

Brimbank Neighbourhood Scoop



TERM 3 2022

Update

As winter approaches and the Brimbank community continues to be impacted by COVID-19 as well as the cold and flu season, it is a timely reminder for us to protect ourselves and our loved ones. The Victorian Government is providing free flu vaccinations for everyone aged six months and over.

For more information go to <https://www.health.vic.gov.au/news/free-flu-vaccinations-for-all-victorians>. Information about COVID-19 vaccination boosters can be found at <https://www.health.gov.au/initiatives-and-programs/covid-19-vaccines/getting-your-vaccination/booster-doses>.

Council's Neighbourhood Houses and Community Centres returned to Term 2 with full service! This included resuming full opening hours, re-introducing programs at the Centres, recommencing hire groups with function hire and the return of community events. We hosted Yarning Circles, Author and Artist talks, Exhibitions, a Cultural Infusion event, Neighbour Day and Neighbourhood House Week events.

We also held a series of pop up morning and afternoon tea events to provide an opportunity for the community to share their ideas and needs. Staff met with program participants, community groups, stakeholders and importantly, members of our community. The sessions also provided staff the opportunity to check in with community members who have been absent from our spaces post COVID lockdown.

We gained a wealth of knowledge from this experience. Feedback received was not only positive, but also identified ways to complement our existing programs to better meet community needs. An immediate outcome from these sessions includes community led initiatives such as more physical activity at no charge. Community members identified areas for improvement and indicated they would like to continue such discussions on a more regular basis.

NAIDOC Week

NAIDOC Week 2022 'Get Up! Stand Up! Show Up!', was celebrated with an Art Exhibition that showcased artwork that honours local Aboriginal and Torres Strait Islander culture, history and achievements. More details on Page 5.

For upcoming events go to our Facebook and Instagram accounts

@bccneighbourhoodhouses or

<https://www.brimbank.vic.gov.au/events>

Brimbank Learning Futures (BLF)

Job readiness and learning are being taken to new heights through the launch of a Hospitality Skills Training and Mentoring Program. This program will play a vital role in our post COVID-19 pandemic recovery effort. It provides participants with accredited and practical experiences in hospitality and related industries.

In the coming weeks BLF will be partnering with local organisations to provide a number of courses in allied health. Come along to learn information on the industry and participate in job readiness workshops. BLF strives to ensure that local people develop the skills and experience to gain and sustain employment across many industries, while creating skilled and motivated individuals to fill the staffing needs across a number of sectors.

To find out more or register your interest, email BLFVisyCaresHub@brimbank.vic.gov.au

Reduce Gambling Harm - Invest in You

The Neighbourhood Houses Unit supports this Brimbank City Council initiative promoting alternatives to gambling that have positive economic, social and health outcomes.

invest
in you



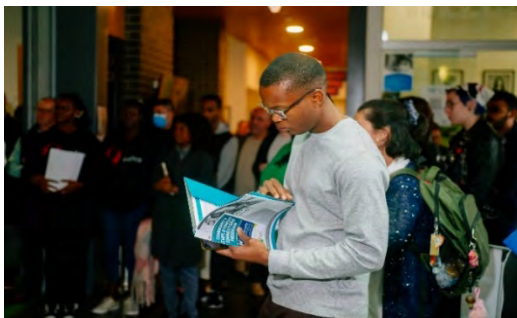
Place a sure bet [Invest in You](https://yoursay.brimbank.vic.gov.au/invest-in-you),
<https://yoursay.brimbank.vic.gov.au/invest-in-you>.

What's NExpo?

During National Careers Week (15-21 May), Brimbank Learning Futures (BLF) delivered their first event post COVID lockdown – What's NExpo?

This fun and relaxed event was designed to make local community members feel comfortable to connect to job networks, employers and education institutions. It also provided the opportunity for BLF staff to engage with a wider audience and inform people how BLF can assist them in their education and employment journey.

More than 150 local Brimbank residents attended this event. We hope What's NExpo? can become an important annual event for the community.



Above: Images from the What's Nexpo? Event held at Visy Cares Hub on 20 May

After School Shack

The St Albans Community Youth Club (The Tin Shed) in partnership with Brimbank City Council are running an after-school drop in program for secondary school students at the Tin Shed at 303A Main Road East St Albans. This initiative is aimed at supporting youth participation in programming and to develop a youth-led strategic plan to guide future services for young people.



The Tin Shed currently offers table tennis, art activities, music and snacks. The program runs every Wednesday from 3–4.30pm during school terms. Feel free to drop in and say hi!

Swim School Enrolments - Brimbank Aquatic and Wellness Centre



Enrolments are now open to get access to this new state-of-the-art facility.

As a Learn to Swim member you will get:

- Guaranteed LOWEST rate available
- Family discounts when enrolling for 2 or more
- Weekly lessons run over school terms
- 7 day aquatic access outside of lesson times
- A splash park with slides and water features
- 2 huge waterslides
- Reciprocal access to Sunshine Leisure Centre

To enrol visit our Information Office at 90 Taylors Rd Keilor Downs, contact us on 9249 4635 or email swimschool@brimbank.vic.gov.au with your details.

Term 3 Programs

Bookings are essential for all programs. To register for programs, please go to <https://www.trybooking.com/> and search the name of the program or use centre's postcode. For assistance, please contact the respective centres for guidance.

Arts & Craft

All Abilities Art n' Craft

Venue: Westvale Community Centre

Fridays 22 July – 9 September

1-2.30pm - \$80 (8 sessions)

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

Art Meet-UP

Venue: Hunt Club Community and Arts Centre

Wednesdays 29 June – 6 July

10am-12noon – No charge (2 sessions)

Wednesdays 7 September – 28 September

10am-12noon – No charge (4 sessions)

All abilities untutored art space. Come and work on your art with fellow artists, stay for a cuppa and a chat afterwards. BYO materials.

Carers Create & Connect Group

Venue: Hunt Club Community and Arts Centre

Tuesdays 28 June – 13 September

10.30am-12.30pm – No charge (12 sessions)

For carers to come together in a relaxing atmosphere and work on their art and craft projects. All levels welcome. BYO materials.

Chinese Brush Painting Meet Up

Venue: Delahey Community Centre

Tuesdays 12 July – 13 September

1-3pm – No charge (10 sessions)

Come along, learn and share your Chinese brush painting skills with others. BYO materials.

Craft Group

Venue: Hunt Club Community and Arts Centre

Fridays 15 July – 2 September

10-11.30am - \$32 (8 sessions)

Learn craft skills from an experienced tutor and make a variety of colourful objects. Materials included.

Crafty Cards

Venue: Cairnlea Community Hub

Wednesday 20 July & 17 August

10.15-11.45am (2 sessions)

Learn to make a different card each session. All levels are welcome. Materials included.

Crafty Chats

Venue: Westvale Community Centre

Fridays 15 July - 16 September

11am-1pm – No charge (10 sessions)

Bring along your favourite craft or unfinished project or just come for a cuppa and great company. All welcome.

Creative Carers Group

Venue: Hunt Club Community and Arts Centre

Monday 27 June – 12 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 12 July – 13 September

10am-12noon – No charge (10 sessions)

Enjoy a cuppa, share your craft skills and learn handy craft tips from others.

Dressmaking & Sewing – Beginners to Advanced

Venue: Westvale Community Centre

Tuesdays 12 July - 13 September

7-9pm - \$150 (10 sessions)

Saturdays 16 July - 17 September

12.30-2.30pm - \$150 (10 sessions)

3-5pm - \$150 (10 sessions)

Learn to sew, read patterns and make garments. BYO sewing machine or borrow one from the centre (limited).

DIY Screen Printing

Venue: Westvale Community Centre

Monday 5 September

9.30am-12.30pm – No charge

Learn how to create your own screen print and different ways to create patterns. To book go to

<http://brimbanklibraries.vic.gov.au>

Arts & Craft (cont'd)

Hand Building

Venue: Hunt Club Community and Arts Centre

Wednesdays 3 August - 7 September

10.30am-1pm - \$195/\$165 conc (6 sessions) or

Fridays 5 August – 9 September

10.30am-1pm - \$195/\$165 conc (6 sessions)

Use techniques of coiling, slab work and pinch pots to develop sculptural works and functional forms.

Beginners welcome. Includes starter clay. BYO apron, towel and tools.

Handcrafted Jewellery-Making

Venue: Westvale Community Centre

Fridays 5 August - 19 August

10am-12noon – \$30 (3 sessions)

Design and create one of a kind accessories with instruction from a local maker. Suited for all skill levels.

Machine Embroidery & Sewing Group

Venue: Cairnlea Community Hub

Saturday 16 July, 6 & 20 August, 3 & 17 September

11am-4pm - \$7 or \$5 per session for members

(Non-members up to 3 sessions pa) payable at session. \$55 annual membership paid to Australian Sewing Guild.

Create interesting garments and accessories using a range of sewing techniques. Call Kerrie Thomas on 0408 337 381 or kerriethomas.kt@gmail.com

Quilting and Patchwork Group

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

Mondays 11 July – 12 September (10 sessions)

10am-2pm – No charge OR

Tuesdays 12 July – 13 September (10 sessions)

10am-12noon – No charge

A social group to share your interest in quilting and patchwork. Bring your projects to work on. Please enrol in one of the courses listed above.

Quilting Group

Venue: Delahey Community Centre

Tuesdays 12 July – 13 September

6-9pm – \$30 (10 sessions)

Stitch, sew and share ideas in this quilting teaching group. BYO sewing machine and materials.

Sewing for Beginners in Arabic (Expression of Interest)

Venue: West Sunshine Community Centre

Learn to sew, read patterns and make your own clothes. BYO sewing machine or borrow one from the centre (limited). Please register your interest to join this program by emailing

wsc@brimbank.vic.gov.au or call 9249 4555.

Sewing for Beginners in English (Expression of Interest)

Venue: West Sunshine Community Centre

Learn to sew, read patterns and make your own clothes. BYO sewing machine or borrow one from the centre (limited). Please register your interest to join this program by emailing

wsc@brimbank.vic.gov.au or call 9249 4555.

Sun Printing and Tie Dying

Venue: Westvale Community Centre

Monday 12 September

9.30am-12.30pm – No charge

Bring in a garment and use all the skills from our collective brain trusts to give a retired garment a new life. To book go to

<http://brimbanklibraries.vic.gov.au>

Visual Arts Together

Venue: Hunt Club Community and Arts Centre

Wednesdays 13 July – 31 August

10am-12noon - \$80 (8 sessions)

Creative arts program for older people and those living with disability. Stay for a cuppa and a chat afterwards.

Watercolour Painting Advanced

Venue: Hunt Club Community and Arts Centre

Thursdays 4 August – 15 September (excludes 1 September)

12.30-3pm - \$135/\$114 conc (6 sessions)

Learn traditional watercolour painting techniques and create paintings that you will be proud to display. BYO materials.

Watercolour Painting

Beginners/Intermediate

Venue: Hunt Club Community and Arts Centre

Thursdays 4 August – 15 September (excludes 1 September)

1-3.30pm - \$135/\$114 conc (6 sessions)

Learn traditional watercolour painting techniques and create paintings that you will be proud to display. BYO materials.

Arts & Craft (cont'd)

Western Art Group

Venue: Hunt Club Community and Arts Centre

Thursdays 30 June – 15 September

11am-1pm – No charge (12 sessions)

Come together to explore art and ideas, work on your own projects, giving feedback and support in a friendly atmosphere. Expressions of interest to join the group are welcome. BYO materials.

Wheel Throwing

Venue: Hunt Club Community and Arts Centre

Thursdays 4 August – 8 September

6-8.30pm - \$195/\$165 conc (6 sessions)

Make clay forms on the wheel such as bowls, cups, mugs and vases. Hand building also available.

Includes starter clay. BYO apron, towel and tools.

Did you know the Hunt Club Community and Arts Centre is heritage listed? It is also the only council operated Community Centre with an in-house, state of the art pottery studio. Our facilities include kiln firing and glazing services, pottery wheels and qualified tutors, allowing us to deliver low cost pottery workshops and courses to all levels of experience and ages.

Community Consultations

Connect & Chat

Venue: Sydenham Neighbourhood House

Monday 11 July 10.30am-12noon

Thursday 14 July 1-2.30pm

Join us for a cuppa and chat, tell us about your interests or simply register for Term 3 programs and events with the assistance from our friendly staff.

Light refreshments provided.

West Sunshine Community Centre

Monday 15 August or Thursday 8 September

1.30-2.30pm – No charge

Join us for afternoon tea and share your ideas and needs to co-design programs and activities with us. Phone 9249 4555 to register.

Events

Adult Learners Week –

2-8 September

Go to our events page on www.brimbank.vic.gov.au

to find out what is happening at your local Neighbourhood House/Community Centre to celebrate Adult Learners Week and more!

NAIDOC Week Art Exhibition

Venue: Hunt Club Community & Arts Centre

Friday 14 June to Thursday 28 July

9.30am-4.30pm during weekdays – No charge

Opening Event: Thursday 14 July 12noon–2.30pm

Aunty Jean Mason is from Wilcannia, the Bakandji people, the river people known as the Baaka.

Discover her artwork detailing stories and rich cultural knowledge passed down by her mother.

Register online via Trybooking:

<https://www.trybooking.com/CADFI>

Gambling Harm

Venue: Westvale Community Centre

Monday 15 August

10.30-11.30am - No charge

Presented by IPC Health. Understand how and why gambling has become a problem, the effects on your relationships and links to services that can help you.

Family & Children

Art and Design for Kids (6-12 years)

Venue: Hunt Club Community & Arts Centre

Saturdays 16 July – 3 September

9-10.30am - \$120 (8 sessions)

11am-12.30pm - \$120 (8 sessions)

Learn art techniques and experiment with different media in a supportive environment. Produce a range of artworks to take home.

Brimbank Young Eritrean Women's Group

Venue: Westvale Community Centre

Fridays 15 July - 16 September

6-9pm – No charge (10 sessions)

Get together for Eritrean women, mums and children. Weekly activities will be decided by the group.

Family & Children (cont'd)

Coding Club (Year 3-6 students)

Venue: Westvale Community Centre

Wednesdays 13 July - 14 September
4-5pm - \$15 per session (10 sessions)

Have fun while learning problem solving skills. Learn to code and make games, direct animated stories, solve puzzles and program robots.

Family Table Tennis

Venue: Sydenham Neighbourhood House

Fridays 15 July – 16 September
3.45-4.45pm - No charge (10 sessions)

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

First Steps New Parent Group

Venue: West Sunshine Community Centre

Wednesdays 13 July – 14 September
1.30-3pm - No charge (10 sessions)

Are you a new parent? Join this parenting support group for new parents. For more information or to book call Julie on 9249 4825.

FunShine Learning Homework Support (6-10 years)

Venue: West Sunshine Community Centre

Wednesdays 20 July – 14 September
4-4.45pm - No charge (9 sessions)

Receive literacy support in reading, spelling, comprehension and writing. Suitable for students in grades prep to 4. Bring your school work, any student without set school work will be turned away.

FunShine Learning Homework Support (11-12 years)

Venue: West Sunshine Community Centre

Wednesdays 20 July – 14 September
5-5.45pm - No charge (9 sessions)

Receive literacy, numeracy and project support. Suitable for students in grades 5 and 6.

Homework and Tutoring Club (Year 3-6)

Venue: Westvale Community Centre

Tuesdays 19 July - 6 September
3.30-5pm – No charge (8 sessions)

Drop in for help with homework, maths and inquiry study guidance in a positive learning environment.



Family violence is a serious issue in Australia. 1 in 6 women and 1 in 16 men have experienced family violence by a current or former partner. On average 1 woman a week and 1 man a month is killed by a current or former partner.

Join Brimbank Live hosts Lydia and Adongwot for this introductory three-part podcast series as they interview Quyen from Relationships Australia Victoria, and special guest Tara from Viet Love about the complexity and magnitude of family violence, its prevalence across cultures and communities, and the education, intervention and support services that are available.

Listen on demand at www.livefm.online/brimbank-live

Kinda Gym (18 Months–5 years)

Venue: West Sunshine Community Centre

Fridays 15 July – 16 September
10-11.30am - \$80 per family (10 sessions)

Develop motor skills and coordination in this exciting program incorporating music and a range of stimulating activities. Parent/guardian participates with their children.

Smalltalk Supported Playgroup

Venue: West Sunshine Community Centre

Fridays 15 July – 16 September
10am-12noon - No charge (10 sessions)
1-3pm - No charge (10 sessions)

Join a supported and facilitated Playgroup, for children aged birth to 4 years. To book call Julie on 9249 4825.

Sydenham Family Activity Group

Venue: Sydenham Children's Centre

Wednesdays 13 July – 14 September (10 Sessions)
10am-12noon - \$39/33 concession

Facilitated group for parents/caregivers with newborn to five year olds to connect with other families in a fun, social and relaxed environment.

Family & Children (cont'd)

Teeny Weeny Tennis (3-5 years)

Venue: West Sunshine Community Centre

Tuesdays 19 July – 13 September

3.30-4pm - \$45 (9 sessions)

Improve ball skills and hand-eye coordination whilst developing confidence in a fun friendly setting.

Tennis Hotshots (5-12 years)

Venue: West Sunshine Community Centre

Tuesdays 19 July – 13 September

4-4.30pm - \$45 (9 sessions)

5.45-6.15pm - \$45 (9 sessions)

Develop tennis skills and techniques in a fun environment.

Tennis Hotshots Graded Match Practice (5-12 years)

Venue: West Sunshine Community Centre

Tuesdays 19 July – 13 September

4.30-5.30pm - \$72 (9 sessions)

Practice matches for participants who are enrolled in Tennis Hotshots sessions. Children will be graded into the appropriate level and play against others with similar skills.

Toddlers Sleep & Settling Information Sessions

Venue: West Sunshine Community Centre

Tuesdays 12 July – 13 September

9.30-11am - No charge (10 sessions)

1-4pm - No charge (10 sessions)

Group for newborns, babies (6-8 months) & toddlers (18months-2 years). Parents receive support and information on typical sleep patterns & behaviours, how to prevent sleep concerns and self-care.

For more information or to book call 9249 4234.

Vietnamese Playgroup

Venue: Westvale Community Centre

Fridays 15 July - 16 September

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

Supported playgroup by Australian Vietnamese Women's Association.

Westvale Playgroup

Venue: Westvale Community Centre

Wednesdays 13 July - 14 September

Thursdays 14 July - 15 September

10am-12noon - \$30 per family (10 sessions)

Socialise and make friends in a playgroup.

Weekend Family Activity Group

Venue: Sydenham Children's Centre, 7

Community Hub

Saturdays 6 August – 10 September

10am-12 noon – \$21 (6 sessions)

Facilitated activity group for parents/caregivers with newborns to five year olds, where you can connect with other parents while your children play and socialise. BYO snack and drink for your children.

WSCC Children's Activity Groups (6 months-5 years)

Venue: West Sunshine Community Centre

Mondays 11 July – 12 September

10am-12noon - \$50 per family (10 sessions)

Tuesdays 12 July – 13 September

10am-12noon - \$50 per family (10 sessions)

Thursdays 14 July – 15 September

10am-12noon - \$50 per family (10 sessions)

Connect with other parents/carers and share your parenting journey, while your children enjoy social and play activities with new friends. BYO snack and drink for your child.

Yoga for Preschoolers

Venue: Sydenham Neighbourhood House

Wednesday 20 & 27 July (2 sessions)

10-11am – No charge

Designed for parents and children to enjoy yoga in a more fun and interactive way. Optional to bring your own yoga mat. Bookings essential.

Gardening

Communal Gardening at Westvale Community Garden

Venue: Westvale Community Centre

Seeking community groups and individuals (no experience necessary) who are interested in shared gardening.

Fruit Tree Pruning

Venue: Westvale Community Centre

Saturday 9 July

3-4pm – No charge

Learn about different pruning techniques for fruit cultivars, how to encourage a stronger tree structure and healthy production. Find out what to watch out for and organic pest control that won't hurt the wildlife. To book go to

<http://brimbanklibraries.vic.gov.au>

Gardening (cont'd)

Save our Citrus

Venue: Westvale Community Centre

Saturday 23 July
3-4pm – No charge

Discover the fascinating world of citrus, its origins, amazing varieties, grafting, care and how to deal with citrus gall wasp. To book go to <http://brimbanklibraries.vic.gov.au>

Seeders and Weeders Gardening Group

Venue: Westvale Community Centre

Thursdays 14 July - 15 September
10am-2pm – No charge (10 sessions)

Garden and chat with people from culturally diverse backgrounds.

Health, Fitness & Wellbeing

Badminton **NEW**

Venue: West Sunshine Community Centre

Mondays 11 July – 12 September
12noon-2pm - No charge (10 sessions)

Enjoy a game of social badminton with this friendly group. No experience required.

Ballroom Dance Lessons

Venue: Sydenham Neighbourhood House

Mondays 11 July – 12 September (10 sessions)
\$50 per term

1.30–3.30pm (Intermediate)

7-9pm (late intermediate/Advanced)

Tuesdays 12 July – 13 September (10 sessions)
\$55 per term

12-2pm (Early intermediate)

Thursdays 14 July – 15 September (10 sessions)
\$55 per term

12-1pm (Beginners)

1-3pm (Late Intermediate - Advanced)

Come on your own or with a partner.

Ballroom Social Dance

Venue: Sydenham Neighbourhood House

Thursdays 14, 28 July, 11, 25 August and 8 September

7.30-9pm - \$10 (5 sessions)

For experienced dancers to practice dance routines. No instructor. Must come with a dance partner.

BrimActive Pilates

Venue: Delahey Community Centre

Mondays 25 July – 12 September

7.30-8.15pm - \$40 (8 sessions)

BrimActive exercise programs ensure women a private workout space.

BrimActive Exercise

Venue: Delahey Community Centre

Wednesdays 20 July – 31 August

7-7.45pm - \$35 (7 sessions)

BrimActive exercise program is 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, 704B Old Calder Hwy, Keilor

Wednesdays 13 July – 14 September (10 sessions)

9.30-10.20am – \$50

A combination of relaxing breathing exercises, gentle stretches and guided meditation while sitting in a chair.

Creating Happy Healthy Relationships Group

Venue: Cairnlea Community Hub

Sunday 17 & 31 July, 14 & 28 August & 11 & 25 September

2-4pm - No charge (6 sessions)

Join this friendly, inclusive, women only group to build connections, enjoy time together and break cycles of isolation and loneliness.

Ezee Tennis

Venue: West Sunshine Community Centre

Tuesdays 12 July – 13 September

12.30-2pm – No charge (10 sessions)

Thursdays 14 July – 15 September

12.30-2pm – No charge (10 sessions)

Test your coordination and fitness in this fun modified indoor racquet game based on tennis. For all ages and abilities.

Get Active

Venue: Delahey Community Centre

Thursdays 21 July – 15 September (excludes 18 August)

2.15-3pm - \$40 (8 sessions)

Gentle and low impact exercise class suitable for beginners and all abilities.

Health, Fitness & Wellbeing (cont'd)

Get Active (all levels of experience and all abilities)

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

Wednesdays 13 July – 14 September

11.30am-12.15pm or 12.30-1.15pm

\$50 in Term 3 (10 sessions)

Engage in gentle exercise.

Get Active (all levels of experience and all abilities)

Venue: Sydenham Neighbourhood House

Mondays 11 July – 12 September

9.30-10.15am - \$50 (10 sessions)

Engage in gentle exercise.

Keenagers Table Tennis

Venue: West Sunshine Community Centre

Tuesdays 12 July – 13 September

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

Thursdays 14 July – 15 September

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

Join a fun, social and non-competitive table tennis program. Suitable for all levels of fitness.

Make Healthy Snacks

Venue: Sydenham Neighbourhood House

Tuesday 16 August

4.30-5.30pm – No charge

Create quick and easy healthy snacks to boost brain activity for work, study and exams. No baking required. All skills and abilities welcome.

Mummy and Me Yoga **NEW**

Venue: Westvale Community Centre

Mondays 18 July – 22 August

10.30-11.30am - \$54 (6 sessions)

Connect with your child physically and emotionally using deep breathing techniques and poses. Contact the centre for a trial session.

Navigating Food Labels

Venue: Sydenham Neighbourhood House

Monday 1 August

10.30-11.30am – No charge

Join a qualified dietitian and learn what to look for on food labels to select healthier options. All skills and abilities welcome. Healthy morning tea provided.

Over 50s Gentle Exercise (all levels of experience and all abilities)

Venue: Cairnlea Community Hub

Friday 15 July – 2 September

9.15-10am - \$48 (8 sessions)

Low-impact class to improve your fitness.

Walking Groups

Venue: Cairnlea Community Hub

Fast Walkers

Monday, Tuesday & Wednesday

11 July – 14 September

9.30-10.15am - No charge

Join our Heart Foundation registered walking groups to improve your fitness, have a chat and meet new people.

Walking – Walk and Talk

Monday, Tuesday & Wednesday

11 July – 14 September

9.30-10.15am - No charge

Walk, have a chat and meet new people.

Venue: Delahey Community Centre

Mondays - Fridays 11 July -16 September

9.15-10:30am – No charge

Enjoy a walk with our friendly group followed by a cuppa.

Venue: Delahey Community Centre

Parents Walking Group

Fridays 15 July - 16 September

10-11.30am – No charge

Come along with your children for a walk around Delahey and join us for a coffee afterwards.

Venue: West Sunshine Community Centre

Wednesdays 13 July – 14 September

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

Improve fitness and meet new friends. Join a 30-45 minute walk at slow to moderate pace around the local area, followed by a chat, cuppa and nibbles afterwards.

Venue: Westvale Community Centre

Wednesdays 13 July - 14 September

9.20-11am - No charge (10 sessions)

Suitable for all fitness levels. Get fit and meet like-minded people. Walking speed is slow-medium.

What's Cooking at DCC

Venue: Delahey Community Centre

Tuesdays 19 and 26 July

12.30-2.30pm – No charge (2 sessions)

Looking for healthy afternoon tea ideas? Join these fun cooking sessions and learn about healthy options for an afternoon snack.

Health, Fitness & Wellbeing (cont'd)

Women's Only Zumba

Venue: Delahey Community Centre

Thursdays 21 July – 15 September (excludes 18 August)

1.15-2pm – \$40 (8 sessions)

Fun high energy Latin dance fitness class.

World Music Fitness

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

Thursdays 14 July – 15 September (10 sessions)

6.15-7pm - \$50

A high impact fusion of aerobic exercise and movement to music from around the world.

Yoga

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

Mondays 18 July – 12 September (9 sessions)

6.30-7.30pm - \$81

Improve your health and wellbeing through stretches, postures and breathing exercises.

Yoga

Venue: Delahey Community Centre

Thursdays 21 July – 15 September

6.30-7.30pm - \$81 (9 sessions)

Improve your health and wellbeing through yoga stretches, postures and breathing exercises in a relaxing space.

Yoga and Meditation

Venue: Westvale Community Centre

Wednesdays 20 July - 14 September

6.15-7.15pm - \$81 (9 sessions)

7.30-8.30pm - \$81 (9 sessions)

Combat stress and improve your physical health and wellness with poses and breathing that restore balance to your mind and body.

Yoga and Relaxation

Venue: Cairnlea Community Hub

Saturday 16 July – 3 September

9.30-10.15am - \$72 (8 sessions)

A series of easy poses, breathing and relaxation techniques conducted at a slow pace. Suitable for all levels. BYO Yoga mat.

Zumba

Venue: West Sunshine Community Centre

Mondays 11 July – 12 September

6-7pm - No charge (10 sessions)

Dance your way to better health and fitness from inside out. Open to all genders, ages and abilities.

Parent/Guardian is required to attend and supervise child/ren under 16 years of age.

Zumba

Venue: Westvale Community Centre

Mondays 18 July - 12 September

2-3pm - No charge (9 sessions)

Move and get fit to hit music in this easy and inclusive class. Suitable for all fitness levels.

Zumba Gold (all levels of experience and all abilities)

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

Saturdays 16 July – 17 September (10 sessions)

10.30-11.15am - \$50

Engage in dance fitness.

Language

Language for Life **NEW**

Venue: Westvale Community Centre

Thursdays 21 July - 15 September

10am-12.30pm – No charge (9 sessions)

Build your confidence and ability to participate in your community. Learn to speak, listen, read and write in English. Government funded for eligible participants. Delivered by Jesuit Social Services.

Practice Your English

Venue: Delahey Community Centre

Tuesdays 12 July – 13 September

11am-12.30pm – No charge (10 sessions)

Practice your English in an informal conversation class facilitated by a volunteer.

Men's Shed

Social Sessions for Men

Venue: Westvale Community Centre

Mondays 18 July - 26 September

9.30am-1pm - No charge (11 sessions)

Meet new friends, develop connections and/or enjoy the selection of games and newspapers over a cuppa.

Men's Shed (cont'd)

Woodwork Sessions for Men

Venue: Westvale Community Centre

Thursdays 14 July - 29 September

9.30am-3pm - No charge (12 sessions)

Work on your own project or help with the community projects undertaken by the group. This is an informal skills exchange and recreational session, it is not a class. BYO materials.

Women's Shed

Venue: Westvale Community Centre

Tuesdays 12 July - 27 September

9.30am-1pm - No charge (12 sessions)

Connect with other women as you learn how to use tools and complete DIY projects. Led by volunteers of the Men's Shed. An informal skills exchange and recreational session, it is not a class. BYO materials.

Skills Development/ Education/Employment

Barista Course

Venue: Sydenham Neighbourhood House

Friday 19 and 26 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.

Conditions apply. Please see reception for more information.

Be Connected – Introduction to Computers

Venue: Westvale Community Centre

Tuesdays 12 July - 23 August

9.30am-12.30pm – No charge (7 sessions)

Get to know your computer, learn basic Microsoft Word and PowerPoint, internet and email tips.

Government funded for eligible participants.

Delivered by Jesuit Social Services.

Computer Drop-in

Venue: Delahey Community Centre

Wednesdays 13 July – 14 September

10am-12noon – No charge

Have a computer or technology question? Drop in and we can assist you.

Computers

Venue: Delahey Community Centre

Computers available for community use Monday to Friday. If you are a beginner computer user and need help, our friendly staff can help.

Digital Skills for Employment

Venue: Westvale Community Centre

Thursdays 14 July - 25 August

9.30am-12.30pm – No charge (7 sessions)

Learn how to use the internet to look for work, sign up for online recruitment and use Zoom for interviews. Government funded for eligible participants. Delivered by Jesuit Social Services.

Open Access to Computers (all ages and abilities)

Venue: West Sunshine Community Centre

Monday – Friday (ongoing)

Various times available - No charge

Access free Wi-Fi, use a computer, check your emails, use word processing or complete research for school. Parent/guardian is required to attend with a child under 12 years of age. To book a time call 9249 4555.

Tax Help

Get assistance with your tax return from ATO volunteers at no charge. 1 hour appointments available.

Venue: Delahey Community Centre

Between July and October

To register your interest for an appointment call 9249 4900 or email delahaycc@brimbank.vic.gov.au

Venue: West Sunshine Community Centre

15 July – 28 October

To book call 9249 4555.

The Home Cooks

Venue: Westvale Community Centre

Mondays 25 July - 29 August

10-11.30am - \$35 (6 sessions)

Prepare simple, nutritious and time-saving meals in this hands-on class. All ingredients provided.

Young @ Heart

Venue: Sydenham Neighbourhood House

29 July, 26 August and 9 September

4-5pm – No charge (3 sessions)

Seniors can learn to set up and navigate social media platforms Facebook, Instagram, Snapchat and Messenger. Learn tips and tricks from our youth volunteers. Book a 20 appointment between 4-5pm.

Social Activities

500 Card Club

Venue: Sydenham Neighbourhood House
Wednesdays 13 July – 14 September (10 sessions)
12.30-2.30pm – No charge
Play this historical, trick taking card game.

Games & Cuppa

Venue: Sydenham Neighbourhood House
Thursdays 14, 28, July, 11, 25 August, 8 September
4-6pm – No charge
Get out of the house to play your favourite game, make new friends and have a few laughs.

Skill Sharing

Venue: Sydenham Neighbourhood House
Monday 8 August – Tapestry with Tonka
10.30-11.30am – No charge
Come for a cuppa and chat and learn something new. A chance to share what you know and can do in a friendly and stress free environment. Light refreshments provided.

All Seniors Get Together

Venue: Balmoral Sports Pavilion, Windsor Boulevard, Derrimut
Tuesday 19 July, 16 August, 20 September
10am-2pm - \$5 per session (3 Sessions)
Join this friendly group with information sessions (including guest speakers), light exercise, creative activities and a nutritious meal. Pick up and drop off available. For more information call Lydia 0452 583 932 or Edna 0408 561 492.

Bingo (all levels of experience and all abilities)

Venue: Sydenham Neighbourhood House
Tuesdays 12 July – 13 September (10 sessions)
12.30-2pm – No charge
Have fun with others.

Breast Cancer Support Group

Venue: Delahey Community Centre
First Thursday of each month
7-8pm – No charge

Chess Club

Venue: Westvale Community Centre
Thursdays 14 July - 15 September
1-4pm – Gold coin donation (10 sessions)
All welcome from beginners to chess masters.

Coffee Catch Up

Venue: Cairnlea Community Hub
Wednesday 13 & 27 July, 10 & 24 August & 7 September
10.15-11am - No charge (5 sessions)
Enjoy a brewed coffee/tea and a chat

Connected Carers Support Group

Venue: Westvale Community Centre
Tuesdays 12 July, 9 August, 13 Sept
10am-12noon - No charge (3 sessions)
Connect with other carers in this support group facilitated by Gateways Support Services.

Creative @ Coffee Club (all levels of experience and all abilities)

Venue: Sydenham Neighbourhood House
Wednesdays 13 July – 14 September (10 sessions)
10am-12noon – \$50
Enjoy a coffee and weekly activities such as arts and crafts and games.

Growing Around Loss Group

Venue: Westvale Community Centre
Tuesdays 19 July - 6 September
1-2.30pm – No charge (8 sessions)
A confidential and supportive space to share your experience with loss, gain insight on the grieving process and find ways to cope.

Social Table Tennis (all levels of experience and all abilities)

Venue: Sydenham Neighbourhood House
Tuesdays 12 July – 13 September (10 sessions)
10am-2pm - No charge
Keep fit and socialise with others.

SunnyWest Seniors

Venue: West Sunshine Community Centre
Tuesdays 12 July – 13 September
11am-3pm – No charge (10 sessions)
Over 50's activity and social group. Bingo, craft, and games. Tea, coffee and snacks provided. BYO lunch.

The Dream Team of Delahey – Social Group

Venue: Delahey Community Centre
Fridays 15 July – 16 September
10am-12noon – No charge (10 sessions)
Join the Delahey Dreamers, a fun social group where you can get involved in a range of activities including gardening, dancing, cooking and more!

Social Activities (cont'd)

West ABI Group

Venue: Westvale Community Centre

Wednesdays 13 July - 9 September

10.30-11.30am - No charge (10 sessions)

Connect and socialise in this volunteer led support group for people with an acquired brain injury.

Come along with your carer.

Women's Conversation Club

Venue: Westvale Community Centre

Mondays 18 July - 12 September

10.30-11.30am - No charge (9 sessions)

Meet new people and enjoy a cuppa over a chat.

Young People

Danceability (12-25 years)

Venue: Cairnlea Community Hub

Monday 18 July - 5 September

6-6.45pm - \$60 (8 sessions)

Express and enjoy yourself with fun dance.

All abilities welcome.

Homework and Study Support (Years 7-12)

Venue: Sydenham Neighbourhood House

Mondays 11 July - 12 September (10 sessions)

4-5pm - No charge

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

Computer access and Wi-Fi available.

Indoor Basketball (12-16 years)

Venue: West Sunshine Community Centre

Thursdays 21 July - 15 September

4.30-5.30pm - No charge (9 sessions)

Learn basketball skills and techniques through drills and social game play. Develop your confidence and valuable teamwork skills.

Indoor Soccer (12-16 years)

Venue: West Sunshine Community Centre

Mondays 18 July - 12 September

4-5.30pm - No charge (9 sessions)

Improve your soccer skills, make new friends and learn to be part of a team.

Contact your local Neighbourhood House or Community Centre with ideas for social and other activities.

Online Study Support

Via Zoom - register by emailing

delahaycc@brimbank.vic.gov.au

Tuesdays during school term for secondary school students, 4-5pm - No charge

Wednesday during school term for secondary school students, 4-5pm - No charge

Thursday during school term for primary school students, 4-5pm - No charge

Join Equal Ed with tutors online to help with homework, projects and study guidance in a positive learning environment.

Pop Culture Club (12-17 years)

Venue: Sydenham Neighbourhood House

Thursdays during school terms

4-5.30pm - No charge

Weekly pop culture themed activities. Ranging from games, movie screenings, discussions and pop trivia.

R&R Revival (12-25 years)

Venue: West Sunshine Community Centre

Fridays 22 July - 16 September

6-9pm - No charge (9 sessions)

Enjoy dance, singing, music production and sports activities while making new friends. Dinner provided.

Study Space

Venue: West Sunshine Community Centre

Monday - Friday (ongoing)

9.30am-5pm - No charge

Available for students from all year levels including university to catch up on homework, revise or prepare for exams. To book call 9249 4555.

The House! (12-25 years)

Venue: Sydenham Neighbourhood House

Mondays and Wednesdays during school terms

4-6pm - No charge

An open space for young people, facilitated by young people comprising music production, song writing, spoken words, poetry and hangout.

Tuesday Hangouts @ DCC (12-25 years)

Venue: Delahay Community Centre

Tuesdays 19 July - 13 September

3.30-5pm - No charge (9 sessions)

Drop-in hangout space for young people with snacks and games. Chill out with friends or use a quiet nook to study.

Young People (cont'd)

Youth Leadership

Venue: West Sunshine Community Centre

Saturdays 16 July – 10 September

10am-2pm - No charge (9 sessions)

Gain mentoring support and leadership skills that will assist you in implementing the changes needed within and for your community. For more information or to register call 0432 378 146.

School Holiday Programs

Basketball Clinic (8-18 years)

Venue: West Sunshine Community Centre

Thursday 30 June

4-5.30pm – No charge

Drills and skills basketball session for all levels and abilities, in partnership with Clutch Sports.

Children's Movie Screening (5-12 years)

Venue: Sydenham Neighbourhood House

Wednesday 29 June

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

Bring the family together to watch a child friendly movie. Must be supervised by a parent / guardian. Popcorn provided.

Code Club (8-12 years)

Venue: Delahey Community Centre

Wednesday 6 July

10.30am-12noon – No charge

Become a coder. Make games, puzzles and more!

Coding Craze – Fantasy Creatures (9-12 years)

Venue: Westvale Community Centre

Wednesday 29 June

11am-12noon - No charge

Do you fancy unicorns or dinosaurs? Create your own game that you can play and show off to your family and friends. No prior coding experience necessary.

Crazy Chameleons - Clay Workshop (6-12 years)

Venue: Hunt Club Community & Arts Centre

Wednesday 29 June

10.30am-12.30pm – \$5 per participant (1 session)

Make and paint a glittery clay chameleon to take home! All materials provided.

Wild Wolves - Pastel Drawing (13-17 years)

Venue: Hunt Club Community & Arts Centre

Friday 1 July

10.30am-12.30pm – \$5 per participant (1 session)

Guided full-colour pastel drawing workshop with illustrator Meredith Thomas.

Drama Workshop (9-12 years)

Venue: West Sunshine Community Centre

Monday 4 July

1.30-3.30pm – No charge

Roald Dahl themed activity! Explore using your bodies and voice to create magic and exciting storytelling base on Roald Dahl's Revolting Rhymes story.

Hip Hop Hooray Dance Class (5-12 years)

Venue: Westvale Community Centre

Tuesday 5 July

10-11am – No charge

No previous dance experience necessary. Just a great attitude and a willingness to learn and have fun!

How Things Work Activity Session (5-12 years)

Venue: Delahey Community Centre

Wednesday 6 July

12.15-1.45pm – No charge

Are you interested in building things and making things work? Try out three different activities.

Jewellery Making with Lauri (10-13 years)

Venue: Sydenham Neighbourhood House

Friday 8 July (1 workshop)

1-3pm - No charge

Learn how to make unique designs with Lauri. No previous experience needed.

Kid's yoga (5-12 years)

Venue: Sydenham Neighbourhood House

Tuesday 28 June & Tuesday 5 July

10-11am - No charge (2 sessions)

Yoga activities for primary school aged children and their parent or guardian to try together.

School Holiday Programs (cont'd)

Lego Technic Robotics (5-10 years)

Venue: Delahey Community Centre

Tuesday 28 June

10am–12noon - No charge

Learn to build a robot or a car and make it move! Children aged 5-7 years will need a guardian present at the session.

Lego Technic Robotics (10+ years)

Venue: Delahey Community Centre

Tuesday 5 July

10am–12noon – No charge

Build on your robotics skills! Learn to design, build and control robots, vehicles and structures!

Paper Illustration (6–12 years)

Venue: Keilor Community Hub

Thursday 30 June

10-11am - No charge (1 session)

Venue: Sydenham Neighbourhood House

Thursday 7 July

10-11am - No charge (1 session)

A basic introduction to paper illustration. Open to all skill levels.

Paper Pond Craft (8-12 years)

Venue: Delahey Community Centre

Thursday 30 June

10am-12noon – No charge

Get creative and make your own paper pond with lily pads, tortoises, tadpoles and more!

Pop-up Ice Cream Card Making (5-12 years)

Venue: Westvale Community Centre

Wednesday 29 June

10-11am - No charge

Learn techniques to make three-dimensional pop-up greeting cards.

Puppet Making (6-9 years)

Venue: West Sunshine Community Centre

Wednesday 6 July

10.30am-12.30pm – No charge

Roald Dahl themed activity! Make your own puppets based on the weird and wacky characters created by Roald Dahl in his world renowned books.

Roald Dahl and the Imagination Seekers (6-10 years)

Venue: Bowery Theatre 33 Princess Street, St Albans

Sunday 10 July

3-4pm – Adult \$12, Child/Conc. \$8, Family of 4 \$26

Enjoy this brilliant family show celebrating Roald Dahl's extraordinary stories from The BFG to The Twits and many more. Join the top secret Ancient Guild of Tale Tenders for fun interactive games immersive storytelling and some pure theatrical magic, to help save these stories forever!

Scavenger Hunt – Family Event

Venue: West Sunshine Community Centre

Friday 8 July

11am-12.30pm – No charge

Celebrate the end of the school holidays with a Roald Dahl themed scavenger hunt followed by an entertaining, interactive show.

Soccer Clinic (7-15 years)

Venue: West Sunshine Community Centre

Monday 27 June

3.30-5pm – No charge

Drills and skills soccer session for all levels or ability, in partnership with Endeavour Youth Australia.

Table Tennis Tournament

Venue: Sydenham Neighbourhood House

Tuesday 5 July (1 session)

1-3pm - No charge

An all ages, all abilities event. Bookings essential.

Winter Wonderland – Snowflake Soaps and Frosty bath Bombs (5-12 years)

Venue: Westvale Community Centre

Tuesday 5 July

11am-12noon – \$5 per child

Get creative in this 2-in-1 fun-filled workshop. Make cool soaps and bath bombs that you can show off to your family. All materials and take home bags provided.

Youth Movie Screening (15-17 years)

Venue: Sydenham Neighbourhood House

Wednesday 29 June (1 session)

3-5pm - No charge

Hang out with friends and watch a movie together. Popcorn provided.

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](http://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***