

Brimbank Neighbourhood Scoop

TERM 3 2021

The Update

Hello Brimbank!

We hope you are staying warm as we officially hit winter! As we go to publication with this edition we find ourselves back in lockdown after a COVID outbreak in Melbourne. Let's hope this lockdown does the trick to contain this outbreak!

Given the current circumstances, programs and events in this edition may need to be cancelled, postponed or moved online. For up to date information, please go to Instagram and Facebook @bccneighbourhoodhouses. You can also find up to date program information at <https://learning.brimbank.vic.gov.au>. Contact numbers can also be found on Page 10 of this newsletter.

The Brimbank Council Neighbourhood Houses Unit (NHU) has been super busy supporting our communities with programs and working with others in a variety of initiatives to support Brimbank people to grow and flourish.

We are all hoping the recent COVID outbreak is short-lived and we encourage our community to continue to get tested if you have any symptoms, and get vaccinated as soon as you can. People over the age of 40 are now eligible to be vaccinated. For testing sites, go to <https://www.coronavirus.vic.gov.au/where-get-tested-covid-19>. We all play an important role in keeping our community safe during these uncertain times. Your local Community Centre or Neighbourhood House is a good place to get information about testing and vaccination.

Each year Neighbourhood House Victoria (NHVic) host awards to recognise and celebrate the valuable work of Neighbourhood Houses and Community Centres on a state-wide level. The five award categories correlate with several of the United Nation's Sustainable Development Goals. These categories are Reducing Inequalities, Climate Action, Gender Equity, Social Enterprise, and Community Resilience.

This year, the winner of the Reducing Inequalities Award was our very own Sydenham Neighbourhood House's BRIMBANK LIVE, a digital radio platform supporting young people to connect and learn through media production in partnership with Making Media Australia. Participants receive training in writing, hosting and production of radio shows and podcasts. It is aimed at young people experiencing structural disadvantage, and allows them to unpack issues important to them, on their terms. Conceived during the pandemic as a way of supporting young people to feel connected, the platform provides opportunities to showcase the talents and experiences of young people in relation to mental health, gender and racial diversity, and career pathways.

We are all super proud of the BRIMBANK LIVE team! Make sure you go and check out the many amazing podcasts and video created by young people at <https://www.livefm.online/brimbank-live>.

Our friendly Neighbourhood House and Community Centre staff are here to support you during these uncertain times. Please contact us if you need assistance and we will do our best to help

Stay safe and stay warm!



Front Row: Ralph Barber (Making Media Aust.), Roshani Jayawardana, Lydia Tesema. Back Row: Liss Gabb and Mohammed Isah at the Neighbourhood House Vic awards ceremony.

Neighbourhood House Week 8-14 May 2021

Brimbank NHU celebrated the week with a pop-up Neighbourhood House at Derrimut Shopping Centre. This community engagement event provided opportunity for community members to discover and get a taste of activities offered at their local centre. Adults and seniors were able to join a creative floral art making session, whilst children walked away with an artistic balloon. Native hibiscus plants were provided as a give-away to raise awareness and encourage conversations about 'Sorry Day'. More than 50 families from Derrimut and surrounding areas were engaged, with most never having heard of a community centre/neighbourhood house before. Community members expressed interest in children's programs, Men's Shed, basic home maintenance and basic car maintenance programs. The event provided a way to take the temperature on the awareness of Neighbourhood Houses in the Derrimut community, and create ideas for outreach and programming.



Mary, Phuong and Ellen ready to engage with the Derrimut community.

Invest in You: Reducing Gambling Harm Project

The post COVID rush back to the pokies has hit Brimbank hard. In the past 4 months our community has spent 54 million on the machines, with up to a 25% increase in daily losses that peaked in February at \$482,169.00 per day. These are the highest losses ever recorded in Victoria and research tells us that between one-half and two-thirds of these are incurred by people experiencing harmful levels of gambling. The Victorian Responsible Gambling Foundation advises that people who play the pokies

more than once a week, for more than 30 minutes at a time, may also be at risk of gambling harm.

The 'Invest in You' project is working with Brimbank communities to design gambling harm awareness raising campaigns and promote and provide alternatives to gambling. We look forward to showing you the outcomes during August and September.

Place a sure bet and Invest in You!



If you or someone you know needs support, please contact Gambler's Help on 9296 1234 or 1800 858 858 or visit www.gamblershelp.com.au

Reflections of 2020 Quilt

During the 2020 COVID lockdown, Keilor's Quilting and Patchwork Group met weekly via Zoom where plans were made to create a quilt to reflect on the times. Participants completed one or two 'squares' to contribute to the quilt. Upon returning to face to face programming, the group came together to join their 'squares' to form the Reflections of 2020 Quilt which will be displayed at Keilor Community Hub. A morning tea will be held at Keilor Community Hub in June to celebrate the completion of the project.



Some of the members of the Keilor Quilting and Patchwork Group proudly showing off their creation.

iTaukei Culture Celebrations

The iTaukei Culture class students (based at West Sunshine Community Centre) demonstrated their learnings at a recent celebration. Young Fijian students honoured their teacher - community elder 'Netani Coriakula' from a chiefly family of Matuku, with traditional Fijian ceremonies at his 60th birthday celebration. The weekly class commenced online via Zoom during lockdown in 2020 and transitioned to in person delivery at West Sunshine Community Centre in Term 1 2021.



The beautiful and colourful event involved a traditional opening ceremony, cultural presentations including the presentation of the first grandchild (above) to the chief, traditional dance performances (above) and food.

Heart Health Day

Brimbank Neighbourhood House Unit joined forces with the Western Clinic School to deliver a day of free health checks and heart-friendly food demonstrations at Westvale Community Centre on the 6th of May. The local community received free health education and screening by medical students

whilst the young aspiring doctors learned about healthy Asian dishes and cooking methods.



A community member undergoing a health check during Heart Health Day.

Discover Learning in Brimbank

Neighbourhood Houses have many more programs than those contained in this newsletter. For a full and up to date list of our programs, go to Discover Learning in Brimbank at

<https://learning.brimbank.vic.gov.au/>



You can search by 'Category', 'Venue' or simply type key words in the search box.

To browse by Category, click on one of the categories listed in the coloured icons. A listing of all available programs at all venues will appear. To browse by Venue, move the mouse to 'Browse by Venue' for a list of venues.

Select the venue and left click on the mouse to bring up the listings of all available programs for that venue. Click on the program name (in blue) to see the full program details.

If you cannot access Discover Learning in Brimbank online, contact the Neighbourhood House/Community Centre directly. See contact details on last page.

Term 3 Programs

The venue for all programs are listed throughout. For the address and contact details for each venue, go to the last page.

Arts & Craft

All Abilities Art n' Craft

Venue: Westvale Community Centre

Monday 19 July-23 August

10am-11.30pm - \$60 (6 sessions)

Develop your creativity and create your own masterpieces in this inclusive and fun class.

Creative Carers Group

Venue: Hunt Club Community & Arts Centre

Mondays 28 June-13 September

10am-12noon – No Charge (12 sessions)

Join with other carers to support each other through sharing, painting and being creative. BYO materials

Delamates - Social Group

Venue: Delahey Community Centre

Tuesdays 13 July-14 September

10-12noon – No charge (10 sessions)

Bring in your craft project. Share skills and learn from others. Enjoy a cuppa.

Knitting and Crochet Group

Venue: Keilor Community Hub, 704B Old Calder Hwy, Keilor

Tuesdays 13 July-14 September

10am-12noon – No charge (10 sessions)

A social group to share your interest in knitting and crochet. Bring your projects to work on.

Mosaic Tiling Workshop

Expressions of Interest

Venue: Westvale Community Centre

Tuesdays

10am-2pm (1st session),

10am-12noon (2nd session)

Make a beautiful and unique work of art using your chosen pattern and a wide selection tiles and grout.

Pattern Making for Beginners

Venue: Delahey Community Centre

Wednesdays 21 July-8 September

6-8pm - \$120 (8 sessions)

Learn basic pattern making techniques to create individual designs for made to measure garments.

Quilting and Patchwork Group

Venue: Keilor Community Hub, 704B Old Calder Hwy, Keilor

Mondays 12 July-13 September

10am-2pm – No charge (10 sessions)

A social group to share your interest in quilting and patchwork. Bring your projects to work on.

Sewing for Beginners

Venue: Delahey Community Centre

Mondays 19 July-6 September

6-8pm - \$120 (8 sessions)

Understand your sewing machine, learn skills, techniques and pattern adjustments.



Events

Men's Health Week

Venue: Westvale Community Centre

Thursday, 17 June

10.30am-12.30pm - No charge

Men's Shed host Men's Health Week with discussions important to men and a community BBQ.

Youth Week – Youth Day Out

Venue: Delahey Recreation Reserve

Friday 2 July

12-3pm – No charge

Enjoy food, live music and dance. Join a soccer tournament or play mini-golf, football and/or rugby. Phone 9249 4224 or email

sydnh@brimbank.vic.gov.au to enquire or to book.

Family & Children

Art and Design for Kids (6-12 years)

Venue: Hunt Club Community & Arts Centre

Saturdays 17 July-4 September

9-10.30am - \$108 (8 sessions)

Learn art techniques and experiment with different media in a supportive environment.

Fun 4 All (12-18 years)

Venue: West Sunshine Community Centre

Wednesdays 21 July-15 September

4.30-5.30pm - \$9 (9 sessions)

Exercise your way to being fit in this sports program. Healthy snacks provided.

Hip Hop & Afrobeats Dance (5-12 years)

Venue: West Sunshine Community Centre

Tuesdays 20 July-14 September

4-5pm - \$18 (9 sessions)

Express yourself through fun dance moves and perform in a showcase (optional).

Indoor Soccer (7-14 years)

Venue: West Sunshine Community Centre

Mondays 19 July-13 September

4-5.30pm - No charge (9 sessions)

Improve your soccer skills and be part of a team.

Kids Computer Hub (8-12 years)

Venue: Sydenham Neighbourhood House

Wednesdays and Fridays during school terms

Computer access for children to complete homework and school activities after school.

Kids Hip Hop (6-12 years)

Venue: Delahey Community Centre

Thursdays 22 July-9 September

4-4.45pm - \$40 (8 sessions)

Learn the latest hip hop dance moves.

Kids Yoga (6-12 years)

Venue: Delahey Community Centre

Tuesdays 20 July-7 September

4pm-5pm - \$40 (8 sessions)

Nurturing and fun environment to practice yoga poses, yoga style games, self-calming and breathing skills. Mindfulness and reflective activities.

Kids Zumba (5-12 years)

Venue: Sydenham Neighbourhood House

Tuesdays 13 July-14 September

4-4.45pm - \$50 (10 sessions)

Engage in a fun dance fitness class.

Pastel Drawing for Kids (8-12 years)

Venue: Hunt Club Community & Arts Centre

Monday 19 July-6 September

4-5.30pm - \$108 (8 sessions)

Learn to draw more realistically including techniques using colour to create forms such as eyes, faces, and shiny objects.

Spread the Code Coding Club (Year 3-6 students)

Expressions of Interest

Venue: Westvale Community Centre

Wednesdays during school terms

4-5pm

Learn to code and make games, direct animated stories, solve puzzles and program robots.

Sydenham Family Activity Group

Venue: Sydenham Children's Centre, 7 Community Hub Sydenham.

Tuesdays during school terms

10am-12noon - \$35/30 concession (10 sessions)

Facilitated group for parents/caregivers with newborn to five years.

We Got You Mentoring & Support

Venue: West Sunshine Community Centre

Fridays 23 July-17 September

4-6pm - No Charge (9 sessions)

Peer to peer mentoring, after school learning, cooking, dance, reading, board games and sport.



Gardening

Delahey Dirt Dwellers

Venue: Delahey Community Centre

Starting Tuesday 20 July

10am-12noon – No charge

Come along to share your gardening skills, learn from others and enjoy a cuppa.

Home Gardening Workshop

Venue: Westvale Community Centre

Saturday 7 August

10am-12noon - No charge (1 session)

Learn more about planting herbs and vegetables

Health, Fitness & Wellbeing

Ballroom Dance Lessons

Venue: Sydenham Neighbourhood House

We offer a series of dance lessons with experience teachers at different times and various skill levels.

BollyX Low

Venue: Delahey Community Centre

Mondays 19 July-6 September

5.30-6.15pm - \$72 (8 sessions)

Low impact Bollywood dance for beginners, people with joint issues, arthritis, post-injury, pre-or post-natal and over 50s.



BrimActive Exercise

Venue: Delahey Community Centre

Wednesdays 21 July-8 September

6.15-7pm - \$40 (8 sessions)

A private workout space for women, suitable for all levels and abilities.

Chair Yoga & Meditation (all levels of experience and all abilities)

Venue: Keilor Community Hub

Wednesdays 14 July-15 September

9.30-10.20am – \$50 (10 sessions)

A combination of gentle exercise and meditation exercises in a peaceful and relaxing space.

Easy Yoga

Venue: Westvale Community Centre

Fridays 16 July-10 September, fortnightly

10.30-11.30am - \$25 (5 sessions)

Suitable for seniors, beginners and people with mobility issues.

Ezee Tennis-Day

Venue: West Sunshine Community Centre

Tuesdays 20 July-14 September

12.30-2pm - \$39 (10 session pass or \$6 casual)

Thursday 22 July-16 September

12.30-2pm - \$39 (10 session pass or \$6 casual)

A modified indoor racquet game based on tennis for all ages and abilities.

Keenagers Table Tennis

Venue: West Sunshine Community Centre

Tuesdays 20 July-14 September

10am-12noon - No charge (9 sessions)

Thursday 22 July-16 September

10am-12noon - No charge (9 sessions)

Enjoy fun and social games of table tennis.

Pilates, Yoga and Relaxation

Venue: Hunt Club Community & Arts Centre

Tuesdays 20 July-7 September

7.30-8.30pm - \$68 (8 sessions)

Friday 23 July-10 September

12.15-1.15pm - \$68 (8 sessions)

Learn techniques for breathing, flexibility, body strength and de-stress your mind. BYO Yoga mat.

Walking Groups

Venue: Cairnlea Community Hub

Mondays Tuesdays & Wednesdays

12 July-15 September

9.30-10.15am – No charge (10 sessions)

Walking pace: Fast or slow-medium sessions

Venue: Delahey Community Centre

Tuesdays 13 July-14 September

9-10am – No charge (10 sessions)

Walking Pace: Medium

Health, Fitness & Wellbeing (continued)

Walking Groups (continued)

Venue: West Sunshine Community Centre

Wednesdays 21 July-15 September
10am-12noon -No charge (9 sessions)
Walking pace: Slow-medium

Venue: Westvale Community Centre

Wednesdays 21 July-15 September
9.20-11am -No charge (10 sessions)
Walking pace: Slow-medium

World Music Fitness

Venue: Keilor Community Hub, 704B Old Calder Hwy, Keilor

Thursdays 15 July-16 September
6.15-7pm - \$50 (10 sessions)
A high impact fusion of aerobic exercise and movement to music from around the world.

Zumba

Venue: West Sunshine Community Centre

Mondays 19 July-13 September
6-7pm - No charge (9 sessions)
Enjoy fun dance moves and music.

Women's Only Zumba

Venue: Delahey Community centre

Thursdays 22 July-9 September
1.15-2pm – \$40 (8 sessions)
Fun high energy Latin fitness class.

Language

Fijian iTaukei Culture

Venue: West Sunshine Community Centre

Tuesdays 20 July-14 September
6-8pm - No Charge (9 sessions)
For young adults of iTaukei ethnicity. Learn about heritage, language (Bauan), protocols and customs.

Practice Your English

Venue: Delahey Community Centre

Tuesdays 13 July-14 September
1-2.30pm – No charge (10 sessions)
Informal English conversation group facilitated by a volunteer.

Men's Shed

Social and Woodworking Sessions for Men

Venue: Westvale Community Centre

Monday 12 July-13 September – Social group
Thursday 15 July-16 September – Woodwork group
9.30am-1pm - No charge (10 sessions)
An informal skills exchange and recreational session. BYO materials. Women's sessions on Tuesdays.

School Holiday Programs

Basketball Clinic (8-16years)

Venue: West Sunshine Community Centre

Thursday 8 July
4.30-6pm – No charge (1 session)
Enjoy drills and social game play while improving your basketball skills and learning new techniques.

Boys Baking (10-13 years)

Venue: West Sunshine Community Centre

Thursday 8 July
11.30am-2.30pm - \$15 (1 session)
Learn basic baking skills and take recipe home to recreate for your family.



NAIDOC Week – Indigenous Games Session (8-16 years)

Venue: West Sunshine Community Centre

Wednesday 7 July
2-4pm – No charge (1 session)
Come and try the Yulunga Traditional Indigenous Games session to learn, appreciate and experience aspects of Indigenous culture.

School Holiday Programs (continued)

Family Table Tennis

Venue: [Sydenham Neighbourhood House](#)

Fridays 2 July and 9 July

10am-2pm - No charge (2 sessions)

Bring the family together while keeping fit and socialising with others.

Hip Hop Dance (6-12 years)

Venue: [West Sunshine Community Centre](#)

Wednesday 30 June

11am-12noon – No charge (1 session)

Venue: [Westvale Community Centre](#)

Thursday 1 July

10.30am-12noon, No charge (1 session)

Beginners dance workshops.

Kids Zumba (5-12 years)

Venue: [Sydenham Neighbourhood House](#)

Wednesday 30 June

11.45am-12.30pm or

Wednesday 7 July

10.30-11.15am – No charge (2 sessions)

Engage in a fun dance fitness class. Parents welcome.

Lego Robotics (10+ years)

Venue: [Delahey Community Centre](#)

Tuesday 29 June or 6 July

10am-12noon – No charge (sessions)

Learn how to design build and control your own vehicle/robot.

Race to the Ocean Arts n' Crafts (6-12 years)

Venue: [Westvale Community Centre](#)

Thursday 1 July

12.30-1.30pm – No charge (1 session)

Fish, crab, octopus or seahorse? Have fun creating colourful ocean creatures using recycled materials.

Smart Sprouts Gardening Club (6-12 years)

Venue: [Westvale Community Centre](#)

Friday, 2 July

10.30am-12noon- No charge (1 session)

Learn to grow and care for your own vegetables and herbs. Compost to fight climate change.

Skills Development/ Education/Employment

ATO Tax Help

Venue: [Delahey Community Centre \(via Zoom\)](#)

Friday 9 July or 16 July

9am-12noon – No charge (2 sessions)

Join this online Zoom to assist with your tax return.

Register for Zoom link.

Barista Course

Venue: [Sydenham Neighbourhood House](#)

Fridays 20 August and 27 August

9.30am-3.30pm - No charge (2 sessions)

A practical course designed to prepare people for work or training in the vibrant café scene.

Beyond your Resume

Venue: [Brimbank Learning Futures \(via zoom\)](#)

Every Wednesday

1-3pm - No charge

One and one assistance with resume writing, cover letters, key selection criteria and online applications.

Computer Course – Beginners Level

Venue: [Sydenham Neighbourhood House \(via Zoom\)](#)

Mondays 9 August–13 September

10am-1pm - \$145/\$120 (6 sessions)

Learn all the basics to get you up and running.

Financial Worries – One on One Support

Venue: [Sydenham Neighbourhood House](#)

Fridays 16 July-10 September, fortnightly

10am-2pm – No charge (5 sessions)

A representative from Good Shepherd is onsite for one on one assistance.

Job Search Club

Venue: [Westvale Community Centre](#)

Wednesdays 14 July-1 September

11am-12noon - No charge (8 sessions)

Get help with your resume, cover letter, interview skills and finding job leads.

Melbourne Airport Railing Session

Venue: [Brimbank Learning Futures \(via zoom\)](#)

Thursday 3 June

4-6pm - No charge (1 session)

Learn about railing construction, where and when it will start and qualifications needed.

Skills Development/ Education/Employment (continued)

Money and Me Workshops

Venue: [Sydenham Neighbourhood House](#)

Budgeting – Getting started

Thursday 19 August

10am-12noon – No charge

Learn money management skills to make better financial decisions.

Moving On Moving In

Thursday 26 August

10am-12noon – No charge

Learn about all the services that can assist you in moving into a new house.

Superannuation and Taxation

Venue: [Brimbank Learning Futures](#)

Thursday 24 June

5.30–6.30pm – No charge (1 session)

Have your super and taxation related questions answered.

Young @ Heart

Venue: [Sydenham Neighbourhood House](#)

Last Thursday of each month

4-5pm – No Charge (29 July, 26 August & 16 September)

Seniors learn to set up and navigate social media platforms from our youth volunteers.

Social Activities

SunnyWest Seniors

Venue: [West Sunshine Community Centre](#)

Tuesdays 20 July–14 September

11am-3pm - \$27 (9 sessions)

Over 50's activity program. Tea, coffee and light lunch provided.

Wednesday Coffee Club (all levels of experience and all abilities)

Venue: [Sydenham Neighbourhood House](#)

Wednesdays 14 July-15 September

10am-12noon – \$50 (10 sessions)

Enjoy a coffee and weekly activities such as arts and crafts and games.

In This Together Parents Group Support

Venue: [Westvale Community Centre](#)

Thursdays 29 July-16 August

10-11.30am - No charge (8 sessions)

Connect with other parents and children from the special-needs community and share experiences.

Young People

Drawing Intensive (12-17 years)

Venue: [Hunt Club Community & Arts Centre](#)

Saturdays 17 July-4 September

11am-12.30pm - \$128 (8 sessions)

Focus on observational drawing. Learn to use line, tone, shape, shadow and texture to create form.

Drop in Study Sessions (Year 7-12 students)

Venue: [Sydenham Neighbourhood House](#)

Tuesdays 13 July-14 September

4-5pm – No charge (10 sessions)

In partnership with Equal Ed, run by skilled tutors currently studying at university in various fields.



The House! (12-25 years)

Venue: [Sydenham Neighbourhood House](#)

Mondays and Wednesdays during school terms

4-6pm – No charge

For young people, facilitated by young people comprising music production, dance and more.

Youth Week Zine and Storytelling

Venue: [Westvale Community Centre](#)

29 June 2021

1-3pm – No charge (1 session)

Join other young queer people of the West to tell your story and make a zine. Registration required.

Contact

Cairnlea Community Hub

59 Carmody Drive, Cairnlea 3023

P 9249 4800 E cairnleacommunityhub@brimbank.vic.gov.au

Delahey Community Centre

80 Copperfield Drive, Delahey 3037

P 9249 4900 E delaheycc@brimbank.vic.gov.au

Office hours: Monday-Friday – 9am-4pm

Hunt Club Community and Arts Centre

775 Ballarat Road, Deer Park 3023

P 9249 4800 E huntclubarts@brimbank.vic.gov.au

Office hours: Monday-Friday – 9.30am-4.30pm

Keilor Community Hub

704B Old Calder Hwy, Keilor 3036

P 9249 4224 E keilorcp@brimbank.vic.gov.au

Customer Service office hours: Monday-Friday 8.45am-5pm

Sydenham Neighbourhood House

102/Level 1, 1 Station Street, Sydenham Community Hub, Taylors Lakes 3038

P 9249 4224 E sydnh@brimbank.vic.gov.au

Office hours: Monday-Thursday – 9am-6pm, Friday – 9am-5pm

West Sunshine Community Centre

25 Kermeen Street, West Sunshine 3020

P 9249 4555 E wsc@brimbank.vic.gov.au

Office hours: Monday-Friday – 9am-5.30pm

Westvale Community Centre

45 Kings Road, St Albans 3021

P 9249 4665 E westvale@brimbank.vic.gov.au

Office hours: Monday-Friday – 9am-5pm

Brimbank Learning Futures

80B Harvester Road, Visy Cares Hub Building, Sunshine 3020

P 9249 4116 E learning@brimbank.vic.gov.au

Office hours: Monday-Friday – 9am-5pm

**[brimbank.vic.gov.au/community/
neighbourhood-houses-and-community-centres](https://brimbank.vic.gov.au/community/neighbourhood-houses-and-community-centres)**

*All information in this edition of Brimbank Neighbourhood Scoop was correct at the time of publishing. For the latest information about the impacts of COVID-19 on Council's services visit **brimbank.vic.gov.au***