



## Message from the Centre Facilitators

If you're reading this newsletter it's because you are connected to the Maidstone Community Centre or to someone else who is connected to the Centre, and maybe you also live in Maidstone the suburb?

With such strict limits on how we socialise indoors, now more than ever we need to look to our outdoor / public spaces to fill the void. We are seeing some great City of Maribyrnong developments like *parklets* cropping up and hope you are as inspired by these as we are!

Thinking more locally, about the public spaces around the Maidstone Community Centre, we would really welcome your ideas about what's there already that you love and how you imagine it could be even better? We would love to hear your ideas about how we can reimagine our shared public spaces. To join in on this conversation please contact us by email - [maidcomm@maribyrnong.vic.gov.au](mailto:maidcomm@maribyrnong.vic.gov.au) or call the Centre during business hours on 9688 0543.

**Anna & Monique**

## 10 IDEAS TO GET NEIGHBOURLY

1. Smile, wave and say hello to people in your neighbourhood, including children and teenagers
2. Introduce your children to neighbours. You might just be helping to create a trusted friendship they can draw on if there is an emergency
3. Buy lemonade, eggs, or whatever children are selling at their street stalls
4. Ask if your neighbour would like to join you for a walk with you and your children
5. When walking your dog, offer children the opportunity (if they look keen!) to pat your dog
6. Swap a favourite recipe with your neighbour
7. Share produce from your garden
8. Organise a 'cuppa by the curb'
9. Offer your food scraps to neighbours with chooks
10. Start a neighbourhood walking group



Picture taken near Quang Minh Temple along the Maribyrnong River (picture taken by Monique Camilleri)

### FOOTSCRAY YOUNG ARTISTS AWARD

Entries open **5 October** for the 2021 Footscray Art Prize  
**Primary category** - \$500  
**Secondary category** - \$500

Experience the thrill of exhibiting art! It's free to enter! Open to young people in Melbourne's West. All entries are displayed in an exhibition in central Footscray in May/June 2021 and go in the running for great prizes. For more information please [CLICK HERE](#).

### PARK PICNICS WITH SOCIAL DISTANCING

It is important to understand that until the current restrictions ease in metro Melbourne, a public outdoor place is a park or garden outside of the home, a place that is accessible to everyone.

This does not include your veranda, balcony, front yard or backyard. You can only have someone over to your home for a barbeque if they are in your 'single social bubble'.

Check us out on Facebook!



# Maidstone Community Centre Newsletter

ISSUE #18 – MONDAY 12 October, 2020



Maribyrnong  
CITY COUNCIL

## FREE activities for the little people

### ONLINE CLASSES OR RESOURCES

#### Maidstone Community Playgroup

Resources uploaded for every Wednesday

#### Music for Hip Toddlers

Every Thursday & Friday 10 -10.45am

#### Stories Music & Make Believe

Every Monday 10- 10.45am

## FREE activities for the bigger people

### ONLINE CLASSES

#### Meditation

Tuesdays, 6 October - 15 December, 9.30 -10.10am

Book Here: <https://bit.ly/30xYefR>

#### Yoga for Women

Thursdays, 8 October—17 December, 10 -11am

Book Here: <https://bit.ly/3cFXxFS>

#### Tree of Life

Thursday, 15 October 12-2pm

Book Here: <https://bit.ly/3jSFAGR>

#### Music for Relaxation & Wellbeing

Fridays, 11 September—16 October, 10 -11am

Book Here: <https://bit.ly/2SPA4Je>

#### Exploring & Supporting Anxiety (4 week program)

Saturdays, 17 October—7 November, 11 -12pm

Book Here: <https://bit.ly/2GIFQiF>



Pictured - Janine (see our 'People of Maidstone' in blue box).

## PEOPLE OF MAIDSTONE & SURROUNDS ✨

*This is one of a series of profiles written by local people for local people. Check out our Facebook page for other local profiles.*

### Janine ❤️

My name is Janine, I have been living in the post code of 3012 for the past 20 years. I live with my husband and 3 children (12,17 & 19). I have been the Playgroup Facilitator at MDCC since November, 2018. I facilitate a local Support Group and prior to COVID-19, I volunteered at a local primary school, in the Art room.

I have had to adapt to producing online Art/Craft Activities for Playgroup and offer Zoom Meetings (with guest speakers) for the Support Group. My technology skills are on a "need to know basis"- give me paper, textas, scissors and glue any day!!! Thankfully my colleagues, peers and particularly my children, have offered me help, guidance and teaching in relation to up skilling me in this area 😊

I feel hopeful about our future, but have come to understand that acceptance is paramount also. Change is a certainty, but sometimes transitioning to change has been difficult. To help me "build a bridge" to the next step, I turn to nature, art and craft for expression and inspiration. Going for a walk regularly has been essential for me and often I stop, focus and admire something natural, usually beautiful flowers 🌸. I take a photo and send those photos on to family and friends, as a way of punctuating their day with something positive and beautiful.

I miss the face to face interactions with all the Community members I usually work with, but if you see my art, craft or photos of nature, know that my heart and soul is with in them and I am wishing you all well ✨

## How to find our programs

### If you receive this newsletter in the post

Type in Maribyrnong City Council into your Search Engine  
Click on Community then Click on Community Centres & Neighbourhood Houses  
Click on Programs & Activities then Online programs during COVID-19

Check us out on Facebook!



## Maidstone Community Centre

21 Yardley Street  
Maidstone 3012  
Ph 9688 0543  
E [maidcomm@maribyrnong.vic.gov.au](mailto:maidcomm@maribyrnong.vic.gov.au)

## Current Hours

We are closed to the public until further notice.  
Our Staff are working off site Monday - Friday 9am - 5pm  
Keep an eye on our website / Facebook page for updates.