

MARIONLIFE HUNGER WALK

The inaugural **MarionLIFE Hunger Walk is on 9am Saturday 4 November!** Join us for a 4km walk along the Sturt River to raise awareness about those experiencing hunger and raise money to support MarionLIFE's work supporting individuals and families in need. The event will conclude with a special breakfast.

The event will also have stalls from local organisations including the City of Marion, Foodbank SA, Uniting Care Wesley Bowden and Junction Australia to help participants connect with their community. The event is catered for by Marion Church of Christ's Side Gate Café, Foodbank SA and the Lions Club of Edwardstown.

Register today and get involved! Register online or hard copy registration forms are available from MarionLIFE Reception 887 Marion Rd, Mitchell Park.

MarionLIFE Hunger Walk

Date and Time: 4 November, 9am-11am

Cost: \$15 for adults, \$5 for concession/children

Register: <https://www.trybooking.com/315248>

Information: Contact MarionLIFE on 82770304 or info@marionlife.org.au

Thank you to our event supporters — Image Built, Foodbank SA, Drummer Marketing, City of Marion, Lions Club of Edwardstown, Miss Sunday, SA Aquatic & Leisure Centre, Junction Australia, Marion Church of Christ's Side Gate Café, Brighton Jetty Bakery and Uniting Care Wesley Bowden Inner Southern Homelessness Service.

BIG DISH UP COOKING CLASSES

MarionLIFE, in partnership with Junction Australia and Urban Sprout Australia, are holding FREE cooking classes. The course will run weekly for **six weeks from Tuesday 24 October, 3-5pm**. The sessions involve participants making various dishes together; they are able to enjoy some of the meal at the end of the sessions and make enough to take home to eat later.

The project aims to help individuals and families connect and enjoy the improved social outcomes associated with this. Places are limited; **to book please contact Sarah Harding** on 0407 542 560 or email sharding@junctionaustralia.org.au.

MARIONLIFE YOUTH

MarionLIFE Youth is back! This youth drop-in space for local 10 -17 year olds is held in our Youth Centre building between 3-5:30pm on Fridays during school terms and **starts again weekly from 27 October**.

This is a safe place to 'hang-out' with **fun activities, to learn life skills and enjoy a healthy light meal. All free!**

It will also provide the opportunity to access information about other relevant support services. **We look forward to seeing you there!!** Address is 887 Marion Rd, Mitchell Park (enter at rear).

This project is funded through the City of Marion Youth Development Grants Program. If you would like promotional material emailed or posted to you/your organisation please let us know via phone 82770304 or email info@marionlife.org.au.

COFFEE PODS

Marion Mugs is a weekly conversation, companionship and coffee group held each Monday between 9:30-11:30am with Carers welcome too. We were very grateful earlier this year to have a coffee machine donated to support the program and are **looking for donations of 50g coffee pods** to allow participants to enjoy a lovely drink each Monday. If you are able to donate coffee pods please let us know – we don't mind the brand. Contact us on 82770304 or info@marionlife.org.au or drop off in person to 887 Marion Rd, Mitchell Park.