



A Community of Stars

WHAT'S ON DURING SCHOOL TERMS

Playgroup
Mingle Community Space
Mondays 10am – 11:30am

MEGA Workout
Mingle Community Space
Wednesdays 10am – 11am

MEGA Dance
Mingle Community Space
Fridays 10am – 11am

NEW ACTIVITY

Seniors Coffee Connect
Heartbeat Café
Thursdays 10:30am-11:30am

English Conversation Class
Mingle Community Space
Thursdays 1pm – 2:30pm

Pilates
Mingle Community Space
Every second and fourth Sunday of
the month 9am – 9.45am

Yoga
Mingle Community Space
First Sunday of the month
10:30am – 11:30am

It is a pleasure to introduce the Winter edition of the Whitlam Community Newsletter, a celebration of the many people who make this suburb shine.

Every day, residents contribute in big and small ways to this young and growing neighbourhood. Volunteers, families, seniors, young people and community groups all play an important role in shaping Whitlam and strengthening connections.

In this edition, we shine a light on some of our local 'stars', including volunteers supporting Whitlam's English Conversation Group, whose generosity and commitment help our community thrive.

This winter, the Mingle program continues to bring people together through activities that support health, inclusion and social connection. Mingle and Community Services#1 are excited to launch Seniors Coffee Connect, a new opportunity for seniors to enjoy weekly connection over a hot cuppa at the Heartbeat Café. Read on for more details.

Thank you to everyone who gives their time and energy to Whitlam. I hope you enjoy this edition and take part in the many ways to connect this winter.

Warm regards,



**Minister for Homes,
Homelessness and
New Suburbs**

Yvette Berry MLA

Finding Belonging, One Conversation at a Time

“Moving to another country, where you don’t speak the language, is much harder than people realise.” Tarcita explained. In 2002–2003, Tarcita’s family moved to Europe where everyday tasks such as catching public transport, ordering a coffee or filling out forms suddenly felt confusing and unfamiliar. *“You really notice how hard it is to find people who are patient and kind when you’re trying to speak a new language.”*

That experience stayed with her. After returning to Australia, Tarcita spent almost 20 years hosting international students. When she later moved to Whitlam, volunteering with Whitlam’s English Conversation Group (ECG) felt like a natural next step. *“It’s just an hour and a half a week,”* she says, *“but it helps people feel welcome and supported. And it’s rewarding on both sides.”*

Janet, who has been volunteering with ECG for four months now, was motivated by a similar desire to connect. *“I volunteered to meet people in my community and help new arrivals practise English,”* she says.



As one of the weekly volunteers, Janet helps participants build confidence with everyday words and phrases – simple conversations that make a big difference.

“I really enjoy meeting people, forming friendships, and feeling like I’m contributing to the community.”

For both Tarcita and Janet, the English Conversation Group is about more than improving English. It’s about connection, confidence, and creating a welcoming community, one conversation at a time.

Have you considered where you might lend a hand? Whether it’s sharing a skill, offering your time, or showing up to connect with others, volunteering is a great way to support your community and build new friendships.

To join an existing group or explore starting something new, contact Rio at rio.buan@communityservices1.org.



BELCONNEN COMMUNITY BUS TOUR

Tuesday 19th May
10AM - 1PM

SCAN TO
BOOK A SEAT



0403 442 500 - Rio

rio.buan@communityservices1.org

Community Service Bus Tours

Community Services #1 has launched monthly bus tours for Whitlam residents.

These tours provide a chance to learn more about your closest community service providers across Belconnen, such as Belconnen Library, Belconnen Community Centre and UnitingCare Kippax.

Keep an eye on the **Whitlam Mingle Facebook page** and Heartbeat Café noticeboard for next month’s details.

Translated Waste and Recycling Guides

NoWaste has translated recycling and waste information into 12 languages.

These resources explain what goes in each bin and offer simple tips for reducing waste at home.

Scan the QR code to access these resources (at the bottom of the website page).




A Night Under the Stars

Join us for a fun, family-friendly night of stargazing with the Canberra Astronomical Society!

Spot Jupiter and the moon, discover fascinating facts about our universe, and explore the night sky together.

These evenings are popular, so register today via Eventbrite for one of the final two sessions on offer in June and July.



 COMMUNITY

Community Stars in Action: Keeping Whitlam Clean



In April, residents came together for Clean Up Australia Day. Starting at the Heartbeat Café carpark, the group moved through the basketball court, the pond, and along Sculthorpe Avenue to Maymuru Park, as well as nearby streets leading to Blue Poles Park.

The new clean up group is keen to move towards monthly clean-ups across Whitlam. It's a simple way to get some exercise, meet neighbours and take pride in the place we live in. Everyone is welcome to join the next clean up. Check the [Whitlam Mingle Facebook page](#) or Heartbeat Café noticeboard for details.

What's On These School Holidays?

ARTS AND CRAFTS

Enjoy the school holidays with free, fun activities for children and families on 8 & 15 July, featuring games, arts and crafts, and hands-on learning in a welcoming community space. Bookings not required.

FREE FIRST AID COURSE

Looking to build skills and boost employability? Youth and job seekers are invited to join a FREE accredited First Aid training on 17 July — a valuable qualification for work readiness and confidence. Contact Rio for bookings rio.buan@communityservices1.org



NEST Cooking Classes

Looking for a fun, practical way to build confidence in the kitchen and connect with others in the community? Join free NEST Cooking Classes in Whitlam this winter!

From 18 June to 23 July, take part in a six week, hands-on cooking series in a friendly, welcoming space. Learn new skills, share a meal, and enjoy good company along the way.

- Open to Whitlam residents
- All skill levels welcome
- Learn, cook, and eat together with your neighbours

Interested? Contact Rio at rio.buan@communityservices1.org or look out for session details on [Whitlam Mingle Facebook page](#). Limited spots available.

What's on at SLA Display Village

PLACE CURATION

The SLA Display Village in Whitlam hosts an ongoing program of creative, cultural and community activities and workshops available for Whitlam and Canberra residents.

For more information and to register, please visit suburbanland.act.gov.au/events or follow the SLA Facebook page.



Art On Your Doorstep

Belco Arts Art Exhibition - Don't forget to visit the 'Good Neighbour' Art exhibition in the SLA display homes and look out for the next one commencing on 16 July.

Artist in Residence - Pop down on Thursdays or Fridays to meet our new artist, Heidi Smith, who will be creating kites constructed from bamboo, paper and fabric in traditional Japanese methods of kite art, Tako.

Supporting Small Business

Did you know that you can hire the Mingle Community Space for community-facing activities at no cost?

SLA supports many small business owners by providing free venue hire, venue equipment and promotional support across SLA communication channels. Here are some stories from two of our current small business owners.

MEET SALLY HOLLIDAY

Since September 2025, Sally Holliday, founder of Seasons of Self, has been delivering a series of wellbeing and creative opportunities in the Mingle Community Space, attracting over 50 participants.



"This opportunity has enabled me to implement an idea I have had brewing for some time - combining my love of nature with creative expression. Thanks to SLA's provision of a community venue free of charge, I am able to keep session fees affordable for those attending. Also, as a facilitator, I have had the freedom to experiment with how I deliver sessions - less about teaching skills in a formal workshop format, and more about empowering participants to trust their own creative intuition. I am incredibly grateful for this opportunity" explained Sally Holliday.

CRAFTING MY STORY

Mingle is pleased to support Crafting My Story to facilitate hands on crafting workshops for women (12+) seeking to gain some creative skills and to connect with other women.

"The impact of this opportunity has been deeply rewarding for both our organisation and the community. It allowed us to share our mission of empowering culturally diverse women through creativity and storytelling. For participants, especially women from diverse backgrounds, the workshops provide a rare chance to relax, explore their creativity, learn new crafting skills, and form friendships in a warm, inclusive environment." Crafting My Story Director & Co-Founder.

