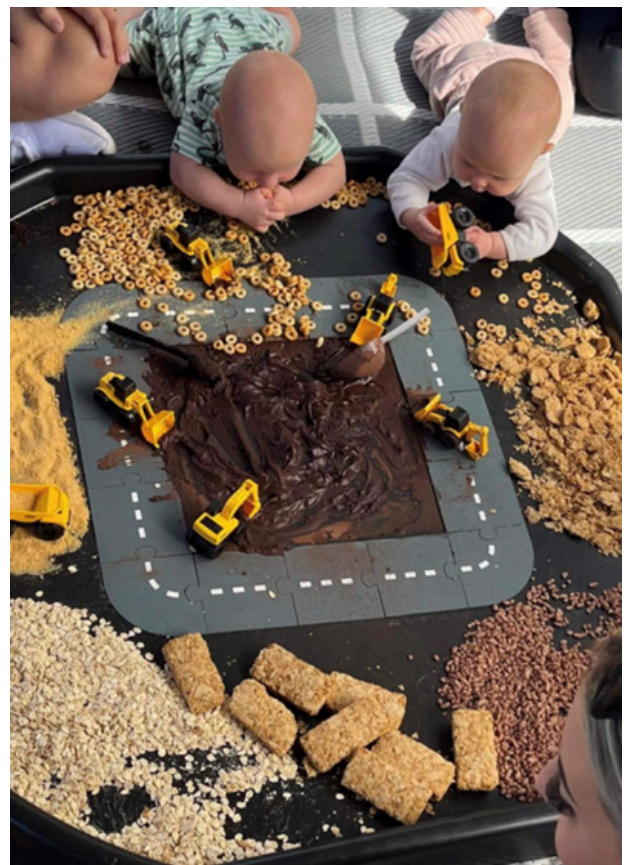
Every second Monday of the month  
10.30am - 12pm

## Meeting Place:

Bellwood Park, Riverside Drive,  
Nambucca Heads

## Contact

Jess Ryan & Laura Cundy  
Wonderlandplaygroup2@gmail.com



All information provided is subject to change without notice.  
Please contact the organiser to confirm.

# The Family and Carer Mental Health Program

**Do you care for a loved one who is living with mental health challenges?**

The Family and Carer Mental Health Program supports families and carers of people with a mental illness through a comprehensive range of supports and services.

We provide education and training, one-on-one support, and support groups to help ensure you have the tools you need in your caring role.

Mission Australia runs monthly carer support meetings and educational workshops, which include social events, mindfulness walks, art therapy and training.

To attend a carer support group meeting or workshop please contact:

Helen Hope

Carer Support Worker

0429 489 426

[HopeH@missionaustralia.com.au](mailto:HopeH@missionaustralia.com.au)

Suite 1

26 First Ave Sawtell NSW 2452



**MISSION**  
**AUSTRALIA** | together  
we stand



All information provided is subject to change without notice.  
Please contact the organiser to confirm.

# Girrwa Duguula (People Together) Choir

A community choir is suitable for anyone who wants to sing in a group. No pressure to perform,  
However, performance opportunities are available for those who wish to.

The choir sings songs in Gumbaynggirr language and songs in English. A short Gumbaynggirr language lesson is often included in the program.

You don't need any singing or language experience. All ages are welcome.

The choir is run by Ruth Kennedy and Uncle Micklo (Michael Jarrett).

Transport: Self-drive or carpool usually available from Bellingen, Bowraville and Macksville. Contact Ruth to discuss.

**Cost:** Free

## When:

Wednesdays (during school terms)

6pm - 8pm

## Where:

Talarm Community Hall

corner Talarm Rd and Rhones Creek Rd

## Contact:

Ruth Kennedy

0413 288 066

cosmorocka@gmail.com



All information provided is subject to change without notice.  
Please contact the organiser to confirm.

# Valla Beach Gumbaynggirr Language Class

'Yiilaaminda giduuda ngayinggirr' -  
meaning 'Come on the sand, sit with me.'

Run by Uncle Micklo (Michael Jarrett).

Each catch-up includes a Gumbaynggirr  
language lesson, a Gumbaynggirr ancestral  
story, and a song or two in Gumbaynggirr.

Micklo has a beautiful way of varying  
classes so everyone leaves feeling enriched  
or enlightened by the experience.

Everyone is welcome, all ages.

**Cost: Donation**

When:

Thursdays

5pm - 6.30pm

Where:

Bottom of Thompson Street, Valla Beach

Meet at carpark next to Deep Creek

Contact:

Anna Thompson

0400 420 590

pcannae@gmail.com



All information provided is subject to change without notice.  
Please contact the organiser to confirm.





# Coffs Harbour & The Bellingen Valley

# Accessible feature icons

Throughout this guide you will see many group profiles also include accessible feature icons. These icons will help you find groups that meet your accessibility needs, for example, a group that meets in a venue that has a wheelchair-accessible entry and parking available. Some groups may not have icons depicted on their profile as meeting places can vary.



## Accessible Parking Nearby

Accessible Parking means a designated parking space for use only by persons with a disability or other mobility limitations. Nearby means within 50m.

## Accessible Toilet

Accessible toilets are toilets that have been specially designed to better accommodate people who may require additional space and support, especially people who may have a physical disability. An accessible toilet must meet certain standards and compliance.



## Assistive Listening Systems

Assistive listening systems (augmented hearing, or hearing loop) are installed in many venues and are used to amplify or enhance sound quality via hearing aids, headsets or other devices. They include infrared, loop and FM systems.

## Auslan Trained

Auslan is short for Australian sign language, a language developed by, and for, Australians who are deaf or hearing impaired. A member of staff is trained in Auslan and is generally on duty.



## Adapted Activities Available

Adapted activities can take many forms but are generally designed to be a more accessible version of an activity, e.g. walking basketball is a modified version of the sport of basketball.

# Accessible feature icons

## Communication Device Charging

A power source is available for customers to charge their communication devices.



## Guide, Working or Assistance Dog Aware

All customer-facing staff are aware that Guide, Working or Assistance Dogs are legally allowed on the premises.

## Large Print Information Available

Large Print is useful for people who have some vision but can't read standard-size print, particularly for reference material, timetables, menus etc. Wherever possible use a standard print size of 12 point. For large print text the recommended size is 18 point.



## Mobility Device Recharging

There is power and space available for wheelchairs and/or mobility scooters to recharge.

## Sensory Friendly

A sensory-friendly environment is a space that has been changed to be more calming for the senses, e.g. dimmed lighting, quiet zone, and sensory tools available for use



## Wheelchair Accessible Entry

Fixed or temporary ramp or lift that meets Australian Standards – Access for People with Disabilities.

# Local Links

## **My Community Diary:**

The Coffs Harbour Community Diary provides up-to-date information for community organisations with events in the Coffs Coast area.



## **Bellingen Shire News:**

The Bellingen Shire News is a locally owned and operated free newspaper reporting on news and events across the Bellingen Shire.



## **Woopi News:**

The Woopi News is a free community magazine covering Woolgoolga and surrounding areas.



## **My Community Directory Website:**

My Community Directory website is an online community directory that provides a link between people and local community organisations to deliver better health and social outcomes.



# Mid North Coast DSA

Disabled Surfers Association of Australia

The Mid North Coast Disabled Surfers Association (DSA) is a volunteer-run organisation that enables people of all ages and abilities to take part in one of Australia's most popular pastimes, beach surfing.

The Mid North Coast DSA has volunteers who are trained to work with people with disability both in and out of the water. Each event includes beach marshalls who oversee the event, team leaders who coordinate groups of participants and volunteers in the water, as well as other volunteers who coordinate participant sign-ins and post-event BBQs and get-togethers.

**Cost:** Free



Scan the QR code to check out event dates on the Mid North Coast DSA Facebook page

A BBQ lunch follows each DSA surfing event

**Where:**

Beaches within the Coffs Harbour area

**Contact:**

[secretary-mid-north-coast@disabledsurfers.org](mailto:secretary-mid-north-coast@disabledsurfers.org)



All information provided is subject to change without notice.  
Please contact the organiser to confirm.



# Coffs Regional Community Gardens

Coffs Regional Community Gardens (CRCG) is a not-for-profit organisation of volunteers working to establish productive, well-managed community gardens in our region.

The gardens provide educational and information resources to empower people to live and promote sustainability, plant regeneration, organic gardening, soil health and biodiversity. They also provide a wonderful space for gardening therapy as well as a venue for hosting meetings and community events.

**Cost:** Individual membership is just \$5 per annum and personal plots are just \$5 per month (or \$60 per annum).

Membership forms are available online on our website by scanning the QR code.



## When:

You'll find members at the gardens most (dry) days, but particularly Mondays and Thursdays from 9.00am to 1.00pm, along with monthly Meet and Greet days, on the first Thursday of the month, 11.00am to 2.00pm

## Where:

Combine St Reserve, Behind 51  
Combine St, Coffs Harbour

## Contact:

[coffscommunitygardens@gmail.com](mailto:coffscommunitygardens@gmail.com)

# Walking Groups

Heart Foundation Walking is Australia's largest free walking community. Over the past 21 years more than 80,000 Australians have participated in Heart Foundation Walking. Join Heart Foundation Walking and take positive steps to help reduce stress, have a healthier body, build stronger relationships, and most of all, be happy.

Walking is an enjoyable, low-impact exercise for people of all ages and abilities to promote physical activity.

Scan the QR code to find your closet group and register.

**Cost:** Free

**Free fitness, friendship & fun**



## Sawtell Strollers

When: 4.30pm Tuesday  
slow pace, 45-60 minutes, NOT pram or dog friendly

Meeting Place: Uniting Church Carpark,  
24 Elizabeth St., Sawtell,  
Walk Organiser: Ken  
[ken.darby@internode.on.net](mailto:ken.darby@internode.on.net)

## Urunga Dolphins

When: 8am every Monday & Friday  
Medium pace, 45-60 minutes, NOT pram,  
dog or wheelchair friendly

Meeting Place: Opposite the hotel in the car  
park, Morgo Street, Urunga  
Walk Organiser: Suzanne  
[sandtpeter@bigpond.com.au](mailto:sandtpeter@bigpond.com.au)





# "The Basket Cases"

## Monthly Weaving Circle

Come and weave with us in our monthly Weaving Circle and you might become a Basket Case like us!

Learn traditional weaving techniques and how to process native plants into weaving materials. We'll try our hands at rope making, palm frond basketry and loads more.

Explore the ancient craft in the dappled shade of the trees at Yarrawarra, with apprentice weaver and Gumbaynggirr Artist, Lilly Clegg

It's important to remember that the act of coming together is just as important as the weaving practice itself.

Wherever you come from in the world, we all have ancestors that sat under the shade of the trees, or around a fire, and wove baskets.

This practice is about connecting with them, with each other and with nature

We have limited places per workshop so please book in advance by scanning the QR code.

**Cost:** \$30, covers fibres and tuition.

**Free for First Nations People.**



### When:

10am - 12pm first Sunday of every month

### Location:

Yarrawarra Aboriginal Cultural Centre  
69 Red Rock Road Corindi Beach  
NSW

### Contact:

Lilly Clegg

[events@yarrawarra.com.au](mailto:events@yarrawarra.com.au)

(02) 6640 7104



All information provided is subject to change without notice.

Please contact the organiser to confirm.



# Mix-Tub Theatre

Do you enjoy acting, singing, performing on stage? Would you like to learn new skills in these arts? Are you a teenager or young adult looking for an inclusive group to perform with? Mix-Tub Theatre offers all these things for 2 hours every Tuesday afternoon.

The group is facilitated by enthusiastic volunteers with theatre backgrounds who support participants to sing, act, and perform a range of material to suit each member's interests. We ask participants to have a support worker attend with them, to enable full involvement in the activities. Support workers are also encouraged to join in the activities to the level they are comfortable with.

You should wear comfortable clothing that allows free movement as physical activity is included in warm-up games and performances. Activities can be adapted to suit all levels of mobility and sensory needs. The group works towards public performances - entering the local eisteddfod, staging concerts, and participating in community events by invitation. Come along and have some fun while learning performance skills.

**Cost:** \$10 annual membership fee  
\$10 per week class fee



## When:

2.30 - 4.30pm

Tuesdays during school term

## Location:

Wesleyan Church Hall 76A Bray Street  
Coffs Harbour

## Contact:

Allan Green 0401 861 642

## Want to Join Us?

If you would like to see what we offer, just turn up at the hall one Tuesday afternoon - your first couple of visits are free.



All information provided is subject to change without notice.  
Please contact the organiser to confirm.

# Walking Basketball

Coffs Harbour Basketball Association

Walking Basketball is a fun, social, low impact way to remain active. The sessions last for 60 minutes and are made up of warm-up, skill-based drills and 'game play'.

Sessions are designed to be adaptable based on your skill level, fitness and mobility

**Cost:** \$26 annual registration fee & \$5 per week

*All abilities and ages are welcome.*



## When:

Thursdays from 10am -11am  
At Sportz Central, 74 Bray St, Coffs Harbour

Wednesdays from 9.30am – 10.30am  
At Wiigulga Sports Complex, Solitary Islands  
Way, Woolgoolga

## Contact:

All information provided is subject to change without notice.  
Please contact the organiser to confirm.



## Coffs Harbour and District RDA

# Riding Develops Abilities

Coffs RDA is a voluntary, not-for-profit organisation providing equine-assisted activities such as sports, active recreation, and basic therapy for people with a disability within the local area. Our Centre falls under the State body of RDA (NSW). Our coaches meet with clients so that suitable individual programs can be developed. Groups are kept small with a focus on the session being fun and providing a supportive environment.

People with all experiences of disability are accepted into RDA programs including (but not limited to) anxiety, intellectual disability, autism spectrum disorder, and physical impairment.

Riders are assisted initially by up to two trained helpers and a leader. Other clients may work on the ground with the horse, preferring not to ride. Many graduate to riding independently and some to competition level. Volunteers are always welcome. No experience is required – we provide training. We supply helmets for riders.

We believe it is fun to horse around!

Please note: Each rider needs consent from their doctor to participate.



Accessible  
Toilet



ADAPTED ACTIVITIES  
AVAILABLE



### When:

Tuesdays during the school term  
(commenced 13th February 2024)

### Where:

Valery Trails Riding Centre,  
804 Valery Road, Valery

### Contact:

Caroline Rogan 0488 662 740  
Mary Quirk 0432 810 170  
[coffsrda@gmail.com](mailto:coffsrda@gmail.com)

**Cost:** Cost varies depending  
on individual program



All information provided is subject to change without notice. Please contact the organiser to confirm.

# Parkrun

Parkruns are free, weekly, community events all around the world.

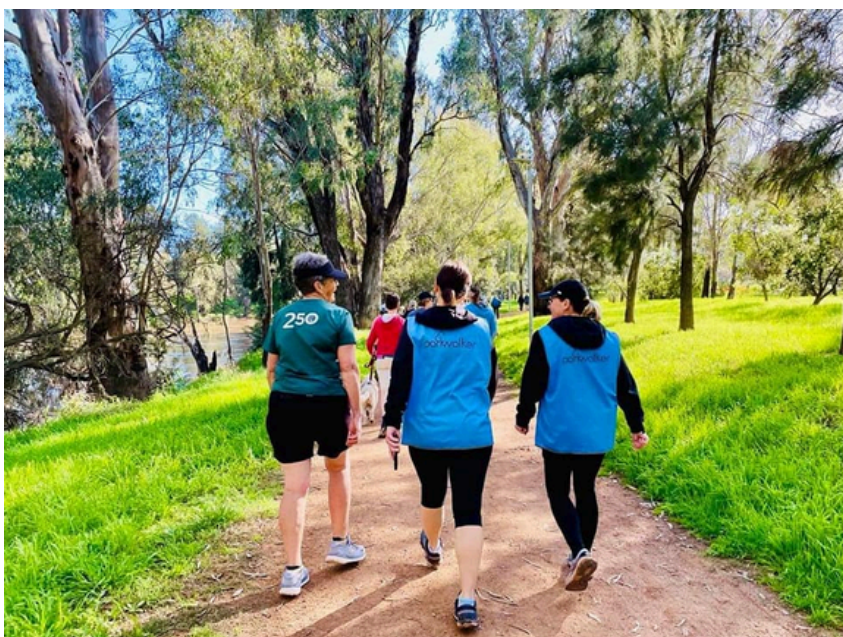
Saturday morning events are 5 kilometres and take place in parks and open spaces.

Parkrun is a positive, welcoming and inclusive experience where there is no time limit and no one finishes last.

Everyone is welcome to come along, whether you walk, jog, run, volunteer or spectate. Join us for a post run social coffee at a nearby local cafe.

**Please register on the website by scanning the QR code to attend.**

**Cost:** Free



## Coffs Harbour:

Every Saturday at 7:00am

Park Beach Reserve

## Urunga:

Every Saturday at 7:00am

Urunga Boardwalk

All information provided is subject to change without notice.  
Please contact the organiser to confirm.

# The Sit Woopi

The Sit is a wellbeing movement created with the vision of bringing people together for a meditation practice every week. There are many locations around Australia. The movement started in Avalon, by two mates who would always come down to the beach for a meditation together just when the sun was coming up. It is not a guided meditation, but the beach crew leaders will help by giving some tips and prompts beforehand.

We meet in front of the Woopi Surf Club every Saturday, come rain, hail or shine (we take cover under the BBQ area if the weather is not helping).

You will need a towel (or chair) to sit on, as we go down to the beach to sit for 20 minutes. This is followed by a closing circle to share our experiences (if you are comfortable sharing) and an optional cuppa at a nearby café afterwards. Some people bring their swimmers to dip in the water after the meditation. It is suitable for all levels, backgrounds and ages.

**Cost:** Free

**When:**

6.20am every Saturday

**Where:**

Woolgoolga Surf Club,  
1 Ocean St, Woolgoolga

**Contact:**

Scan the QR code to connect  
with us online

All information provided is subject to change without notice.  
Please contact the organiser to confirm.

# Men's Shed

*Discover a place to connect, a community to belong to & mates that make it all worthwhile.*

Men's sheds provide a safe, friendly and inclusive environment where men can meet and work on meaningful projects:

- at their own pace
- in their own time
- in the company of other men.

There is a network of over 1000 men's sheds across Australia. Men's sheds offer a variety of activities from manual crafts, to gardening, and beekeeping. Some may undertake community projects such as making toys for local childcare groups. Men's sheds provide an opportunity to learn new skills such as first aid. They may hold health and wellbeing events and provide contacts for men to follow up on their health needs. Men's sheds can also provide an opportunity to make friends.

To connect with your local Men's shed, scan the QR code or click on the link to visit the website for more details.

**Cost:** varies, check with the individual shed



## Men's Sheds Near You

### Glenreagh Men's Shed Inc.

1 Towallum Street, Glenreagh

### Coffs Harbour Men's Shed Inc.

138a Howard St, Coffs Harbour

### Coffs Coast Railway Modellers Inc.

Building 9, Coffs Harbour Showground

### Bundagen Men's Shed

401 McCabes Rd, Bundagen

### Woolgoolga Shed Inc.

1972 Solitary Island Way, Woolgoolga

### Bellingen Men's Shed Inc.

Crown Street, Bellingen High School

### Dorrigo Plateau Men's Shed Inc.

23A Myrtle St, Torrigo





# Country Women's Association (CWA)

The CWA is the largest women's organisation in Australia and aims to improve conditions for country women and children. We reach that aim in various ways, including lobbying for change, helping the local community, creating a network of support, and meeting together in towns and cities.

Branch members meet once a month and participate in many different activities, from fundraising, handicrafts, and cultural activities to debating current social or environmental issues. Each branch is unique, which allows it to meet the needs specific to its community.

Membership is open to all women living in NSW and ACT.

To connect with your local CWA, scan the QR code or click on the link to visit the website for more details.

**Cost:** Annual membership \$47  
(October 2023 to September 2024)  
Other costs may also apply.



## CWAs Near You

### Coffs Harbour Branch

Meetings held on 2nd Wednesday of the month at 10am  
CWA Rooms, 3 Dalley St

### Bonville Branch

Meetings held on 3rd Tuesday of the month at 10am  
Bonville Memorial Hall, 3 Terry Andren Close

### Bellingen Branch

Meetings held on 1st Monday of the month at 9.30am  
CWA Rooms, 2 Church St

### Sawtell Branch

Meetings held on 1st Wednesday of the month at 3pm  
CWA Rooms, 21 Elizabeth Street

### Woolgoolga Branch

Meetings held on 3rd Monday of the month at 10am  
CWA Rooms, 21 Beach St



All information provided is subject to change without notice.  
Please contact the organiser to confirm.

# 5Rhythms

5Rhythms is a moving practice of getting out of the head and into the body. Any gender, age, or fitness level can participate. All you need is a willingness to move, as you are guided through a body-centred somatic experience.

We dance to get away from repetitive thoughts, to feel more centred, and to release negative patterns. We dance to experience more freedom, more childlike innocence, and more positivity. We dance to connect with others in authenticity.

5Rhythms is the original ecstatic dance experience, created by Gabrielle Roth. Facilitators undergo years of training to be able to understand the intricacies and depths of the rhythms and hold space for others.

About Facilitator Naomi: Dancing the rhythms since 2009 and teaching since 2015. Although this isn't for everyone, if you feel compelled, curious, or nervous to be seen, you are not alone AND that is a great place to start. looking forward to seeing you there.

**Cost:** \$25



## Bellingen

### When:

6pm - 7.30pm Fridays

### Where:

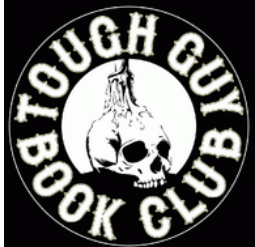
St. Margaret's Hall  
100 Hyde Street, Bellingen

### Contact:

Naomi  
naomilishman@hotmail.com



All information provided is subject to change without notice.  
Please contact the organiser to confirm.



# Tough Guy Book Club

## Coffs Harbour Chapter

The Tough Guy Book Club is like a fight club for your mind. It is a modern meeting place for guys of all walks of life to get together and discuss not just the work of literary greats, but any and all of the issues that men tackle on a daily basis. It's where guys can engage in bare knuckled conversation about the manly classics of contemporary literature.

Once a month we get together to sink a couple of brews and discuss the themes and topics that arise from the previous month's reading . A great chance to share your thoughts, meet some excellent lads and foster a community of reading and good ol fashioned chat.

### How do I join?

You just turn up. Read the book beforehand or not, doesn't really matter, we're not your boss.

**Cost:** Free



### When:

7pm on the first Wednesday  
of the month

### Where:

Toormina Hotel  
13 Minorca Pl,  
Toormina

### Contact:

[info@toughguybookclub.com](mailto:info@toughguybookclub.com)



All information provided is subject to change without notice.  
Please contact the organiser to confirm.

# Dance for Parkinson's

## Creative Movement and Music

Creative Music and Dance (Dance for Parkinson's) welcomes newcomers to our very friendly group of members. You do not need any previous dance or movement experience to enjoy and benefit from our program. The program offers assistance for people who have a physical or cognitive disability, to help them overcome some of their challenges through movement to beautiful and upbeat positive music.

The group finds the class joyous and fun and they also get to meet other members who are also meeting similar challenges. People who have previously found flowing movement difficult can experience an exciting feeling of unlocking the pathways to movement with music and exercises designed to awaken pathways in the nervous system that assist our movement process. This may lead to higher self-esteem and wellbeing and studies have proven that Parkinson's Dance and other similar music programs have been shown to offer physical improvement in clients, as well as a general positive feeling to life.

**What to Wear:** Casual clothes that are easy to move in. Bring a water bottle to sip on if desired.

Feel free to bring a relative or friend who can join the class as well.



### When:

10.30am every Wednesday

### Where:

1/22 Isles Drive,  
North Boambee Valley, Coffs Harbour.  
Julie Ross Dance studio in the Orion  
Event building opposite SupaGas

### Contact:

Julie Ross 0402137171  
jrdance\_au@yahoo.com

**Cost:** \$10

**\$5 if your family member  
or carer wish to join in**



All information provided is subject to change without notice.  
Please contact the organiser to confirm.

# The Family and Carer Mental Health Program

**Do you care for a loved one who is living with mental health challenges?**

The Family and Carer Mental Health Program supports families and carers of people with a mental illness through a comprehensive range of supports and services.

We provide education and training, one-on-one support, and support groups to help ensure you have the tools you need in your caring role.

Mission Australia runs monthly carer support meetings and educational workshops which include social events, mindfulness walks, art therapy and training.

**To attend a a carer support group meeting or workshop please contact:**

Helen Hope  
Carer Support Worker  
0429 489 426  
[HopeH@missionaustralia.com.au](mailto:HopeH@missionaustralia.com.au)  
Suite 1  
26 First Ave Sawtell NSW 2452



**MISSION  
AUSTRALIA** | together  
we stand



All information provided is subject to change without notice.  
Please contact the organiser to confirm.

# MENTors For Men

## Men supporting men

Mentors for Men is a social inclusion program that reduces social isolation by supporting men in health and wellbeing activities, so that they can gain fulfillment and purpose in their lives, and have the opportunity to reach their full potential.

Mentors for Men provides a safe and supportive space for men to share one-on-one with a mentor.

As mentors, we meet once a week and share experiences and wisdom.

Operating as volunteers provides the opportunity for men from all backgrounds to share their skills, knowledge, and experience, and build a rich culture of men supporting men.

Mentors for Men is a community service organisation that's free, non-profit, non-religious, and completely confidential.

**Cost:** Free



If you would like to discuss your situation in confidence to find out if mentoring is for you, or if you are interested in becoming a Mentor, please contact:

**John**  
**0419 258 023**

Or scan the QR code to check out our website

[www.mentorsformen.com.au](http://www.mentorsformen.com.au)



All information provided is subject to change without notice.  
Please contact the organiser to confirm.

# MS Peer Support Group

The Coffs Harbour MS Peer Support group is for people living with MS and their carers, partners or friends.

We are a social group and include some activities such as walking, however, for those using walking aids, there are activities suited to these mobility levels.

The group is facilitated by a local who is also living with MS and has completed peer support training and has police clearance.

10am on the first Friday of the month  
and alternate first  
Saturdays of the month

Venue varies

To register interest, contact  
Plus Connect at 1800 042 138 or  
[connect@msplus.org.au](mailto:connect@msplus.org.au)



All information provided is subject to change without notice.  
Please contact the organiser to confirm.

# Mid North Coast Tourette's Syndrome Support Group

Tourette Syndrome Association of Australia Inc. (TSAA) is a registered charity, run by volunteers consisting of people with Tourette Syndrome (TS) and their families, professionals and other concerned individuals.

This is a social group designed for Tourette Syndrome Association of Australia members and their friends and family.

The group offers support, acceptance and community for those with TS and associated conditions.

We meet quarterly to connect with each other, chat and meet new people.

We also have a Facebook group where members can share experiences, ask for advice and connect with others who may have similar experiences.

Scan the QR code to join us.



**When:**  
Scan the QR code to check out meeting dates on the group's Facebook page

**Where:**  
Venue varies

**Contact:**  
Jessie Henry 0479 140 743



All information provided is subject to change without notice.  
Please contact the organiser to confirm.

# Medically Interesting

## **Peer Support Group for Women with Chronic Illness**

Our support group is for women living with chronic illness from around Coffs Harbour and Bellingen Shire. We are a social group that aims to help women meet others in similar circumstances, build social connections, share experiences and give and receive social/emotional support. We welcome women with a diverse range of chronic conditions.

Meetings are fortnightly and are alternately face-to-face and online or via a video call. The face-to-face gatherings allow people to meet and chat over tea/coffee. The online meetings are intended to provide a more accessible option to those who are unable or have limited ability to attend in-person gatherings due to their conditions and also allow an extra option for anyone who may want more frequent social support.

We also have a private Facebook group where members can ask questions, share ideas and resources, and engage with each other.

The group is facilitated by a local with lived experience of chronic illness and who has a background in psychology.

Scan or click on the QR code to join our Facebook Group.

### **When:**

First and third Sunday of each month  
Time varies

### **Where:**

Venue varies

### **Contact:**

Emma Russell: 0427 696 612  
[emma.russell25@outlook.com](mailto:emma.russell25@outlook.com)



All information provided is subject to change without notice.  
Please contact the organiser to confirm.

# Coffs Coast Pickleball

***Join one of the most fun and fastest growing sports!***

Come along and jump into one of the world's fastest growing sports - Pickleball!

It's a great game for beginners because it's an easy game to learn.

Pickleball paddles and balls are provided for social sessions.

Great fitness! Great fun!

**Cost: \$5 per session**

## **When:**

Mondays and Fridays  
Two social sessions available:  
8am start and 10am start

## **Where:**

Westside Tennis Club  
Corner King Street and William Street,  
Coffs Harbour

## **Contact:**

Allan Pade: 0419 655 437



All information provided is subject to change without notice.  
Please contact the organiser to confirm.

# Zumba with Pauline

**Stretch - Strength - Dance - Fun!**

All abilities ZUMBA 45-minute class.

High energy! Heaps of fun! Connect with friends! Wiggle, giggle and have a sing!

It's exercise in disguise!

Wear closed-in, supportive exercise shoes and comfortable clothes.

**Cost: \$10 (cash please)**

## When:

Every Monday (except public holidays)

Doors open 10.45am

Music starts 11am

## Where:

Coffs Harbour Girl Guides Hall

209A Harbour Drive,

Coffs Harbour

## Contact:

Pauline Weller: 0435 593 064



*Stretch*  
**StrengthDance**  
With Pauline



Accessible  
Toilet



Accessible  
Entrance

All information provided is subject to change without notice.

Please contact the organiser to confirm.

# Fluro Friday Woopi

## CONNECTION - SUPPORT - SUNRISE

Fluro Friday Woopi is a community-driven movement dedicated to raising awareness about mental health and suicide prevention.

Every Friday at 6:30am, we gather on Woolgoolga Beach, dressed in bright colours to spark conversation and remind everyone that no one has to face their struggles alone.

Our group is built on connection, support, and the belief that small actions - like a chat, a smile, or a shared sunrise - can make a big difference. Whether you come for the conversation, the camaraderie, or just to be present in a safe and welcoming space, Fluro Friday is open to all.

By making mental health visible and breaking down stigma, we encourage people to check in with each other and seek support when needed. So, throw on your brightest outfit and join us in spreading hope, one Friday at a time.

**Cost: FREE**



### When:

6.30am every Friday

### Where:

Woolgoolga Beach  
(Surf Club end)

### Contact:

Lisa Nichols: 0410 052 0601



Accessible  
Parking



Accessible  
Entrance



Accessible  
Toilet



Assistance, Hearing and  
Guide Dog Friendly



All information provided is subject to change without notice.  
Please contact the organiser to confirm.

