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Southlakes Together

Community Connections Newsletter

Welcome to the April's edition of Southlakes Together
Newsletter

**Morisset High student and Southlakes Rooster
named Lake Macquarie Young Ambassador**



A huge **congratulations** to Shania Ai olupotea on being named the 2026 Lake Macquarie Young Ambassador of the Year! Presented as part of the Lake Mac Awards, this is one of the City's highest honours for young people, recognising exceptional leadership, character, and contribution to the Lake Macquarie community.

The Morisset High School student, and breakout player for the Southlakes Rooster, was recognised for her dedication, commitment, and the positive example she sets at school and both on and off the field.

Congratulations Shania!

Seniors Week Celebration



On Thursday 5 March, Newcastle Meals on Wheels proudly hosted a lively and heartwarming Seniors Week celebration at the Bonnells Bay Youth and Community Centre, in partnership with CALM Inc. The event was designed to bring people together, support wellbeing, and recognise the invaluable contribution older adults make to our community.

The day kicked off with an energising physiotherapy session, followed by an informative talk on falls prevention delivered by the dedicated team at Community Therapy. Attendees then enjoyed a moving and interactive music therapy experience led by Taylor Weber from Lake Macquarie Music Therapy, before gaining valuable fire safety insights from Morisset Fire and Rescue. Keeping spirits high, Stacey from Joyful Moves had everyone smiling, moving, and enjoying the moment.

A special mention goes to Newcastle Meals on Wheels for providing a delicious spread that encouraged connection and conversation throughout the day. It's moments like these that highlight the power of community and the importance of creating spaces where everyone feels valued and included.

The laughter, engagement, and genuine connections seen on the day were a true reflection of what community is all about. Events like this are a wonderful reminder of the importance of celebrating and supporting our senior community members. Here's to continuing to honour the wisdom, resilience, and spirit of our older generations.



New Recipe Based Hampers!



You may have noticed some exciting changes at NourishEd this year, especially to our low-cost hampers!

Each \$10 Grocery Hamper is now thoughtfully designed to include all the ingredients (where possible) plus laminated recipe cards to create two separate meals, each with multiple servings. That means families aren't just receiving groceries, they're receiving complete, practical meal solutions that stretch further and make planning easier. We now offer three different \$10 hamper options, with menus rotating each week to ensure variety, balance and seasonal produce. This gives our guests more choice, keeps things interesting, and allows us to incorporate various ingredients in creative ways.

The feedback has been incredible. Our recipe cards aren't just feeding families for \$10, they're building confidence in the kitchen, introducing new meals into weekly routines and equipping guests with simple, affordable cooking skills they can use long-term. So far, we've had a variety of meals from chicken ramen to Boston baked beans and even a cheesy tuna bake.

At NourishEd, we believe food relief should do more than fill a plate it should empower, educate and restore dignity.

Purchasing our hampers are a great way to support us and we invite anyone in the community to pop in and take home a valued pack hamper

We also invite anyone in the community to Pay It Forward a hamper and support someone doing it tough: <https://www.nourished.org.au/donate>

Morrisset High School wins Lake Macquarie Community Event of the Year



Morrisset High School's 60th anniversary celebrations were chosen as the winner of the Lake Macquarie Community Event of the Year at a recent gala awards ceremony.

The weekend of events, which was attended by more than 500 people, including past and present students and staff, as well as members of the community and other local public schools including Bonnells Bay, Cooranbong, Dora Creek, Morisset and Wyee Public Schools, won the prestigious award in recognition of the way it showcased the strong connections and collaborations, and strong sense of belonging in the Morisset community.

Proud Principal of Morisset High School, Darren Brailey, said the school was humbled and surprised to be selected as the community event of the year. “We were up against events which were attended by thousands of people. But I think the judges recognised that what we have here in the Morisset community is special.



“It’s a community with a strong identity that is inclusive and welcoming and I know from speaking to all of the past students and staff that came from far and wide to be part of the 60th anniversary celebrations, that the sense of connection, friendship and belonging was what they loved about being part of the school and community, and was what drew them back to school for the anniversary celebrations.”



The Morisset High School 60th Anniversary Celebration was held from May 7 to 10, 2025, and included school tours for past students led by Mr Brailey, a special comedy gala night, which was attended by 100 people who were served a delicious two-course, restaurant-standard meal prepared by Morisset High School hospitality students, under the guidance of their committed teachers.

Students from the local public primary schools joined current and past Morisset High School students performing on a large-scale outdoor stage for the free Community Celebrations on May 10, with live music, choirs, dance, and traditional Haka and performances by the Morisset High School Haka Warriors. Current students, staff, and community members were recognised for their efforts in learning and supporting public education at the 2026 Western Shores Learning Alliance Public Education Week Awards, which were also presented on the day.



Students from the local public primary schools joined current and past Morisset High School students performing on a large-scale outdoor stage for the free Community Celebrations on May 10, with live music, choirs, dance, and traditional Haka and performances by the Morisset High School Haka Warriors. Current students, staff, and community members were recognised for their efforts in learning and supporting public education at the 2026 Western Shores Learning Alliance Public Education Week Awards, which were also presented on the day.

Member for Lake Macquarie, Greg Piper, attended and spoke of his strong connection with the school and community, before announcing a \$25,000 grant to the school to help finish off the Itji-Marru Outdoor Cultural Education Centre, and there was lots of free things to do including historic displays, kids activities and amusements, fairy floss, an exhibition by the Art Lover's Movement, a farm animal petting zoo, food trucks and free pancakes made by Avondale University students, and displays by the local organisations including the 217 Unit Army Cadets, and CALM Inc, as well as a fundraising barbecue organised by Morisset Rotary and the Parents and Citizen's Association, to raise money for the Morisset Rotary and Morisset High School Laptop Project, were also highlights of the day.

Former student and Redbull Air Racing Champion, Matt Hall, spoke about how his experiences at MHS were the perfect foundation for him to dream big, achieve his goals, and become one of the world's most awarded pilots. Other alumni, including emcee Dan Beazley, professional musicians Nikisha Priest, Mark Stitt, Tim Usher, Lee Rolfe, and



Damien Ashenhurst, got together for a rocking performance to close out the great day of community fun.

What's On @ Bonnells

MONDAY

10am-2pm Neighbourhood Day

Week 1 -trivia

Week 2- craft,

Week 3- bingo,

Week 4- lunch & learn and
more- everyone is welcome!

TUESDAY

6pm - Zumba with Jess
@zumbawithjessca

WEDNESDAY

9:30am-11am Playgroup

During school terms

Bring your small people along for a
wonderful morning of games and
activities. Please bring a piece of fruit to
share.

2pm - Joyful Moves with Stacey

THURSDAY

Second Thursday of every month

12pm-2pm

It's Hub Day!

Get connected with local, state and
national support services and get to
know the people in your community.

FRIDAY

6pm Fortnightly - Sound Healing
with

Soul Support Holistic Wellness
soulsupportholisticwellness.com.au

You can hire this space for your
functions, events or classes.
Contact us for more info.

Bonnells Bay Youth & Community Centre
275 Fishery Point Road, Bonnells Bay
For more info: community@calm.org.au
02 4950 3888



Ages 12-22

Build confidence and learn real-life defence skills with **Ashlyn Hunt**

REGISTER FOR FREE



10 & 11 APRIL 2026

MORISSET & BATEAU BAY

IN PARTNERSHIP WITH:



Regionally Funded by
Regional NSW

PCYC



SMAI



KYUP!PROJECT



■ Dora Creek Drop in Session & Community BBQ

Saturday 11th April 2026
11:00AM - 01:00PM

Dora Creek Community Hall
2 Doree Pl, Dora Creek, NSW 2264

Would you like to know more about your local flood risk? Or perhaps you'd like to know more about flood warnings. The NSW SES will be hosting a drop in session for the Dora Creek community to come and ask any questions you may have about local risk, flood warnings, SES operations and recovering from floods. Come along, meet your local SES team, ask questions, and enjoy a free BBQ while you're there!

THE HUB

Graffiti Art Workshop - FREE

up&up



**Thursday 9th April
12pm - 2pm**

Bonnells Bay Youth & Community Centre
275 Fishery Point Rd - Bonnells Bay

UP & UP

Free graffiti workshop - come learn, create, and express yourself through street art.

Get Involved

No experience needed, all materials provided!

Your creativity, your vibe - bring it.

Be part of it - lock in your spot now.

<https://events.humanitix.com/free-graffiti-art-workshop>



THE HUB

FREE - Live DJ Session



Thursday 9th April
12pm - 2pm

Bonnells Bay Youth & Community Centre
275 Fishery Point Rd - Bonnells Bay

DeeJay Mathematics

Experience the sound and energy of a live DJ set from DeeJay Mathematics.

Open Mic Freestyle

Step up and speak your mind.
Freestyle, spit bars, drop poetry – the mic is open.

Get Involved

Join the freestyle session and go in the draw to win a prize.

Your voice, your vibe - bring it.



[Book Your Spot](#)

Dribble. Shoot. Score.

HOOPS LAB...

Level up your game

Friday 17th April
9am - 11am: 12-15 yrs
12pm - 2pm: 16+ yrs

275 Fishery Point Road,
Bonnells Bay



Booking essential

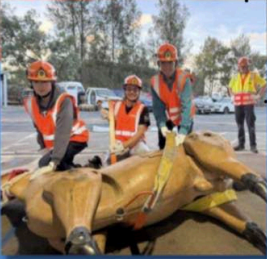




Explore the world of emergency services

What's in store

- Make a difference through **volunteering**
- Explore future **career** options
- Learn **lifesaving** first aid
- Get hands-on with **real tools**
- Build **leadership** and **confidence**
- Learn how emergency services operate in your **community!**



OPEN TO AGES 15-17



When

Information Session
Thursday 26th March 2026
6:00pm

Program Dates - Term 2
Thursday's 6 - 8 pm
Optional weekend activities

Location

SES Cooranbong Unit
Cnr Martinsville & Freemans Drive
Cooranbong NSW 2265

Contact us

Cooranbong Program Coordinator
Nicole.Upton@member.ses.nsw.gov.au
0412 519 434

Register here



What's on this April



MON	TUE	WED	THU	FRI	SAT	SUN
Week Commencing Monday 30th March Bunnings Morisset will be closed for Good Friday and Easter Sunday. You can still shop online anytime at www.bunnings.com.au					4th April Kids DIY 11am-12pm Let's do some Easter Craft!	5th April Happy Easter!
Week Commencing Monday 6th April Easter Monday BBQ hosted by Mannering Park Scouts School Holiday Workshops 11am-12pm Tuesday 7th: Galaxy Jars Thursday 9th: Learn how to make a Chatterbox					11th National Kids DIY 11am-12pm Bulb Lasagne	12th National Kids DIY 11am-12pm Bulb Lasagne
Week Commencing Monday 13th April School Holiday Workshops 11am-12pm Tuesday 14th: Plant a winter flower Thursday 16th: Adopt your own pet rock Adult Make & Take Thursday 16th 2pm & 6pm Textured Art *Bookings essential					18th It's Stores 4 Paws weekend! Kids DIY 11am-12pm Make a set of Dog Coasters	19th It's Stores 4 Paws weekend! Kids DIY 11am-12pm Make a set of Dog Coasters
Week Commencing Monday 20th April Bunnings Morisset will be closed ANZAC Day Saturday. you can shop online anytime at www.bunnings.com.au					25th Closed for ANZAC Day	26th Kids DIY 11am-12pm Paper Plate Poppies
Week Commencing Monday 27th April ANZAC Public Holiday Monday BBQ hosted by Westlakes Netball Friday 1st May BBQ hosted by Morisset High School Malangba Unit 10am-2pm					2nd May Kids DIY 11am-12pm Make Mum a Mothers Day Gift Check out our Lions Club stall in store	3rd May Kids DIY 11am-12pm Make Mum a Mothers Day Gift Check out the Morisset Early Education Centre Cake



Use this QR Code to find your local store for more details and book your spot or go to www.bunnings.com.au/stores

BUNNINGS
warehouse



PLAY GROUP



FREE

Wednesdays 9:30-11am
Term 2 2026 starts 29th April
Ages 0 - 6 years
Please bring a piece of fruit to share

Bonnells Bay Community Centre,
275 Fishery Point Rd,
Bonnells Bay
Phone: 4950 3888
Email: community@calm.org.au





Family Support Newcastle and CALM invite parents and caregivers living in Newcastle, Lake Macquarie, and the Lower Hunter to this FREE group:



Black Box Parenting



WHEN

Fridays
10am - 12pm

DATES

1st May to
26th June

WHERE

275 Fishery Point
Road
Bonnells Bay
Awabakal Country

Involves 5 face to face group sessions and 4 individual sessions (phone or in person)

Discussions will include:

- How the past affects how we parent
- Lessening shame & increasing connection with children
- Connecting with children through play & listening
- Managing your own & your child's behaviour with more compassion
- Looking after ourselves



To register call Shannon on 0490 104 587
or email Shannon@calm.org.au



The Family Relationships and Skills program is funded by the Australian Government through Family Support Newcastle



Find us on Facebook

Circle of Security Parenting Program

Are you looking to:

- Understand your child's emotional needs?
- Support your child's emotional management?
- Enhance your child's self esteem?
- Strengthen your relationship with your child?

When: Thursdays - 7th 14th 21st and 28th May
and 11th 18th and 25th June 2026

Duration: 2 hr sessions 9:30am-11:30am (7 sessions)

Where: Narunbah SACC, Fennell Bay Public School
Bay Rd. Awabakal Country, Fennell Bay

For more information or to register call
CALM Family Support on 4950 3888
email - calmfamilysupport@calm.org.au



**Celebrate 65 years of Byattunga Scouts with a 60s/70s
trivia night dress up, win prizes & have a blast!**



🌟 🌟 1st Byattunga Scout Group Trivia Night Fundraiser – Celebrating 65 Years! 🌟 🌟

Get ready for a fantastic night of trivia, laughter, and friendly competition as we celebrate 65 years of 1st Byattunga Scouts!

 **Date:** Saturday 9th May

 **Venue:** Wangi District Workers Club


 **Time:** Arrive from 5:30 PM | Trivia kicks off at 7:00 PM


(Why not grab dinner at the venue beforehand!)

Tickets are \$20 each - kids 14 and under are free.

 **Tables of 8** – Gather your crew!

Got more than 8? Book multiple tables. Smaller groups may be combined.

 **Theme:** 60's & 70's

 Optional dress up and decorate your table for your chance to win prizes for **Best Dressed / Best Themed Table!**

 **Kids Activities Available**

Unsupervised kids activities will be available in the auditorium. Parents remain responsible for supervision.

Don't miss this memorable night of trivia, games, and prizes as we celebrate this incredible milestone.

 **Book your tickets now and join the fun!**

Tickets on sale now

[For more information and to BOOK NOW Click here](#)



OUR PURPOSE

To help young people (15–24) find direction, build confidence, and step into work or training that actually fits YOU.

What we offer

Career coaching

Find your path



Job-ready skills

Resumes, interviews, workplace tips...



Employer connections

Real opportunities



Practical help

Licences, transport, uniforms...



Personal support

Someone in your corner



Your Part

All we ask is that you:



TOGETHER WE'LL...



Build your skills and confidence



Open doors to real opportunities



Create a path that works for YOU



Not sure what's next? Our team can help you find your way. Please give us a call on 1300 483 786, or scan the QR code for more info.



Morisset Early Education Centre

**NOW OPEN:
2026 PRE-SCHOOL
ENROLMENTS**

Limited 2-5 year old spaces available
A proper preschool experience local families have been asking for.

- ✓ 32-place boutique centre
- ✓ Uni-qualified educators
- ✓ Play-based school-readiness
- ✓ CCS + Start Strong funding
- ✓ Calm, beautiful learning spaces

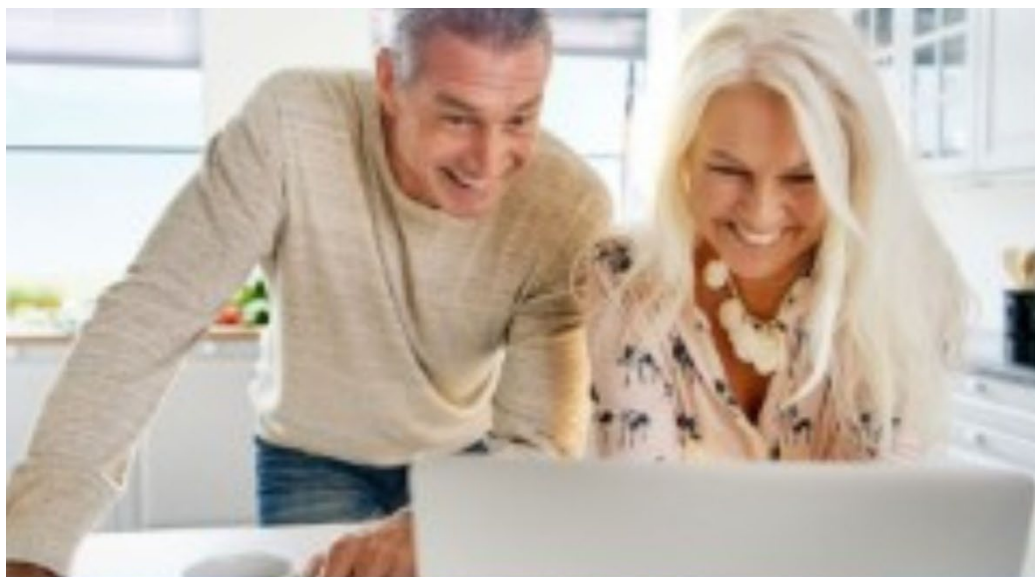


(02) 4973 3244



Morissetearlyeducationcentre.com.au





AI - WHAT, HOW & WHY? A FREE Workshop For Over 50's

Learn the basics of
Artificial Intelligence (AI)
and how you can use it in
fun and practical ways in
your daily life!

Refreshments provided

Registrations essential
contact (02) 4950 3888 or
community@calm.org.au

THURS 25TH JUNE
10:30 AM - 1:30 PM

OR

THURS 22ND OCT
10:30 AM - 1:30 PM

BONNELLS BAY YOUTH
& COMMUNITY CENTRE
275 FISHERY POINT RD
BONNELLS BAY





Join our new community feedback panel

We're inviting Lake Macquarie residents and ratepayers, 15 years and over, to join our community feedback panel - an email database used for important Council research only.

Council has partnered with independent research company, [Place Score](#), to launch our brand-new community feedback panel - a database of local residents that represent the wider community by age, gender and location.

The panel will only be used for strategic research that impacts our whole Lake Mac community or requires a statistically relevant, representative sample. Participation will be via randomised email invitation.

Our two key research projects are our Community Satisfaction Survey and the Australian Liveability Census.

Council is committed to hearing from diverse community voices through these projects, which will help guide Council strategy and investment in the years ahead and help make our city an even better place to call home.

Visit our [website](#) to learn more or click the link below to [register](#).

We would appreciate your support by sharing this invitation with your community networks. It takes less than a minute to join but could make a significant difference in ensuring everyone has the opportunity to have their voices heard in Council's planning.

You can check Place Score's privacy policy at placescore.org/privacy-policy.



Southlakes Together is launching a **brand-new website soon!**

Our goal? To make it **easier than ever** to:

- See what's happening in your community
- Connect with local services and groups

- Find support, programs, and events for **all ages**

Life gets busy, and important info can slip through the cracks, we're here to fix that. Whether you're a parent, a young person, or just looking to get involved, our new site will be your **go-to place** for everything Southlakes.

Stay tuned and watch this space – we can't wait to show you what's coming

[Are you an organisation or hosting an event you'd like featured on](#)

[Southlakes Together? Click here to get involved](#)

Got Something to share with the Southlakes Community?

Feature Your Event in the Southlakes Community Newsletter!

Are you planning a community gathering, launching a new program, or offering a service that supports locals? Don't keep it to yourself, share it with the Southlakes community!

*The **Southlakes Community Newsletter** is your go-to guide for local news, events, and services. We're always looking for exciting updates and meaningful opportunities to share with our readers.*

Whether it's a fundraiser, workshop, open day, or support service, if it helps our community, we want to hear about it!

[Send your Good News Story or Event details here](#)

Let Southlakes know what's happening in your corner of the community!



CALM Inc. acknowledges the First Nations peoples as the traditional owners of the lands on which we live, learn and work. We pay our respects to Elders past, present, and future.



While every effort is made to ensure the information in this newsletter is accurate at the time of publication, CALM Inc. accepts no responsibility for errors or changes that may occur. Details are subject to change without notice.



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Our mailing address is:

community@calm.org.au

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