

ST PHILIP'S CARE at NORTHBOURNE COMMUNITY CENTRE

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Sponsored by the ACT Community Services Directorate and supported by generous community bodies and individuals

DIRECTIONS The double doors at the end of BLOCK 5, NORTHBOURNE FLATS, Forbes Street, Turner.

FROM CIVIC – along Northbourne Ave, first bus stop on the left past Haig Park (pine trees).

OPEN MONDAYS 12.00 noon – 5.00 pm. CLOSED most, but not all, **public holidays.** We aim not to close for more than one Monday in succession,

PROVIDING a FREE NOURISHING LUNCH together with physical and emotional support in a friendly, caring atmosphere.

FOR low income/disadvantaged people in Canberra's inner north, with some people coming from further afield. Homeless people call in, as do **people who are referred by various support agencies.** All age groups attend the centre, with older children calling in after school.

ATTENDANCE Now, in the early stages of the redevelopment of the Northbourne/City public housing complexes, reduced Monday attendance usually ranges between 40 and 60; annual attendance is around 2,000.

THE CENTRE IS VERY SMALL, so much use is made of outdoor areas all year round. People attending the centre need to wear clothing suited to the weather.

RECREATIONAL ACTIVITIES include basketball practice rings, books, magazines, various fun competitions, chalk boards, musical instruments, board games, children's toys and a makeshift table tennis table.

PHYSICAL SUPPORT includes free clothing, utility, decorative and fun items. Sheets and blankets etc. when available. An emergency food supply assists both people and pets in cases of short-term need. People attending the centre contribute items from their own limited resources and there is much generosity and sharing.

PROBLEMS THAT AFFECT THIS COMMUNITY (directly or indirectly) include loneliness, poverty, marginalisation, isolation, mental illness, physical illness & injury, drug & alcohol addiction, family & relationship breakdown, poor living & communication skills, violence, aggression and sexual abuse, and problems of high density living. Isolation can apply to people who are retired or new to the area. The centre offers a place for migrants to practise their English.

THE CENTRE PROVIDES a supportive, positive & caring atmosphere – a place to share not only the hard times but the good ones too. Community information is available and referral to specialised services may be suggested. **Additional support may be given,** depending on individual circumstances and available resources. People needing support are referred to us by other agencies.

CRUCIAL FINANCIAL ASSISTANCE from generous funding bodies, individuals and businesses is our life blood and has a valuable flow-on effect, influencing others to help in a variety of ways. A valuable grant from the ACT Government's Community Services Directorate has allowed our work to continue, and the Dickson Tradies, NextGen Health & Lifestyle Club Lyneham, The RUC Turner and members of St Philip's parish are among our current generous supporters.

LONG-TERM SUPPORT Now entering its **22nd year,** ST PHILIP'S CARE was established in January 1996 – first attending the Condamine Court housing complex in Turner, then, when refurbishment took place in 1997, along the road at the Northbourne Flats. Total Monday attendance has now exceeded 66,000.

WE ARE GRATEFUL FOR DONATIONS of good quality clean clothing, sheets, blankets, tinned and packet foods, tinned pet foods and pet accessories; also utility, decorative and fun items. All items need to be clean and in good working order. **REGRETTABLY, DUE TO SAFETY CONCERNS,** we are **UNABLE TO ACCEPT ELECTRICAL ITEMS.** Donations of money go directly to the centre's work.

NORTHBOURNE is a small community centre with a big heart — a special place

Jesus said: Come unto me all who labour and are heavy laden and I will give you rest (Matthew 11:28)