

MINI MINSTRELS @ NECOM

We teach music to children because of its immeasurable capacity to act on the heart, mind, spirit and soul...

The New England Conservatorium's 'Music-on-the-Lap' program for babes to 5 year olds introduces fun-filled and inspiring classes of songs, games, creative movement, listening and playing instruments. Join a class and give your child the best gift of all, a love of music.

Info: NECOM tel: 6773 6419
Email: admin@necom.org.au
Web: necom.une.edu.au



music feeds souls



The Armidale Waldorf School and Bongaijal Preschool for Rudolf Steiner Education

More than an education, a foundation for life.

Kindergarten - Year 8
Enrolling now
278 Rockvale Road, Armidale.
Ph: 6772 8876

"Kids spell love T-I-M-E." John Crudele

Practical Help

Armidale Neighbourhood Centre: 6772 4373 129 Rusden St info@armidaleenc.org.au
A facility for community engagement, providing services and amenities for all, particularly locals who are socio-economically disadvantaged. We provide support services such as information, referral, advocacy, soup kitchen, No Interest Loans and Emergency Relief to clients on low incomes. Open Mon-Thurs 9-3pm.

Lifeline Shop: 6771 4950
1/151 Rusden St. (in carpark)

Sabvation Army Shop:
6772 8319 or 6772 1184 100 Beardy St
Welfare packages, Wed lunches and shop.

St Vincent De Paul Shop: 6771 3940 Rusden St
Meals on Wheels: 6776 4744



Armidale Community Garden: In the old tennis courts behind NERAM
Open Tue, Thu, Sat & Sun 1-5pm
Has a play area for children. www.slaati.org



Tablelands Community Transport Options: 6778 4089
www.tablelandscommunitytransport.com.au
Free transport in Armidale, Uralla and Walcha

Edwards Buses: 6772 3116

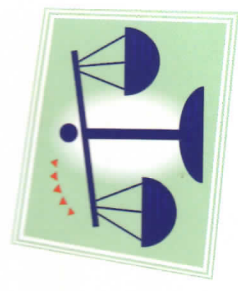
Tenants Advice and Advisory Service: 1800 836 268
www.tenants.org.au

Providing information, advice, advocacy and community education on residential tenancies including caravan park tenancies.

NENW Community Legal Service: 1800 687 687
www.nnwels.org.au

Free & Confidential Legal Advice and Help to everyone in the North & North West of NSW

Community Mutual: 132 067 113-117 Dangar St
Banking services at the heart of our community.



"If you want your children to improve, let them overhear the nice things you say about them to others." Haim Ginott

D Dangers?
R Responsive?
S Send for help
A Open Airway
B Normal Breathing?
C Start CPR
30 compressions : 2 breaths
D Attach Defibrillator (AED)
as soon as available and follow its prompts

Continue CPR until responsiveness or normal breathing return

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