

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.

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;



Inc A0024293B ABN 22400871456



Semester 2, 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
Cost: Term 3 \$200 for 10 weeks Term 4 \$200 for 10 weeks
Day: Tuesday 9:30am - 12:00pm or 7:00pm - 9:30pm
Cost: Term 3 \$200 for 10 weeks Term 4 \$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

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 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

Paint Pour

This will be a fun workshop. There are no rules, only options. No inhibitions only creativity. Lots to learn. Bring along your favourite acrylic colours to work on 2 small canvases and watch the paints and the mediums work their magic.

You will not be able to take your art home on the day as it will need time to dry and this could take 2-3 days. It can be collected the following week

Day: Saturday 13th October 10:00m - 1:00pm
Cost: \$75 including mediums and supplies

Small Talk - Young Parents Supported Playgroup **NEW**

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

Survive and Thrive - Family Violence Mentoring and Support

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 about session times. Cost is free.

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 14 Jul, 11 Aug, 8 Sep, 13 Oct 6:30pm - 9:00pm

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. Contact us for dates.

Enhancing accessibility to community connections **NEW**

This program will provide support and skills development to establish connections with community groups, employment opportunities or further education, for people with intellectual, cognitive disabilities, on the autism spectrum or with mental health challenges. Carers and support workers welcome.

Day: Weekly from Monday 13 Aug for 10 weeks 10:30am - 1:00pm
Cost: Free

Harp for Health and Happiness

Have fun making heavenly music with others. A social and friendly group, exploring the magic of the harp. No prior music experience required. Each program runs weekly for 5 weeks.

Day: Weekly from Tues 17 July to 14 Aug 7:30 - 9:30pm (5 weeks)
Weekly from Tues 21 Aug to 18 Sep 7:30 - 9:30pm (5 weeks)

Cost: \$75 for 5 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, skills to assist you in finding employment opportunities, applying for jobs and interviews. 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 20 & Thurs 23 Aug
Week 2 Mon 27 & Thurs 30 Aug
Week 3 Mon 3 & Thurs 6 Sept
Week 4 Mon 10 & Thurs 13 Sept
Week 5 Mon 17 & Thurs 20 Sept

Time: 10:00am - 12:00pm

Cost: \$60 (full fee) or \$12 (concession)

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
(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



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: \$90 (8 weeks) 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 16 Jun, 21 Jul, 18 Aug, 15 Sep, 20 Oct, 17 Nov
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

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

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 2 Jul, 13 Aug, 3 Sept, 1 Oct, 5 Nov, 3 Dec
 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

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

Walking Group

Make new friends while keeping active and healthy.



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

