

HNS Weekly Program schedule Term 2 2026 (All Centres and Outreach programming)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
All programs run by Hastings Neighbourhood Services are free and open to people of all cultures, abilities, orientation, and social capacity.							
Early AM	<p>OOSH BSC 7:00 to 9:00</p> <p>Breakfast Club 9:00am – 10:30am</p> <p>Food Connect 9:00am – 12:00pm</p> <p>LEAF supports and WDO program by appointment – Helen 9:30 to 12:30</p>	<p>OOSH BSC 7:00 to 9:00</p> <p>Community Breakfast 8:00 to 9:00</p> <p>Social Pickleball group 8:00am – 9:00am</p> <p>Cathie Hub Gardeners 8:30am - 11am</p> <p>Food Connect Service 9:00 - 10:30</p> <p>Cathie Crafters 9:00am – 12noon</p> <p>EAPA by Appointment – Bruce 9:00 – 2:30pm</p> <p>EAPA by appointment – Karen 9:30 - 12:30</p> <p>EAPA by appointment – Linda 9:30 - 12:30</p>	<p>OOSH BSC 7:00 to 9:00</p> <p>Breakfast Boost 8:00 – 9:00am</p> <p>Stretch and Move 9:00am – 11:00am</p> <p>HNS Tiny Tots Play WNC 9:30 – 11:00am</p>	<p>OOSH BSC 7:00 to 9:00</p> <p>HNS Tiny Tots Play 9:30am – 11am</p> <p>Cathie Hub Gardeners 8:30am 12:00 pm</p>	<p>OOSH BSC 7:00 to 9:00</p> <p>Food Connect LUSC 8:00am -9:30am</p> <p>Food Connect Lake Cathie 10:30am – 12noon</p>	<p>Cathie Hub Gardeners 8:00am – 10:00am</p>	<p>AA Alcoholics Anonymous PMNC 9:00 - 11:00</p>
Mid AM	<p>Tool Library 9:30 – 10:30am (Minor maintenance & Repair work shop's 1st Monday of the month)</p>	<p>Tool Library 10:00 to 12:00 (Minor maintenance & Repair work shop's 1st Tuesday of the month)</p> <p>Empower Her ILC 10:00 – 11:00am</p>	<p>HNS Tiny Tots Play PMNC 10:30 - 12:00</p>			<p>3rd Saturday of each Month International Women's Group PMNC 10:00 - 2:00</p>	
Early Afternoon	<p>Strength in Motion 12pm-1:30pm @WNC</p>	<p>Empower Her ILC 1.00-2.30PM @PMNC</p> <p>Hope Shop Vouchers - collection 2:00 – 3:00pm</p>	<p>Grow, Catch & Cook ILC 12.30-2PM @ LCCH</p> <p>LEAF Appointments 1:00 – 2:30pm</p> <p>Chill n Chat 1st & 3rd Wed of Month 1:30 – 3pm</p>	<p>Chill n Chat 1:30 – 3pm</p>	<p>Friendship Club (Social Board games) 12:00 – 4pm</p>		
Mid afternoon	<p>OSSH ASC 2:30 to 6:00</p> <p>Kids club PMNC 3:30 - 5:00</p>	<p>OSSH ASC 2:30 to 6:00</p>	<p>OSSH ASC 2:30 to 6:00</p> <p>Hope Shop Vouchers – collection 2:00 – 3:00pm</p>	<p>OSSH ASC 2:30 to 6:00</p> <p>4YP Youth Drop in LCCH 3-5pm</p>	<p>OSSH ASC 2:30 to 6:00</p>		
Late afternoon	<p>Raising Warriors 5.30-7PM @ PMNC</p>	<p>Kids Club 3:30 - 5:30pm</p> <p>4YP Bus Wauchope 4:00 – 6:00pm</p>		<p>4YP Bus Lake Cathie Skate Park 3:30 – 5:30 pm</p>			
Early evening		<p>Augustine Fellowship 5:00 – 6:30</p>		Centre administration closed. Group bookings only			
9:00 onwards	NO BOOKINGS IN ANY CENTRE PAST 9 PM	NO BOOKINGS PAST 9 PM	NO BOOKINGS PAST 9 PM	NO BOOKINGS PAST 9 PM	NO BOOKINGS PAST 9:30	NO BOOKINGS PAST 9:30	NO BOOKINGS PAST 7:30

PMNC Port Macquarie Neighbourhood Centre	2 Dodds Street Port Macquarie	enquiry.portmacquarie@hns.org.au	02 6583 8044 Office hrs Mon – Wed 9:30 to 3:30
WNC Wauchope Neighbourhood Centre	4 Tallowood Road Wauchope	enquiry.wauchope@hns.org.au	02 658 64055 Office hrs Mon – Wed 9:00 to 3:30
LCCH Lake Cathie Community Hub	34 Mulloway Road Lake Cathie	enquiry.lakecathie@hns.org.au	0408 194 947 Office hrs Tue to Thur 9:00 to 3:00
ILC Information, Linkages and Capacity Building team	Kendall Community Hall 19 Comboyne St Kendall PC Hub 15 Chalmers Street Port Macquarie Roto House 2 Roto Place / Lord Street Port Macquarie	ILCcommunity.engagement@hns.org.au	0457 331 359 operation hours Mon -Fri 9:00 to 5:00
4YP For Young People – wellbeing programs	4YP Outreach bus – check socials to find location each week	projectadmin@hns.org.au	
HNS OOSH and Vacation care	8 Boronia Street Port Macquarie	osshvacationcare@hns.org.au	02 6584 2627 Mon-Fri 7:00 to 9:00 & 2:30 to 6:00
Mid Coast Tenants Advice and Advocacy Service	c/o PO box 5213 Port Macquarie NSW 2444 Telephone and tribunal support service	enquiries@midcoast.tenants.org.au	02 6583 9866 Mon-Fri 9:00 to 4:00
BREAKFAST CLUB Free bacon and egg roll, tea, coffee, milk, and cereal for families.	PLAY TIME Free play activity for 0–5-year-olds and their care givers. We supply the equipment and set it all up. You come and enjoy a fun social outing for you and the children. Lead by Child safe facilitators.	RAISING WARRIORS ILC have partnered with the wonderful Susie from High Vibe Healing to bring Port Macquarie Single Mums a program that will focus on healing, support, and health. This is an all-abilities welcome program.	COMMUNITY GARDEN GROUP Social group with purpose, growing veg and swapping tips. All welcome
FOOD CONNECT Free fruit, veg, bread, frozen dairy and meats donated by local supermarkets and delivered by Oz Harvest. All in need welcome. We share out what we have until it is all gone.	KIDS CLUB Free after school kids’ activity club for 5- to 12-year-olds. Afternoon tea provided. Sport, art, cooking, and games provided by Child safe facilitators.	CHILL & CHAT Chill & Chat is a free program designed to be a safe space for men to come together, play some games, socialise, and enjoy a cooked meal. This is an all-abilities welcome program.	SENIORS STRETCH AND MOVE Peer support group for children of the 30’ to 60’s. All abilities welcome. Share some morning tea after some light body movement.
KIDS BREAKY BOOST WEDNESDAY A special mid-week boost to those kids needing a bit extra. Free breakfast, hot beverage, shower access, non-judgemental, support and referral if needed.	4YP OUTREACH BUS A Free activity, information, support, and referral service for young people aged 13 to 21. Our bus goes to various locations around the Hastings and provides food, drinks, and conversation for those young people in need.	EMPOWER HER Empower her is a women's wellness group that will be running once per week in Kendall. This is an all-abilities welcome program.	PICKLE BALL Social group enjoying this fast-growing fitness and fun sporting pursuit. All ages and all abilities.
4YP DROP IN A free supervised youth space for table tennis, basketball, board games, electronic games, afternoon snacks, drinks and just hanging out.	BeYOUtiful This is a young women's wellness group for young women. If you are a young woman looking to connect, grow and feel empowered this is for you. You can expect friendship, self-care, confidence building real talk and a whole lot of fun.	SOCIAL TABLE TENNIS Social group who enjoys building skills in the game. All ages and abilities welcome.	LAKE CATHIE CRAFTERS Biring your latest arts and craft project and work on it in the company of like-minded crafters. Shared morning tea. All abilities welcome.
GROW, CATCH & COOK A free program for people of all abilities to come together and gain support from each other whilst learning and enjoying the process of growing food, catching food and cooking what you harvest.	TOOL LIBRARY A small annual membership fee applies and online booking system for any community member to borrow the tools they need to carry out garden and home maintenance jobs. Also available are small free workshops on how to fix things around the house. Like holes in walls and leaking taps.	WOMEN’S WELLNESS GROUPS A Free program for woman who are looking for some timeout to reflect, socialise, learn how to take better care of themselves and enjoy some relaxing self-nourishing activities	INTERNATIONAL WOMEN’S GROUP New to town or been here for ages, all women of all national and cultural backgrounds are welcome. We are a social support group; we share food and discuss everything from challenges settling into Australia to parenting tips. We share dance and music as well.
KIDS HOLIDAY CLUB A Free school holiday activity club for kids 6 to 12. Facilitated by Childcare leaders, parent permissions required. Usually offered for 4 hours one or two days per week at each Neighbourhood Centre.	STRENGTH IN MOTION - ALL ABILITIES - Mobility, Strength & Balance Program Using Yoga & Pilates routines ILC have partnered with Carla from ‘Waves of Movement Yoga, Massage, Surf, who will facilitate a 45-minute Pilates class each week that is completely FREE for all participants. There will also be space held each week after the class for participants to socialise and share some nutritious snacks. This is an all-abilities welcome program.	ALCOHOLICS ANONYMOUS If you are looking for help to stop drinking, you can reach out to Alcoholics Anonymous 24 hours a day. Our phone line is always answered by someone who has been where you are – an alcoholic in recovery. You can call Alcoholics Anonymous any time on 1300 22 22 22 .	THE AUGUSTINE FELLOWSHIP Sex and Love Addicts Anonymous Australia. Sex and Love Addicts Anonymous (SLAA) is a Twelve-Step, Twelve-Tradition-oriented fellowship based on the model pioneered by Alcoholics Anonymous. The only qualification for SLAA membership is a desire to stop living out a pattern of sex and love addiction. SLAA is supported entirely through contributions of its membership and is free to all who need it.