

# SUPPORTS

SEE OUR RANGE OF REGULAR PROGRAMS BELOW AVAILABLE AT THE COMMUNITY CENTRE MONDAY TO FRIDAY



## DOMESTIC VIOLENCE SUPPORT (FREE)

Supported by Junction

**IF YOU ARE IN IMMEDIATE DANGER CALL 000**

**National counselling helpline, information and support 24/7**

**P: 1800 RESPECT P: 1800 737 732 W: 1800respect.org.au**

We offer Domestic Violence support to women, children and young people living with, or escaping domestic violence. We support:

- You to access safe, short term emergency accommodation and help you to find sustainable safe housing
- You to link to counselling and referral to other services (such as legal matters, health, drug or alcohol issues)
- Women from Indigenous and CALD backgrounds
- Women and children with disabilities

## HOMELESSNESS SUPPORT (FREE)

Supported by Junction

**If you are homeless or need urgent housing assistance 24/7**

**Call Homelessness Gateway Service P: 1800 003 308**

We offer short to medium term support for individuals aged 15+ and families who are homeless or at risk of becoming homeless. Reasons why people might seek support include financial difficulties, issues with tenancies due to disruptive behaviour or non-payment of rent, or personal issues leading to homelessness.

**Please note Junction does not have access to emergency housing or private rentals—we can only advocate on your behalf.**

## EMERGENCY RELIEF (FREE)

Supported by Junction

Are you experiencing a financial crisis? We may be able to assist with food, overdue electricity, gas or water payments, pharmacy bills, doctor visits or transport assistance.

## COMMUNITY PASSENGER TRANSPORT (\$10-\$20)

Supported by Junction

If you have an appointment, need to go shopping or want to catch up with a friend and unable to access transport then this service may be available to you. All bookings must be made 48-60 hours in advance.

**Bookings essential—please speak to Anne at reception or call the Centre on 8553 2809.**

**ELIGIBILITY—Must be under 65 years old and not on an NDIS plan**

## NO INTEREST FREE LOANS (FREE)

Supported by Junction

If you need an essential item or service not available through emergency relief, ask us about our No Interest Loans (NILS) program.

## ARE YOU A CARER? (FREE)

Supported by Carers SA

Are you helping a family member or a friend in their day-to-day life? Do they have a disability, a drug or alcohol-related problem, are experiencing a mental illness, have a long term medical condition or are they frail and aged? Carers SA is here to support you.

**To book a free appointment contact Shane from Carers SA on 0477 886 678 or alternatively speak to a staff member.**



**ARE WE MISSING SOMETHING?**

**What else would you like to see at your Community Centre?**

Call the centre on 8553 2809 or come in and speak to one of our friendly staff or volunteers.

**WE WANT YOUR FEEDBACK!**

### anything else you need ?

call the centre on 8553 2809 or come in and speak to one of our friendly staff or volunteers



Justice of the Peace



Computers and WIFI



Printing, Scan, Photocopying



Room Hire



# KANGAROO ISLAND COMMUNITY CENTRE

NEWSLETTER — TERM 4 2022

WEEK 1 MONDAY 17 OCTOBER—WEEK 9 MONDAY 12 DECEMBER

16 Telegraph Road, Kingscote SA 5223

**P:** 8553 2809 **E:** kicc@junctionaustralia.org.au

**Facebook Group:** Kangaroo Island Community Centre



Everyone is welcomed at the Kangaroo Island Community Centre with care and compassion. Whether you are wanting to connect with others, explore learning opportunities or to simply stop by for a chat.

# COMMUNITY PROGRAMS AND SUPPORTS

SEE OUR RANGE OF OUR PROGRAMS BELOW—KEEP AN EYE ON OUR FACEBOOK PAGE OR COMMUNITY CENTRE WINDOW FOR FLYERS FOR OTHER EVENTS AND WORKSHOPS TAKING PLACE

## MONDAY

### WOMEN'S MOSAIC GROUP (\$4)

Supported by Junction

**Dates: Monday (weekly)**

**Time: 10am—2.30pm**

Come and meet other women at a community driven women's mosaic group. Focus on wellbeing and empowerment whilst learning the art of mosaics. Finishing each group session with a shared lunch.

### KI MUSO'S CLUB (FREE)

Supported by Junction and the Youth Hub

**Dates: Last Monday (monthly)**

**Time: 6pm Onwards**

Musicians and music lovers alike are all welcome to this relaxed club. Can't make it to Kingscote, the Muso Club also meets every second Monday of each month at the "The Shed" - the American River Community & Sports Association.

### IF YOU LOVE TO SING (FREE)

Supported by Junction and the Youth Hub

**Dates: TBA**

**Time: 6pm Onwards**

You won't be asked to audition or read music. All you need is a love of singing and a willingness to learn new songs. Have fun, meet new people and enjoy using that hidden voice of yours.

**Expressions of interest —please speak to Anne at reception or call the Centre on 8553 2809.**

## TUESDAY

### PINS & NEEDLES (\$2)

Supported by Junction

**Dates: 2nd and 4th Tuesday (fortnightly)**

**Time: 10am—2.30pm**

Join us for a few hours of fun with fabrics! Bring along your own project or try something new. The Community Centre has sewing machines or bring your own. Never sewn before? Don't worry the group is about sharing skills, ideas and learning from each other.

### PARKINSONS SUPPORT GROUP (FREE)

Supported by Uniting Communities

**Dates: 2nd Tuesday (monthly)**

**Time: 10am—12pm**

Come along to meet other people with Parkinson's disease, caring for someone with Parkinson's or have an interest in Parkinson's disease. Besides helping you realise you are not alone, this support group gives you a chance to share your feelings and hear the experiences of others. Meetings are informal and friendly, and new members always welcome.

**For more information please call Beth on 0427 678 504 or alternatively speak to a staff member on 8553 2809.**

### FAMILY MEDIATION (FREE)

Supported by Southern Community Justice Centre

**Dates: Tuesday (Termly)**

**Time: 11am—5pm**

Southern Community Justice Centre offers information, legal advice and ongoing assistance and court representation with no legal cost for clients who cannot afford to pay a private solicitor and do not qualify for a grant of legal aid.

**To book a free appointment contact Southern Community Justice Centre on 8384 5222 or alternatively speak to a staff member for referral details on 8553 2809.**

### GAMBLING SUPPORT (FREE)

Supported by Relationships Australia of SA (RASA)

**Dates: Tuesday and Wednesday (Termly)**

**Time: 11am—5pm and 9am—5pm**

Gambling is a problem when it consumes more money and time than a person can afford, and begins to affect other aspects of their lives. If you are concerned about your own, a family member or a friend's gambling...we can help you.

**To book a free appointment or speak to a counsellor contact Relationships Australia on 1800 934 196 or alternatively speak to a staff member for referral details on 8553 2809.**

### GAMING SUPPORT (FREE)

Supported by Relationships Australia of SA (RASA)

**Dates: Tuesday and Wednesday (Termly)**

**Time: 11am—5pm and 9am—5pm**

Are you concerned about your child's excessive gaming habits, or a young person who would like some help in addressing a gaming or internet addiction...we can help you.

**To book a free appointment or speak to a counsellor contact Relationships Australia on 1800 934 196 or alternatively speak to a staff member for referral details on 8553 2809.**

## WEDNESDAY

### ART DRAWING FUNDAMENTALS (\$25)

Supported by Junction

**Dates: Wednesday (weekly)**

**Time: 10am—12pm**

Come and join local artist Bernadette Greenwood in these weekly workshops and explore the fundamentals of drawing in a relaxed and supportive environment. Perfect for beginners or as a refresher for rusty creatives.

**Bookings essential—please speak to Anne at reception or call the Centre on 8553 2809.**

### SPINNERS & WEAVERS (\$2)

Supported by Junction

**Dates: 3rd Wednesday (monthly)**

**Time: 10am—12pm**

Kangaroo Island Spinners and Weavers brings together people interested in spinning, weaving and related activities. Our group encourages the art and craft of spinning and weaving.

### COUNTRY WOMENS ASSOCIATION (FREE)

Supported by Junction

**Dates: 3rd Wednesday (monthly)**

**Time: 6.30pm onwards**

Come along to a monthly meeting and meet other women while learning new skills. The CWA advocates and advances the rights and equity of women, families and communities through empowerment, especially those living in regional, rural and remote Australia.

## THURSDAY

### THE SPARE CHAIR (FREE)

Supported by Carers SA and NEAMI

**Dates: Thursday (weekly)**

**Time: 11am—12pm**

Come and meet someone new and maybe find a friend. Share a cuppa with other community members and just have a chat. Morning tea provided. Children also welcome.

**For more information contact Shane from Carers SA on 0477 886 678 or Sharon from NEAMI on 0437 295 944**

### CARERS SUPPORT GROUP (FREE)

Supported by Carers SA

**Dates: Thursday (fortnightly)**

**Time: 2pm to 3.30pm**

Meet with other carers in this friendly and relaxed space, socialise, share information and offer each other support. This is a great way of providing emotional, physical, educational and social support.

**For more information contact Shane from Carers SA on 0477 886 678**

## FRIDAY

### CRAFTY ISLANDERS (\$2)

Supported by Junction

**Dates: Friday (weekly)**

**Time: 10am—2pm**

Do you have an unfinished project? We invite you to join this self-paced workshop group to finish or even start your next craft project. Everyone is welcome in a friendly atmosphere.

### FINANCIAL COUNSELLING (FREE)

Supported by Uniting Communities

**Dates: Termly**

**Time: 11am—3pm**

Uniting Communities financial counsellors can help support people who are struggling to manage their finances and provide information, options and advocacy support.

**To book a free appointment or speak to a financial counsellor contact Uniting Communities on 8202 5200 or alternatively speak to a staff member for referral details on 8553 2809.**

### WARRIOR WOMEN (FREE)

Supported by Red Cross and Kangaroo Island Coffee and Chocolates

**Dates: 1st and 3rd Friday (monthly)**

**Time: 3pm—5pm**

Most women lack "ME" time and women camaraderie or connections. Bring a friend and meet new ones.

**For more information contact Founder and Host Lisa on 0400 166 538**

### InDIGO—WOMENS LEGAL SERVICES (FREE)

Supported by Legal Services Commission of SA

**Dates: Termly**

**Time: 11am—5pm**

InDIGO provides specialised legal and non-legal case management services to women who are experiencing or have experienced domestic and family violence.

**To book a free appointment or speak to a solicitor contact InDIGO on 8384 2427 or alternatively speak to a staff member for referral details on 8553 2809.**



## friends of the garden

join us for a cuppa to find out more

Our grow free cart allows our beautiful community garden and the community to donate excess produce to share with others.

“take what you need and give what you can.”

Want to know more—  
speak to Sharon from NEAMI on 0437 295 944