



Commonwealth Home Support Programme
Social Support Event Calendar

JULY 2025

MON	TUES	WEDS	THURS	FRI
	1 ONLINE SPANISH SPEAKING LESSONS 10am—11:30am	2 PALETTES, PLATTERS AND CRAFTY CUTS 12 noon—4pm	3 ROESVILLE MOVIE AND LUNCH “RIVIERA REVENGE” Lunch: 12 noon	4 MEAT & WINE CO. NARRABEEN AND BROOKVALE 11:45am—2:30pm (Bookings are closed) ONLINE YOGA 2pm – 3pm
7 ONLINE YOGA 10:30am – 11:30am	8 ONLINE SPANISH SPEAKING LESSONS 10am—11:30am CHRISTMAS IN JULY LUNCH & SHOW WITH LITTLE PATTIE 11:30am—2:30pm	9 CHRISTMAS IN JULY LUNCH & SHOW WITH LITTLE PATTIE 11:30am—2:30pm	10	11 BOOKWORMS BOOK CLUB 10am – 11:30am ONLINE YOGA 2pm – 3pm
14 ONLINE YOGA 10:30am – 11:30am	15 ONLINE SPANISH SPEAKING LESSONS 10am—11:30am	16 ARCHIBALD, WYNNE AND SULMAN PRIZES 2024 PRIVATE TOUR 12noon—3pm	17 ARCHIBALD, WYNNE AND SULMAN PRIZES 2024 PRIVATE TOUR 12 noon—3pm	18 ONLINE YOGA 2pm – 3pm
21 ONLINE YOGA 10:30am – 11:30am	22 ONLINE SPANISH SPEAKING LESSONS 10am—11:30am	23 PALETTES, PLATTERS AND CRAFTY CUTS 12 noon—4pm	24 JULY BIRTHDAY PARTY 12 noon—3pm	25 COMMUNITY LUNCH: BASTILLE DAY 12 noon—2pm ONLINE YOGA 2pm – 3pm
28 ONLINE YOGA 10:30am – 11:30am	29 ONLINE SPANISH SPEAKING LESSONS 10am—11:30am MAN CAVE LUNCHEON 12 noon—2pm	30 MEET US FOR LUNCH AT DEE WHY RSL 12 noon –3pm	31 MEET US FOR LUNCH AT DEE WHY RSL 12 noon—3pm	

To register call 1300 134 332 or email customer care@yourside.org.au

Social outings in PINK will pick up from Hornsby, North Ryde, Lane Cove and Chatswood.

Social outings in BLUE will pick up from Narrabeen, Brookvale, Forestville, Frenchs Forest and Neutral Bay.

Social outings in GREEN will pick up from any of the above destinations.

Social outings in BLACK do not include transport.

This program is open to people in the Commonwealth Home Support Program, Social Support, who are:

- 65 years or older (50 years or older for Aboriginal or Torres Strait Islander people).
- 50 years or older (45 years or older for Aboriginal and Torres Strait Islander people) and on a low income, homeless, or at risk of being homeless.
- Living in the Northern Sydney region.

For eligibility you must be screened by My Aged Care. You can call them on: 1800 200 422

MEET OUR NEW STUDENTS!

MAINA

I'm a future social worker who believes in making the world a little better, one act of empathy (and caffeinated beverage) at a time. When I'm not advocating for others or buried in textbooks, you'll find me chasing after dogs—sometimes my own or other peoples. I take my mocha like I take my mornings: absolutely necessary. Fueled by purpose and espresso, I bring heart, humor, and a can-do attitude to everything I do.



VALERIA

I'm completing my placement at Your Side as part of my Master of Social Work studies. I studied law in Colombia and am passionate about supporting people and making a positive difference in the community. I've worked as a support worker in Sydney for the last 3 years. I am 28 years old, I like cooking, painting, and going to the gym. I'm very happy to be involved in the Online Spanish Speaking Lessons because Spanish is my first language. I'm looking forward to getting to know you and being someone you can count on.



MIA

I am 28 years old and have always lived along the North Shore of Sydney. I can speak fluent English and Danish, and I did my Bachelors in Psychology. I am currently doing my Masters in Social Work and work as a Behaviour Support Practitioner. I am so happy to have joined the social support team at Your Side and looking forward to meeting and spending time with you all.



MYAH

I'm currently doing my first placement as part of my Bachelor of Social Work degree. I really enjoy spending time with my friends and family, and I love travelling whenever I can, with lots more places on my list to visit! I've had an upbringing that's been a little different at times, and it's played a big part in why I want to support others the way I've been supported in my own life. I'm really looking forward to getting to know you during my time here.



BOOKINGS

Booking your spot for any of our activities in by the RSVP date really helps us plan ahead. It ensures we have enough space at the venue, the right number of volunteers, and suitable transport arranged.

Even if you're a regular on Zoom, we still ask that you book your sessions to help us stay organised.

Your booking will be counted in our final numbers unless you cancel by the RSVP date.

ABSENTEEISM

If you are absent from a scheduled activity, it is our duty of care to ensure you are alright. We will call you via your preferred method, and if we cannot reach you, we will contact your emergency contacts. In the event we cannot reach your or your emergency contacts, we will call emergency services who may conduct a welfare check in your home.

CANCELLATIONS

We understand that sometimes plans change, and you may need to cancel your booking. We just ask that you let us know as soon as possible if you can't make it to a booked event.

Please remember, a late cancellation fee will apply if you cancel after the RSVP date for any social outing. Check the booklet for RSVP dates for each event.

If there are very few bookings for an activity, Your Side may need to cancel it. Don't worry, you won't be charged for any activities cancelled by us.

Late cancellation fees do not apply to online events.

IMPORTANT CONTACT NUMBERS

Your Side Office - 1300 134 332

To speak to someone regarding Social Support press 1 for 'services', then 3 for 'CHSP'.

To speak to someone to make a payment, press 2 for 'accounts' then 1 'to pay a bill'.

Please save these contacts on your mobile:

0488 850 069— You can correspond with staff at the office via text messaging with this number. This number is used to send you details of your upcoming social outings.

0435 835 071 - You can call and text to this number. This number is used to communicate with your assisting staff on the day of a social outing.

YourSide

JULY 2025

Social Support Events Calendar



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COMMONWEALTH
HOME
SUPPORT
PROGRAMME





DATES:	Monday 30 June 2025 9am- 4:30pm
	Monday 23 June 2025
RSVP:	You will be contacted by text or phone with the outcome of your expression of interest. Capacity is limited. If interest exceeds capacity, we may hold another event on a later date. Attendees will be selected randomly.
EVENT:	CALENDAR PHOTO SHOOT (EXPRESSION OF INTEREST)
DESCRIPTION:	<p>We are making a calendar for our Social Support clients featuring you! This is an opportunity to get glammed up and pose as a model for the day. You will arrive at 9am at the Your Side office, where a hair and makeup team will be prepared to make you photo-ready. A professional photographer will take your photo, as well as candid shots during the photoshoot. You will get a copy of one portrait of yourself (once they have been processed).</p> <p>Following the photoshoot, there will be a lunch at Chiswick Restaurant in Woollahra at 1:30pm. Transport to and from the photoshoot has been organised. You will return to the Your Side office at 4:30pm.</p>
LOCATION:	<p>Your Side Office. Level 10, 10 Help Street, Chatswood 2067</p> <p>Chiswick Restaurant. 65 Ocean Street, Woollahra, 2025</p>
CONTRIBUTION:	\$10- Your contribution goes towards the lunch. Drinks at the lunch are not included, please pay your own way for drinks.
TIMES:	9am- Arrive at Your Side office. 4:30pm- Arrive back at Your Side office from lunch.



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DATES:	Wednesday 2 and 23 July
RSVP:	<p>Wednesday 2 July – RSVP by Friday 27 June</p> <p>Wednesday 23 July – RSVP by Friday 18 July</p> <p>You will be contacted by text or phone with any further details of this event. If you cancel your booking after the RSVP date, a 50% late cancellation fee will apply.</p>
EVENT:	PALETTES, PLATTERS AND CRAFTY CUTS
DESCRIPTION:	<p>As requested, Palettes, Platters and Crafty Cuts will run twice a month on a Wednesday.</p> <p>Tap into your creative side and let the magic flow with whatever art or craft medium or project you like. As usual, you can bring along your own project, whether that be scrap booking, diamond painting, pottery, etc. For those who wish to paint, we will provide materials and instructions.</p> <p>Lunch and tea and coffee will be provided.</p>
LOCATION:	Your Side Chatswood office, Level 10, 10 Help Street, Chatswood. Transport not provided.
CONTRIBUTION:	\$10 Your contribution goes towards administration, painting materials and lunch
TIMES:	12 noon – 4pm





DATES:	Thursday 3 July
RSVP:	Friday 27 June You will be contacted by text or phone with any further details of this event. If you cancel your booking after Friday 27 June, a 50% late cancellation fee will apply.
EVENT:	ROSEVILLE MOVIE AND LUNCH: "THE RIVIERA REVENGE"
DESCRIPTION:	<p>Join the club to view the latest melancholy dramas, international films, historical biographies and beautiful love stories told in front of the camera, then share your thoughts or simply catch up for lunch down the road.</p> <p>François is a former military man who is making the most of his retirement alongside his wife Annie, the only person who seems to be able to put up with his foul temper and demands! Authoritarian, and uncompromising, he rules his family with an iron fist. When he discovers that his wife cheated on him 40 years ago, he sees only one solution: to file for divorce and confront her former lover. But at 73 years old, and after 50 years of marriage, is this really a good move?</p> <p>Genre: Comedy Classification: M for coarse language and nudity. Duration: 94 mins Language: French with English subtitles.</p> <p>Watch the trailer: Riviera Revenge / N'avoue jamais Official Trailer</p>
LOCATION:	<p>Lunch: Shonan Japanese Restaurant, 94 Pacific Hwy, Roseville</p> <p>Movie: Roseville Cinema, 112 Pacific Highway, Roseville</p> <p>Transport not provided.</p>
CONTRIBUTION:	\$16 Your contribution goes towards administration, the movie and lunch.
TIMES:	From 12 noon



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DATES:	BLUE GROUP (NARRABEEN AND BROOKVALE) – Friday 4 July
RSVP:	<p>BOOKINGS FOR THIS EVENT ARE CLOSED.</p> <p>This event is open only to those who missed out on the same event on the 20 June, due to overwhelming numbers.</p>
EVENT:	MEAT & WINE CO. LUNCH
DESCRIPTION:	Indulge in a memorable two-course dining experience at Wine & Co in Barangaroo, offering not only a delicious meal but also stunning views of Sydney Harbour. Choose between an entrée and main or a main and dessert, with each option paired with a complimentary beverage. Whether you're a vegan, vegetarian, or meat lover, there are options to suit every palate. With its unbeatable location and fantastic menu, it's the perfect spot for a relaxed yet exquisite lunch.
LOCATION:	Ground Level - International Tower One, 100 Barangaroo Avenue, Barangaroo If you can make your own way to the venue, that would be most appreciated. Please advise when booking if you wish to catch the Your Side bus from one of our many pick up points. This helps with the planning process.
ACCESSIBILITY	The Meat & Wine Co is wheelchair accessible.
CONTRIBUTION:	\$20 Your contribution goes towards administration, transport and lunch.
TIMES:	11:45am – 2:30pm. Transport times to be advised.



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DATES:	Tuesday 8 July – PINK GROUP	Wednesday 9 July– BLUE GROUP
	Pink Group – RSVP Wednesday 2 July	Blue Group - RSVP Wednesday 2 July
RSVP:	You will be contacted by text or phone with further details of this event. If you cancel your booking after the RSVP date, a 50% late cancellation fee will apply.	
EVENT:	CHRISTMAS IN JULY LUNCH & SHOW WITH LITTLE PATTIE	
DESCRIPTION:	<p>In the mid-sixties a bright fourteen-year-old schoolgirl from Sydney named Patricia, established herself as a prominent force in the Australian music industry. She soon became a household name – Little Pattie. This is a trip down memory lane, reconnecting and remembering some of the monumental moments in the Australian music landscape.</p> <p>Enjoy a traditional 2-course meal with your show.</p>	
LOCATION:	The Ettalong Ballroom, located at the Ettalong Diggers. Please advise at the time of booking if you wish to catch the Your Side bus from one of our many pick up points. This helps with the planning process.	
ACCESSIBILITY:	The Ettalong Diggers is wheelchair accessible.	
CONTRIBUTION:	\$45 Your contribution goes towards administration, transport, lunch and show.	
TIMES:	<p>11:30am – 2:30pm.</p> <p>Transport times to be advised</p>	



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DATES:	Wednesday 16 July – PINK GROUP	Thursday 17 July– BLUE GROUP
	Pink Group – RSVP Tuesday 8 July	Blue Group - RSVP Tuesday 8 July
RSVP:	You will be contacted by text or phone with further details of this event. If you cancel your booking after the RSVP date, a 50% late cancellation fee will apply.	
EVENT:	ARCHIBALD, WYNNE AND SULMAN PRIZES 2025 PRIVATE TOUR	
DESCRIPTION:	The Archibald Prize for portrait painting is considered Australia’s most celebrated and democratic –if sometimes controversial – art award. Open to any artist living in Australia or New Zealand, since 1921 it has reflected the unique experiences of the people who live in this region, highlighting figures from all walks of life. Equally as exciting for the diverse entries they attract from across the country, the Wynne Prize is for landscape painting of Australian scenery, or figure sculpture. The Sulman Prize showcases subject painting, genre painting and mural projects. Join us on a private group tour, preceded by lunch in the gallery café.	
LOCATION:	Art Gallery of NSW, Art Gallery Rd, Sydney. Please advise at the time of booking if you wish to catch the Your Side bus from one of our many pick up points. This helps with the planning process.	
ACCESSIBILITY:	The Art Gallery of NSW is wheelchair accessible. Scooter hire available for those with mobility issues; please let us know if you need one, at the time of booking.	
CONTRIBUTION:	\$17 Your contribution goes towards administration, transport and private tour.	
TIMES:	Lunch: 12pm Tour: 2-3pm Transport times to be advised	



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DATES:	Thursday 24 July
RSVP:	<p>RSVP by Wednesday 16 July</p> <p>You will be contacted by text or phone with any further details of this event and your pickup time. If you cancel your booking after Wednesday 16 July, a 50% late cancellation fee will apply.</p>
EVENT:	JULY BIRTHDAY PARTY
DESCRIPTION:	<p>Let's come together to celebrate our friends born in July with a fun-filled birthday bash! Join us for a day of a delicious lunch, exciting games, and, of course, birthday cake. If your birthday falls in July, you're invited to join the celebration on us — simply let us know it's your special day!</p> <p>The motif is red, the colour of the July birthstone, the ruby. It's going to be a fantastic celebration filled with joy, laughter, and great memories!</p>
LOCATION:	<p>Club Belrose, 146 Forest Way, Belrose.</p> <p>If you can make your own way to the venue, that would be most appreciated. Please advise at the time of booking if you wish to catch the Your Side bus from one of our many pick up points. This helps with the planning process.</p>
ACCESSIBILITY:	Club Belrose is wheelchair accessible.
CONTRIBUTION:	\$7 Your contribution goes towards administration, transport, cake, prizes, and birthday presents. Please order and pay your own way for lunch on the day. No cost for clients celebrating a birthday in July!
TIMES:	12noon – 3pm. Transport times to be advised



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DATES:	PINK GROUP – Friday 25 July
RSVP:	<p>Wednesday 16 July</p> <p>You will be contacted by text or phone with any further details of this event and your pickup time. If you cancel your booking after Wednesday 16 July, a 50% late cancellation fee will apply.</p>
EVENT:	COMMUNITY LUNCH: BASTILLE DAY
DESCRIPTION:	<p>Created by Mosman Council, the Mosman Community Restaurant is a monthly event where the clients of Your Side can experience various cuisines from around the world. This month we will be celebrating Bastille Day.</p> <p>As there are limited spots, we have decided to offer this series to the pink and blue groups on alternate months. This is to limit the time on the bus. This month, this event is offered to the pink group.</p>
LOCATION:	<p>Mosman Square Seniors' Centre, located at the Civic Centre in Mosman Square in Spit Junction.</p> <p>Please advise at the time of booking if you wish to catch the Your Side bus from one of our many pick up points. This helps with the planning process.</p>
CONTRIBUTION:	\$17 Your contribution goes towards administration, lunch and transport
TIMES:	<p>12 noon – 2pm</p> <p>Transport times to be advised.</p>



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DATES:	Tuesday 29 July
	RSVP Tuesday 22 July
RSVP:	You will be contacted by text or phone with further details of this event. If you cancel your booking after Tuesday 22 July, a 50% late cancellation fee will apply.
EVENT:	MANCAVE LUNCHEON
DESCRIPTION:	<p>Men, join us for lunch on the last Tuesday of the month!</p> <p>Come enjoy good food, great company, and meaningful conversation in a relaxed setting. Whether you're looking to network, connect with others, or just take a break from the grind, this is the perfect opportunity to unwind with fellow men in the community.</p> <p>Don't miss out—bring your appetite, your stories, your best game of pool and your best self. See you there!</p>
LOCATION:	The Freeway Hotel, 115 Reserve Rd, Artarmon. Transport not provided.
ACCESSIBILITY:	The Freeway Hotel is wheelchair accessible.
CONTRIBUTION:	\$4 Your contribution goes towards administration. Please pay your own way for lunch.
TIMES:	<p>12 noon – 2pm</p> <p>Transport times to be advised</p>



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DATES:	Wednesday 30 July – BLUE GROUP	Thursday 31 July– PINK GROUP
	Blue Group – RSVP Wednesday 23 July	Pink Group - RSVP Wednesday 23 July
RSVP:	You will be contacted by text or phone with further details of this event. If you cancel your booking after Wednesday 23 July, a 50% late cancellation fee will apply.	
EVENT:	MEET US FOR LUNCH AT... SERIES: DEE WHY RSL	
DESCRIPTION:	<p>The Meet us for lunch at... series is a monthly event designed to cater for those who prefer a short (but sweet) gathering with friends, and generally, a shorter bus ride. You will have lunch at a local pub, club or café somewhere in the Northern Sydney Region.</p> <p>This month, we will meet at Dee Why RSL.</p>	
LOCATION:	The Bistro at Dee Why RSL, 932 Pittwater Rd, Dee Why. Please advise at the time of booking if you wish to catch the Your Side bus from one of our many pick up points. This helps with the planning process.	
ACCESSIBILITY:	Dee Why RSL is wheelchair accessible.	
CONTRIBUTION:	\$6 Your contribution goes towards administration and transport. Please pay your own way for lunch.	
TIMES:	<p>12 noon – 3pm</p> <p>Transport times to be advised</p>	



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COMMONWEALTH HOME SUPPORT PROGRAMME

Social Support Events Transport

These central pick-up points were allocated due to their close proximity to public transport and/or unlimited parking facilities. The order of pick up is dependent on the final destination and the quickest route possible.

If you are unable to access the following locations, please do not hesitate call **1300 134 332** to discuss alternative options.

PINK GROUP

- **CHATSWOOD** - Outside Chatswood RSL, 446 Victoria Avenue.
- **NORTH RYDE** - Macquarie Centre bus stop located on Herring Road.
- **LANE COVE** - Lane Cove Library, corner of Central Avenue and Longueville Road.
- **HORNSBY** - Outside Hornsby RSL, 4 High Street.

GREEN GROUP

This is a combined group, please refer to either Pink or Blue transport options.

BLUE GROUP

- **NARRABEEN** - The Park and Ride car park adjacent to Tramsheds Café.
- **BROOKVALE** - Bus stop Stand B on Pittwater Road, Brookvale, opposite Warringah Mall near the overpass stairwell **OR** in front of B-Line Bus stop in front of Warringah Mall.
- **FORESTVILLE** - Bus stop on Starkey Street near Memorial Hall, Forestville. For long day trips that require a comfort stop, the pickup location is at the car park outside Forestville Library.
- **NEUTRAL BAY** - Bus stop on Rangers Road, before Military Road (outside Woolworths) **OR** bus stop Stand E on Military Rd, Neutral Bay Junction, near Young Street.
- **FRENCHS FOREST** – Car park of 11 Aquatic Drive, Frenchs Forest.



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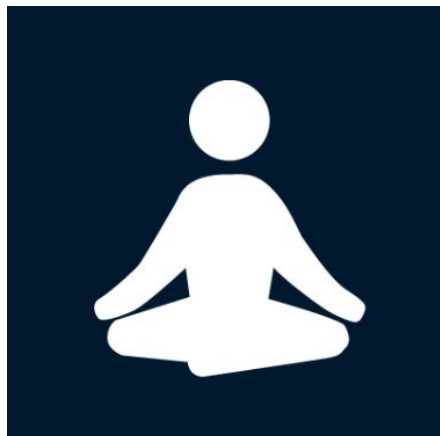


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Weekly Social Support Activities



TWICE WEEKLY	YOGA
DESCRIPTION:	Improve your balance and increase your strength through fluid movement sequences and yoga postures. The class is designed to adapt to all fitness levels. A 5-minute assessment of your physical health will be conducted at the time of booking.
CONTRIBUTION:	CHSP SS clients: \$3 Private rate: \$15
TIMES:	Monday: 10:30am - 11:30am Friday: 2pm - 3pm



WEEKLY	SPANISH SPEAKING LESSONS
DESCRIPTION:	Back by popular demand, fellow client and our teacher Amparo will help beginners and those wanting to freshen up or practice their Spanish speaking skills in a relaxed environment online. Amparo will guide you through learning her native tongue with reference material and exercises which can also be emailed or sent to you.
CONTRIBUTION:	CHSP SS clients: \$3 Private rate: \$15
TIMES:	Tuesdays 10am – 11:30am



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DATES:	Friday 11 July
EVENT	BOOKWORMS BOOK CLUB
DESCRIPTION	<p>For lovers of the written word, join us on the 2nd Friday of the month for a discussion on the group's latest chosen read. For the first meeting, come with your top picks for the group to explore. Participation can be casual, and you can find out what we're reading for this month by giving us a call.</p> <p>In July we will discuss <u>This Time Tomorrow</u> by Emma Straub.</p> <p>On the eve of her 40th birthday, Alice's life isn't terrible. She likes her job, even if it isn't exactly the one she expected. She's happy with her apartment, her romantic status, her independence, and she adores her lifelong best friend. But her father is ailing, and it feels to her as if something is missing. When she wakes up the next morning she finds herself back in 1996, reliving her 16th birthday. But it isn't just her adolescent body that shocks her, or seeing her high school crush, it's her dad: the vital, charming, 40-something version of her father with whom she is reunited. Now armed with a new perspective on her own life and his, some past events take on new meaning. Is there anything that she would change if she could?</p> <p><i>Clients are welcome to dial in via landline or mobile phone.</i></p>
CONTRIBUTION	<p>CHSP SS clients:</p> <p>\$10 (includes cost of book – either hard copy and postage, e-book or audiobook)</p> <p>\$2 (if you have your own copy of the book)</p>
TIMES	10am - 11:30am



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DATES:	Friday 8 August
EVENT	BOOKWORMS BOOK CLUB
DESCRIPTION	<p>For lovers of the written word, join us on the 2nd Friday of the month for a discussion on the group's latest chosen read. At the first meeting, come with your top picks for the group to explore. Participation can be casual, and you can find out what we're reading this month by giving us a call. In August we will discuss <u>Still Life</u> by Sarah Winman.</p> <p>Tuscany, 1944: As Allied troops advance and bombs fall around, a young English soldier, Ulysses Temper, has a chance encounter with Evelyn Skinner, a middle-aged art historian who has come to Italy to salvage paintings from the ruins and recall memories of her own youth. In Evelyn, Ulysses finds a kindred spirit whom he never expects to see again after the war.</p> <p>On returning home to London, Ulysses reimmerses himself in life at The Stroat and Parrot with a motley mix of pub crawlers and eccentrics. When an unexpected inheritance brings him back to where it all began, Ulysses knows better than to tempt fate, and returns to the Tuscan hills.</p> <p>With beautiful prose, extraordinary tenderness, and bursts of humor and light, Still Life is a sweeping portrait of unforgettable individuals who come together to make a family, and a richly drawn celebration of beauty and love in all its forms.</p> <p><i>Clients are welcome to dial in via landline or mobile phone.</i></p>
CONTRIBUTION	<p>CHSP SS clients:</p> <p>\$10 (includes cost of book – either hard copy and postage, e-book or audiobook)</p> <p>\$2 (if you have your own copy of the book)</p>
TIMES	10am - 11:30am



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