

## Community Services

### Free Tax Help

After July 2019, 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.

### 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.

### 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.

*Watsonia Neighbourhood House respectfully acknowledges and values the Wurundjuri willam people of the greater Kulin Nation as the first people of this land.*

We would like to acknowledge the ongoing support of;



Inc A0024293B ABN 22400871456



## Semester 1, 2019 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](mailto:admin@watsonianh.org.au)

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

[www.watsonianh.org.au](http://www.watsonianh.org.au)



watsonianh



watsonianeighbourhoodhouse

## 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  
Cost: Term 1 \$160 for 8 weeks Term 2 \$160 for 8 weeks  
Day: Tuesday 9:30am - 12:00pm or 7:00pm - 9:30pm  
Cost: Term 1 \$200 for 10 weeks Term 2 \$200 for 10 weeks

### 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: \$135 (10 weeks) 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: \$135 (10 weeks in Term 2) or \$15 trial class

### Happy Mail (card making)

Come join us for this monthly 2 hour class and learn how to make gorgeous handmade cards to send to family and friends. Each month we will focus on a different theme (birthday, baby, wedding etc) so this class is the perfect way to build yourself a stash of cards to have on hand for different occasions.

Day: 4th Saturday of month 1:30pm - 3:30pm  
Cost: \$20 per class

### Paper Crafternoon

Do you love scrapbooking, cardmaking or other paper crafting? Why not join in our Paper Crafternoon, held on the first Saturday afternoon of the month. You can bring your own paper crafting project, or purchase a kit on the day to play with. Come join us for a lovely social afternoon of fun and friendship, with some paper crafting goodness thrown in for good measure!

Day: 1st Saturday of month 1:30pm - 5:00pm  
Cost: \$10 per session (excludes kit)

## Workshops - continued

### Family Violence Mentoring and Support

We offer a number of services and referrals for women who are rebuilding their lives after experiencing family violence. We are committed to supporting women to be empowered, fulfill their potential and explore personal development in a safe and understanding environment. Contact us for a confidential conversation about how we can support you and your family.

### Sustainable Watsonia

Sustainable Watsonia provides opportunities for our local community to join together to build a more sustainable and resilient local community. Initiatives include food swaps, repair cafe, sustainable living workshops, transition streets and zero waste community lunches. Things are happening throughout the year so check our website or Facebook page for regular updates.

### Boomerang Bag Making - sewing bees

Help us tackle 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. No cost.

Day: Wed 10:00am - 2:00pm (with a break for a social lunch)

### Zero Waste Community Lunches and Food Swap

Join us for a monthly community lunch. Bring something to share ideally without any single use plastic. Have a chat with others about the challenges and successes of zero waste living. We will also have a food swap on the day, so you are welcome to bring excess produce from your garden or kitchen.

Day: Wed 27 Feb, 27 March, 24 April, 29 May, 26 Jun 12:30pm - 1:30pm

### Food Sharing Hub

Food share connects local community members with excess produce to share from their garden or kitchen. Items may include fruit, vegies, herbs, eggs, seeds, seedlings, worm juice, jams or baked goods. If you have something to share drop it in anytime and feel free to come and check the Food Sharing Hub for items you can use.

### 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 community to access and enjoy. Volunteers are always welcome to assist in the garden. Produce from the garden will be placed in the Food Sharing Hub.

## Workshops

### Be part of your community

Establish connections with community groups, find employment or volunteering opportunities, pursue further education or live more independently. This program will provide skills development and support to identify your life goals. Put practical steps in place to overcome barriers and achieve your aspirations.

Day: Wednesday (term 2) 9:45am - 11:45am

Cost: Free

### Community Hatha Yoga

A classical style of yoga done mindfully with awareness of mind, body and spirit. An encouraging and motivating class to suit any level of experience and fitness, with variations provided to suit individual needs.

Day: Thursdays 9:45am-11:00am

Cost: \$135 for 9 weeks or \$20 casual

### Harp for Happiness (Beginner)

Have fun making heavenly music with others. A social and friendly group, exploring the magic of the harp. No prior music experience required and harps supplied.

Day: Wednesday 10:00am - 11:30am

Cost: \$180 for 9 weeks

### Harp for Musos

Group class for people who already play an instrument and are curious about the harp. Harps supplied or you can bring your own.

Day: Tuesday 7:30pm - 9:00pm

Cost: \$180 for 9 weeks

### Job Wise

Are you looking for work and need some support? Join our 5 week program (2 sessions per week) to gain peer support and skills to assist you in finding employment opportunities. We will cover topics such as;

- How to write cover letters and winning resumes
- Career options to build on your existing skills
- Determine your career aspirations, skills and interests in different jobs
- Understanding how recruitment companies work
- Interview skills and practice sessions, how to answer tricky questions

Day: Week 1: Mon 6 & Thurs 9 May Week 4: Mon 27 & Thurs 30 May

Week 2: Mon 13 & Thurs 16 May Week 5: Mon 3 & Thurs 6 June

Week 3: Mon 20 & Thurs 23 May

Time: 10:00am - 12:00pm Cost: \$60 (full fee) or \$12 (concession)

## Sewing & Craft

### Boomerang Bag Making - sewing bees

Help us tackle 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.

Day: Wednesday 10:00am - 2:00pm (with a break for a social lunch) 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: \$70 (8 weeks) or \$15 trial class

### Dressmaking

Learn to make clothing of your choice and how to make the most of your sewing machine. Skills include pinning and cutting fabric, assembling and sewing. finishing off.

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

Cost: \$70 (8 weeks) or \$15 trial class

### Knitting and Crocheting

Would suit beginners to advanced. Learn the basics, build on your skills or just come and enjoy knitting and crocheting in good company. Bring along your project to work on.

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

Cost: \$70 (8 weeks) 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 personalised quilt and other items.

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

Cost: \$90 (8 weeks) or \$15 trial class

### Sewing Social Group

A friendly, supportive and social environment. In this group you can do dress-making, patchwork, mending. Sewing machines can be made available on request.

Day: Sat 16 Feb, 16 Mar, 18 May, 15 Jun 10:00am - 3:00pm

Cost: \$7 per session

## 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

### Family Games Night

Switch off your devices and join a friendly and inclusive evening for all the family. All ages and abilities welcome. Bring a board game, puzzle, something fun or simply come along.

Day: Monday 4 March, 1 April, 6 May, 3 June 7:00pm - 8:30pm

Cost: Gold coin

### 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 a welcoming place for women to socialise and connect. Gain improved self-confidence and motivation through establishing social connections in our local community.

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

### Men's Coffee Group

Join this friendly and welcoing group for a coffee at a local cafe. Call us for details.

Day: 2nd Thursday of the month Time: 10:00am

## Social Groups

### 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

### 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



### Small Talk - Young Parents Supported Playgroup

For young parents under the age of 25 years. By participating in this playgroup you will get tips and strategies to support your child's learning and development, interact in fun and engaging activities, meet other families with young children who live in your local area, have access to one-on-one support through optimal home coaching visits. For a referral to this group, contact your local Maternal and Child Health Nurse.

Day: Fridays 10:00am - 12:00pm Cost: FREE

### 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

### Walking Group

Make new friends while keeping active and healthy.

Day: Monday 10:00am - 10:45am

Cost: \$10 per term