

Community Services

Free Tax Help

After July 2018, help is available for low income earners needing assistance filling out and lodging your return online using myTax. Bookings essential.

Room Hire

Small & large rooms, projector/screen available. Kitchen facilities, disabled access. Call to discuss availability and rates.

Community Garden

Comprised of open space, raised vegetable beds, rose garden, native beds, composting bay and a shade house, our community garden is open for local residents to access and enjoy.

Watsonia Indoor Market

We are looking at rebuilding and relaunching our monthly market in 2018. If you are interested in contributing then please give us a call.

Diamond Valley Food Share

A voluntary organisation ensuring emergency food parcels are available to needy people in Banyule. We are a drop-off point and donations are collected weekly.

Recharge Point

If you use an electric wheelchair or scooter and you find yourself low on power, all you need do is call in and ask to "RECHARGE", we will be only too happy to help you out.

Greener Houses

We are committed to environmentally sustainable practices and promoting awareness within our community. See our website for more details.

Bright Spark Tutoring

Scholarship, selective entry, NAPLAN, primary and secondary academic tuition. VCE exam preparation. Ignite a spark for learning today!

Cohousing Banyule

Cohousing Banyule is a small group of people who want to be part of a better model for living: an intentional, multi-generational, diverse and sustainable community. Contact Jo for more information and meeting times on (03) 9077 0882 or cohousingbanyule@gmail.com

Volunteering

We offer a variety of volunteering positions. Volunteering is a great way to connect with and contribute to our community, learn new skills, make friends and meet Work for the Dole and Centrelink requirements. If you are interested please give us a call.

Food Rescue

We rescue edible and still fresh food (fruit, vegies, salad and bread) from going to landfill and make available to our local community. This program enables us to offer fresh food to disadvantaged people in our community as well as reduce food waste. Contact us for more info.

We would like to acknowledge the ongoing support of;



Banyule City Council



Department of Human Services

Inc A0024293B ABN 22400871456



Watsonia Neighbourhood House

Semester 1, 2018 Program

Participate | Learn | Be supported

Get to know your community through social connections



47 Lambourn Road, Watsonia Vic 3087

(03) 9434 6717 | admin@watsonianh.org.au

Office Hours: Mon-Fri 9:00am-3:00pm

www.watsonianh.org.au

Art & Creativity

Acrylic Painting for Fun and Leisure

Traditional European Folk Art incorporating the modern style of decorative painting. Start by learning brush control and colour mixing, add to this the use of painting mediums and you are ready to paint your own project for your home. Beginners to advanced painters, learn in a fun and friendly community class.



Day: Monday 9:30am - 12:00pm or 7:00pm - 9:30pm
Tuesday 9:30am - 12:00pm or 7:00pm - 9:30pm
Cost: \$200 per term

Artability

Learn in a friendly, supportive and social environment. This class utilises a mixture of art styles and mediums depending on the needs of the individual. Caters for people of all ages with special needs or disabilities. Carers and support workers welcome. BYO smock if required.



Day: Tuesday 10:00am - 12:00pm
Cost: \$121.50 (9 weeks in Term 1)
\$135 (10 weeks in Term 2) or \$15 trial class

Creative Art

Explore a variety of techniques and mediums in a friendly & social environment. Bring along your current art project and learn from our experienced art tutor. Beginner to advanced artists welcome.



Day: Tuesday 1:00pm - 3:00pm
Cost: \$121.50 (9 weeks in Term 1)
\$135 (10 weeks in Term 2) or \$15 trial class

Creative Encyclopedia

Join us as we create a personal Creative Encyclopedia of paper crafting. Each month explore two new techniques & projects, create samples and combine them with printed instructions to form your own reference book. We will also create two small projects using the techniques we have learned. Perfect for stampers and scrapbookers looking to build skills and stretch creativity. Newcomers welcome!



Day: Last Saturday of month 2:00pm - 4:00pm
Cost: \$20 per class
Starter kit of materials required for first class \$35

Scrapbooking

A fun and creative workshop for scrapbookers of all ages and stages! Bring your own project or make the monthly kit projects (kit costs apply). Join us as we preserve our family photos and stories and have some laughs along the way. Newcomers are always welcome!



Day: 1st Saturday of month 1:00pm - 5:00pm
Cost: \$10 per session (excludes kit)

Workshops - continued

Plastic Free July ***NEW***

Have you been inspired by ABC's War on Waste? Want to learn about what you can do in your household/community to decrease waste? Want to learn about how you can prepare for 'Plastic Free July'? Come along to our fun interactive discussion discussing waste reduction and Plastic Free July. Limited places, bookings essential.

Day: Wednesday 6th June 7:00pm - 9:00pm
Cost: \$5 per person

Positive Parenting ***NEW***

Learn how to achieve positive healthy relationships within our families, bring out the best in our children and parenting strategies that work. Limited places, bookings essential.

Day: Thursday 15 March 7:30pm - 9:30pm
Cost: \$20 per person

Preparing for Work ***NEW***

For people with intellectual, cognitive disabilities, on the autism spectrum or with mental health challenges This program will address gaps in key understandings relating to employment and effectively working with others. Topics covered include concept of employment, behaviours and expectations in the workplace, how to work with others, appropriate verbal communication skills, time management, transport options and pathways to further training, employment and community engagement. Carers and support workers welcome. Contact us for more information.

Survive and Thrive

This program provides opportunity for women who have experienced family violence to incorporate positive strategies into their lives to give them tools to break free from the cycle of family violence. Through constructive conversations we will work with women to be empowered, fulfil their potential and exercise their right to live without fear and explore personal development with dignity and respect. Contact us for more information.

Transition Towns ***NEW***

Transition Towns is a global initiative that aims to develop sustainable and resilient communities and making our local area a place we love to live in. We look at and discuss a range of topics including water, energy, food, transport, waste and consumption. Hear about the 6 transition town groups in Banyule, what's already happening (food swaps, community gardens, local climate action initiatives) and what else is being planned. Bring a plate, kids welcome.

Day: Sat 20 Jan, Sat 17 Mar, Sat 19 May 6:30pm - 9:00pm
Cost: Gold coin

Social Groups - continued

Scrabble - Competitive

Be stimulated, learn new words and make new friends. Beginners welcome.



Day: Tuesday 12:30pm - 4:00pm

Cost: \$4 per session

Scrabble - Social

Come and learn how to play scrabble and play a social fun game in a friendly and sociable atmosphere. All newcomers welcome.



Day: Wednesday 12:00pm - 3:00pm

Cost: \$4 per session



Social Art Group

Put time aside and get together with other creative people to work on your art. Support and learn from each other as well as make new friends with similar interests.



Day: Monday 1:00pm - 3:00pm

Cost: \$5 per session

Workshops

Basic Home DIY for beginners - Independent Living Skills

Do you have little fix it jobs around the house? Are you an absolute beginner? Then this class is for you. Learn from an experienced and patient handy man how to use basic tools and how to do simple jobs at home using proper and safe techniques. All ages and abilities are very welcome. Safety equipment provided.



Day: Wednesday 11:30am - 1:30pm (commencing term 2, 18th April)

Cost: \$60 (or \$12 concession) for 10 weeks

Composting ***NEW***

Learn how to efficiently compost food and garden waste. Bring any weeds or other additions you would like to learn how to compost. Wear appropriate outdoor clothing for the weather. Expect to get dirty!



Day: Sunday 25th Feb 10:00am - 12:00pm

Cost: Gold coin

Declutter for a Simpler Life ***NEW***

Learn how easy it is to de-clutter and organise every room in your house. You will leave with a better understanding of what your clutter is, and how to responsibly dispose of unwanted stuff. Come along and discover how easy it is to reduce, reuse, and recycle for a simpler life. Booking essential.



Day: Thursday 22th March 7:00pm - 9:00pm

Sewing & Craft

Boomerang Bag Making - sewing bees

Boomerang Bags tackles the problem of single use plastic pollution at a community level. We make reusable bags out of recycled materials and circulate them through our local community. Come along and join our friendly social group. No previous sewing skills required. Donations of materials are always appreciated.



Day: Wednesday 10:00am - 2:00pm (during term 1)

Cost: None

Creative Craft

Beginners to advanced crafters welcome to join our social and friendly class. Techniques include embroidery, cross stitch, knitting, crochet, tapestry, quilting. Bring along your project to work on.



Day: Friday 9:45am - 11:45am

Cost: \$61.25 (7 weeks in Term 1)

\$70 (8 weeks in Term 2) or \$15 trial class

Patchwork Quilting

Experience the challenge and joy of patchwork quilting using hand piecing, appliqué or a sewing machine. Learn to design your own personalized quilt and other items.



Day: Thursday 7:30pm - 9:30pm

Cost: \$78.75 (7 weeks in Term 1)

\$90 (8 weeks in Term 2) or \$15 trial class

Sewing Group

Learn in a friendly, supportive and social environment. Caters for beginners to advanced. In this group you can do dress-making, patchwork, mending. Sewing machines can be made available on request.



Day: Sat 17 Feb, 17 Mar, 19 May & 16 Jun 10:00am - 3:00pm

Cost: \$7 per session

Stitch and Craft for beginners

Techniques you can learn include crochet, knitting, hand sewing, rag rug making (out of fabric scraps) depending on the interest of the participant. This class is for all ages and abilities, carers/support workers are welcome to join in.



Day: Thursday 12:15pm - 2:15pm

Cost: \$61.25 (7 weeks in Term 1)

\$70 (8 weeks in Term 2) or \$15 trial class

Health & Fitness

Tai Chi ***NEW***

This gentle passive exercise promotes health, fitness and improves peace of mind. People of all ages, abilities and levels of fitness will feel refreshed. Please wear comfortable clothes.



Day: Thursday 12:00pm - 1:00pm
 Cost: \$112.50 (Term 1 - 9 weeks)
 \$125 (Term 2- 10 weeks) or \$15 trial class

Laughter Wellness and Yoga

A complete wellness workout and exercise routine. Breathing disciplines and laughter exercises to relax the body, reduce stress and anxiety and encourage positive thinking. Suitable for people of all ages and abilities.



Day: 1st & 3rd Friday of month 10:00am - 11:00am
 Cost: \$5 per session

Walking Group

Make new friends while keeping active and healthy.



Day: Monday 10:00am - 10:45am
 Cost: \$10 per term

Social Groups

Book Club

Have you read a fantastic book and longed for someone to talk to about it? Well here's your chance! Our facilitator will provide you with a book chosen by the group.



Day: 1st Thurs of the month 1:00pm - 3:00pm
 Cost: \$10 annual joining fee & \$4.00 per session

500 Card Club

Learn to play whilst enjoying the company of a friendly and social group who welcome new members.



Day: Friday 12:30pm - 3:30pm
 Cost: \$4 per session

Carers Support Group ***NEW***

Information sharing and mutual support for carers and parents of adult and late teens with autism.

Day: Tuesday 6:00pm - 7:30pm
 Cost: Gold coin

Social Groups- continued

Friendship Group

Meet and chat over morning tea. Make supportive new friends with similar interests. Friendship, mutual support and regular outings.



Day: Tuesday 9:30am - 12:00pm
 Cost: \$4 per session

I Am

This friendship group is for women experiencing social isolation. Gain improved self-confidence and motivation through establishing social connections while being part of a friendly and understanding group.



Day: Friday 10:00am - 12:00pm
 Cost: Gold coin

Men's Breakfast

Relax, chat and share in breakfast in a friendly social group atmosphere. The group meets at a local cafe. Call us for details.



Day: 4th Saturday of the month
 Time: 8:00am

Monday Games Night ***NEW***

A friendly social and inclusive evening, all ages and abilities welcome. Bring a board game, puzzle, something fun or simply come along.



Day: Monday 5th Mar, 9th Apr, 7th May, 4th Jun 7:00pm - 8:30pm
 Cost: Gold coin

Nell Street Painters

A social group of artists who inspire each other to improve our art and experience with different mediums and subject matter.



Day: Tuesdays 7:30pm - 9:30pm
 Cost: \$20 for the term or \$5 per session

Key dates 2018

Term 1: Mon 29 Jan - Thurs 29 March	Term 2: Mon 16 April - Fri 29 June
Labour Day: Mon 12 March	Anzac Day: Wed 25 April
Easter: Fri 30 March - Mon 2 April	Queens B'day: Mon 11 June