

# THE BUZZ

## Wyndham West

Term 2 2024

**STRONGER**  
**Together!**



*Join us as we celebrate Community Centres and Neighbourhood Houses, for all the invaluable contributions they bring to Communities in Wyndham. A National day of celebration, get to your nearest Community Centre as we celebrate with the theme that describes how we operate, 'Stronger Together'.*

**When? Monday 13th May—Sunday 19th May 2024 at your local Community Centre in Wyndham. Details below.**



**Neighbourhood House Week** 13 - 19 MAY '24

This week is a tribute to the incredible strength that blossoms when diverse individuals unite for a common purpose. As Helen Keller wisely said, "Alone we can do so little; together we can do so much."

Neighbourhood and Community Houses and Centres (NCHCs) all throughout Australia are the heart of the local community. We strive to embody the essence of togetherness. We bring people from all walks of life together to connect, learn, and play. Through collaborative initiatives, inclusive programs, and shared spaces, we cultivate an environment where

every voice is heard, every story is valued, and every member contributes to the vibrant mosaic of our shared community.

Join us in simple acts of togetherness—whether it's a shared meal, a collaborative project, or just a friendly chat. Together, we'll explore the incredible strength that emerges when we stand side by side. Let's celebrate community, weaving stronger bonds that make our neighbourhood a wonderful place to call home!



Wyndham City Council would like to pay respect and acknowledge the Bunurong and Wadawurrung People as the Traditional Custodians of the land on which Wyndham City Council is located.

Iramoo Community Centre:

84 Honour Ave, Wyndham Vale VIC 3024

Phone: (03) 8742 3688

Manor Lakes Community Learning Centre:

86 Manor Lakes Blvd, Manor Lakes VIC 3024

Phone: (03) 8734 8934

Quantin Binnah Community Centre:

61 Thames Boulevard Werribee VIC 3030

Phone: (03) 9742 5040

Wyndham Park Community Centre:

55 - 57 Kookaburra Ave Werribee VIC 3030

Phone: (03) 9742 7298

Wunggurrwil Dhurrung Centre:

19 Communal Road, Wyndham Vale VIC 3024

Phone: (03)8734 0288



# Cultural Diversity Week 2024



At Manor Lakes Community Learning Centre, Diversity Week on March 22nd drew a colourful tapestry of cultures. As the sun painted the sky, people from diverse backgrounds converged, eager to celebrate unity amidst their differences. The festivities kicked off with the electrifying beats of African dance from Congo, filling the air with rhythmic joy. The dancers, clad in vibrant attire, moved with grace and energy, mesmerizing the audience. Next, the melodies of Indian music transported everyone to the bustling streets of Mumbai. The hypnotic sounds of the sitar and tabla enchanted the crowd, evoking a sense of nostalgia and celebration. Then came the Cook Island Maori dance, a mesmerizing display of fluid movements and intricate footwork. The dancers adorned in traditional attire weaved tales of heritage and identity through their graceful performance.

Amidst the cultural showcases, the community engaged in a lively cultural trivia, testing their knowledge and learning about each other's traditions. Laughter and camaraderie filled the room as people bonded over shared experiences and newfound understanding.

As the day ended, a sense of harmony and appreciation permeated the atmosphere. Despite their diverse backgrounds, the community came together as one, united by the common threads of humanity and respect. And as they bid farewell to Diversity Week, they carried with them not only memories of vibrant dances and soulful music but also a deeper appreciation for the rich tapestry of cultures that make up their community. For in embracing diversity, they found strength, resilience, and above all, unity.



# INTERNATIONAL WOMEN'S DAY



In the heart of Manor Lakes, where diversity thrived like wildflowers in a lush meadow, the Community Learning Centre buzzed with anticipation. It was International Women's Day, a day of celebration, solidarity, and reflection.

As the clock struck nine, the yoga session began. The women unrolled their mats and assumed various poses, guided by a skilled instructor who led them through a series of gentle stretches and soothing breathing exercises. Together, they moved in harmony, finding strength and balance in each movement. After an hour of yoga, the women gathered once more, this time for a communal breakfast. Plates piled high with fresh fruit and pastries adorned the tables, a feast fit for queens. As they sipped their coffee and savoured the Flavors, they engaged in lively discussions about inclusion and empowerment.

As the event ended, the women exchanged hugs and promises to stay connected. They left the centre with a newfound sense of purpose, inspired to continue their journey toward equality and empowerment. And as they stepped out into the world, their hearts full and their spirits soaring, they knew that together, they could move mountains. For in the bonds of sisterhood, anything was possible.

## MANOR LAKES LIBRARY



For more information contact Manor Lakes Library on 8734 8930.

### Library Opening hours are:

Monday	10am - 6pm
Tuesday	10am - 6pm
Wednesday	10am - 8pm
Thursday	10am - 6pm
Friday	10am - 6pm
Saturday	10am - 4pm
Sunday	Closed

## COUNCIL SERVICES AT MANOR LAKES

Did you know a range of council enquiries and transactions are available.

You can now make:

- Rates enquiries & payments
- Council payments
- Kinder enquiries
- Pet registrations

*\*Please note—Cash payments are NOT accepted*

Contact: Manor Lakes Community Learning Centre  
Phone: 8734 8934  
Email: [manorlakesclc@wyndham.vic.gov.au](mailto:manorlakesclc@wyndham.vic.gov.au)



## SEWING CLASSES AT MANOR LAKES COMMUNITY LEARNING CENTRE



**Next Stitch** is an intermediate level sewing course, which assumes some basic knowledge of using sewing machines. **All Sewn Up** is an advanced course. Learners will already know how to use a basic sewing machine & overlocker. Both classes are designed for people wishing to expand their sewing skills in a fun and engaging way, with like-minded learners. 8 Weeks of practical, hands on activities!

**Term 2 Starts begins 15 April 2024**

**Day & Time:** So & Sew - Next Stich Monday 9am -12pm  
So & Sew - All Sewn Up Mondays 12.30pm – 3.30pm

**Place:** Manor Lakes Community Learning Centre

**Contact:** Wyndham Community and Education Centre

**Phone:** 9742 4013

**Enrol online:** [www.wyndhamcec.org.au](http://www.wyndhamcec.org.au)—Look for 'Short Courses'



## COMPUTER SKILLS CLASSES

**First Steps** is for absolute beginners. The course will cover basic computer skills to get you started. You will master creating folders, saving documents, using emails, searching on the internet and much more!

**Next step** This course is designed for people who have basic computer skills or as a follow on for students who have completed the “First Steps” course. All while enjoying the company of like-minded adult learners, in a relaxed environment. 8 weeks of practical, hands on activities!

**Term 2 Starts begins 16/04/2024**

**Day & Time:** **Computer skills - Next steps** Tuesday 9am-12pm  
**Computer skills - First steps** Tuesday 12.30 - 3.30pm

**Place:** Manor Lakes Community Learning Centre.

**Contact:** Wyndham Community and Education Centre

**Phone:** 9742 4013

**Enrol online:** [www.wyndhamcec.org.au](http://www.wyndhamcec.org.au)—Look for 'Short Courses'

**Bookings  
Essential!**



## INTRODUCTION TO COFFEE MAKING COURSE



This course is an introduction to coffee making using commercial coffee-making equipment. It is intended to develop confidence and skills to apply for work as a barista in a cafe.

The class is 3 hours a week for 3 weeks.

**Day & Time:** Tuesday 6 - 9pm

**Date:** 4th, 11th and 18th June

**Place:** Manor Lakes Community Learning Centre.

**Contact:** Wyndham Community and Education Centre

**Phone:** 9742 4013

**Enrol online:** [www.wyndhamcec.org.au](http://www.wyndhamcec.org.au)—Look for “pre-accredited”

**Bookings  
Essential!**

## THE MANOR LAKES CAFE

Come down to the centre with your family and friends and enjoy and a coffee or a meal together. The Café at the Manor Lakes Community Learning Centre is open for coffee, breakfast and lunch on the below days.

- Mondays, Wednesdays and Fridays
- Tuesdays (during school terms only)

Each meal cost.... \$10.00

Coffee ..... \$4.00





# IRAMOO COMMUNITY CENTRE



## NEIGHBOURHOOD HOUSE WEEK

**MONDAY 13TH MAY 9AM-10AM**  
COMMUNITY BREAKFAST

**TUESDAY 14TH MAY 10AM-11AM**  
COOKIE DECORATING WITH JULIE FROM  
CAKES-SWEETS IN BLOOM

**WEDNESDAY 15TH MAY 10AM-12PM**  
INDIAN DONUTS WITH CHUTNEY AND CHAI TEA

**THURSDAY 16TH MAY 10AM-11AM**  
PRE SCHOOL PLASTER PAINTING

**FRIDAY 17TH MAY 10AM-12PM**  
SENSORY EXPLORATION OF HONEY  
ALL ACTIVITIES ARE FREE!

PLEASE CALL 8742 3688 TO BOOK INTO SESSIONS DUE  
TO LIMITED NUMBERS.

IRAMOO COMMUNITY CENTRE, 84 HONOUR AVE WYNDHAM VALE



## Iramoo's Biggest Morning Tea

Raffle  
Tickets



\$10 per ticket

10am-11.30am  
Thursday 6th June

Come and join us for our Biggest Morning Tea!  
Raffles will be available on the day.

Bring a plate to share if you like.

All funds raised will be donated to  
the Cancer Council.

Bookings are essential by  
calling 8742 3688.



## INTERNATIONAL WOMEN'S DAY

On Friday March 8<sup>th</sup> we celebrated International Woman's day with morning tea and guest speaker Tania Kelaart from the Wyndham Woman's Support Group. Tania spoke about how the Wyndham Women's Support Group came about.

It was a wonderful morning for our community to be able to come together and connect with others over morning tea.



MONTHLY ON THE  
3RD MONDAY

Morning  
Melodies

TIME: 10.30am - 11.30am

## MORNING MELODIES

Join for a morning sing-along! A light morning tea will be provided.

Cost \$5 Please call 8742 3688 to book your place.

19 Feb Steven Simpson

18 Mar Rockin Rick Charles

15 Apr Sandie Dodd

20 May Adam Spicer

17 Jun Brendan Scott

15 Jul Andrew Portelli

19 Aug Arnie Grieves

16 Sep Marcia Rae

21 Oct Seniors Event

## COMMUNITY SPACES AVAILABLE FOR HIRE AT IRAMOO COMMUNITY CENTRE

Meeting Rooms, Community Room and a community Hall is available for hire. Ample amenities are attached. For more information on our programs and workshops or to speak to us about hiring our space/ to arrange a viewing, please contact

Email: [admin@iramoooc.com.au](mailto:admin@iramoooc.com.au)

Phone: 8742 3688

Website: [www.iramoooc.org.au](http://www.iramoooc.org.au)

MEETINGS | WORKSHOPS | TRAINING | CLASSES | PRIVATE FUNCTIONS | COMMUNITY GROUPS | PARTIES



# WHAT'S ON @ QUANTIN BINNAH COMMUNITY CENTRE

## GLOW - Inclusive Disco for 18+

Café QB will be open from 6.30pm if you'd like to have dinner beforehand. Additional purchases can be made throughout evening.

Carer's FREE entry includes drink

**Date:** Friday 21<sup>st</sup> June  
**Time:** 7.00pm  
**Cost:** \$10 per person includes entry, entertainment, snack & drink  
**Where:** Quantin Binnah Community Centre, 61 Thames Boulevard, Werribee



## CraftABILITY

Adults with Disabilities (and their carers) are invited to join us to complete a different art and craft activity each week. Come along and be creative, be social and maybe enjoy something to eat from the Café menu

**Date:** Tuesday's during term – recommencing 6<sup>th</sup> February 2024  
**Time:** 10.30am  
**Cost:** \$8 per person for weekly art project or \$15 including a delicious morning tea  
**Where:** Café Qb, Quantin Binnah Community Centre  
61 Thames Boulevard, Werribee 3030  
**Phone:** 9742 5040  
**Email:** [community@qbcc.org.au](mailto:community@qbcc.org.au)

*Please RSVP for resourcing purposes*

## HIGH TEA & CRAFT

Enjoy a delicious morning tea whilst you create a themed masterpiece to take home.

**Dates:** Monday 29<sup>th</sup> April &/or Monday 13<sup>th</sup> May &/or Monday 24<sup>th</sup> June  
**Time:** 10.30am  
**Where:** Café Qb, Quantin Binnah Community Centre,  
61 Thames Boulevard, Werribee 3030  
**Cost:** \$15 per person includes craft, morning tea & barista made hot drink  
**Phone:** 9742 5040  
**Email:** [community@qbcc.org.au](mailto:community@qbcc.org.au)



## BREAKFAST CLUB

Start the day off right! Before dropping the kid's off at kinder/childcare/school come in for some brekky together to help you fuel your day. Don't have any kid's, no problems, you're welcome too. No questions asked.

Breakfast items include cereal, toast and fruit.

**Dates:** Monday's, Tuesday's & Wednesday's during Term  
**Time:** 8am to 9am  
**Where:** Café Qb, Quantin Binnah Community Centre  
61 Thames Boulevard, Werribee 3030  
**Cost:** FREE

## BEGINNERS ENGLISH

Carol will help you learn and practice English in a fun, informal manner. EAL *beginners* practise new words and build useful basic *English skills*. Learn and practice in a safe & inclusive environment. This is a pre-accredited course. You will receive a certificate of completion. Eligibility criteria may apply. **Students must be 18+ & Registrations are required.**

**Date:** Friday's from 3<sup>rd</sup> May for 8 weeks  
**Time:** 9.30am to 11.30am  
**Cost:** Free  
**Where:** Quantin Binnah Community Centre, 61 Thames Boulevard, Werribee  
**Phone:** 9742 5040  
**Email:** [community@qbcc.org.au](mailto:community@qbcc.org.au)





# WHAT'S ON @ QUANTIN BINNAH COMMUNITY CENTRE



## Learn Local student success!

Julie a QB community member who was accessing some of our community programs and activities was encouraged by others to enrol in our "Barista @ Work" course. With the confidence boost she received by participating in her first Learn Local course Julie then completed our "Exploring a Career in Childcare".

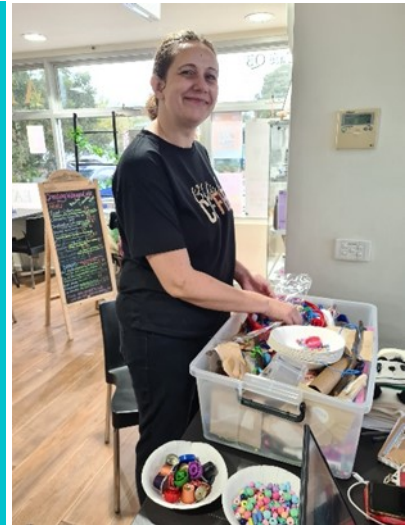
Julie is now completing her Certificate III in Childcare Education & Care placement here at QB. Be like Julie and take the plunge; we know it can be a little scary doing something new and even showing up to something in a room full of strangers, but you never know where that journey will take you...Julie is an inspiration to others and to say we are proud of Julie is a little bit of an understatement.

Enrol in a Learn Local course and start your new journey...

## CONGRATULATIONS!!!!

Please join us in congratulating the very humble **BIANCA HOSEMANS** ❤️❤️❤️ Bianca Hosemans, Founder & Manager of Creating Villages won the Community Award at Lalor's International Women's Day Event. Bianca is a dedicated woman who volunteers her time generously to QB in managing Café QB and coordinating many community activities. If you know Bianca you know this is long overdue and an extremely deserved recognition of her dedication, generosity, compassion & selfless approach (I could keep going)!!! Well Done Bianca!!! Thank you for everything you do daily and for being the woman that you are! Round of applause please 🙌🙌🙌🙌🙌

Come in and support Bianca and her Creating Villages Inc, Craft and Caffeine team at Café QB, Quantin Binnah Community Centre Inc. If you are interested in joining the Creating Villages team as a volunteer please send us an email at [community@qbcc.org.au](mailto:community@qbcc.org.au) or visit Café QB in person.



## Storytime with JoJo

FREE

Story time can fuel a child's imagination. When a child listens to a story, they are transported to a different world, where they create their own images and engage their creativity. This activity can teach children how to be strategic thinkers and encourage them to come up with creative solutions to problems.

Our Storytime is all inclusive and we encourage children to be themselves during the session, exploring the space, language and engagement styles. It is also a great opportunity for parents/carers to spend with others and be exposed to different ways of engaging their children in language development and social skills. Come along each Tuesday (except 1st Tuesday of Month) during term @ 10.00am.

Recommencing 16th April 2024

Walk-in's Welcome

Parents are required to stay in attendance (your caffeine needs can be met

## COMMUNITY SPACE OF HIRE

We are always keen to introduce new activities, support groups and bring others together so please get in touch if you'd like to deliver something at QB or participate in something different, contact [community@qbcc.org.au](mailto:community@qbcc.org.au) or 9742 5040.

Like the Quantin Binnah Facebook page [www.facebook.com/quantinbinnah](http://www.facebook.com/quantinbinnah) and keep an eye on our pop-up events or check out [www.qbcc.org.au](http://www.qbcc.org.au). To discuss anything in detail email [community@qbcc.org.au](mailto:community@qbcc.org.au) or call Emma or Penny on 9742 5040.

Please get in touch with the Community Development Team on [community@qbcc.org.au](mailto:community@qbcc.org.au) should you have any requests for programs and activities or if you have any special skills you'd like to share with others. We can't be a community without you!





# Early Years Programs & Activities

VARIOUS LOCATIONS	VENUE, DAY & TIME	COST	CONTACT INFORMATION
<b>Maternal &amp; Child Health Appointments</b> Professional nursing support & advice for parents with children from birth to school age.	By Appointment Only	No cost	Contact: Maternal & Child Health ☎ 1300 370 567 🌐 <a href="http://www.wyndham.vic.gov.au/select/Maternal%20&amp;%20Child%20Health%20Services">www.wyndham.vic.gov.au select Maternal &amp; Child Health Services</a>
<b>Immunisations</b> The Wyndham City Immunisation Unit provides free public vaccinations against a range of childhood and adult diseases.	By Appointment Only		Contact: Wyndham Immunisation Team ☎ 9742 0736 🌐 <a href="http://www.wyndham.vic.gov.au/select/Children's%20Services%20&gt;%20Immunisations">www.wyndham.vic.gov.au select Children's Services &gt; Immunisations</a>
<b>First Time Parents Group</b> Meet friendly local families to talk about your kids and have fun! Come along to share experiences, find advice, give support and make new friends.	Weekly sessions		Contact: Maternal & Child Health ☎ 1300 370 567 🌐 <a href="http://www.wyndham.vic.gov.au/select/Maternal%20&amp;%20Child%20Health%20Services">www.wyndham.vic.gov.au select Maternal &amp; Child Health Services</a>
<b>Supported Playgroup</b> Referrals for this service can be made by community services or families can self-refer through the Wyndham City Council website:	Weekly sessions		Contact: Child and Family Resource Team ☎ 1300 370 567 ✉ <a href="mailto:playgroup@wyndham.vic.gov.au">playgroup@wyndham.vic.gov.au</a> 🌐 <a href="https://www.wyndham.vic.gov.au/services/childrens-services/playgroups/supported-playgroups">https://www.wyndham.vic.gov.au/services/childrens-services/playgroups/supported-playgroups</a>
<b>Wyndham City Council - Kindergarten</b> 3 & 4 Year Old Kindergarten Services. Enrol your child online.	Weekly sessions		Fees Apply Contact: Kindergarten Enrolment Officer ☎ 1300 370 567 🌐 <a href="http://www.wyndham.vic.gov.au/select/Children's%20Services%20&gt;%20Kindergarten">www.wyndham.vic.gov.au select Children's Services &gt; Kindergarten</a>

IRAMOO	DAY & TIME	COST	CONTACT INFORMATION
<b>Iramoo Playgroup</b> <span style="background-color: red; color: white; padding: 2px;">Bookings required</span> Playgroups are a great way for your child to interact with other children in a fun and safe environment.	<b>Mondays</b> 9am - 11am & 11.30am - 1.30pm <b>Tuesdays</b> 9am - 11am	\$60 per family per term	Contact: Iramoo Community Centre ☎ 8742 3688 ✉ <a href="mailto:admin@iramoooc.com.au">admin@iramoooc.com.au</a> <b>Follow us on Facebook!</b>
<b>Pre-school garden group :</b> This is a FREE session and places are limited.	<b>Fortnightly Thursdays</b> 9th May 2024 10am – 11.00am	Free	Contact: Iramoo Community Centre ☎ 8742 3688 ✉ <a href="mailto:admin@iramoooc.com.au">admin@iramoooc.com.au</a> <b>Follow us on Facebook!</b>

## ACTIVE WYNDHAM



Are you looking to try a new sport this Winter, or maybe return to an activity you did a while ago? Joining in an activity is a great way to keep motivated and find new friends. Being active makes us feel better – they say it's the best medicine – it lifts our mood, can help us de-stress, improves sleep and gives us more energy.

Over February and March you can join in free sessions and try out different activities to help you work out what you would like to do.

Find out what's available here:  
[www.wyndham.vic.gov.au/wintersport](http://www.wyndham.vic.gov.au/wintersport)

## PRAM WALKING SESSIONS

An informal catchup for families with children under 18 months. All walks will run for approximately 1 hour and will be led by a Child and family Resource Officer. Walks will be weather dependent and will not run if the weather is not suitable. For more information, please use the QR code to visit the webpage.

Join us in one of the following sessions:

- Arndell Park Truganina WEDNESDAY 10.30AM
- Presidents Park Werribee WEDNESDAY 10.30AM
- Tarneit Lakes Tarneit FRIDAY 1.00PM





# Early Years Programs & Activities

MANOR LAKES	DAY & TIME	COST	CONTACT INFORMATION
<p><b>VicSeg Playgroup - New Futures</b> This group is for South Sudanese mothers and children with the opportunity to talk &amp; support one another in the local community.</p>	<p><b>Wednesday</b> 12pm-3pm</p>	<p>Free</p>	<p>Contact: VicSeg ☎ 8754 0500 ✉ <a href="mailto:kdiacono@vicsegnewfutures.org.au">kdiacono@vicsegnewfutures.org.au</a></p>
<p><b>Manor Lakes Harmony Playgroup</b> <i>During school terms</i></p>	<p><b>Fridays</b> 9:30am—11:30am</p>	<p>\$60 per term</p>	<p>Contact: Rati ✉ <a href="mailto:mlharmonyplaygroup@gmail.com">mlharmonyplaygroup@gmail.com</a></p>
<p><b>Rhyme Time - Ages 1 - 5years</b> These 30-minute sessions include stories, songs and rhymes designed to develop early language, literacy and numeracy skills. <i>During school terms</i></p>	<p><b>Refer to website for current timetable</b></p>	<p>No Cost</p>	<p>Contact: Werribee Library ☎ 8734 8999</p>
<p><b>Baby Time - Ages 0 - 12months</b> Sing, move, and bond with your baby as we share some of our favourite songs and reading tips. <i>During school terms</i></p>			<p>Contact: Manor Lakes Library ☎ 8734 8999</p>
<p><b>Story Time - Ages 3+</b> These 45-minute sessions include stories, songs and rhymes, &amp; a simple craft activity designed to develop early language, literacy &amp; numeracy skills. <i>During school terms</i></p>			<p>For session dates and times please visit: <a href="http://www.wyndham.vic.gov.au/services/libraries/early-years/early-years-events-and-activities">www.wyndham.vic.gov.au/services/libraries/early-years/early-years-events-and-activities</a></p>
<p><b>Bilingual Story Time - Karen and English</b> <i>Ages - Children of all ages</i> Join us for 45 minutes of stories, songs and rhymes, and craft in Karen and English. Meet bilingual families, learn words in another language and help your child develop important language skills. <i>During school terms</i></p>			<p>☎ 8734 8999 🌐 <b>For session dates and times visit:</b> <a href="http://www.wyndham.vic.gov.au/pop-up-library">www.wyndham.vic.gov.au/pop-up-library</a> <b>Programs during school term only</b></p>
<p><b>Rhyme Time and Pop-Up Library</b> <i>Ages 1–5 years</i> Join us for Rhyme Time and a special Pop-Up Library every week.</p>	<p><b>Refer to website for current timetable</b></p>	<p>No Cost</p>	<p>📍 Club Mambourin ☎ 8734 8999 🌐 <b>For session dates and times visit:</b> <a href="http://www.wyndham.vic.gov.au/pop-up-library">www.wyndham.vic.gov.au/pop-up-library</a> <b>Programs during school term only</b></p>
<p><b>Quantin Binnah</b></p>			
<p><b>DAY &amp; TIME</b></p>			
<p><b>COST</b></p>			
<p><b>CONTACT INFORMATION</b></p>			
<p><b>3 Yr Old Kindergarten &amp; 4Yr Old Kindergarten</b> <b>QB</b> <b>61 Thames Boulevard Werribee 3030</b> <b>Woodville</b> <b>82 Woodville Park Drive Hoppers Crossing 3029</b> Our 3-year and 4 year Kinder program offers a variety of play experiences based on the children's interests. The program that we offer is an introduction to four-year-old kindergarten. Our program is a play-based program and evolves for the children's individual and group interests as well as intentional teaching activities. <a href="https://www.qbcc.org.au/3yr-old-kindergarten">https://www.qbcc.org.au/3yr-old-kindergarten</a> <a href="https://www.qbcc.org.au/4-yr-old-kindergarten">https://www.qbcc.org.au/4-yr-old-kindergarten</a></p>	<p>Day's &amp; Time's vary dependant on group</p>		<p>Contact: Quantin Binnah Community Centre ☎ 9742 5040 ✉ <a href="mailto:admin@qbcc.org.au">admin@qbcc.org.au</a> 🌐 <a href="http://www.qbcc.org.au">www.qbcc.org.au</a></p> <p>For more information please visit: <a href="https://www.qbcc.org.au/enrolments">https://www.qbcc.org.au/enrolments</a></p> <p>To Enrol in our Kindergarten Services apply via Wyndham City Council Enrolment Registrations portal: <a href="https://www.wyndham.vic.gov.au/services/childrens-services/kindergarten/kindergarten-registration-process">https://www.wyndham.vic.gov.au/services/childrens-services/kindergarten/kindergarten-registration-process</a></p>
<p><b>Ooey gooey Messy Play - Starting 17th April</b> Come along and get messy with different sensory craft, for any age. Parents to supervise children; children to wear clothes that can get messy</p>	<p>Wednesday 's fortnightly between 10.00am to 11.00am</p>	<p>\$6 per child per session or \$10 for 2 siblings</p>	<p>Contact: Bianca at Creating Villages ✉ <a href="mailto:creatingvillages@gmail.com">creatingvillages@gmail.com</a></p>



# Early Years Programs & Activities

Quantin Binnah	DAY & TIME	COST	CONTACT INFORMATION
<p><b>QB Childcare</b> 61 Thames Boulevard Werribee 3030</p> <p><b>Woodville Childcare</b> 82 Woodville Park Drive Hoppers Crossing 3029</p> <p>Our childcare provides a secure and happy environment where children can develop their intellectual, social, emotional, physical and aesthetic skills to become competent and confident individuals. Our aim is for you as the parents &amp; guardians to feel safe in the knowledge that your child is receiving the best possible care.</p>	<p><b>Monday-Friday</b> Centre Opens at 6.30am Centre Closes at 6.00pm</p> <p><b>Monday-Friday</b> Centre Opens at 6.30am Centre Closes at 6.00pm</p>	<p>Please refer to <a href="http://www.qbcc.org.au">www.qbcc.org.au</a> for prices</p> <p>Childcare Subsidy applies - <a href="http://www.childcaresubsidycalculator.com.au">13 61 50 www.childcaresubsidycalculator.com.au</a></p> <p><a href="http://www.qbcc.org.au/childcare">www.qbcc.org.au/childcare</a></p>	<p>Contact: Quantin Binnah Community Centre</p> <p>☎ 9742 5040</p> <p>✉ <a href="mailto:admin@qbcc.org.au">admin@qbcc.org.au</a></p> <p>🌐 <a href="http://www.qbcc.org.au">www.qbcc.org.au</a></p>
<p><b>Playgroup QB</b> 61 Thames Boulevard Werribee 3030</p> <p>Our Playgroup is supported by a trained educator and all activities are planned to provide a supported experience. Our facilitator also encourages parents to build strong connections by building capacity in the group and by ensuring the group is parent led. <a href="http://www.qbcc.org.au/playgroup">www.qbcc.org.au/playgroup</a></p>	<p><b>Thursdays during Term</b> 10am - 12pm</p>	<p>Please refer to <a href="http://www.qbcc.org.au">www.qbcc.org.au</a> for prices</p>	<p>Contact: Quantin Binnah Community Centre</p> <p>☎ 9742 5040</p> <p>✉ <a href="mailto:admin@qbcc.org.au">admin@qbcc.org.au</a></p> <p>🌐 <a href="http://www.qbcc.org.au">www.qbcc.org.au</a></p>
<p><b>School Age Care</b></p> <p>Quantin Binnah has programs at 4 Wyndham locations offering:</p> <ul style="list-style-type: none"> <li>• Before School Care</li> <li>• After School Care</li> <li>• Curriculum Day Care (dependant on numbers)</li> <li>• Vacation Care* (school holiday program offered at 2 locations)</li> </ul> <p><b>Wyndham Locations:</b> Westgrove PS and Bethany PS (Westgrove &amp; Bethany program held at Quantin Binnah*), Our Lady of the Southern Cross PS, Corpus Christi PS*, St John the Apostle PS. <a href="http://www.qbcc.org.au/school-aged-care-1">www.qbcc.org.au/school-aged-care-1</a> <a href="http://www.qbcc.org.au/vacation-care-1">www.qbcc.org.au/vacation-care-1</a></p>	<p><b>Before School Care</b> opens at 6.30am After School care closes at 6.00pm at QB, &amp; Corpus Christi</p> <p><b>After School care</b> closes at 6.30pm at Our Lady of the Southern Cross &amp; St John the Apostle.</p> <p><b>Vacation Care</b> program QB 6.30am to 6.00pm; Corpus Christi 6.30am to 6.30pm</p>	<p>Please refer to <a href="http://www.qbcc.org.au">www.qbcc.org.au</a> for prices</p> <p>Childcare Subsidy applies - <a href="http://www.childcaresubsidycalculator.com.au">13 61 50 www.childcaresubsidycalculator.com.au</a></p>	<p>Contact: Quantin Binnah Community Centre</p> <p>☎ 9742 5040</p> <p>✉ <a href="mailto:admin@qbcc.org.au">admin@qbcc.org.au</a></p> <p>🌐 <a href="http://www.qbcc.org.au">www.qbcc.org.au</a></p>
<p><b>Storytime with JoJo</b></p> <p>Once upon a time at Café QB we met a fairy god mother, a unicorn and every other magical being in the QB community. Brings the kids along to a fun, inclusive, interactive and educational story time. Books are read by QB's very own Creative Artist and Author in Residence JoJo. When you wish upon a star anything can happen...</p> <p><b>During school terms</b></p>	<p><b>Each Tuesday (except 1<sup>st</sup> Tuesday of month during</b> 10 am. Recommencing 16<sup>th</sup> April 2024</p>	<p>Free Half price hot drinks for parents and carers in Café QB</p>	<p>Contact: Quantin Binnah Community Centre</p> <p>☎ 9742 5040</p> <p>✉ <a href="mailto:admin@qbcc.org.au">admin@qbcc.org.au</a></p> <p>🌐 <a href="http://www.qbcc.org.au">www.qbcc.org.au</a></p> <p><b>Walk-in's Welcome</b> Parents are required to stay in attendance (your caffeine needs can be met in the Café)</p>



## SETTLEMENT SERVICES

Eh Su from Wyndham Community and Education Centre is seeing clients who have arrived in Australia in the past five years, as refugees, at Manor Lakes Community Learning Centre. Clients seek support for all manner of things, including Centrelink payments, housing issues, family support, fines, family violence, insurance, utility issues & much more.

**Where:** Manor Lakes Community Learning Centre  
**When:** Mondays  
**Time:** 9am—1pm

**Walk in!**





# Early Years Programs & Activities

Wyndham Park	DAY & TIME	COST	CONTACT INFORMATION
<p><b>Little Buddies Toy Library</b> Not for profit community group providing families with sustainable ways to learn through play. \$70 per year to borrow 2 toys/fortnight \$100 per year to borrow 4 toys/fortnight</p>	<p><b>Mondays</b> 9am - 12pm <b>Fridays</b> 9am - 12pm <b>Saturdays</b> 10am - 1pm</p>	Fees apply	<p>☎ 0432 361 126 🌐 See website for 6-month memberships &amp; concession prices <a href="https://littlebuddiestoylibrary.com.au/join/">https://littlebuddiestoylibrary.com.au/join/</a></p>
<p><b>Hungry Caterpillars Play Group</b> <b>Bookings essential</b> Parents, carers, and kids come together for songs, stories, craft, and play. Links to parent and carer support also available. <b>During school terms</b></p>	<p><b>Tuesdays</b> 10am - 11.30am</p>	Free	<p>Contact: IPC Health ☎ 1300 472 432 ✉ IPC_wyndhamchildhealth@ipchealth.com.au <b>Call or email to check eligibility</b></p>
<p><b>Wyndham Park Kindergarten</b> Accessible early learning opportunity for children 5 years and under.</p>	<p><b>Mondays to Fridays</b> 9am - 4pm</p>	Call to enquire	<p>☎ 9741 6486</p>
<p><b>Psychology Support</b> <b>Bookings essential</b> No gap, confidential service provided by provisional psychologists. <b>Referral required</b></p>	<p>Depending on individual booking</p>	Free	<p>☎ 03 4250 8134</p>
<p><b>Sleep and Settling Sessions</b> Wyndham MCH offers sleep and settling information sessions to support families experiencing sleep challenges. You can learn about how your child's sleep changes over time and tips and strategies on how to settle your child as they grow</p>	<p><b>Mondays</b> 9:30am to 11:30am</p>	Call to enquire	<p>✉ <a href="mailto:sleepsettling@wyndham.vic.gov.au">sleepsettling@wyndham.vic.gov.au</a> 🌐 <a href="https://www.wyndham.vic.gov.au/mchildhealthservices">https://www.wyndham.vic.gov.au/mchildhealthservices</a></p>
<p><b>Rhyme Time and Pop-Up Library</b> <b>Ages 1–5 years</b> Join us for Rhyme Time and a special Pop-Up Library every week. Our 30-minute Rhyme Time sessions include stories, songs and rhymes designed to develop early language, literacy and numeracy skills. <b>During school terms</b></p>	<p>Refer to website for current timetable</p>	No Cost	<p>📍 Wyndham Park, West Lawn ☎ 8734 8999  🌐 <b>For session dates and times visit:</b> <a href="http://www.wyndham.vic.gov.au/pop-up-library">www.wyndham.vic.gov.au/pop-up-library</a></p>
Wunggurrwil Dhurrung Centre	DAY & TIME	COST	CONTACT INFORMATION
<p><b>VACCA Koorie Kids Playgroup</b> Supported playgroup for Aboriginal children</p>	<p><b>Thursdays</b> 12pm -2pm</p>	Contact Tayla	<p>Contact: Tayla S ☎ 0455 467 931 ✉ <a href="mailto:taylas@VACCA.org">taylas@VACCA.org</a></p>

Wunggurrwil Dhurrung Centre is a meeting place located in Wyndham Vale. It promotes a shared vision to recognise and celebrate Aboriginal perspective and history.

The centre provides a culturally safe place, where people of all ages and experiences are welcome to gather, connect, learn and share. With a name steeped in meaning, Wunggurrwil Dhurrung means “strong heart” in Wadawurrung language. Subscribe to the centre mailing list by emailing us

**Address:** 19 Communal Road, Wyndham Vale  
**Phone:** 8734 0288  
**Email:**  
[WunggurrwilDhurrung@wyndham.vic.gov.au](mailto:WunggurrwilDhurrung@wyndham.vic.gov.au)





# YOUTH SERVICES

## FREE COUNSELLING

### Youth and Family

A **FREE** counselling service for young people aged **12–25 years** who live, study, work and recreate in Wyndham. Youth focussed and family centred support is also available to parents and carers.

#### WE OFFER:

- Up to 10 free counselling sessions inclusive of family consultation sessions
- Connect you to local services

### Middle Years and Family

A **FREE** counselling service for children aged **8–11 years** and their parents or carers who are seeking primary and early intervention counselling.

#### WE OFFER:

- Up to 10 free individual counselling sessions
- Up to 2 free family consultation sessions to support your child's counselling plan
- Connect you to local services



Visit our website or call 8734 1355 for more information [www.wyndham.vic.gov.au/youthandfamilycounsellingsupport](http://www.wyndham.vic.gov.au/youthandfamilycounsellingsupport)

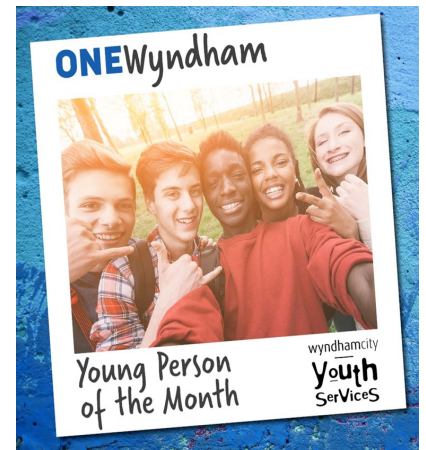
## Young person of the month....

Wyndham City Youth Services is committed to supporting and promoting the ingenuity and accomplishments of young people across the municipality. Therefore, each month Council will select a Wyndham resident aged between 12 – 25 to be awarded the 'Young Person of the Month'.

The award aims to build the profile of young people who are positively contributing to the Wyndham community and thank them for their dedication. The selected monthly candidate will be a positive role model to other young people in the community who may have similar aspirations and goals. We know that there are a lot of young people within our community doing amazing things and we would love for them to be supported and thanked for their amazing contributions at such a young age.

We encourage you to support a young person in nominating themselves for this award or you can nominate a young person on their behalf through the One Wyndham website:

<https://www.wyndham.vic.gov.au/services/youth-services/awards-competitions/one-wyndham>



## Manor Lakes - Drop In program on Tuesday & Wednesday

Every Tuesday and Wednesday during the school term from **3.30pm – 5:30 pm**, come hang out at the **Youth Space @ Manor Lakes Community Learning Centre**.

Join us at our youth space—hang out, eat snacks, play games, Uno, play table tennis, PS4 and more! Our friendly youth workers are always up for a chat. This program is for young people aged 12-17 years.

#### Register below to join in on the fun.

Each young person needs to complete a registration form. Please follow this link to register your interest: <https://youthwyndham.com/pgm-reg>

**Contact:** Youth Services  
**Phone:** 8375 2346  
**Email:** [YouthInWyndham@wyndham.vic.gov.au](mailto:YouthInWyndham@wyndham.vic.gov.au)

## ON THE BALL WITH YOUTH SERVICES



Calling on all young people who love sport! Come and join our 'On The Ball' program which will run every **Thursdays at Eagle Stadium from 4pm - 5.30pm (During the school term)**.

We will have basketball and soccer activities available as well as trying out any other sports that you'd like! This program is for young people aged 12-25 years of age who live, work, study or recreate in Wyndham.

#### **Water and snacks are provided.**

For more information or to register for the program, please email [YouthInWyndham@wyndham.vic.gov.au](mailto:YouthInWyndham@wyndham.vic.gov.au) or call Youth Services on **8375 2346**.



# Education & Training for Kids & Adults

IRAMOO	DAY & TIME	COST	CONTACT INFORMATION
<b>Yoga</b> Come join us to move, stretch, work, sweat, breathe and be still. NEW TIME	<b>Wednesdays</b> 7.30-8.30pm & <b>Saturdays</b> 9am—10am	Fees apply	Contact: Catherine ☎ 0416 009 024 FB: Yoga Moves West
<b>Keep Fit with Karate</b> Children and adult classes	<b>Mondays &amp; Wednesdays</b> 5-6pm & 6pm-7pm	Fees apply	Contact: Tyrone ☎ 0402 593 393
<b>Rhapsody School of Ballet</b> Children and adult classes	<b>Tuesdays</b> 4pm-8:30pm <b>Thursdays</b> 4pm –8pm <b>Fridays</b> 4pm-7.45pm	Fees apply	Contact: Cristelle ☎ 0433 872 263 ✉ rhapsodyschoolofballet@gmail.com
<b>Zumba</b> An . The classinterval workoutes move between high and low intensity dance moves designed to get your heart rate up and boost cardio endurance.	<b>Mondays</b> 7:30om—8:30pm	Fees apply	Contact: Angela ☎ 0431 577 679 <a href="http://angelashegog.zumba.com">http://angelashegog.zumba.com</a>
<b>Artizzons Art Classes</b> For children from 6 years. Classes focus on developing children’s artistic skills and creativity. They will discover a variety of art materials through application and experimentation.	Saturday morning	Fees apply	Contact: Cathy ☎ 0413 527 102 ✉ Cathy Mackay@artizzons
<b>Lids4Kids – Lid sorting</b> Come for half an hour or two hours at a time that suits you. Come in we have bags of lids needing to be washed and dried.	<b>2<sup>nd</sup> and 4<sup>th</sup> Thursday each month</b> 9.30am – 11.00am	Free	Contact: Iramoo Community Centre ☎ 8742 3688 ✉ admin@iramoooc.com.au <b>Follow us on Facebook</b>
<b>Sewing Classes (Beginners &amp; Advanced)</b> This program will have you finalizing your pattern and putting together you jumper or tee-shirt. <b>Machines provided or bring your own</b>	<b>Wednesday</b> Feb 14 <sup>th</sup> -March 13 <sup>th</sup> 10am-12pm	5week program Cost \$50	
<b>Seniors Craft Activity</b>	1 <sup>st</sup> Monday of the month 10.30am	FREE	
<b>Supported Art Class</b>	<b>Tuesday</b> 1pm-2pm	\$5	
MANOR LAKES	DAY & TIME	COST	CONTACT INFORMATION
<b>Lynn’s Learning</b> Maths and English Tuition developed by Australian Teachers (Kinder to Year 10) covering: * Classwork and Homework * Individualised extension and remedial skills * Problem solving and mathematical skills * Creative writing techniques * Scholarship preparation * NAPLAN and ICAS preparation * Learning difficulties including disadvantaged kids	<b>Saturdays</b> 1pm—4pm	Fees Apply	Contact: Bhumika ☎ 0434 190 266 ✉ wyndhamvale@lynnslearning.com 🌐 www.lynnslearning.com.au
<b>Ceramics Classes</b> The Course teaches students the fundamental techniques and skills associated with the medium clay. Students will be introduced to the key hand building techniques and explore various surface decorating techniques. Students will have the opportunity to try their hand at the pottery wheel.	<b>Mondays</b> 6:45pm - 8:45pm <b>Saturdays</b> 9:30am - 11.30am	Fees Apply	Contact: Melissa Murphy Vella ✉ Melissa.ceramics@outlook.com



# Education & Training for Kids & Adults

MANOR LAKES	DAY & TIME	COST	CONTACT INFORMATION
<p><b>The Lab South Barown</b></p> <p>The lab is a technology club for young people who identify as being on the autism spectrum who like working with computers. We offer expert mentoring in programming, 3D, digital design and gaming—as well as the chance to meet other with similar interests</p>	<p><b>Monday</b> 5pm—7pm</p>	<p>Fees Apply</p>	<p>Contact: Justin ✉ barown@thelab.org.au</p>
<p><b>Mini Movers</b></p> <p>Mini Movers is a physical wellbeing-based program that uses different sports to increase the motor skills of children. Running weekly for 6 weeks from 29th of April till the 3rd of June.</p>	<p><b>Mondays</b> <b>Session 1</b> 9.30am—10.00am <b>Session 2</b> 10am—10.30am</p>	<p>Free</p>	<p>Contact: Tori ☎ 03 52249972</p>
<p><b>Manor Lakes Home Schooling Club</b></p> <p>Meet other home-schooled students and parents. Socialise &amp; learn through self-directed play and interaction.</p>	<p><b>Thursdays</b> 12.30pm –3.30pm</p>	<p>Fees Apply</p>	<p>Contact: Steph ✉ stephanie.mohring@icloud.com</p>
<p><b>Sri Sathya Sai Global Council Australia Ltd</b></p> <p>Human value classes for children and adults <b>Age: 5 to 8 Years</b></p>	<p><b>Fridays</b> <b>6.30pm—8.00pm</b></p>		<p>Contact : Rashmi ☎ 0433 315 348 ✉ rashmi.r1301@gmail.com</p>
<p><b>Art classes with Irene</b> <span style="background-color: red; color: white; padding: 2px;">Bookings required</span></p> <p>These classes are done over 3 sessions each. In the last class you transfer your drawing on to a canvas. We look forward to all the creativity happening.</p>	<p><b>Thursdays</b> 5pm - 7pm</p>	<p>Fees Apply</p>	<p>Contact: Irene ☎ 0452 493 207 ✉ artwithirene@hotmail.com</p>
<p><b>Family History Group</b> <span style="background-color: red; color: white; padding: 2px;">Bookings required</span></p> <p>Join a Family History Group to learn about new resources, share your knowledge and meet others who are researching their family history.</p>	<p><b>1<sup>st</sup> Tuesday of the month,</b> <b>2pm – 3.30pm</b></p>	<p>Free</p>	<p><b>Manor Lakes Library</b> ☎ 03 8734 8930 For session dates and times please visit: <a href="http://www.wyndham.vic.gov.au/family-local-history">www.wyndham.vic.gov.au/family-local-history</a></p>
<p><b>IT Help One on One</b></p> <p>Do you need some focused support with computers or technology? Free digital training is available. Book a One on One IT help session, and our friendly staff will help you.</p>	<p><b>Tuesdays</b> 10am – 11am <b>Fridays</b> 2pm – 3pm  <b>Thursdays</b> 2pm – 3pm <b>(Werribee Library)</b></p>		<p><b>Manor Lakes Library</b> ☎ 8734 8930 <b>For more information and bookings:</b> <a href="http://www.wyndham.vic.gov.au/services/libraries/adults/library-it-programs">www.wyndham.vic.gov.au/services/libraries/adults/library-it-programs</a></p> <p><b>Werribee Library</b> ☎ 8734 8999</p>
<p><b>English Conversation</b> <b>Ages 18+</b></p> <p>At English Conversation Café you can practise your English skills, meet new people, and learn from others. This is a great way for you to connect with the community and maybe even make new friends.</p>	<p><b>Thursdays</b> 1pm – 2pm  <b>Fridays</b> 11am – 12pm <b>(Werribee Library)</b></p>		<p><b>Manor Lakes Library</b> ☎ 8734 8930 <b>For more information and bookings:</b> <a href="http://www.wyndham.vic.gov.au/adult-events-and-activities">www.wyndham.vic.gov.au/adult-events-and-activities</a></p> <p><b>Werribee Library</b> ☎ 8734 8999</p>
<p><b>Beginner's Computer Class</b> <span style="background-color: red; color: white; padding: 2px;">Bookings required</span></p> <p><b>Ages 18+</b></p> <p>Join us for a fun and interactive 4-week program designed for beginners to learn all about computers. Whether you're a complete novice or just want to brush up on your skills, this in-person event is perfect for you!</p>	<p><b>Wednesdays</b> <b>starting 1 May</b> <b>10.30am – 12pm (4 weeks)</b></p>		<p>☎ Manor Lakes Library ☎ 8734 8999</p>
<p><b>Introduction to Microsoft Word</b> <b>Ages 18+</b></p> <p>Learn how to create documents comprising text and images using Microsoft Word in a one-off 1.5-hour program aimed at people with only basic knowledge of computers.</p>	<p><b>Wednesday</b> <b>12 and 19th June</b> 10.30am – 12pm</p>		<p>🌐 <b>For bookings visit:</b> <a href="http://www.wyndham.vic.gov.au/services/libraries/adults/library-it-programs">www.wyndham.vic.gov.au/services/libraries/adults/library-it-programs</a></p>

# Education & Training for Kids & Adults

MANOR LAKES		DAY & TIME	COST	CONTACT INFORMATION
<b>Junubi Wyndham Homework Club</b> Junubi Wyndham will be running Homework Club at the nominated centres to support African Australian Students south Sudanese background.		<b>Thursdays</b> 3.30pm—5.30pm	Free	Contact: Poly Kiyaga ☎ 0434 178 753 ✉ poly.kiyaga@wyndhamcec.org.au
Quantin Binnah		DAY & TIME	COST	CONTACT INFORMATION
<b>CAPACITY BUILDING @ CAFÉ QB</b> Would you like to learn new skills, gain experience in a café and meet new people? Do you have Core supports in your NDIS plan? <b>Participants are required to be self or plan managed</b>		<b>Monday, Tuesday or Wednesday</b> for 2-hour blocks	Supports provided at NDIS unit costs.	Contact: Quantin Binnah Community Centre ☎ 9742 5040 ✉ admin@qbcc.org.au 🌐 www.qbcc.org.au <b>or</b> Contact: Bianca at Creating Villages ✉ creatingvillages@gmail.com
<b>Home Schooler Cooking Class</b> <span style="background-color: red; color: white; padding: 2px;">Bookings required</span> Learn some basic cooking, baking and healthy eating skills with other home schooled students. Numbers are capped per session and weekly		<b>Wednesday's</b> from 1.30pm in Café QB	\$10 per person or \$15 for 2 siblings	Contact: Bianca at Creating Villages ✉ creatingvillages@gmail.com
<b>Exploring a Career in Child Care</b> <span style="background-color: red; color: white; padding: 2px;">Bookings required</span> Complete this short 3-day course to give you a taste of industry and what can be expected before completing your further study. This is a pre-accredited course. You will receive a certificate of completion <b>Students must be 18+</b>		Dates TBC 9.30am to 2.30pm  Recommencing Wednesday 17 <sup>th</sup> April 2024.	Free Eligibility criteria may apply	☎ 9742 5040 ✉ <a href="mailto:community@qbcc.org.au">community@qbcc.org.au</a> 🌐 <a href="http://www.qbcc.org.au">www.qbcc.org.au</a> Please keep an eye out <a href="http://www.qbcc.org.au">www.qbcc.org.au</a> or <a href="https://www.facebook.com/quantinbinnah">www.facebook.com/quantinbinnah</a> for more information

## HOME INSTEAD



On the 6th of March Shivali and Jason from Home Instead attended the Manor Lakes Community Centre and engaged with the community. During their time here, they had an opportunity to listen to some of the issues shared by senior citizens.

Shivali stated “Jason and I were particularly struck by the level of engagement among attendees. One lovely lady mentioned her involvement in the coffee table program and expressed how much she enjoys it. Such activities undoubtedly contribute to strengthening our community bonds “

We believe these opportunities for social engagement could greatly benefit our elderly clients, encouraging them to reconnect with the community and maintain their social connections.

For more information of their services they can be contacted via their [website https://brochure.homeinstead.com.au](https://brochure.homeinstead.com.au)

## SENIORS EXERCISE PARK AT HOPPERS CROSSING

**CENTRAL PARK SENIORS EXERCISE PARK COME AND TRY SESSIONS**

**BE ACTIVE, BE SOCIAL**

FOR DETAILS AND TO SIGN UP GO TO [WWW.WYNDHAM.VIC.GOV.AU/SENIORSEP](http://WWW.WYNDHAM.VIC.GOV.AU/SENIORSEP)



**Come and try out the Seniors Exercise Park at Hoppers Crossing**

Registrations required

Our Volunteer Buddies are running 3 mornings a week across February from 10 to 10.45am!!

Come and find out how to use the Seniors Exercise Park equipment and meet others who are interested in being active. This equipment has been designed for Seniors to help with mobility, strength and coordination. Our Buddies are trained to help others learn how to enjoy the benefits of the equipment.

Find out more and register at [Www.wyndham.vic.gov.au/seniorsep](http://Www.wyndham.vic.gov.au/seniorsep)





# Recreation & Leisure for Kids & Adults

IRAMOO	DAY & TIME	COST	CONTACT INFORMATION
<b>Seniors Craft Activity</b>	<b>1<sup>st</sup> Monday of the month</b> 10.30am	FREE	Contact: Iramoo Community Centre ☎ 8742 3688 ✉ admin@iramoooc.com.au <b>Follow us on Facebook</b>
<b>Supported Art Class</b> <span style="background-color: #FFD700; padding: 2px;">New</span>	<b>Tuesday</b> 1pm-2pm	\$5	
<b>Community Garden Group</b> Come and join us as we work in our community garden	<b>First Tuesday of the month</b> 10am-11.30am	Free	
<b>Australian Youth Community Centre</b>	<b>Fridays</b> 1pm—2pm	Contact Nasser	Contact: Nasser ☎ 0425 544 600
<b>Iramoo Quilters</b> Bring in your current project and work on it in a social setting. This group is for sharing and friendship.	<b>4th Saturday of the month</b> 12.30pm - 4pm	Fees apply	Contact: Josie ☎ 0434 000 866
<b>Wyndham Vale Men's Shed</b> Located - Wyndham Vale Master's car park	<b>Fridays</b> 10am-3pm	Fees apply	Contact: Greg/Chris ☎ 0438 962 252/0419 820 140
MANOR LAKES	DAY & TIME	COST	CONTACT INFORMATION
<b>DK Alayam School of Music &amp; Dance</b>	<b>Monday</b> 6pm- 7pm <b>Tuesday &amp; Thursday</b> 5:30-7:30pm	Fees apply	Contact : Krithika ☎ 0424 517 021 ✉ krithikad.1989@gmail.com
<b>Nrithyopasana school of Bharatanatyam</b> Bharatnatyam -Indian classical dance <b>Ages: 5+ to adults</b>	<b>Fridays</b> 6.00pm - 7.00pm	Fees apply	Contact: Lalitha Narayanan ☎ 0429 313 826 ✉ nrithyolalitha@gmail.com
<b>JK Natyalaya</b> Kathak Indian Classical Format for all age groups	<b>Tuesdays</b> 5pm— 9pm	Fees apply	Contact: Kanimozhi ☎ 0470 173 229
<b>Nrityaarpana Dance Academy</b> Join Nrityaarpana and get trained in both heory and practical details and intricacies of bharanatyam (Indian Classical dance)	<b>Wednesdays</b> 6pm—7.30pm	Fees apply	Contact: Rekha jayaraman ☎ 0432 958 842 ✉ nrityaarpana@outlook.com
<b>Zumba with Angela</b> Latin inspired dance & Fitness Classes	<b>Thursdays fortnightly</b> 7.30pm - 8.30pm	Fees apply	Contact: Angela Joyce ☎ 0431 577 679 ✉ angelashegog.zumba@gmail.com
<b>Craft and Conversation and Pop-Up Library</b> <b>Ages 18+</b> Are you a craft lover? Join our monthly program to create a new craft each session. Materials are free, conversation is included, and you can take home your finished project.	<b>1<sup>st</sup> Thursday of the month,</b> 2pm – 4pm	Free	📍 Little River Mechanics Institute Hall ☎ 8734 8999 🌐 <b>For session dates and times visit:</b> <a href="http://www.wyndham.vic.gov.au/pop-up-library">www.wyndham.vic.gov.au/pop-up-library</a>

At:

**Manor Lakes Community Learning Centre**

For more information contact:  
[info@nurtureland.com.au](mailto:info@nurtureland.com.au)

Or visit:

[www.nurtureland.com.au](http://www.nurtureland.com.au)  
[www.vcai.com.au](http://www.vcai.com.au)

VCAI + NURTURELAND NOT FOR PROFIT ORGANISATION

## Simply V Cooking Class

LET'S LEARN VARIOUS RECIPES FOR HEALTHY FOOD! A PERFECT SKILL TO MASTER WHEN YOU WANT TO START LIVING A HEALTHY LIFESTYLE AND PLAY A GENUINE GREEN AND SUSTAINABLE ROLE.

RECIPES YOU WILL LEARN: (2 PER CLASS)

- APPLE STRUDEL
- VEG CURRY MUTTON
- MANGO PARFAITS
- ALMOND PINEAPPLE CAKE
- STRAWBERRY CREPES
- ETC

**\$10/** CLASS & PERSON

SCAN QR CODE TO REGISTER



# Recreation & Leisure for Kids & Adults

MANOR LAKES	DAY & TIME	COST	CONTACT INFORMATION
<p><b>Yoga Meditation and Healing 365</b> <span style="background-color: #FFD700; padding: 2px;">New</span></p> <p>Yoga is a mind and body practice. We provide Hatha yoga and Astanga Yoga styles of yoga which combine physical postures, breathing techniques. Meditation Leading to relaxation</p>	<p><b>Tuesdays</b> 4pm—5pm- Kids 5pm –6pm - Teens <b>Saturdays</b> 8.30am - 9.30am (Adults)</p>	Fees apply	<p>Contact: Anu ✉ <a href="mailto:yogameditationandhealing365@gmail.com">yogameditationandhealing365@gmail.com</a></p>
<p><b>Dungeons and Dragons</b> <b>Ages 12+</b> Come join us at the library to play popular Role Play Game (RPG), Dungeons &amp; Dragons - an exciting campaign that plays out one epic encounter at a time. You will defeat enemies, solve puzzles, finish quests, and perform heroic deeds.</p>	Refer to website for current timetable	Free	<p>📍 Manor Lakes Library ☎ 8734 8999</p> <p>🌐 <b>For session dates and times visit:</b> <a href="http://www.wyndham.vic.gov.au/services/libraries/youth/youth-events-and-activities">www.wyndham.vic.gov.au/services/libraries/youth/youth-events-and-activities</a></p> <p><i>Programs during school term only</i></p>
<p><b>Lego Club</b> <b>Ages 5+</b> Come along to your library every week to design, build and imagine with Lego.</p>			
<p><b>All Ages Chess</b> <b>All ages</b> Novices and experienced players are welcome. Enjoy a game with your friends or family and meet other Chess enthusiasts in the Library!</p>			
<p><b>Games Club</b> <b>Ages 7+</b> Looking for something to do after school? Join us for console, PC Multiplayer gaming and more! Learn to play new games, show off your skills and hang out with your friends. No bookings required.</p>			
<p><b>Kids Club</b> <b>Ages 5+</b> Come and join in a different activity every week. Make new friends &amp; have lots of fun. No bookings required. <b>During school term only</b></p>			
<p><b>Imagination Creation Young Writers Group</b> <b>Ages 5+</b> Do you love to get creative with words? Come along to Imagination Creation Writers' Group. Share inspiration and creativity with other young writers in a relaxed, social environment and get writing tips from published author Margaret Campbell.</p>	Refer to website for current timetable		
<p><b>Craft and Conversation</b> <span style="background-color: #800000; color: white; padding: 2px;">Bookings required</span> <b>Ages 18+</b> Are you a craft lover? Join our monthly program to create a new craft each session. Materials are free, conversation is included, and you can take home your finished project.</p>	<b>4<sup>th</sup> Tuesday</b> of the month, 1pm – 3pm	Free	<p>📍 Werribee Library ☎ 8734 8999</p> <p>🌐 <b>For session dates and times visit:</b> <a href="http://www.wyndham.vic.gov.au/kids-events-activities">www.wyndham.vic.gov.au/kids-events-activities</a></p> <p><i>Programs during school term only</i></p>
<p><b>Steam Lab</b> <b>Ages 10-14</b> Enjoy science, tech, engineering, art and maths experiments and experiences with STEAM Lab.</p>	<b>2<sup>nd</sup> Wednesday</b> of the month		
<p><b>STEAM Builders</b> <b>Ages 5+</b> Come along to your library every week to design, build and imagine with Lego and other building materials.</p>	Refer to website for current timetable		



# Recreation & Leisure for Kids & Adults

Quantin Binnah	DAY & TIME	COST	CONTACT INFORMATION
<p><b>Chatty Café</b> The aim of Chatty Café Australia is to help connect communities and increase social interactions by getting people chatting. Join others at the chatty table to “chat”</p>	<p><b>Mondays</b> 10.00am (School term only)</p>	<p>Free hot drink for those sitting at the chatty table</p>	<p>Contact: Quantin Binnah Community Centre ✉ <a href="mailto:community@qbcc.org.au">community@qbcc.org.au</a> ☎ 9742 5040 🌐 <a href="http://www.qbcc.org.au">www.qbcc.org.au</a> <a href="http://www.facebook.com/quantinbinnah">www.facebook.com/quantinbinnah</a> OR <a href="http://www.facebook.com/craftandcaffeine">www.facebook.com/craftandcaffeine</a></p>
<p><b>Zumba - Starts 18th April 2024</b> Thanks to ReLink we're inviting you to join in a FREE Zumba fitness program that involves cardio and Latin-inspired dance Do you want to get fit and make new friends? There's no better way to have fun with someone than to get sweaty with them.</p>	<p><b>Thursday's</b> 1pm</p>	<p>Gold Coin Donation appreciated</p>	
<p><b>Craft ABILITY</b> Adults with Disabilities (&amp; their carers) are invited to join us to complete a different art and craft activity each week. Come along &amp; be creative, be social and maybe enjoy something to eat from the Café menu.</p> <p style="text-align: center;"><b>Bookings essential</b></p>	<p><b>Tuesdays</b> 10:30 am to 12.00pm <b>During school term</b>  Recommencing 16<sup>th</sup> April</p>	<p>\$8 per person for weekly art project or \$15 including a delicious morning tea</p>	<p>To make a booking and advise of dietary requirements Contact : Quantin Binnah Community Centre ☎ 9742 5040 ✉ <a href="mailto:community@qbcc.org.au">community@qbcc.org.au</a></p>
<p><b>Australian Crochet Community</b> All welcome to drop in and crochet and chat or do another craft.</p>	<p><b>Saturday's</b> 20<sup>th</sup> April, 18th May, 15th June 10am to 2pm</p>	<p>BYO crochet/craft project and supplies</p>	
<p><b>Home Schooler Social Club</b> Meet other home-schooled students. Socialise and learn through self-direction. BYO Board games or activities</p>	<p><b>Tuesday's</b> from 1pm in Café QB</p>	<p><b>Free</b> BYO Board games or activities</p>	
<p><b>Craft &amp; Caffeine</b> Drop in for craft and a cuppa anytime. Complete special themed craft activities</p>	<p><b>Mondays - Wednesday's</b> 8.00am to 4.30pm in Café QB</p>	<p>Gold coin donation for craft if you're able.</p>	<p>Contact: Bianca at Creating Villages ✉ <a href="mailto:creatingvillages@gmail.com">creatingvillages@gmail.com</a></p>
<p><b>Crafternoon</b> Be imaginative! Be inventive! Come and create a themed masterpiece. Adults invited to join in; why should the kids have all the fun?? Parents are to remain onsite during session.</p>	<p><b>Tuesday's,</b> 3.30pm to 4.30pm in Café QB (School term only)</p>	<p>FREE – gold coin donation appreciated</p>	



Coffee with a Cop provides community members and local traders the opportunity to connect one on one with local police officers to discuss community safety issues that impact them.

There will be no speeches or formalities, just a great chance to ask questions, voice concerns and get to know your local police over a free coffee.

**Quantin Binnah  
Community Centre**  
Tuesday 25 June  
10:30am - 12:30pm

61 Thames Boulevard, Werribee

**COFFEE WITH A COP**  
JOIN US FOR A FREE CUPPA & A CHAT

[www.wyndham.vic.gov.au/whats-on/coffee-cop-quantin-binnah-community-centre](http://www.wyndham.vic.gov.au/whats-on/coffee-cop-quantin-binnah-community-centre)



# Recreation & Leisure for Kids & Adults

Wyndham Park	DAY & TIME	COST	CONTACT INFORMATION
<b>Wyndham Chess Club</b> Chess activities including lessons, coaching and tournaments	<b>Mondays</b> 5:30pm - 8:30pm	Call to enquire	✉ admin@wyndhamchess.club
<b>Catholic Care Victoria Inc</b> After school hour youth support group for Karen youth & Health and Wellbeing group (Wyndham)	Call to enquire	Call to enquire	Contact: Lulu Johnny ☎ 03 9689 3888 ✉ lulu.johnny@catholiccarevic.org.au
<b>Ceramics</b> Learn the fundamental techniques and skills associated with clay including key hand building techniques. Suitable for all levels of experience.	<b>Mondays</b> 9:30am -12:30pm <b>Tuesdays</b> 9:30am -12:30pm	\$250 / term of classes on either Mondays or Tuesdays	Contact Wyndham Park Community Shed ☎ : 03 8742 6448 ✉ : <a href="mailto:Shed@wyndhamparkcc.com.au">Shed@wyndhamparkcc.com.au</a> Online enrolment via Social Planet
<b>Mosaics</b> 10 mins to learn, a lifetime to master. Come along and learn the basics of mosaics and start working on pieces straightaway. <b>Additional fees for materials per term</b>	<b>Wednesdays</b> 9:30am -11:30am	\$75/year (for Shed membership)	
<b>Men's Shed</b> Learn new skills, lend a hand, or come for a cuppa with fellow guys. Includes woodwork, metalwork, the bike hub, gardening, and electronics	<b>Tuesdays and Thursdays</b> 9.00am-3.00pm	\$75/year (for Shed membership)	
<b>Kookaburra Girls</b> Learn skills for woodwork and metalwork from knowledgeable people	<b>Mondays</b> 9.00am-3.00pm	\$75/year (for Shed membership)	

Wunggurrwil Dhurrung Centre	DAY & TIME	COST	CONTACT INFORMATION
<b>Nrityaarpana</b> Bharatanatyam Classes	<b>Wednesdays</b> 6pm - 7:30pm	Fees apply	Rekha Jayaraman ☎ 0451 327 719 ✉ nrityaarpana@outlook.com
<b>Rasamayee fine arts</b> Healing music lessons for young people and adults	<b>Tuesdays</b> 6:30pm - 7:30pm	Fees apply	Madhuri Vasa ☎ 0404 255 148
<b>Dance Matrix by Divya</b> Indian folk dance, Bollywood and kathak classes	<b>Mondays</b> 6.30pm - 7.30pm	Fees apply	Divya Saxena ☎ 0422 417 887 ✉ connect2divya@gmail.com

## Faith, Cultural & Community Groups

MANOR LAKES	DAY & TIME	COST	CONTACT INFORMATION
<b>Assembly of Saints</b> Church activities	<b>Sundays</b> 9am - 12pm	Free	Contact: Fiston ☎ 0410 145 596
<b>Church Universal of Jesus Christ Incorporated</b> Church Service	<b>Sundays</b> 1.00pm—4.00pm	Free	Contact: Magmumu Hatari Eli ☎ 0466 076 803
<b>Church of Christ - (Iglesia Ni Cristo)</b> Church gathering and Choir	<b>Mondays</b> 7pm—10pm <b>Saturdays</b> 6pm—10pm	Free	Contact: Alfonso Ocon ☎ 0451 041 711
<b>Forerunner INTL Melbourne Incorporated</b> Church Service	<b>Sunday</b> 4pm—8pm	Free	Contact: Dennis Butingan ☎ 0481 865 411

Quantin Binnah	DAY & TIME	COST	CONTACT INFORMATION
<b>Craft &amp; High Tea Sessions</b> Enjoy a delicious morning tea whilst you create a themed masterpiece to take home. For more information, make a booking and advise of any dietary requirements please call the centre.	Monday 29 <sup>th</sup> April &/or Monday 13 <sup>th</sup> May &/or Monday 24 <sup>th</sup> June at 10.30am	\$15 per person includes craft activity and high tea	Contact: Quantin Binnah Community Centre ☎ 9742 5040 ✉ community@qbcc.org.au 🌐 www.qbcc.org.au



## Faith, Cultural & Community Groups

Quantin Binnah	DAY & TIME	COST	CONTACT INFORMATION
<p><b>Craft &amp; High Tea Sessions</b> Enjoy a delicious morning tea whilst you create a themed masterpiece to take home. For more information, make a booking and advise of any dietary requirements please call the centre.</p>	Monday 29 <sup>th</sup> April &/ or Monday 13 <sup>th</sup> May &/ or Monday 24 <sup>th</sup> June at 10.30am	\$15 per person includes craft activity and high tea	Contact: Quantin Binnah Community Centre ☎ 9742 5040 ✉ community@qbcc.org.au 🌐 www.qbcc.org.au
<p><b>Musical Melodies with Trish Simpson</b> Join us to wish the lovely Trish a Happy Birthday and have a fun morning of music and singing including a lovely morning tea.</p>	<b>Thursday 6 June</b> 10am - Morning tea 10.30am - Showtime	\$10.00 for morning tea and tunes	
Wyndham Park	DAY & TIME	COST	CONTACT INFORMATION
<p><b>CWA Werribee Branch</b> The CWA is a great way for the development of friendships, personal development and advocacy on various social issues. Apart from our formal meeting we also have various social outings, fundraising events and craft gatherings.</p>	Monthly Meetings 3 <sup>rd</sup> Wednesday of the month at 1pm. Afternoon tea provided.	Annual Membership Fee.	Contact : Michelle Buck ☎ 0407 207 801  Contact : Vivienne Hart ☎ 03 9731 7691
<p><b>Health and Wellbeing</b> Learn about the values of healthy eating and nutrition. Includes meditation and relaxation.</p>	<b>Wednesdays</b> 1:00 pm to 2:30 pm	Currently no costs per term. May change if food is included	
<p><b>YOGA for Seniors</b> Includes chair yoga. Group taken by professional Yoga teacher. Assists with increased flexibility, strength, and tone, maintaining balance and mental relaxation.</p>	<b>Thursdays</b> 1:00 pm – 2:30 pm	Cost per person per class \$8.00	Contact: Rick ☎ 0402299220 ✉ <a href="mailto:courses.u3awbee@hotmail.com">courses.u3awbee@hotmail.com</a>
<p><b>Mahjong</b> Chinese tile game. Includes Eastern and Western styles. Played in groups of four. Great for assisting with concentration, mental dexterity, patience, and persistence.</p>	Thursdays 12:30 pm – 3:00 pm	Currently no costs per term.	
Wunggurrwil Dhurring Centre	DAY & TIME	COST	CONTACT INFORMATION
<p><b>Aboriginal Wellness Foundation – Cultural</b> mentoring activities for Aboriginal people and parents/carers</p>	<b>Fortnightly Tuesdays, Wednesdays &amp; Thursdays</b> 6:30pm- 8pm	Contact for details	Contact: Maureen Smith ☎ 0467 794 256 ✉ <a href="mailto:ceo@aboriginalwellnessfoundation.org.au">ceo@aboriginalwellnessfoundation.org.au</a>

## Social & Support Groups

IRAMOO	DAY & TIME	COST	CONTACT INFORMATION
<p><b>AA Wednesday Night</b></p>	<b>Wednesdays</b> 7pm – 9pm	Contact Anthony	Contact: Anthony ☎ 0466 501 058
<p><b>AA Werribee Group</b></p>	<b>Fridays</b> 7pm - 9pm	Contact Susanna	Contact: Pam ☎ 0411 143 412
<p><b>Food Swap</b> Meet near the BBQ area. Fruit and vegetable growers bring their excess produce along and place it on a common table and swap it for other home grown produce on the table.</p>	<b>3<sup>rd</sup> Saturday of the month</b> 11am—12pm	<b>Free fruit and vegetable swap</b>	Contact: Iramoo Community Centre ☎ 9734 3322 ☎ 8742 3688 ✉ <a href="mailto:admin@iramoooc.com.au">admin@iramoooc.com.au</a>
<p><b>Cook Around the World</b> Learn how to make delicious meals from around the world. <i>During school terms</i></p>	<b>Wednesday</b> 10am - 12pm	\$10	<b>Follow us on Facebook!</b>

# Social & Support Groups

IRAMOO	DAY & TIME	COST	CONTACT INFORMATION
<b>Art/Painting/Drawing Group</b> Self lead, bring in your current project and work on it in a social setting	<b>Thursdays</b> 10am – 2pm	Free	Contact: Iramoo Community Centre ☎ 9734 3322 ☎ 8742 3688 ✉ admin@iramoooc.com.au <b>Follow us on Facebook!</b>
<b>Neighbourhood House Week</b>	<b>13<sup>th</sup> May – 17<sup>th</sup> May</b>	Free	
<b>Don't Worry Be Happy</b> <b>Chronic Pain and Depression Support Group</b>	<b>Wednesdays</b> <b>Fortnightly</b> 10am -12pm	Free	
<b>Morning Melodies Monthly</b>	<b>3<sup>rd</sup> Monday of the month</b> 10.30am – 11.30am	\$5	
<b>1000 Hearts</b> Join us and sew hearts to give to people struggling with a wide variety of challenges like loneliness, mental illness, sickness and bereavement.	Contact centre <a href="https://www.1000hearts.com.au/">https://www.1000hearts.com.au/</a>	Free All material will be supplied by the Centre.	
<b>WCEC Settlement Services</b> Provide Case work predominantly to humanitarian entrants (refuges) under five years of arriving in Australia in Wyndham Vale / Manor Lakes, mostly individuals from Burma, including Karen, Karenni, Chin and Kachin communities.	<b>Mondays</b> 9am—1pm <b>No appointment required</b>	Free	Contact: Eh Su ☎ 0412 152 892 ✉ ehs@wyndhamcec.org.au
<b>Thee Coffee Table</b> Come along and get to know new friends over coffee and a chat	<b>Thursday</b> 9am—3pm	Free	Contact: Sally ✉ thecoffeetable2021@gmail.com
<b>Food Bank Manor Lakes</b> Providing food items to people in need. <b>School terms only</b>	<b>Wednesdays</b> 12pm –1.30pm	Free	Contact : Pynqi ☎ foodbank@wynlife.com.au Contact: Facebook - FoodBank Manor Lakes

## YOGA CLASSES FOR KIDS AND TEENS

YMH 365

### Yoga Meditation and Healing

#### Kids

Age: 6 - 11 Yrs  
Day: Tuesday 4 pm - 5 pm  
Begins: 30-Jan-2024  
Fee: \$80 for 4 classes  
Casual class: \$25

#### Teens

Age: 12 - 18 Yrs  
Day: Tuesday 5 pm - 6 pm  
Begins: 30-Jan-2024  
Fee: \$80 for 4 classes  
Casual class: \$25

#### Adults

Day: Saturday 8:30 am - 9.30 am  
Begins: 03-Feb-2024  
Fee: \$80 for 4 classes  
Casual class: \$25

Classes @ Manor Lakes Community Learning Centre  
in line with school term dates.

Email: [Yogameditationandhealing365@gmail.com](mailto:Yogameditationandhealing365@gmail.com)

## Conversations with Florence



Florence is a dancer and an author of the Wyndham Women's Magazine which celebrates multicultural women in Wyndham.

Florence is looking for multicultural women (or men) to have a casual conversation with.

You might want to share your journey to Australia, talk about any cultural struggles you have, or just need a chat with someone who understands the challenges of coming from a non-English speaking background.

Come in for a friendly chat with Florence.  
Florence will be at the **Quantin Binnah Community Center** every **Monday (except Public Holidays) beginning 22nd April 11am to 12pm in Cafe QB.**


No need to book, come down, bring a friend if you like and share your stories with Florence



# Social & Support Groups

MANOR LAKES	DAY & TIME	COST	CONTACT INFORMATION
<p><b>Youth Counselling</b> Free, confidential counselling for young people. <b>Ages: 12-25 years</b></p>	<p><b>By appointment only</b></p>	<p>Free</p>	<p>Contact: Wyndham Youth Services ☎ 8734 1355 ✉ <a href="mailto:youthinwyndham@wyndham.vic.gov.au">youthinwyndham@wyndham.vic.gov.au</a></p>
Quantin Binnah	DAY & TIME	COST	CONTACT INFORMATION
<p><b>Wonderwomen</b> A social support group for women in Wyndham. Make some new friends, have a chance to relax, support each other and focus on yourself. Some activities may incur a charge but this will be advertised in advance. <b>New activity weekly</b> <b>Please BYO a coffee cup to assist with our sustainability practices.</b></p>	<p><b>Thursdays</b> 9.30am</p>	<p>Free <i>gold coin donation appreciated</i></p>	<p>Contact: Quantin Binnah Community Centre ☎ 9742 5040 ✉ <a href="mailto:admin@qbcc.org.au">admin@qbcc.org.au</a> 🌐 <a href="http://www.qbcc.org.au">www.qbcc.org.au</a></p>
<p><b>Wyndham Parent Support Network</b> Support for parents and carers who have a child with a disability or developmental delay from birth to 18 years of age. <b>New members welcome</b></p>	<p><b>First Monday of the month</b> (except public and school holidays) 10am - 12pm</p>	<p>Free</p>	<p>Strengthening Parents Support Program Facilitator Contact: Sonia Savanah ☎ 0448 015 023 ✉ <a href="mailto:Sonia.Savanah@mackillop.org.au">Sonia.Savanah@mackillop.org.au</a></p>
<p><b>Breakfast Club</b> Before dropping the kid's off at school come in for some brekky together to help you fuel your day. Don't have any kid's, no problems, you're welcome too. No questions asked. Breakfast items to include cereal, toast and fruit.</p>	<p><b>Monday's, Tuesday's &amp; Wednesday's</b> 8am in Café QB</p>	<p>Free <i>gold coin donation appreciated but not expected</i></p>	<p>Contact: Bianca at Creating Villages ✉ <a href="mailto:creatingvillages@gmail.com">creatingvillages@gmail.com</a></p>
<p><b>MIND Wellbeing Group.</b> A casual chat facilitated by experienced Community Mental Health Practitioners that covers topics such as healthy eating, Mindfulness, Goal setting, anxiety/depression, self-care, healthy lifestyles or whatever you feel like talking about. No pressure to talk. Come by and just listen and meet others who may be struggling with social isolation or just how busy life is.  Facilitators will be available for 1:1 chats &amp; referrals after session</p>	<p>Fortnightly Mondays (except Public Holidays) at 1.00pm  Starting 15<sup>th</sup> April</p>	<p>Free</p>	<p>Tarsha Lee Lead Practitioner Family Practitioner Mental Health and Phone: 0459388766 Email <a href="mailto:Tarsha.Lee@mindaustralia.org.au">Tarsha.Lee@mindaustralia.org.au</a> <a href="http://www.mindaustralia.org.au">www.mindaustralia.org.au</a></p>
<p><b>JoJo &amp; Puppet Pals</b> Josie, Rosie and the gang will be hanging out in Café QB. Come and be entertained by our puppet friends whilst you enjoy some delicious morning tea. Or just come for a chat &amp; cuddle.  Believe it or not, puppets can help us to develop and foster social connections and emotional awareness.</p>	<p><b>Each Tuesday</b> (except 1<sup>st</sup> Tuesday of Month) During term @ 11.00am.  Recommencing 16<sup>th</sup> April 2024</p>	<p>Free</p>	<p>☎ 9742 5040 ✉ <a href="mailto:community@qbcc.org.au">community@qbcc.org.au</a> 🌐 <a href="http://www.qbcc.org.au">www.qbcc.org.au</a></p>
<p><b>Kid's Clothes, Toys &amp; Book Swap</b> Too good to throw away? Bring your children's old good condition clothing, toys and/or books along to swap for other sizes and/or styles. Items are available to those who have nothing to swap.</p>	<p>9.30am to 1.30pm Monday 22<sup>nd</sup> to Wednesday 24<sup>th</sup> April</p>	<p>BYO Clothes to swap &amp; a bag to take home your new goodies</p>	

## Social & Support Groups

Quantin Binnah	DAY & TIME	COST	CONTACT INFORMATION
<p><b>SWWIRL</b>  <b>Supporting Women Wholistically Inspiring Reimagined Lives</b>            Are you a woman navigating the complexities of mental illness or psychosocial challenges? Join this 2 day group program including 1:1 dynamic support that puts YOU in the spotlight.</p>	Monday 17 <sup>th</sup> & Tuesday 18 <sup>th</sup> June 11am to 3pm	Contact The Social Ratio Workshop for Plan & Self-Managed NDIS Participants	Email <a href="mailto:hello@thesocialratio.com.au">hello@thesocialratio.com.au</a> Phone 0400 205 297 <a href="http://www.thesocialratio.com.au">www.thesocialratio.com.au</a>
<p><b>Walks for Carers Info Session</b>            Inviting carers of people with disability, mental illness or aged person to the launch of our free carers walking group. We are committed to making our sessions accessible and inclusive, contact us for accessibility requirements.  <a href="http://www.nhvic.org.au/walks-for-carers-ncc">www.nhvic.org.au/walks-for-carers-ncc</a></p>	Monday 22 <sup>nd</sup> April Monday 27 <sup>th</sup> May Monday 24 <sup>th</sup> June at 9.30am	Free	Email <a href="mailto:community@qbcc.org.au">community@qbcc.org.au</a> Phone 9742 5040 SCAN THE QR CODE TO FIND OUT MORE! 
<p><b>CAFÉ QB</b>            Please consider Café Qb as your café of choice or for catering your morning tea or lunch function in 2023. By purchasing something yummy to eat and/or drink you are supporting Creating Villages with this social initiative venture. All purchases are re-invested into the delivery of the cafe. Support participants with disabilities to learn new skills and be included in their community. Look out for weekly special's and events.</p>	<i>QB café open on</i> <b>Mondays, Tuesday's &amp; Wednesday's</b> 8am to 4.30pm	<i>Please refer to daily menu @ Café QB for prices.</i> <i>Daily Specials Available</i>	Contact: Bianca at Creating Villages ✉ <a href="mailto:creatingvillages@gmail.com">creatingvillages@gmail.com</a> 🌐 <a href="https://www.facebook.com/craftandcaffeine">www.facebook.com/craftandcaffeine</a>
<p><b>Café QB Marketplace</b>            Homemade items available to purchase. Support our community of budding entrepreneurs. All artists have a disability, mental health concerns or are a start-up venture /seed project.</p>	<b>Mondays Tuesdays &amp; Wednesdays</b> in Café QB	<i>Items individually priced starting from \$4</i>	Contact: Quantin Binnah Community Centre ☎ 9742 5040 ✉ <a href="mailto:admin@qbcc.org.au">admin@qbcc.org.au</a> 🌐 <a href="http://www.qbcc.org.au">www.qbcc.org.au</a>
<p><b>Community Connector</b>            The Community Connector team can provide specific information and referral/s to local supports &amp; services tailored to meet the needs of the individual.</p>	<b>Thursday's</b> <b>18th April, 23rd May, 20th June</b> 8.30am to 5.00pm Drop in or make an appointment.	Free	Please call 8734 4514, if you need to speak with a Community Connector directly or email <a href="mailto:communityconnector@wyndham.vic.gov.au">communityconnector@wyndham.vic.gov.au</a>
Wyndham Park	DAY & TIME	COST	CONTACT INFORMATION
<p><b>Wyndham Park Community Store</b>            Food relief program for the Wyndham Community.</p>	<b>Thursdays</b> 9:30am - 12pm	Free	Contact Wyndham Park CC ☎ 9742 7298 ✉ <a href="mailto:admin@wyndhamparkcc.com.au">admin@wyndhamparkcc.com.au</a>
<p><b>Wyndham Women's Support Group</b>            Women from different backgrounds and different cultures come together each week to provide support and friendship to one another</p>	<b>Fridays</b> 9.30 am—12.30pm	Free	Contact: Tania ✉ <a href="mailto:Wyndwomens.sg18@gmail.com">Wyndwomens.sg18@gmail.com</a>
<p><b>genU – Budgeting and money skills program</b>            A great program to gain money skills and learn how to budget</p>	<b>Wednesdays</b> 1- 3pm	NDIS Funding & program fees	Contact: Pri Dhir ✉ <a href="mailto:Pri.dhir@genu.org.au">Pri.dhir@genu.org.au</a>
<p><b>genus – Food Preparation program</b>            Learn basic cooking skills, work as a group and enjoy the food</p>	<b>Thursdays</b> 9 - 3pm	NDIS Funding & program fees	Contact: Pri Dhir ✉ <a href="mailto:Pri.dhir@genu.org.au">Pri.dhir@genu.org.au</a>
<p><b>genU – Fitness activities program</b>            Join into a community virtual fitness activity which includes yoga, meditation, and tai chi</p>	<b>Tuesdays fortnightly</b> 9 - 12pm	NDIS Funding & program fees	Contact: Pri Dhir ✉ <a href="mailto:Pri.dhir@genu.org.au">Pri.dhir@genu.org.au</a>



## JUSTICE OF PEACE SERVICE



We are delighted to have a JP service offered to the community from the our local community centre. A JP can assist you by attesting the execution of a document, witnessing a statutory declaration., witnessing an affidavit for use in court., certifying true copies of an original document.

**Where:** Manor Lakes Community Learning Centre, 86 Manor Lakes Blvd  
**Room :** Staff meeting room  
**Day :** Wednesdays  
**Time:** 6pm –7.45pm

*No appointments required*

**FREE!**

## FOOD BANK MANOR LAKES

Food Bank exists to provide non-perishable food and other items to people in need. We strive to assist in ways that enhance the dignity, respect, and self-care of everyone involved. If you want to participate and share in our vision a vision that provides and fosters community support and meets the needs of people who are often over looked by other formal services. The following items will be gratefully received and can be left at the centre reception area. Non-perishable food items: Breakfast cereals, pasta, canned goods, pot noodles, peanut butter, vegemite, UHT milk, sugar, tea, coffee, Milo, biscuits, cordial, pasta sauce, etc. Sanitary items: Toilet paper, bath soap, shampoo, nappies, ladies napkins, toothpaste, laundry powder, etc.

**Where:** Manor Lakes Community Learning Centre, 86 Manor Lakes Blvd, Manor Lakes VIC 3024  
**Day:** Wednesdays (*Operates during school terms only*)  
**Time:** 12pm - 1:30pm  
**Email:** [foodbank@wynlife.com.au](mailto:foodbank@wynlife.com.au)



## FREE YOUTH MENTAL HEALTH FIRST AID TRAINING - FOR COMMUNITY



Learn how to provide mental health first aid to young people aged 12-18 and become an accredited Youth Mental Health First Aider.

Topics covered:

- Adolescent Development
- Introduction to YMHFA
- Depression
- Anxiety
- Eating Disorders
- Psychosis
- Substance use problems

**Saturday 4 May**  
9.00am – 5.00pm

**Saturday 11 May**  
9.00am – 5.00pm

\*Participants must attend both sessions to successfully complete the course.\*

For more information or to book:  
[www.wyndham.vic.gov.au/youth-health-course](http://www.wyndham.vic.gov.au/youth-health-course)  
Email: [YouthInWyndham@wyndham.vic.gov.au](mailto:YouthInWyndham@wyndham.vic.gov.au)  
@YouthinWyndham



wyndhamcity  
**Youth**  
ServiceS

**Youth Services**  
86 Derrimut Road, Hoppers Crossing

## COMMUNITY CONNECTOR

Wyndham's City Community Connectors are available to assist all residents in our community to access the services they need and empower them to make informed decisions. The Community Connector team can provide specific information and referral/s to local supports & services tailored to meet the needs of the individual. Some of the services may include:

- Information and assistance accessing services for e.g. My Aged Care, NDIS, HACC PYP
- Links to social support and community groups/activities
- Information and referrals for emotional support, counselling, food relief and material aid
- Advocacy support and information

Community Connectors will be available at the following Community Learning Centres:

- **WEDNESDAY 8am to 5pm** Tarneit Community Learning Centre
- **THURSDAY 8am to 5pm** Point Cook Community Learning Centre
- **FRIDAY 8am to 5pm** Manor Lakes Community Learning Centre

We have specialist Ageing Well Connectors available to support older residents and their families. For more information please call **8734 4514** and ask for a Community Connector or email at [communityconnector@wyndham.vic.gov.au](mailto:communityconnector@wyndham.vic.gov.au).

*Interpreter Services can be organised on request.*



## MANOR LAKES HARMONY PLAYGROUP



**WHEN:** Fridays  
**DATES:** 3 Feb – 31 March  
**WHERE:** Manor Lakes Community Learning Centre,  
 86 Manor Lakes Blvd  
**TIME:** 9:30am – 11:30am  
**COST:** \$60 per term  
**CONTACT:** mlharmonyplaygroup@gmail.com

**Wyndham social mums & minis**  
**3 DAY KIDS CLOTHES SWAP**  
**BOOKS & TOYS ARE WELCOME ALSO**

Where: QB 61 Thames Blvd Werribee  
 When: Monday 22nd - Wednesday 24th April  
 Time: 9.30am-1.30pm

**Please Bring along your items bagged in sizes, clean & in good condition.**

**Thankyou**

If you don't have anything to swap or donate your still welcome to attend

## Seniors Activities

IRAMOO	DAY & TIME	COST	CONTACT INFORMATION
<b>Seniors Craft Activity</b> With Amber from Werribee Bunnings	<b>1<sup>st</sup> Monday of the month</b> 10.30am	Free	Contact: Iramoo Community Centre ☎ 8742 3688
MANOR LAKES	DAY & TIME	COST	CONTACT INFORMATION
<b>Club 60 Wyndham Vale</b> Group for Indian seniors who are involved in the welfare of society by helping isolated seniors to participate in activities.	Mondays, Tuesdays and Fridays 12.30pm - 2.30pm	Contact Harbans Sodhi	Contact: Harbans Sodhi ☎ 0470 765 346 ✉ harbans_sodhi@yahoo.com.au
<b>Seniors program - Fun &amp; Fitness</b> A gentle exercise program for seniors providing a fun, social and safe way to active. Learn to move more confidently and improve your fitness level.	<b>Mondays</b> 11am—12pm	Fees apply	Contact: Manor Lakes Community Learning Centre ☎ 8734 8934 ✉ manorlakesclc@wyndham.vic.gov.au
<b>Wyndham Patchworkers</b> A community minded group, meeting to do patchworking, quilting knitting, crochet and other needle craft, whilst sharing friendship. We make community quilts and raise funds which we gift to a range of charitable causes chosen by our members.	2nd & 4th Saturday of the month 9.30am—4pm	Fees apply	Contact: Donna Morris ☎ 0417 268 887 ✉ wyndhampatchworkersinc@hotmail.com
Wyndham Park	DAY & TIME	COST	CONTACT INFORMATION
<b>U3A WERRIBEE REGION INC - For semi and retired residences of Wyndham 55 and over, annual joining fee \$40</b> <b>Mosaics.</b> The art of fitting, shaping, and cutting irregular pieces of coloured stone or glass to create pictures or attaching pieces of glass to pottery. Great for relaxation, creativity, and social interaction.	<b>Wednesdays</b> 9:45am – 12pm	Costs associated with tools and mosaic tiles.	Contact: Rick ☎ 0402 299 220 ✉ courses.u3awbee@hotmail.com
<b>YOGA for Seniors</b> Includes chair yoga. Group taken by professional Yoga teacher. Assists with increased flexibility, strength, and tone, maintaining balance and mental relaxation.	<b>Thursdays</b> 1pm – 2:30pm	\$8 per person per class	



# Support & Services

**Food Bank Manor Lakes** Providing food items to people in need.

**Day/Time:** Wednesdays 12pm—1:30pm (*During school terms only*)

**Address:** Manor Lakes Community Learning Centre, 86 Manor Lakes Boulevard, Manor Lakes

**Email:** [foodbank@newstart.org.au](mailto:foodbank@newstart.org.au)

**Facebook:** <https://www.facebook.com/community.food.assistance/>

**Uniting Wyndham** Food parcels and food vouchers for people with little to no income. Can also assist with other material aid (like clothing/bedding) by specific request. *All assistance including food parcels and vouchers are provided **by appointment only***

**Day/Time:** Monday to Friday 10am to 2pm. Food assistance via phone appointments 10am-2pm

**Address:** 1 Duncans Road, Werribee (entrance door around the corner in Watton Street)

**Phone:** 9051 2000

**Email:** [wyndham.reception@vt.uniting.org](mailto:wyndham.reception@vt.uniting.org)

**Salvation Army** Community Support and Emergency relief— Phone assessment required for Financial assistance in the form of food parcels and vouchers.

**Day/Time:** Monday, Tuesday, Wednesday 9:30am—2pm and Thursday from 9:30am— 1:45pm

**Address:** 209 Watton St Werribee

**Phone:** 9731 1344

**Wyndham Park Community Centre Foodbank** Has cultural appropriate food for Karen, Indian, African and Muslim communities. **For Werribee and Hoppers Crossing residents only**

**Day/Time:** Every Thursday 9.30am to 12pm.

**Address:** 55/57 Kookaburra Avenue, Werribee

**Phone:** 9742 7298

**Email:** [admin@wyndhamparkcc.com.au](mailto:admin@wyndhamparkcc.com.au)

**Wyndham Youth Services Foodbank** Wyndham City Youth Services foodbank service is available for young people of 12-25 years who are struggling and need assistance. Includes baby items, formula and nappies if in stock.

**Day/Time:** Monday to Friday 9am-5pm, call to arrange a pick up

**Address:** Youth Resource Centre, 86 Derrimut Rd, Hoppers Crossing

**Phone:** 8734 1355

**Hoppers Crossing Equip Church** Drive through service between 9am until stock last to pick up Food parcels.

**Day/Time:** Wednesday only

**Address:** 147-155 Hogans Road, Hoppers Crossing

**Phone:** 9748 9177

**Email:** [equipcommunityservices@swcc.org.au](mailto:equipcommunityservices@swcc.org.au)

**Jamieson Way Food Relief Program** Bookings essential, no walk ups. Contact directly to make special request around dietary requirements.

**Day/Time:** Tuesdays - Food relief runs weekly to community members in need. Please contact for collection details

**Address:** Jamieson Way Community Centre, 59 Jamieson Way, Point Cook

**Phone:** 9395 3777

**Email:** [admin@jamiesonwaycc.org.au](mailto:admin@jamiesonwaycc.org.au)

**Point Cook Food Bank** Available to all members of the community, no questions asked. Provide your own bags if possible.

**Day/Time:** Sundays 1pm to 3pm

**Address:** Cross Cultural Church, 7 Adelphi Boulevard, Point Cook (alongside Sneydes Road, near Alamanda entrance)

**Email:** [foodpantry@crossculturepointcook.net.au](mailto:foodpantry@crossculturepointcook.net.au) or contact via

**Facebook:** <https://www.facebook.com/pointcookfoodbank/>

**Tarneit Foodbank** run by the Epiphany Church to support community members of all ages. No referrals needed. Includes fresh food, frozen food and dry goods.

**Day/Time:** Every Tuesday 10.30am-11.30am

**Address:** Penrose Promenade Community Centre, 83 Penrose Promenade, Tarneit

**Phone:** 8734 4500

**Facebook:** <https://www.facebook.com./TarneitFoodBank/>