

THE BUZZ @



Term 2, 2019

Arndell Park Community Centre



Term 2, 2019

Term 2 will continue to bring new and exciting programs at Arndell Park Community Centre. Join our mailing list now (email: arndellparkcc@wyndham.vic.gov.au), to be kept up to date with the latest information. Check out our program listing too. There is something for everyone. **Wyndham Youth Services** will continue to be based at the centre and they will be introducing a number of new programs for Term 2, including an after school skills building program “Café Exchange” and exercise programs. If you are a parent or care-giver of a young person and have any questions, queries or suggestions you would like to contribute please get in contact with us at youthinwyndham@wyndham.vic.gov.au or call the centre on 8734 8911.

Each Term we will be providing short informative articles giving you a brief explanation of the First Peoples local history within in Wyndham, this term we kick it off with the below.

Introduction to the First Peoples in Wyndham

The Kulin Nation refers to an alliance of five Aboriginal tribes in south central Victoria. The collective traditional territory for the tribes of the Kulin Nation extends around Port Phillip and Western Port, up into the Great Dividing Range and the Loddon and Goulburn River valleys. Below is a listing of the language groups and the tribes associated with that language group.

- Woiwurrung (Woy-wur- rung) – **The Wurundjeri People**
- Boonwurrung (Bun-er- rung) – **The Bunurong or Boonerwurrung People**
- Wathaurung (Wath-er- rung) – **The Wathaurong People**
- Daungwurrung (Tung-ger- rung) – **The Taungurong People**
- Dja Dja Wrung (Jar-Jar wrung) – **The Dja Dja Wurrung or Jaara People.**



CALENDAR OF EVENTS—ARNDELL PARK COMMUNITY CENTRE—TERM 2

Date	Program/Event Name	Contact
23 Apr	Term 2 starts	***
25 Apr	ANZAC Day—Public Holiday	***
10-17 May	Neighbourhood House Week—Community Lunch Hour event 13 May	Arndell Park Comm Centre
27 May-3 Jun	Reconciliation Week—contact the comm centre for more info about event	Arndell Park Comm Centre
5 Jun	World Environment Day	***
10 Jun	Queens Birthday—Public Holiday	***
16-23 Jun	Refugee Week—contact the comm centre for more info about event	Arndell Park Comm Centre
1-14 Jul	NAIDOC Week —contact the comm centre for more info about event	Arndell Park Comm Centre



Wyndham Council acknowledges the Woiwurrung and Boonwurrung peoples of the Kulin Nation as the Traditional Owners of the land on which Arndell Park Community Centre is built.

CALD NDIS Information session
for culturally diverse communities
Ethnic Communities' Council of Victoria



**DISABILITY and the
NATIONAL DISABILITY INSURANCE SCHEME (NDIS)**

This is a FREE event specially targeted at ethnic people with disabilities, their families and carers, who have questions about the NDIS

When: 8th May 2019 10:00 am – 12:30 pm

Where: Plaza Library, Pacific Werribee Shopping Center

Address: Shop MM11, Level 1, Derrimut Road Werribee

What to expect:

- What is the NDIS?
- How do I access the NDIS?
- How can the NDIS help me (also if I am not eligible)?
- Call or email us if an interpreter is needed

For any questions or to BOOK contact: Hanaa Grave, hgrave@eccv.org.au

NDIS Community Engagement Project Officer (03) 9354 9555



KARATE TRIAL \$20.00
2 CLASSES
FREE UNIFORM ON SIGN UP (UNIFORM VALUED AT \$70)

TARNETT
Penrose Promenade Comm. Centre
83 Penrose Promenade
TARNETT

LAVERTON
Laverton Community Hub
95-105 Railway Avenue
LAVERTON

TRUGANINA 1
Arndell Park Community Centre
29-49 Federation Blvd
TRUGANINA

TRUGANINA 2
Truganina P-9 College
55 Clearwood Drive
TRUGANINA

0416 333 115
www.twinsmartialarts.com.au
facebook.com/twinsmartialarts

info@twinsmartialarts.com.au

VALID – FREE NDIS Course @ Arndell Park CC

5 Sessions (29/05, 05/06, 12/06, 19/06, 26/06) – 5pm-9:30pm.

OUTLINE OF COURSE:

The Families as Planning Partners Course covers:

- Assisting parents/families of people with disability with updates on the changes in the disability services area.
- Getting ready for transition to the NDIS (National Disability Insurance Scheme)
- NDIS planning – now and for the future
- How the NDIS Individual funding and support can work for you

This five week course will cover:

Wed 29th May Session 1. NDIS introduction and the Families' role

- an intro to the what, how and who gets the NDIS
- what is the families' role in light of the NDIS?

Wed 5th June Session 2. Getting your point across effectively!

- being aware of how I communicate
- communicating your needs with the NDIS, workers and services

Wed 12th June Session 3. NDIS Planning & Why have a PCP

- the benefits of having a person-centred plan (PCP)
- the NDIS planning process

Wed 19th June Session 4. The NDIS funding & purchasing process

- managing your funding package
- engaging and purchasing services

Wed 26th June Session 5. Consolidating your plan!

- building the information in your NDIS plan
- consolidating the information for your family members' 'Whole of Life' plan

Attendees are asked to commit to attending the whole course. Attending one or two sessions is not an option.

Contact Donna Shaw donna@valid.org.au or call 0402 757 987 Expression of Interest by 15th May 2019 (places are limited)

Programs and Activities

EARLY YEARS	DAY & TIME	INFORMATION	COST
<p>Arndell Park Playgroup A multi-racial playgroup for mums/carers with children aged between 0 and 5 years old. Planned craft activity each week, followed by free play, stories and songs.</p>	<p>Mondays 9.30am-11.30am (School Term only)</p>	<p>Arndell Park Playgroup arndellparkplaygroup@yahoo.com.au Joanne 0449 911 591 Facebook: Find & Like 'Arndell Park Playgroup'</p>	<p>\$50 – 1 child OR \$60 – 2 or more children</p>
<p>Pre-School Songs & Story Time Interactive song and story session for pre-school children. Children and caregivers participate together in a fun and relaxing environment.</p>	<p>Wednesdays 10.00am-10.30am 11.00am-11.30am (School Term only)</p>	<p>Arndell Park Community Centre 8734 8911 arndellparkcc@wyndham.vic.gov.au Bookings and Registrations Essential</p>	<p>FREE</p>
<p>Japanese Playgroup Come along and meet local Japanese parents, in this parent run playgroup. Read Japanese books, sing Japanese songs as well as crafts and outdoor play.</p>	<p>Tuesdays 11.30am-1.30pm (School Term only)</p>	<p>Miho 0422 264 672 pointcookjppg@gmail.com</p>	<p>Fees Apply</p>
<p>Spanish Speaking Playgroup Come along and meet local Spanish families in this parent-run playgroup.</p>	<p>Fridays 12.00pm-2.00pm (School Term only)</p>	<p>Monica 0430 209 605 Facebook: Find & Like "Playgroup Pequenos Exploradores"</p>	<p>Fees Apply</p>
<p>Ummi & I Little Muslims Playgroup A fun and supportive place for mum's, female carers and pre-schoolers to enjoy crafts, stories, play and friendships.</p>	<p>Thursdays 10.00am-12.00pm (School Term only)</p>	<p>Aafrin 0433 224 877</p>	<p>\$45 per term</p>
<p>Chinese Playgroup Come along and meet other local Chinese families. Make new friends and let the kids interact with others.</p>	<p>Thursdays 1.00pm-3.00pm (School Term only)</p>	<p>0450 705 455</p>	<p>Fees Apply</p>
<p>Ummah Jameelah Playgroup Inc 3+ Activity Group Islamic rostered playgroup 3-4yrs. 3hr weekly program. Play based structured activities.</p>	<p>Thursdays 9.30am-12.30pm</p>	<p>0430 494 262 Ummah.jameelah@hotmail.com</p>	<p>Fees Apply</p>
<p>Wyndham City Council First Time Parents Group Meet friendly local parents, talk about your kids and have fun! Share experiences, get advice, give support and make new friends. Introduction to solids, baby massage and getting to know your baby also available.</p>	<p>Mondays 1.00pm-4.00pm</p>	<p>9742 8148 www.wyndham.vic.gov.au select Maternal and Child Health in 'Services' * **Bookings Essential***</p>	<p>FREE</p>
<p>Maternal & Child Health Wyndham City Maternal and Child Health Services offer professional nursing support and advice for parents with children from birth to school age.</p>	<p>Various</p>	<p>9742 8148 www.wyndham.vic.gov.au select Maternal and Child Health in 'Services' ***By appointment only**</p>	<p>FREE</p>
<p>Australian Breastfeeding Association Breastfeeding Education class.</p>	<p>Saturdays 1st Saturday of the Month 12.00pm-5.00pm</p>	<p>Australian Breastfeeding Association 9690 4620 www.breastfeeding.asn.au info@breastfeeding.asn.au</p>	<p>Fees Apply</p>
<p>3 + 4 year old Kindergarten Council owned and operated Kindergarten. Enrol your child online.</p>	<p>Various</p>	<p>Kindergarten Enrolment Officer 9742 8147 www.wyndham.vic.gov.au</p>	<p>Fees Apply</p>



Kumon Truganina

We are pleased to announce that Kumon Truganina nurtured our first Mathematics Completer Victoria Fu in the month of March 2019. Big congratulations to the Fu Family for supporting Victoria through her study and perseverance over the years. Victoria started with the Math Program over 5 years ago back in Malaysia and with her parents' migrating to Australia, she resumed her Kumon study with us from last year. As Kumon is a global program, this helped Victoria and her brothers take advantage of keeping the

continuity of the program even across countries. Victoria is currently preparing for her VCE this year and believes that Kumon Math has helped her excel and keep ahead of her concepts at school right from the start and even with the change of countries and curriculum. Victoria is also currently doing Math Methods at high school and often assists kids at Kumon Truganina to give back to her local community and gain work experience.

The Kumon Math and English Program ranges from preschool levels, all the way up to Year 12. Please contact the instructor on kumontruganina@gmail.com if you are interested to find out more.

Ummi n I Muslim Playgroup at Arndell Park Community Centre

A note from Aafirin (Playgroup Leader).

Our focus for the term was Allah Al Qaliq (The Creator). Along with Surah Fatiha recitation, rhymes and story time..

We also had a few incursions organised by our Council Liaison Officer including;

- the Kinder Enrolment Officer visit and
- the Saver plus officer from The Smith Family, both were really informative sessions.

We represented our Muslim multicultural playgroup in the form of an Islamic clothing parade and provided Henna art at the Arndell Park Harmony Day event on 21st March.



We finished the term with an end of term party with kids dress ups and yummy food...

All in all we had an amazing Term 1 with the support of the lovely team at Arndell Park Community Centre.

ACE LEARNING

ACE Learning Centre offers tutoring in English and Mathematics for students from K – 10 each Saturday morning at Arndell Park Community Centre between 9.30am and 11.30am. The ACE Learning Centre package aligns with the Australian School Curriculum and each tutor has a maximum of 4 students per session. Students are helped to develop independent study habits and lifelong learning skills through this programme. ACE Learning Centre provides a complimentary Assessment for potential students. Individual Learning Programmes are developed by the centre for each student, based on their current learning progress.

For an obligation free student assessment and information about the programme, please call Stephen Errock (retired Primary School Principal and ACE Learning Centre Manager) on 0419 253 463.

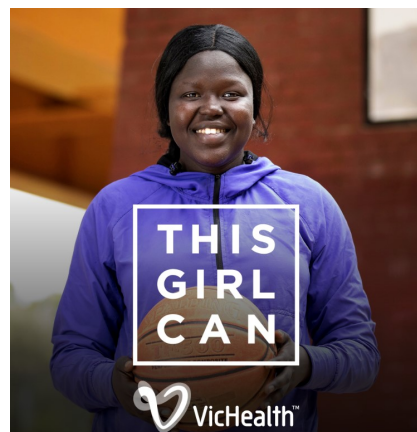
This Girl Can Physical Activity for Women

We are pleased to announce Wyndham City Council will be supporting VicHealth's This Girl Can initiative! This Girl Can is dedicated to encouraging more women to give physical activity a shot, or return to an activity after a break. There will be some great low-cost or free activities right around Wyndham and across Victoria, all designed to inspire women to get active. Whether that's to try something new, return to a long-lost activity or visit your local activity provider for a friendly catch-up. There'll be a range of fun and inclusive activities at local gyms, community groups and sports clubs including Zumba, Thai Chi, Pilates, Yoga, Lawn Bowls, Walking Groups and much more throughout May.

Activities will be inclusive, non-judgemental and accessible for women of different ages, body shapes and abilities. Get your friends together and give something a go!

Visit thisgirlcan.com.au to find out more and discover [activities and events](#) happening across Wyndham www.wyndham.vic.gov.au/thisgirlcan

For further information, contact Wyndham City Council, Community Wellbeing and Inclusion on 9742 0777 Communitywellbeing&inclusion@wyndham.vic.gov.au



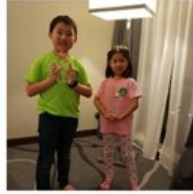
Programs and Activities

EARLY YEARS continued...	DAY & TIME	INFORMATION	COST
Immunisations Free childhood immunisations. Held in Community Rooms 1 & 2.	Tuesdays & Thursdays 1.00pm-2.00pm 23/4, 2/5, 21/5, 6/6, 18/6, 4/7	Environmental Health 9742 0736 No booking required	FREE
KIDS—YOUNG PEOPLE	DAY & TIME	INFORMATION	COST
Tiny Tutus Beginners Ballet class for children from 18months to 7years.	Tuesdays 9.00am-11.30am	1300 245 060 www.tinytutus.com.au	Fees Apply
Abacus 4 Kids Innovative & fun way for kids to learn mathematic skills and enhance concentration.	Tuesdays 4.30pm-6.00pm Wednesdays 4.30-7.30pm	Jaslyn Toh 0406 946 069 abacus4kids@gmail.com	Fees Apply
Curtain Call Dance Academy Beginners ballet for ages 2-12yrs. Kids combo class in jazz, tap and ballet for all ages.	Wednesdays 3.30pm-5.00pm	www.curtaincalldance.com.au 0421 720 932 Curtain Call Dance Academy ccdaenquiries@gmail.com	Fees Apply
Kumon Math's & English Programs Kumon Method of learning is suitable for children of all ages and abilities starting from preschool age all the way up to high school level.	Mon & Thurs 3.30pm-7pm Tues & Fri 3.30pm-6.00pm	Munmun S Agarwal 0477 992 354 kumontruganina@gmail.com	Fees Apply
Ace Learning The 'Ace Package' comprises Maths and English Programmes <i>aligned</i> to the Australian Curriculum.	Saturdays 9.30am-11.30am	Stephen Errock 0419 253 463	Fees Apply
Flash Taekwondo Taekwondo is not only about fighting - it also helps you gain self-confidence, balance, self-defence, physical skills, co-ordination and concentration skills.	Tuesdays & Thursdays 4.00pm-9.00pm	Nenad 0412 536 552 www.flashtaekwondo.com.au	\$40 per fortnight or \$80 per month
Wyndham City Council Youth Drop In Space 12-25yrs If you are a young person between the ages of 12 to 25, come along and hang out in our chill out zone and help us decide what we should do this year!	Wednesdays 3.30pm-6.00pm	youthinwyndham@wyndham.vic.gov.au 8734 8911	FREE
Twins Martial Arts Our core martial arts is traditional Shotokan Karate where we offer classes for children from 4yo to 15yrs.	Wednesdays 4.00pm-6.00pm Saturdays 8.30am-12.00pm	Sensei Lay or Ken 0416 333 113 twins.martialarts@gmail.com www.twinsmartialarts.com.au Facebook: Find and Like 'Twins Martial Arts'	Contact for further details
Indian Bollywood & Bharatanatyam Classes Rachana Natyalaya has become one of the foremost centres for Indian, classical and folk dance forms in Australia. For adults and children.	Mondays 4.00pm-6.00pm	Archana Koorthy 0432 161 933 koorthy@gmail.com www.rachananatyalaya.com	Contact for further details



Ummi n I Muslim Playgroup

Congratulations to Team Australia!



Abacus 4 Kids

Congratulations to the teachers and students from Abacus 4 Kids.

22 countries partook, and nearly 800 students from all over the world participated.

Great job to our Team Australia!

4 students were 3rd Runner Up, 3 students were 2nd Runner Up and 1 student was 1st Runner Up. We are so proud of you!

If you would like to find out how abacus can help your kids to improve in their maths learning, please contact us at 0406 946 069 or email to info@abacus4kids.com.au.

Free trial lesson is available.

Tiny Tutus

Tiny Tutus Pre-School Ballet is celebrating it's 10 year birthday and there is no better time to join!

Tiny Tutus offers ballet classes for baby ballerinas as young as 16 months and for princesses up to 5 years of age. Beautiful early childhood ballet lessons, taught by our quality Tiny Tutus trained specialist teachers.

Visit our website for membership and timetable information www.tinytutus.com.au or call us on 1300 245 060.



Club 60 enjoying yoga class



Harmony Day celebration 21st March

Programs and Activities

RECREATION & LEISURE	DAY & TIME	INFORMATION	COST
<p>Community Lunch/Hour Program Home style cooked lunch and enjoy our Community Hour, where we ask the community to tell us what you like about Wyndham, or share a joke, or tell a story, or perhaps sing a song, anything at all we'd love to hear from you.</p> <p>Gold Coin Donation \$\$\$</p>	<p>Mondays 12.30pm-1.30pm</p>	<p>Contact Arndell Park Community Centre to book your place 8734 8911 arndellparkcc@wyndham.vic.gov.au</p>	<p>GOLD COIN DONATION\$\$\$</p>
<p>Clubbercise Easy to follow dance and aerobic based workout to club anthems from the 90's and today's hits with glow sticks and disco lights in a darkened room.</p>	<p>Mondays 7.00pm-8.30pm</p>	<p>Ashleigh 0450 000 133 urbanfitnesspt@gmail.com</p>	<p>Fees Apply</p>
<p>Goss Choir Community choir, which meets every Wednesday, open to all ages and all abilities.</p>	<p>Wednesdays 7.00pm-9.30pm</p>	<p>Victoria gosscommunitychoir@gmail.com 0403 742 414 www.gosscommunitychoir.wix.com/goss-choir-glee</p>	<p>Fees Apply</p>
<p>Learn to Crochet Learn to crochet . Everyone welcome. FREE FREE FREE</p>	<p>Mondays 11.30am-1.00pm</p>	<p>8734 8911 arndellparkcc@wyndham.vic.gov.au</p>	<p>FREE</p>
<p>Ethio-Australian Youth Education and Cultural Services Inc African-Australian focused exercise program. More exciting programs to come, contact for further info.</p>	<p>Saturdays 8.00am-11.00am</p>	<p>Tsion 0435 286 697 tsionhgrima@hotmail.com</p>	<p>Contact for further information</p>
<p>Women's Only Exercise Group FREE casual women's movement group, focusing on exercise for all levels of fitness.</p>	<p>Thursdays 10.00am-11.00am</p>	<p>Register your interest; 8734 8911 arndellparkcc@wyndham.vic.gov.au</p>	<p>FREE</p>
<p>Pilates—Reclink 10 week Pilates program. Book your place. FREE FREE FREE</p>	<p>Fridays 9.30am-10.30am</p>	<p>8734 8911 arndellparkcc@wyndham.vic.gov.au</p>	<p>FREE</p>
EDUCATION & TRAINING	DAY & TIME	INFORMATION	COST
<p>Wyndham Community & Education Centre Each course runs for 10 weeks. Computer Courses Available:</p> <ul style="list-style-type: none"> • First Steps Computer Skills (Beginner) • Computer Skills (Advanced) • Next Steps Computer Skills (Intermediate) • Developing office skills 	<p>Contact the community centre for further details on all computer classes</p>	<p>Classes start in May Arndell Park Community Centre 8734 8911 arndellparkcc@wyndham.vic.gov.au ***SPACES LIMITED*** ***BOOKINGS ESSENTIAL***</p>	<p>\$40 for non-concession or \$25 with Concession Card</p>
<p>Conversational English Classes This is a FREE program that supports and provides adults from non-English backgrounds a chance to practice their English skills in a fun friendly environment.</p>	<p>Wednesdays 12.00pm-2.30pm</p>	<p>Arndell Park Community Centre 8734 8911 arndellparkcc@wyndham.vic.gov.au Contact us to book your seat.</p>	<p>FREE</p>
<p>U3A University of the Third Age Over 50's weekly computer classes for beginners.</p>	<p>Tuesdays 10.00am-3.00pm</p>	<p>Don 9749 2798 Don.hx@optusnet.com.au</p>	<p>Contact for further details</p>

**STARTS MON 29th April
BOOK YOUR SEAT**

NEW

NEW

NEW

Interested to engage more people in your group, club or organisation?
Then why not run a free learning activity for the Wyndham Learning Festival.

Event Registration Open 1st April – 31st May
The 2019 Wyndham Learning Festival

Fill in an events registration form and return by the 31st of May to ensure your event is included in the printed program guide.

Return forms to contact@wynlearnfestival.org.au

Events Registration forms here - <http://www.wynlearnfestival.org.au/register-your-event/>

The Learning Festival is in its fourth year now, and we are keen to build on our success and engage new groups and people in sharing and celebrating lifelong learning. Activities for the festival should be free during the Festival, in Wyndham and during the week of 1-8 September.

The learning events can be big or small, for any age group and for various interests. The Festival's diverse range of activities include gardening, craft, cooking, music, sports, coding, IT, art, and environmental activities – there is something for everyone! Signature events in 2019 will include Wyndham's own war on waste with a keynote by Craig Reucassel; the Young Scientist of Wyndham Competition; the Wyndham Park Party in the Precinct and the ever-popular Rhyme Time at the Werribee Zoo.

So, whether it be a talk, tour, display, presentation, exhibition, film, tryout class, workshop, game, competition, open day etc., as long as it is about free learning in Wyndham we are interested to hear your ideas.

More information can be found www.wynlearnfestival.org.au and Facebook @WynLearnFestival #wynlearnfest19



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training
TOID 3695

Certificate III In Education Support (CHC30213)

Work in the classroom as a Teacher's Aide
FREE \$0 tuition for eligible students*

Why study Education Support with bestchance Training?

- bestchance Training is in the top 25% of RTO's in Victoria
- We're a not for profit organisation
- We provide 167 programs across Victoria
- 84% of our students gain employment after graduating, which is 20% more than the state average

Course delivery

Course starting: 3rd June 2019, 9.30 - 3pm
Two days a week (Mon & Tues) for 10 to 12 months

Where: Dohertys Creek P-9 College,
60 Elmhurst Rd, Truganina, VIC 3029

*This certificate is free of charge for students who are eligible for government funding.



Take your first step towards working in a school today!
Limited places available – Find out more (P)1300 224 644

Delivered by Victorian and Commonwealth Government funding. We encourage people from diverse backgrounds and disabilities to apply. TOID 3695



E enquiries@bestchance.org.au
P 1300 224 644
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ECECW-v1

www.bestchance.org.au



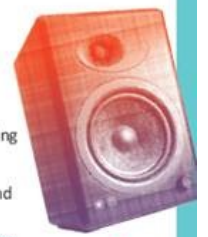
DO YOU KNOW YOUR NEIGHBOURS?

STREET PARTIES ARE A GREAT WAY TO MEET YOUR NEIGHBOURS, SHARE A MEAL AND MAKE NEW FRIENDS.

These small-scale get-togethers are a great way to bring the neighbourhood together with events that are welcoming, friendly and fun.

Wyndham City has a new application process and handy user's guide for hosting street parties in your neighbourhood.

To find out more about how it works and what's involved visit:
www.wyndham.vic.gov.au/streetparties
or call 9742 0777.



Club 60 who once a week cook for Melbourne Tautoko Whanau translated to Melbourne Supporting Families, a program for homeless people. Helen represents the Tautoko Whanau in this picture.

Programs and Activities

FAITH, CULTURAL & COMMUNITY GROUPS	DAY & TIME	INFORMATION	COST
Chinese speaking friendship group	Mondays 10.00am-11.30am	Arndell Park Community Centre 8734 8911 arndellparkcc@wyndham.vic.gov.au	FREE
Indian speaking friendship group	Fridays 11:30am-2.00pm		
Bhartiya Seniors Melbourne Inc Indian Seniors Friendship group.	Tuesdays 11.00am-1.30pm	Suresh 0404 197 186	FREE
Williams Landing Estate Residents' Association (WLERA) Local residents association with a keen focus on establishing a local community garden. Regular gardening workshops and activities.	Monthly Regular gardening workshops (TBC)	Ask at Arndell Park Comm Centre or email wlera3027@gmail.com Facebook: Find & Like 'Williams Landing Estate Residents Association'	Contact for further details
Australian Malayalee Islamic Association Arabic & Malayalam language classes, faith based activities.	Saturdays Fortnightly 5.00pm-9.00pm	Zameel 0406 074 185	Contact for further details
Melbourne Shwetambar Jain Sangh Inc Jain Faith based activities.	Sundays Fortnightly 8.00am-12.00pm	Nimit 0433 074 461	Contact for further details
Centre for Reform Education and Development Somali cultural and language study.	Saturdays 11.00am-2.00pm Sundays 12.00pm-3.00pm	Mohamed qurdanka@gmail.com	Contact for further details
Bhartiya Seniors Associations Inc Seniors Friendship Group.	2nd Saturday of each month 1.30pm-4.00pm	Sudha 0432 489 584 arndellparkcc@wyndham.vic.gov.au	Contact for further details
Overseas Chinese Christian Mission (OCCM) Our worship service is bi-lingual, using Mandarin and English.	Sundays 3.00pm-7.00pm	Charles 0425 747 008	Contact for further details
Club 60 Tarneit Social group for Senior Indians.	Wednesdays and Thursdays 1.00pm-4.00pm	Sunil Abbot 0449 101 455 sunilabbott54	FREE
Wyndham Oromo Community Oromo/Arabic language and reading classes for young people, promoting bilingual skills and improving literacy.	Saturdays 11.00am-4.00pm Sundays 2.00pm-5.00pm	Shazeli Osman 0422 135 347	Contact for further details



Club 60 ladies celebrating Holi Festival with Arndell Park staff

FAMILY VIOLENCE PREVENTION INFORMATION

What is physical violence?	What is emotional abuse?
Kicking, hitting, slapping, punching, strangling, biting, pushing, pulling, shoving, throwing, objects, grabbing you to stop you from leaving or to force you to go somewhere.	Name calling, insulting, constant criticizing, screaming, threatening, to hurt you or your children or to have your children taken away, preventing you from seeing family or friends, telling what to wear.
What is financial abuse?	What is sexual abuse?
Denying you access to your earnings or financial information, preventing you from working, denying you money for necessities, deliberately trying to get you fired by harassing you at work.	Rape, forcing you to have sex, pressuring you to perform sexual acts when you don't want to, unwanted rough or violent sexual activity, sexual comments, kissing or touching.
FAMILY VIOLENCE INFO AND SERVICES	CRISIS SUPPORT CONTACTS
<p>Safe Steps—24hr CRISIS support line: 1800 015 188 OR 9322 3555</p> <p>1800 RESPECT—National Counselling Helpline: 1800 737 732</p> <p>Domestic Violence Resource Centre Victoria: www.dvrcv.org.au</p> <p>The Men's Referral Service (Referrals for male perpetrators): 1300 766 491</p> <p>Multicultural Centre for Women's Health: 1800 656 421</p> <p>CoHealth Family Violence Counselling: 8398 4178</p>	<p>POLICE/EMERGENCY: 000</p> <p>Lifeline: 13 11 14</p> <p>Werribee Police Station: 9742 9444</p> <p>Wyndham North Police Station: 8734 1100</p> <p>Safe Steps: 1800 015 188</p> <p>INTOUCH (MULTICULTURAL CENTRE AGAINST FAMILY VIOLENCE): 1800 806 292</p>



Arndell Park Community Centre offers the following services for **FREE**...

- Access to hearing loop (please call to book)
- Access to disabled and family toilet facilities and shower facilities
- Wi-Fi (throughout centre)
- Internet Café (opening times vary, check centre for details)
- Book Swap (donations welcome)
- Café area, Chill Out Zone, & Outdoor patio
- Access to main kitchen (FREE Tea and coffee)

Maternal & Child Health Care
Call 9742 8148 for all appointments.

Arndell Park 4yr old Kindergarten
Call 9742 8172 for all enquiries.

If you have an article you would like published in "The Buzz" contact us for more information at Arndell Park Community Centre, arndellparkcc@wyndham.vic.gov.au or call 8734 8911.

Do you know
a **VOLUNTEER** that
makes a world of
difference?

Nominate them for one of the
**2019 WYNDHAM COMMUNITY
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