6586 HNS Weekly Program schedule Term 4 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	OOSH BSC 7:00 to 9:00 Breakfast Club - WNC 9:00am – 10:30am Food Connect -WNC 9:00am – 12:00pm LEAF supports and WDO program – PMNC, by appointment – Helen 9:30 to 12:30	OOSH BSC 7:00 to 9:00 Community Breakfast - PMNC 8:00 to 9:00 Social Pickleball group – LCCH 8:00am – 9:00am Cathie Hub Gardeners - LCCH 8:30am - 11am Food Connect Service - PMNC 9:00 - 10:30 Cathie Crafters – LCCH 9:00am – 12noon EAPA by Appointment – WNC Bruce 9:00 – 2:30pm EAPA by appointment –PMNC with Karen 9:30 - 12:30	OOSH BSC 7:00 to 9:00 Breakfast Boost - WNC 8:00 – 9:00am Stretch and Move - LCCH 9:00am – 11:00am HNS Tiny Tots Play WNC 9:30 – 11:00am IFCB 'Your Way to Work' 10am – 12 noon @PMNC IFCB 'the siblings space' 4-5:30pm @ WNC (1st Wednesday each month)	OOSH BSC 7:00 to 9:00 HNS Tiny Tots Play 9:30am – 11am Cathie Hub Gardeners 8:30am 12:00 pm IFCB 'Your Way to Work' 10 am – 12 noon @YP Space Kempsey IFCB 'the siblings space' 12 – 1 pm @ YP Space Kempsey	OOSH BSC 7:00 to 9:00 Food Connect LUSC 8:00am -9:30am Food Connect Lake Cathie 10:30am – 12noon	Cathie Hub Gardeners 8:00am – 10:00am	AA Alcoholics Anonymous PMNC 9:00 - 11:00
Mid AM	Tool Library - WNC 9:30 – 10:30am (Minor maintenance & Repair work shop's 1st Monday of the month)	EAPA by appointment – LCCH Linda 9:30 - 12:30Tool Library 10:00 to 12:00 (Minor maint. & Repair work shop's 1st Tuesday of month) Empower Her ILC 9:30 – 11:00am@WNC	HNS Tiny Tots Play PMNC 10:30 - 12:00 Grow, Catch & Cook ILC 11.30-1:30PM @ LCCH		Cathie Art Collective – LCCH 11:00 to 2:00 IFCB 'Be You' 10:30am – 1pm @ Hastings Secondary College Eastport Campus PMQ	3rd Saturday of Month International Women's Group PMNC 10:00 - 2:00	
Early Afternoon	IFCB 'You Get Me' 12:30 – 2pm @ LCCH (2nd Monday each month) Strength in Motion - ILC 12pm-1:30pm @WNC IFCB 'Support Space' 1-2:30pm @ LCCH (3rd Monday each month)	Empower Her Peer Support group- no facilitator 1.00-2.30PM @PMNC Hope Shop Vouchers - collection 2:00 – 3:00pm	LEAF Appointments- WNC 1:00 – 2:30pm Chill n Chat 1st & 3rd Wed of Month 12:30 – 2pm @PMNC, 2nd & 4th Wed of Month 12:30-2pm @ WNC IFCB 'Your Way to Work' 2 – 4pm @ WNC	Chill n Chat – LCCH 1:30 – 3pm	Friendship Club (Social Board games) LCCH 12:00 – 4pm		
Mid afternoon	OOSH ASC 2:30 to 6:00 Kids club - PMNC 3:30 - 5:00 Kids Club – WNC 3:30 - 5:30pm	OOSH ASC 2:30 to 6:00	OOSH ASC 2:30 to 6:00 Hope Shop Vouchers – WNC collection 2:00 – 3:00pm	OOSH ASC 2:30 to 6:00 4YP Youth Drop in LCCH 3-5pm	OOSH ASC 2:30 to 6:00		
Late afternoon		4YP Bus Wauchope 4:00 – 6:00pm	Empower Her 4:30 to 6pm	4YP Bus Lake Cathie Skate Park 3:30 – 5:30			

Early evening		**Augustine Fellowship 5:00 – 6:30**		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 Tallowwood 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 – Thur 9:00 to 3:00
ILC Information, Linkages and Capacity Building team	2 Dodds Street Port Macquarie	ILCcoordinator@hns.org.au	0457050252 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.