

# THE BUZZ

Term 2 2024

## Wyndham Central

Arndell Park Community Centre  
Dianella Community Centre  
Penrose Promenade Community Centre  
The Grange Community Centre  
Tarneit Community Learning Centre



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.*

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 neighborhood a wonderful place to call home!



## ACKNOWLEDGEMENT OF COUNTRY

Wyndham City Council recognises Aboriginal and Torres Strait Islander peoples as the first nation peoples of Australia. We acknowledge the Bunurong and Wadawurrung Peoples as Traditional Owners of the lands on which we provide community services.

The Wadawurrung and Bunurong Peoples have and always will belong to the Werribee Yalook (river), creek, stars, hills and red clay of this country. We pay respect to their Ancestors and Elders who always have and always will care for Country and community today and for future generations.







# Unite for Diversity

Listen, Share, Understand



Wyndham City recently launched *Unite for Diversity: Listen, Share, Understand*. Played out in a series of events and activities in April and May, Unite for Diversity hopes to build more awareness and offer resources to eliminate racism and discrimination in Wyndham.

In consultation with community stakeholders and in partnership with various Council teams, the Community Strengthening team have developed a program of intimate events to enable learning, cross-cultural exchange and awareness, including First Nations cultural exchange events, community dinners, interfaith open days and a Youth Healing Workshop.

Our friends from the Community Strengthening team and Libraries team, invite you to join the conversation to unite, listen, share and understand the diversities of our great City. An exciting pilot, "Library of Stories" has received wonderful feedback and you will get to hear stories from a "Living Book" at the event. Three of our Community Centres' will be hosting community dinners at Arndell Park Community Centre in Truganina, Dianella Community Centre in Tarneit and the



Community Dinner  
Dianella  
Community Dinner Tarneit  
Tuesday 7th May 2024



Community Dinner  
Featherbrook  
Community Dinner Point Cook  
Saturday 18th May 2024



Community Dinner  
Little River  
Community Dinner Little River  
Saturday 25th May 2024



Community Dinner  
Arndell Park  
Community Dinner Truganina  
Monday 27th May 2024

To book a place at the table, please scan the QR codes above. Places are limited, please book early to avoid disappointment. For further information please email the team on [community.development@wyndham.vic.gov.au](mailto:community.development@wyndham.vic.gov.au). We hope to see you there.

## WHAT'S NEW AT TARNEIT COMMUNITY LEARNING CENTRE

### LEARN HOW TO WHIP UP SIMPLE AND TASTY FOOD!

Join NEST Youth for a 6-week flavour-packed adventure, full of cooking and nutrition tips and tricks.



#### OzHarvest—Nutrition Education & Skills Training Youth Program (NEST)

**Day and Time:**

Thursdays from 2 May—6 June



"NEST was amazing, I loved how hands on the program was - using knives, frypans, making sushi! I really learnt a lot and took away a lot of new skills."

- Lucy  
NEST Youth participant



### Seniors Chair Yoga

**Yoga Moves West:** A class designed for older adults looking to move in a gentle and supportive environment. All postures are performed seated.

**Day and Time:** Mondays weekly 9:30am—45 mins

**Cost:** \*Pay What You Can Afford\*

Casual class sliding scale: \$6 or \$8 or \$10\*\*

\*\*Recommended

**Contact:** [yogamoveswest.com.au](http://yogamoveswest.com.au); [info@yogamoveswest.com.au](mailto:info@yogamoveswest.com.au)

Mob: 0416 009 024

Japanese lesson for kids  
**POCKET**



**Japanese classes for Children**, who are Japanese and mixed Japanese (2-5 years). Classes include story time and Japanese craft.

**Day:** Wednesdays and Saturdays

**Contact:** Miho: [pocketkidsclass@gmail.com](mailto:pocketkidsclass@gmail.com)

## Customer service at the Tarneit Community Learning Centre

### YOUR COUNCIL CLOSE TO HOME

Did you know a range of council enquiries and transactions are available. You can now make:

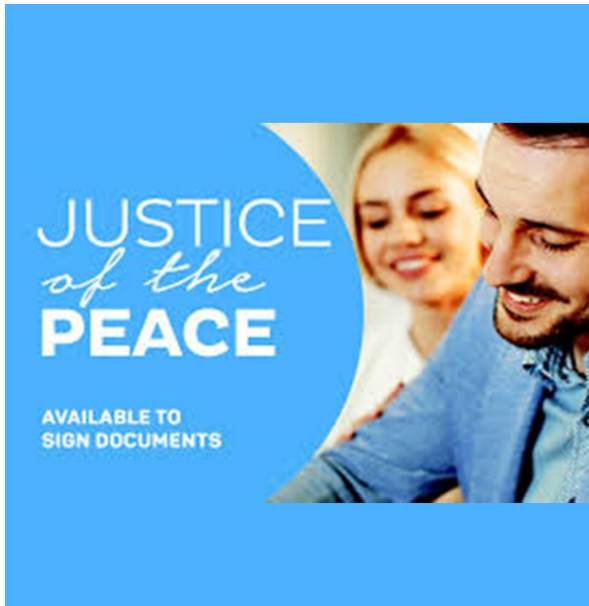
- Council payments
- Kinder enquiries
- Pet registrations
- Rates enquiries and payments (*No cash*)

9am—5pm from Monday to Friday at the  
Tarneit Community Learning Centre





# SERVICES OFFERED AT ARNDELL PARK COMMUNITY CENTRE



**MONDAY TO FRIDAY 10AM TO 1PM**

Need a document witnessed/certified?

A Justice of The Peace will be stationed at Arndell Park CC 5 days a week.

- For large quantity witnessing, please call to book.
- But if you just need one or two items witnessed, no appointment will be necessary.

**FREE**

For more information contact;

Angelo Auciello Esq, JP

0414 689 206

## Life Community Kitchen @ Arndell Park CC

Every Monday evening during the school term between 6—7pm

Bring your family, friends, neighbours or come alone for a Free Hot Dinner

No bookings required

For more information email

For more information email

\* [communitykitchen@lifeau.org](mailto:communitykitchen@lifeau.org)



# COMMUNITY CONNECTOR

## Support – Inform – Connect

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



Tuesday's @ Arndell Park Community Centre

**Nabila**

Call 8734 4514 and ask for a Community Connector or

email

[communityconnector@wyndham.vic.gov.au](mailto:communityconnector@wyndham.vic.gov.au)

Interpreter Services can be organised on request.

# Wyndham City Council Services across centres

VARIOUS LOCATIONS	VENUE, DAY &	CONTACT INFORMATION
<b>Maternal &amp; Child Health Appointments</b> Professional nursing support & advice for parents with children from birth to school age.	Various Community Centres By Appointment Only	Contact: Maternal & Child Health ☎ 1300 370 567 🌐 <a href="http://www.wyndham.vic.gov.au">www.wyndham.vic.gov.au</a> <i>select Maternal &amp; Child Health Services</i>
<b>Immunisations</b> The Wyndham City Immunisation Unit provides free public vaccinations against a range of childhood and adult diseases.	Various Community Centres By Appointment Only	Contact: Wyndham Immunisation Team ☎ 1300 370 567 🌐 <a href="http://www.wyndham.vic.gov.au">www.wyndham.vic.gov.au</a> <i>select Children's Services &gt; Immunisations</i>
<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.	Various Community Centres Weekly sessions	Contact: Maternal & Child Health ☎ 1300 370 567 🌐 <a href="http://www.wyndham.vic.gov.au">www.wyndham.vic.gov.au</a> <i>select Maternal &amp; Child Health Services</i>
<b>Supported Playgroup</b> A playgroup that aims to meet the needs of vulnerable families in our community. Referrals for this service can be made by community services or families can self-refer through the Wyndham City Council website: <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>	Various Community Centres Weekly sessions	Contact: Susan ☎ 0427 523 177 or 1300 370 567 ✉ <a href="mailto:playgroup@wyndham.vic.gov.au">playgroup@wyndham.vic.gov.au</a>
<b>Wyndham City Council - Kindergarten</b> 3 & 4 Year Old Kindergarten Services. Enrol your child online.	Various Community Centres Weekly sessions	Kindergarten Enrolment Officer ☎ 1300 370 567 🌐 <a href="http://www.wyndham.vic.gov.au">www.wyndham.vic.gov.au</a> <i>select Children's Services &gt; Kindergarten</i>
<b>Wyndham City Council - Playgroup Enquiries</b> Community run playgroups offer a relaxed, social atmosphere for parents and carers and provide a range of activities for children aged 0-6 years old to promote their social skills and development. Wyndham City can assist in locating the closest playgroup.	Various Community Centres Weekly sessions	🌐 <a href="https://www.wyndham.vic.gov.au/services/childrens-services/playgroups/community-playgroups">https://www.wyndham.vic.gov.au/services/childrens-services/playgroups/community-playgroups</a> 🌐 <a href="https://www.wyndham.vic.gov.au/form/community-playgroup-enquiry">https://www.wyndham.vic.gov.au/form/community-playgroup-enquiry</a> ✉ <a href="mailto:communityplaygroup@wyndham.vic.gov.au">communityplaygroup@wyndham.vic.gov.au</a>

## COMMUNITY BREAKFAST PROGRAM

FREE breakfast for all.  
 Drop in and join us for breakfast.  
(CHILDREN MUST BE SUPERVISED AND ATTEND WITH AN ADULT)

NEW TIME

Every Thursday 8am-9.30am

NEW TIME

@ DIANELLA COMMUNITY CENTRE

6 CONGO DRIVE, TARNEIT

FOR MORE INFORMATION CALL 8742 8300 OR EMAIL: [DIANELLACC@WYNDHAM.VIC.GOV.AU](mailto:DIANELLACC@WYNDHAM.VIC.GOV.AU)

DURING SCHOOL TERMS ONLY

## Sahtain!

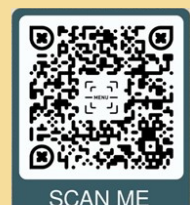
Pulse with Purpose is a Wyndham based not for profit working with the community. We're selling delicious, halal-friendly meals made lovingly by local volunteers every week to raise funds.

Your purchase will provide free meals to families in need in your neighbourhood. We encourage you to bring your own containers to reduce single use plastics.

## Halal Meals on Tuesdays


Pick up from  
**Dianella Community Centre**  
 6 Congo Drive, Tarneit

Scan for to order meals and for more info.



SCAN ME

# Early Years Programs & Activities

ARDELLE PARK	DAY & TIME	COST	INFORMATION
<b>Arndell Park Muslim Playgroup</b> A fun interactive activity based Islamic playgroup. A place for mothers and children to come together.	Fridays 10am—12pm	Fees Apply	Aafrin arndellparkmuslimpg@gmail.com Enrol here: 
<b>Arndell Park Playgroup</b> A playgroup for all cultures, mum, dads, carers and children.	Thursdays 10am—12pm	Fees Apply	Cherie 0412 053 592
<b>Ummah Jameelah Islamic Early Years Program</b> Islamic School Readiness Programs for 3-4yrs.	Tuesdays & Wednesdays 9:30am-12:30pm	Fees Apply	Jean Keynon 0416 575 159 Jean.keynon@yahoo.com
<b>Tiny Tutus</b> Beginners Ballet class for children from 18 months to 6 years.	Saturdays 9:15am-11:45am	Fees Apply	Contact: Tiny Tutus 1300 245 060 www.tinytutus.com.au
<b>Wyndham City Council – Sleep &amp; Settling Program</b> Free Information sessions. For ages 0-2yrs.	Tuesdays 1:30pm-3:30pm	Free	1300 370 567 www.wyndham.vic.gov.au Search “Sleep & Settling Program” <b>* **Bookings Essential***</b>
<b>DIANELLA</b>			
<b>Dianella Playgroup</b> Community led playgroup for parents and carers with children aged 0-5yrs from all cultures and backgrounds.	Tuesdays 9.30am-11.30am	Term Fees apply	Send your email enquiries to <a href="mailto:Abbey.morley88@gmail.com">Abbey.morley88@gmail.com</a>
<b>KU Dianella Kindergarten</b> 3 and 4 year Kindergarten based at Dianella Community Centre.	Various	Various	03 7003 1700 Ku.dianella@ku.com.au www.ku.com.au
<b>THE GRANGE</b>			
<b>3+ Early Learning Program</b> The 3+ Early Learning Program is planned and implemented by Qualified Early Childhood Educators. The program aims to extend the child’s development and learning, using routines and play based experiences appropriate for children’s unique and holistic learning.	Thursday & Friday 9:00am—2:00pm	5 hour session \$49.61	☎ 8742 8000 ✉ <a href="mailto:enquiries@grangecommunity.org.au">enquiries@grangecommunity.org.au</a> Child Care Subsidy applies to all of the 3+ programs
<b>3 Year Old Kindergarten</b> Supporting childrens learning, development and transition to primary school.	Mon, Tue, Wed 9:00am—2:00pm	Contact provider	☎ 8742 8000 ✉ <a href="mailto:enquiries@grangecommunity.org.au">enquiries@grangecommunity.org.au</a>
<b>Kelly Mini Sports</b> Come and try Australia’s most popular sports program for toddlers and pre-schoolers. Includes kids soccer, basketball, cricket, tennis, rugby and AFL	Mondays 9:30am—11:00am	Contact Provider	✉ fiona@kellyminisports.com.au
<b>Playgroup</b> Calling all parents and grandparents! If you are keen to meet with like minded local people, for your little one to make friends and spend time enjoying different activities each week and having loads of fun, our Playgroup is for you!	Monday and Tuesday 9:30am—11:30am	\$59 per term per family	☎ 8742 8000 ✉ <a href="mailto:enquiries@grangecommunity.org.au">enquiries@grangecommunity.org.au</a>
<b>Out of School Hours Care</b> Our approach to OSCH is to provide a high quality environment that is safe and gives children the opportunity to learn and play. Our service offers a wide range of fun, stimulating and appropriate experiences that reflect real world experiences and home settings. For children attending the Grange P-12 Primary Campus	Monday to Friday during school term Before School Care 6:45am—9:00am After School Care 3:00pm—6:30pm	Fees apply	☎ 8742 8000 <a href="mailto:enquiries@grangecommunity.org.au">enquiries@grangecommunity.org.au</a>

# Early Years Programs & Activities

PENROSE PROMENADE	DAY & TIME		INFORMATION
<p><b>VICSEG Multicultural Playgroup</b> This playgroup is for newly arrived and recently settled migrant and refugee families and offers the opportunity for children to learn social skills through play.</p>	Friday 10am—12pm	No cost	Contact: Karen Diacono ☎ 8754 0512 ✉ <a href="mailto:kdiacono@vicsegnewfutures.org">kdiacono@vicsegnewfutures.org</a> 🌐 <a href="https://vicsegnewfutures.org.au/">https://vicsegnewfutures.org.au/</a>
<p><b>Supported Playgroup</b> A playgroup that aims to meet the needs of vulnerable families in our community. Referrals for this service can be made by community services or families can self-refer through the Wyndham City Council website: <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></p>	Tuesday 9:30am -11:30am	No cost	Contact: Susan ☎ 0427 523 177 or 1300 370 567 ✉ <a href="mailto:playgroup@wyndham.vic.gov.au">playgroup@wyndham.vic.gov.au</a>
<p><b>Sleep and Settling</b> Information session with questions and answers on helping with sleep and settling</p>	Wednesday 1pm—3pm	No Cost	Contact: Heather ☎ 0488 363 375 ✉ <a href="mailto:sleepsettling@wyndham.vic.gov.au">sleepsettling@wyndham.vic.gov.au</a>
<p><b>Kids Own Islamic and Multicultural Playgroup—New</b> Playgroup focussing on connections , play and cultural teachings.</p>	Wednesday 9.30—11.30 am	Fees Apply	Contact: Saadia  ✉ xxxxxxxxxxxx

TARNEIT	DAY & TIME	COST	INFORMATION
<p><b>MyTime</b> For all parents and carers of children who need a higher level of care than other children. A place to socialise, chat and get information and support and be supported by other parents and family carers. Preschool age children can attend and a play leader will be on hand to engage children in play.</p>	Mondays 10am—12pm School term only		Contact: Madison King ☎ 9486 9600 🌐 <a href="https://www.mytime.net.au/group/tarneit/">https://www.mytime.net.au/group/tarneit/</a>
<p><b>VICSEG-Multicultural Playgroup</b> For migrant and refugee families. This playgroup offers the opportunity for children to learn social skills through play.</p>	Wednesday 9:30am—11:30am School term only	No cost	Karen Diacono ☎ 8754 0512 ✉ <a href="mailto:kdiacono@vicsegnewfutures.org">kdiacono@vicsegnewfutures.org</a>
<p><b>Baby Time (0-12months)</b> Sing, move and bond with your baby as we share some of our favourite songs and reading tips.</p>			
<p><b>Story Time-Ages 3+</b> These 45- minute sessions includes stories, songs and rhymes, and a simple craft activity designed to develop early language, literacy and numeracy skills.</p>	Refer to website for current timetable	No Cost	Julia Gillard Library Tarneit ☎ 8734 8999  🌐 <a href="https://www.wyndham.vic.gov.au/services/libraries/early-years/early-years-events-and-activities">https://www.wyndham.vic.gov.au/services/libraries/early-years/early-years-events-and-activities</a>
<p><b>Rhyme Time-Ages 1-5 years</b> These 30-minute sessions include stories, songs and rhymes designed to develop early language, literacy and numeracy skills.</p>			
<p><b>Bilingual Story time – Punjabi &amp; English</b> <b>Children of all ages</b> Join us for 45 minutes of stories, songs and rhymes, and craft in Punjabi and English. Meet other bilingual families, learn words in another language and help your child develop important language skills.</p>			<b>Programs during school term only</b>



# Education & Training Kids & Adults

ARNDELL PARK	DAY & TIME	COST	INFORMATION
<b>Abacus 4 Kids</b> Fun and innovative way for kids 4-12years to learn mathematic skills mental arithmetic skills using abacus (soroban). <b>Free trial class available</b>	Wednesdays 4:30pm-7:30pm	Fees apply	Jaslyn Toh ☎ 0406 946 069 ✉ admin@abacus4kids.com.au www.abacus4kids.com.au
<b>Wyndham Community &amp; Education Centre</b> Sewing Classes for all levels of experience from beginner to advanced. Each course runs 1 session for 3 hours every week (for 10 weeks each term).	Various	Fees apply	To enrol, go to 'short courses' at <a href="http://www.wyndhamcec.org.au">www.wyndhamcec.org.au</a> Or contact for more information ☎ 9742 4013
<b>Wyndham Community &amp; Education Centre</b> Computer Courses for all levels of experience (beginner to advanced) Each course runs 1 session for 3 hours every week (for 10 weeks each term).	Various	Fees apply	To enrol, go to 'short courses' at <a href="http://www.wyndhamcec.org.au">www.wyndhamcec.org.au</a> Or contact for more information ☎ 9742 4013
<b>Youth Services – Drop-In Program</b> <b>Ages: 12 - 25yrs</b> Youth Services are excited to come to Arndell Park as we begin to deliver programs for young people.	Wednesdays 4pm—6pm	No cost	✉ youthinwyndham@wyndham.vic.gov.au
THE GRANGE	DAY & TIME	COST	INFORMATION
<b>First Aid Training</b> First Aid certificate classes including Provide First Aid, Basic Emergency Life Support, CPR, Children's Services, Anaphylaxis, Asthma training and more	Alternating Wednesdays & Saturdays 9am—4pm	Fees apply	☎ 9998 6188 🌐 <a href="http://www.accreditedfirstaidcourses.com.au">www.accreditedfirstaidcourses.com.au</a>
<b>Kumon</b> Kumon helps your children reach their potential through English & Math enrichment classes.	Monday and Thursdays 3:30pm—7:00pm	Fees apply	Contact Priyanka ☎ 0476 034 193 ✉ kumonhopperscrossing@gmail.com
<b>Triscott Education Services</b> CHC30213 Certificate III in Education Support	Thursday 9am—3pm	Fees apply	Contact: <a href="https://www.triscott.com.au/">https://www.triscott.com.au/</a> ✉ info@triscott.com.au
DIANELLA	DAY & TIME	COST	INFORMATION
<b>Fun and Art Pty Ltd (KK Art)</b> <b>Ages: 5yrs - 8yrs</b> Art, drawing and craft classes for kids.	Mondays 4.30pm-5.30pm Saturdays 9.30am - 10.30am	Fees Apply	Katherine 0426 187 144
<b>Story Time - Wyndham City Libraries</b> Drop in, Rhyme Time with the library team. Pop Up Library Van— allowing borrowing and returns from 10.30am - 11.00am.	Wednesdays 10.00am - 11.00am	FREE	Drop in. Registrations aren't required.
<b>Wyndham Community &amp; Education Centre</b> Computer Courses for all levels of experience (beginner to advanced) Each course runs 1 session for 3 hours every week (for 10 weeks each term).	Various	Fees apply	To enrol, go to 'short courses' at <a href="http://www.wyndhamcec.org.au">www.wyndhamcec.org.au</a> Or contact for more information ☎ 9742 4013
<b>Lorrok</b> Youth African reconnect workshops including music recording program.	Saturdays Every 2nd and 4th Saturday of the month	FREE	Contact Susan to register syengi@yahoo.com.au 0468 434 949
<b>Youth Services - Drop in</b> Recreational based program for young people 12-25 years.	Fridays 3.00pm - 6.00pm	FREE	Candace 0428 428 326 Candace.lobow@wyndham.vic.gov.au



# Education & Training Kids & Adults

PENROSE PROMENADE			
<p><b>Abacus 4 Kids</b>  <b>Ages: 4 - 12yrs</b>            Fun and innovative way for kids to learn mathematic skills mental arithmetic skills using abacus (soroban).</p>	<p>Various—Contact for further information</p>	<p>Fees apply</p>	<p>Jaslyn Toh            ☎ 0406 946 069            ✉ <a href="mailto:admin@abacus4kids.com.au">admin@abacus4kids.com.au</a>  <i>Free trial class available</i></p>
<p><b>Star Reading Hub</b>  <b>Ages: 3– 7yrs</b>            Star Reading Hub is an enhanced learning program for 3 to 7-year-olds who want a headstart on school or need extra help learning to read and spell.</p>	<p>Thursdays            4:30pm-5:30pm</p>	<p>Fees apply</p>	<p>☎ 0422 716 757            ✉ <a href="mailto:starreadinghub@gmail.com">starreadinghub@gmail.com</a></p>
<p><b>System@Tech Learning Solutions</b>  <b>Ages: 4 - 15yrs</b>            A unique workshop for kids. We offer a range of skill development courses on high speed mental maths like ABACUS, VEDI Maths, handwriting, robotics &amp; coding, calligraphy &amp; Rubik's cube solving.</p>	<p>Saturdays            1:30pm-4pm   <b>Cancelled till Term 3</b></p>	<p>Fees Apply</p>	<p>Gururaj Hosur            ☎ 0427 624 362            ✉ <a href="mailto:hello@systematech.com.au">hello@systematech.com.au</a>            🌐 <a href="http://www.systematechedu.com.au">www.systematechedu.com.au</a></p>
<p><b>Brainworks</b>            Scholarship exam preparation for years 3-8, selective entry exam preparation for years 3-10 foundational English and math programs for years 1-10.</p>	<p>Monday            4:30pm-7:30pm            Wednesday            4:30pm-7:30pm            Saturday            9:30am-12.30pm</p>	<p>Fees Apply</p>	<p>Pooja            ☎ 0419 777 498            ✉ <a href="mailto:werrabee@brainworks.com.au">werrabee@brainworks.com.au</a></p>
<p><b>Edmund Rice Homework Club</b>            Primary and Secondary school students are mentored by Volunteers. Activities include; homework support, fun art, games, fresh fruit, snacks, and excursions during school holidays.</p>	<p>Tuesday            3:30pm - 5:00pm</p>	<p>No Cost for eligible students</p>	<p>Program Coordinator            ☎ 0451 753 813            ✉ <a href="mailto:programcoordinator1@edmundrice.org">programcoordinator1@edmundrice.org</a>            🌐 <a href="https://ercrs.org/">https://ercrs.org/</a></p>
<p><b>Advanced Personnel Management</b>            APM provide employment, vocational rehabilitation, assessment, allied health intervention and community care (Aged Care &amp; Disability Care to clients in order to place them in employment.</p>	<p>Monday, Tuesday &amp; Wednesday            9am—5pm</p>	<p>No Cost</p>	<p>☎ 1800 276 276            ✉ <a href="mailto:support@apm.net.au">support@apm.net.au</a></p>
<p><b>Mini Movers</b>  <b>Ages: 3yrs - 7yrs ( starts 13th of October)</b>            Physical literacy based program that uses different sports to increase motor skills of children. Ensuring they have the suitable skills heading into primary school and to give them the tools to stay physically active for years to come.</p>	<p>Friday            11:30am—12:30pm</p>	<p>No Cost</p>	<p>Register your interest  <a href="https://www.Wyndham.vic.gov.au/activetarneit">https://www.Wyndham.vic.gov.au/activetarneit</a></p>
<p><b>Australian College of Professional Studies—New</b>            Accredited training for women. Classes relate to Early Childhood, Education and Support and Aged Care.</p>	<p>Wednesday            9am—3pm</p>	<p>See Provider</p>	<p>Program Coordinator            ✉ <a href="mailto:sannia@acpstudies.edu.au">sannia@acpstudies.edu.au</a></p>
<p><b>Islamic Women's Support Group—New</b>            This is a support group for Islamic women to come together, learn new skills and make social connections.</p>	<p>Thursday            1pm—4pm</p>	<p>See provider</p>	<p>Program Coordinator            ✉ <a href="mailto:saadia.bashir33@gmail.com">saadia.bashir33@gmail.com</a></p>
<p><b>Islamic Youth Program –New</b>            This is a program designed for Islamic youth for socialising and learning Islamic teachings and culture.</p>	<p>Saturday (fortnightly)            12.30pm—4.30pm</p>	<p>See Provider</p>	<p>Program Coordinator            ✉ <a href="mailto:saadia.bashir33@gmail.com">saadia.bashir33@gmail.com</a></p>

# Education & Training Kids & Adults

TARNEIT	DAY & TIME	COST	INFORMATION
<b>Abacus 4 Kids</b> <b>Ages: 4 - 15yrs</b> Fun and innovative way for kids to speedy mental arithmetic using abacus (soroban). Both onsite and online class are available. <b>Free trial class available</b>	Friday 5:00pm—6:30 pm	Fees Apply	Contact: Jaslyn Toh ☎ 0406 946 069 ✉ admin@abacus4kids.com.au www.abacus4kids.com.au
<b>AMEP</b> Free English classes for refugees and other migrants.	Wednesdays and Thursdays 9am—2:30pm	No Cost	☎ 9742 4013 ✉ enquiries@wyndhamcec.org.au 🌐 http://wyndhamcec.org.au/
<b>Mobile Devices</b> <b>Wyndham Community and Education Centre</b> Computer Skills—Advanced	Wednesdays 9.00am—12.00pm	\$30 (permanent residents)	☎ 9742 4013 🌐 www.wyndhamcec.org.au and click on the Short Courses tab
<b>Computer Classes</b> <b>Wyndham Community and Education Centre</b> Computer Skills—Next Steps	Wednesdays 1.00pm—4.00pm	\$30 (permanent residents)	☎ 9742 4013 🌐 www.wyndhamcec.org.au and click on the Short Courses tab
<b>Garment and Pattern Alterations</b> <b>Wyndham Community and Education Centre</b> An advanced level sewing course, for those wishing to develop their skills.	Thursdays 12.30pm—3.30pm	\$40 (permanent residents)	☎ 9742 4013 🌐 www.wyndhamcec.org.au and click on the Short Courses tab
<b>Introduction to Cake Decorating</b> <b>Wyndham Community and Education Centre</b> This course is designed to provide an introduction to decorating cakes to a professional standard. Ideal for those wanting to set up their own business.	Mondays 6.00pm—9.00pm Wednesdays 9.00am—12.00pm	\$70 (permanent residents)	☎ 9742 4013 🌐 www.wyndhamcec.org.au and click on the Short Courses tab
<b>Beginner's Computer Class Ages 18+</b> 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!	Mondays, starting 27 May 10.30am – 12pm (4 weeks)	No Cost	☎ Julia Gillard Library Tarneit ☎ 8734 8999 <b>Bookings required.</b> 🌐 <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>
<b>Bari Language Conversational Classes</b> Engage young people to learn about their culture.	Saturday 2pm—4pm	No cost	Poly Kiyaga ☎ 0434 178 753 Email: poly.kiyaga@wyndhamcec.org.au 🌐 https://www.junubiwyndham.org.au/
<b>Introduction to Microsoft Excel Ages 18+</b> Learn how to create spreadsheets to incorporate data and formulas using Microsoft Excel in a one-off 1.5-hour program aimed at people with only basic knowledge of computers. <b>Bookings required.</b>	Monday 6 May 10.30am – 12pm	No Cost	☎ Julia Gillard Library Tarneit ☎ 8734 8999 🌐 <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>
<b>Introduction to Microsoft Word Ages 18+</b> 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. <b>Bookings required.</b>	Monday 13 May 10.30am – 12pm	No Cost	☎ Julia Gillard Library Tarneit ☎ 8734 8999 🌐 <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>
<b>English Conversation—Ages 18+</b> At English Conversation Café you can practice 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.	Wednesdays 1.30pm—2.30pm	No Cost	Julia Gillard Library Tarneit ☎ 8734 8999 🌐 https://www.wyndham.vic.gov.au/adult-events-and-activities



## Education & Training Kids & Adults

TARNEIT	DAY & TIME	COST	INFORMATION
<p><b>English Reading Circle—Ages 18+</b> Do you want to practice your English reading and pronunciation in a fun and informal way? Join us at Reading Circle, where we will practice our English reading and speaking skills by reading aloud together. Suitable for adults with lower-intermediate English skills. No booking required.</p>	<p>Thursdays 11am—12pm</p>	<p>No Cost</p>	<p>Julia Gillard Library Tarneit ☎ 8734 8999</p> <p>🌐 <a href="https://www.wyndham.vic.gov.au/adult-events-and-activities">https://www.wyndham.vic.gov.au/adult-events-and-activities</a></p> <p><b>Programs during school term only</b></p>
<p><b>IT Help One on One</b> 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. <b>Booking required.</b></p>	<p>Tuesdays 10am—11am Thursdays 10.30am—11.30am</p>	<p>No Cost</p>	<p>Julia Gillard Library Tarneit ☎ 8734 8999</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>
<p><b>Protect yourself against scams Ages 18+</b> Learn how to how to protect your personal information from scammers, how to safely make friends online, how to spot investment scams and where to go for help in this 1 hour presentation with BeConnected.</p>	<p>Tuesday 21 May 10 – 11am</p>	<p>No Cost</p>	<p>📍 Julia Gillard Library Tarneit ☎ 8734 8999</p> <p>🌐 <b>For more information 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>
<p><b>Pocket Japanese</b> Japanese lessons for kids aged between 4-11</p>	<p>Wednesdays 4.30pm –5.30pm Saturdays 11am—1pm</p>	<p>Contact provider</p>	<p>Contact : Miho ✉ <a href="mailto:pocketkidsclass@gmail.com">pocketkidsclass@gmail.com</a></p>
<p><b>VCE Accounting—Tutoring</b> Ace your Accounting exam!!! A qualified lecturer with over 10 years' experience offers accounting tuition for years 11 and 12 students. Tailored program includes compressive study materials, practice questions, and trail exams. Join today and gain the confidence and skills needed to excel in SACs and the VCE exam.</p>	<p>Saturdays 1.30pm—3.30pm</p>	<p>Fees Apply</p>	<p>Contact : Dr Dimuthu Ekanayake ☎ 0433 872 345 ✉ <a href="mailto:dimuthu.ekanake@gmail.com">dimuthu.ekanake@gmail.com</a> Google Classroom <a href="https://classroom.google.com/u/2/c/NTqwMjUzMjYxMzU3">https://classroom.google.com/u/2/c/NTqwMjUzMjYxMzU3</a></p>
<p><b>Kumon Tarneit</b> English and mathematics tutoring programmes help children master fundamental skills essential to their overall academic performance.</p>	<p>Monday &amp; Friday 4.00pm—7.00pm</p>	<p>Fees Apply</p>	<p>Contact: Ruchi ☎ 0468 310 097</p>
<p><b>Al Madina - Urdu and Arabic Classes</b> Arabic and Urdu language classes for kids including Quranic/Islamic studies and unlock knowledge for kids through engaging activities ,community engagement and inspire young minds grow spiritually ,ethically ,morally and culturally .</p>	<p>Mondays 5:00pm—7:00 pm</p>	<p>No Cost</p>	<p>Contact: Wajid Mohammed ☎ 0430 876 786 ✉ <a href="mailto:wajid_yrk@hotmail.com">wajid_yrk@hotmail.com</a>.</p>
DIANELLA	DAY & TIME	COST	INFORMATION
<p><b>Young Peoples Club</b> Our ultimate aim is to engage African Youth Immigrants as well as other youth, in such a way as to keep them off social vices through social and physical activities. YPC is open to all youth. YPC is a non-profit group predominantly consisting of African immigrants and refugees. This is an initiative that aims to empower African youth through knowledge and wisdom impartation, impartation of harmony values, counselling sessions and social activities.</p>	<p>Fridays 7.00pm - 9.00pm</p>	<p>FREE</p>	<p>Register <a href="https://club.reclink.org/programs/EHB9RC">https://club.reclink.org/programs/EHB9RC</a> Or contact Jasmine Griffiths 0423 316 993</p>

# Recreation & Wellbeing Kids & Adults

THE GRANGE	DAY & TIME	COST	CONTACT INFORMATION
<b>Yoga</b> Do you want to improve your flexibility, balance and over wellbeing. Join us.	Tuesday 9:30am—10.15am	\$15 per class	☎ 8742 8000 🌐 <a href="http://www.grangecommunity.org.au/classes">www.grangecommunity.org.au/classes</a>
<b>Balance, Flex, Fun</b> Join us for a fun 45min exercise class to improve your strength and flexibility. Bring your BFF along with you!	Thursday 9:30am—10.15am	\$15 per class	☎ 8742 8000 🌐 <a href="http://www.grangecommunity.org.au/classes">www.grangecommunity.org.au/classes</a>
<b>Chair Fitness</b> Join us for a fun 45min exercise class to improve your strength and flexibility. Bring your BFF along with you!	Wednesday 10:00am-10:45am	\$10 per class	☎ 8742 8000 🌐 <a href="http://www.grangecommunity.org.au/classes">www.grangecommunity.org.au/classes</a>
<b>Walking Group</b> Join us for a fun 45 minute walk around our local surroundings. All fitness levels welcome.	Wednesday 9:15am-10:00am	Free	☎ 8742 8000
<b>Chatty Café</b> Join the lovely Nola every Wednesday morning to a hot cuppa , some yummy treats and a chat.	Wednesday 10am—11:30am	Free	The Grange 260-280 Hogans Road, Hoppers Crossing ☎ 8742 8000
<b>House of Fun</b> Join us for a variety of activities such as arts & crafts, games, sing-a-longs and so much more	Friday 11:30-am—1:00pm	No cost	☎ 8742 8000 🌐 <a href="http://www.grangecommunity.org.au/classes">www.grangecommunity.org.au/classes</a>
<b>Melbourne Moves—Dance Academy</b> Learn Bollywood, Hip Hop, Semi-Classical & Contemporary dance forms.	Thursdays 6pm—8pm	Contact provider	Contact Asha ☎ 0432 277 359 ✉ <a href="mailto:contact@msquaredance.com">contact@msquaredance.com</a>
<b>Mini Movers</b> A physical wellbeing-based program that uses different sports to increase the motor skills of children aged 3-7.	Monday 11:30am-12:30pm	Contact provider	☎ Tori—5224 9972 ✉ <a href="mailto:tori.honner@leisurenetworks.org">tori.honner@leisurenetworks.org</a>
<b>Qian Li Dao</b> Martial Arts with Blitz Hall of Fame Kung Fu Instructor of the Year, Sifu Dana Wong.	Tuesday, Wednesday & Saturday	Contact provider	☎ 9731 1789 ✉ <a href="mailto:info@qianlidao.com.au">info@qianlidao.com.au</a>
<b>MTF Taekwondo</b> MTF Taekwondo. Including physical techniques, cultural and educational values of Taekwondo.	Wed 4:30pm—7:45pm Sat 8:30am—1.15pm	Contact provider	☎ Jason—0406 211 096 ✉ <a href="mailto:info@mtftkd.com">info@mtftkd.com</a>
<b>Twisted Stitches Knitting Group</b> Join our lovely knitting Group as they knit items to be donated to charity.	Monday 12:30pm—2:30pm	FREE	☎ 8742 8000 ✉ <a href="http://www.grangecommunity.org.au/classes">www.grangecommunity.org.au/classes</a>
<b>Wing Chun Kung Fu (WCKF)</b> Using WCKF as the path to find your hidden talents. Kung Fu classes for adults, all levels.	Friday 7:00pm-9:00pm	\$10 per class	☎ 0432 489 762 🌐 <a href="mailto:admin@xiquwingchun.com.au">admin@xiquwingchun.com.au</a>
<b>Kelly Mini Sports</b> Australias most popular sports program for toddlers and pre schoolers.	Monday 9:30am-11:00am		🌐 <a href="mailto:Fiona@kellyminisports.com.au">Fiona@kellyminisports.com.au</a>
<b>LBKI</b> LBKI Karate is where you discover strength, gain confidence and join a community that grows with you.	Friday From 5.05pm contact for more info		☎ 03 8691 2574 🌐 <a href="http://Lbkikarate.com.au">Lbkikarate.com.au</a>
<b>Weight Watchers</b> Receive support in your journey to lose weight. With weekly workshop/group led discussion.	Friday 9:30am-11:00am		☎ 1800 828 886 🌐 <a href="mailto:Rents.au@ww.com">Rents.au@ww.com</a>
<b>Zumba with Gerrina</b> Discover the joy of fitness with our 45min latin-inspired Zumba dance workout. Energise your routine with dynamic dance workouts.	Monday 7.30pm-8:30pm		Gerrina 0408 722 307 <a href="mailto:gerrine@asis@hotmail.com">gerrine@asis@hotmail.com</a>
<b>Wyndham Town Club</b> Receive support in your journey to lose weight.	Friday 9:00am-11:30am		0413 444 083 <a href="http://Www.townclubs.com.au">Www.townclubs.com.au</a>



# Recreation & Wellbeing Kids & Adults

THE GRANGE	DAY & TIME	COST	CONTACT INFORMATION
<p><b>Wyndeaf—Art Thereapy</b> Art form methodologies that are designed and proven to bring on calm and peace to alleviate stress.</p>	2nd Thurs of month 12:00pm-3:00pm		☎ 0439 086 163
ARNDELL PARK	DAY & TIME	COST	CONTACT INFORMATION
<p><b>Zumba with Gerrina</b> Discover the joy of fitness with our 45min latin-inspired Zumba dance workout. Energise your routine with dynamic dance workouts. Boost well-being, and enjoy a vibrant community atmosphere. Let's dance to health and happiness together.</p>	Wednesdays 7.30pm	Fee's Apply	Gerrina 0408 722 307  <a href="mailto:zumbawithgerrina@outlook.com">zumbawithgerrina@outlook.com</a>
<p><b>Kathak Kendra Nrityashala – Indian Dance Class</b> Kathak is a traditional dance form originating from the north of India. It is still extremely popular and widely performed in the subcontinent. Learning Kathak is a good way for relieving everyday stress. It brings inner peace, strong attitude and calmness.</p>	Fridays 6:30pm-8:30pm  Sunday 2pm-4pm	Fee's Apply	Parul 0434 361 191 <a href="mailto:Kathakkendra.nz@gmail.com">Kathakkendra.nz@gmail.com</a>  <a href="http://www.kathakkendra.co.nz">www.kathakkendra.co.nz</a>
<p><b>J K Natyalaya - Indian Dance Class</b> Come along and join our Dance class in the Kathak Indian Classical format. We also freestyle dance including Bollywood dance. Available for all ages.</p>	Fridays 5:30pm-7pm Sundays 5:30pm-7:30pm		Kanimozhi 0470 173 2229 <a href="mailto:kanisuba@gmail.com">kanisuba@gmail.com</a>
<p><b>Dave Franklins Self Defence and Martial Arts Class <span style="color: red;">NEW</span></b> Practical self-defence classes for all ages (4yrs – adult). Offering a <b>FREE TRIAL CLASS</b>. Fully Government Accredited. Child Bully Protection. Practical Self Defence. Intensive Fitness Program.</p>	<b>Saturdays</b> 9am-10am (up to 12yrs) 10am-11:30am (teens & adults).	Contact for more information.	Dave Franklin 0402 853 437 <a href="mailto:Davefranklinmartialarts1@gmail.com">Davefranklinmartialarts1@gmail.com</a>
<p><b>Girl Guides - Truganina</b> Guiding helps girls to gain new skills, make a difference in the community, and explore a worth of possibilities. Girls aged 5-17 are invited to come to our Unit meetings.</p>	Thursday 5.30pm-7.00pm	Fees Apply	Cara Marinaro ☎ 0475 203 332 ✉ <a href="mailto:cara.marinaro@guidesvic.org.au">cara.marinaro@guidesvic.org.au</a>
<p><b>Women's Only Yoga</b> Yoga sessions for women of all abilities and all levels from beginner to advanced.</p>	Fridays 9:30am-10:30am	Fee's Apply	Catherine 0416 009 024 <a href="mailto:info@yogamoveswest.com.au">info@yogamoveswest.com.au</a>
<p><b>The Skate Studio</b> Kids Roller Skating Classes. Our classes are run by experienced and accredited coaches. All Levels Welcome. Skate Hire Available.</p>	Thursdays 4.15pm-5.15pm	Fees Apply	Victoria Reynolds ✉ <a href="mailto:skate_studio@outlook.com">skate_studio@outlook.com</a> 🌐 <a href="http://www.theskatestudio.com.au">www.theskatestudio.com.au</a>
DIANELLA	DAY & TIME	COST	INFORMATION
<p><b>Come and Play, It's Friday</b> Table Tennis program for everyone. Are you looking for a fun way to get fit? Everyone is welcome.</p>	Fridays 6.00pm-7.30pm	Free	Message Adnan 0416 949 316
<p><b>Sri Sri Yoga - Art of Living</b> Time to relax and rejuvenate, destress and detox. Desktop yoga, meditation, destress techniques, tips for healthy living, a forum to share and care.</p>	Thurs- 6.00pm-7.30pm Sat - 8.00am-10.00am	Free	Sanitha Sanjeev 0469 545 723 <a href="mailto:sanitha@artofliving.org.au">sanitha@artofliving.org.au</a> or Chandan 0449 030 616
<p><b>Family Games Nights</b> Join family and friends and meet new neighbours at the Family Games Night. Bring a game or choose from the many that is available.</p>	1 <sup>st</sup> Friday of month 5.00pm-8.00pm	Small fee applies	Contact for more information <a href="mailto:Buildingculturalconnections22@gmail.com">Buildingculturalconnections22@gmail.com</a> Search <b>Building Cultural Connections Australia Inc</b> on Facebook
<p><b>Harmony Dance Melbourne</b> Dance fitness sessions for all ages (children 9yrs +), that combine, body stretching, cardio, balance, flexibility, and toning.</p>	Mondays 6.00pm - 7.00pm	Fees apply	<a href="mailto:Harmonydance.melbourne@gmail.com">Harmonydance.melbourne@gmail.com</a> .

# Recreation & Wellbeing Kids & Adults

DIANELLA	DAY & TIME	COST	INFORMATION
<b>Beats N Taal</b> Dance and fitness program	Wednesdays 6.00pm - 8.00pm	Fees apply	Niharika Rai 0450 750 270 ruchiniharikag@gmail.com
<b>Cultural Cuisine Nights</b> An opportunity to meet local neighbours, make new friends, and share a cultural meal with family. Food helps to bring people together – join us in celebrating diversity of cultures and stories in our monthly food sharing, potluck and cultural discovering evening.	3rd Saturday of month 5.00pm - 8.30pm	Small fee applies	Get in contact to confirm your attendance <a href="mailto:Buildingculturalconnections22@gmail.com">Buildingculturalconnections22@gmail.com</a> Search <b>Building Cultural Connections Australia Inc</b> on Facebook
PENROSE PROMENADE	DAY & TIME	COST	CONTACT INFORMATION
<b>ABCD Bollywood Dance School</b> A Bollywood Dance School for all age groups from kids to adults to seniors. We have something to offer for everyone, bigger dance class, advanced classes and fitness classes.	Sunday 12:00pm—2:30pm	Fees Apply	Shweta Pandya ☎ 0433 346 672 ✉ shwetayana13@gmail.com
<b>Burnout Bhangra</b> Come and join fitness through Bhangra which is a North Indian high intensity dance fitness class.	Tuesday 7:00pm-8:00pm	\$12	Sandeep ☎ 0433 012 214 ✉ burnoutbhangra@yahoo.com
<b>Twins Martial Arts</b> <b>Ages: 4 - 15yrs</b> Traditional Shotokan Karate for kids. Classes are taught by qualified NCAS Dojo Coaches, holding Senior First Aid and Working with Children Checks.	Thursday 3:30pm-8pm	Fees apply	Sensei Lay ☎ 0416 333 113 ✉ info@twinsmartialarts.com.au 🌐 www.facebook.com/twinsmartialarts 🌐 www.twinsmartialarts.com.au
<b>Nrityaarpana Dance Academy</b> (Indian Classical Dance) Join Nrityaarpana and get trained in both theory and practical details and intricacies of Bharatanatyam	Monday 6pm-7:30pm	\$15 per hour	Rekha ☎ 0451 327 719 ✉ nrityaarpana@outlook.com 🌐 <a href="https://www.facebook.com/nrityaarpanadanceacademy/">https://www.facebook.com/nrityaarpanadanceacademy/</a>
<b>The Skate Studio</b> Roller-skating lessons for the local community with fully accredited coaches. Skate hire is available for all our classes.	Mondays 4.30pm—5.30pm	Fees Apply	Victoria ✉ Skate_studio@outlook.com 🌐 www.theskatestudio.com.au
<b>Sonam Jain—Kids Bollywood Dance</b> <b>Ages: 4 - 8yrs</b> Dance is the best medicine for both mental and physical health. This class will help keep you fit and energised, make new friends, have fun and boost your confidence! <b>Ask us for a free trial class today!</b>	Wednesday 5pm—6pm	Fees Apply	Sonam Jain ☎ 0470 302 468 ✉ sonamijain@gmail.com
TARNEIT	DAY & TIME	COST	CONTACT INFORMATION
<b>Craft and Conversation—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>Bookings required</b>	3 <sup>rd</sup> Friday of the month 10.30am—11.30am	No Cost	Julia Gillard Library Tarneit ☎ 8734 8999 🌐 <a href="http://www.wyndham.vic.gov.au/adult-events-and-activities">www.wyndham.vic.gov.au/adult-events-and-activities</a>
<b>Craft with D</b> Monthly craft sessions. <b>Bookings Essential</b>		No Cost	Tarneit Community Learning Centre ☎ 8734 6040 🌐 tarneitclc@wyndham.vic.gov.au
<b>Craft Group</b> Craft, Chat and a Cuppa. Come and join! Bring along your own craft project and materials and spend time crafting with others. <b>Everyone welcome</b>	Wednesday 9am—12pm	No Cost	Tarneit Community Learning Centre ☎ 8734 6040 🌐 tarneitclc@wyndham.vic.gov.au



# Recreation & Wellbeing Kids & Adults

TARNEIT	DAY & TIME	COST	CONTACT INFORMATION
<p><b>Craft and Conversation—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> <p><b>Bookings required</b></p>	<p>3<sup>rd</sup> Friday of the month 10.30am—11.30am</p>	<p>No Cost</p>	<p>Julia Gillard Library Tarneit ☎ 8734 8999 🌐 <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>Craft with D</b> Monthly craft sessions. <b>Bookings Essential</b></p>		<p>No Cost</p>	<p>Tarneit Community Learning Centre ☎ 8734 6040 🌐 <a href="mailto:tarneitclc@wyndham.vic.gov.au">tarneitclc@wyndham.vic.gov.au</a></p>
<p><b>Craft Group</b> Craft, Chat and a Cuppa. Come and join! Bring along your own craft project and materials and spend time crafting with others. <b>Everyone welcome</b></p>	<p>Wednesday 9am—12pm</p>	<p>No Cost</p>	<p>Tarneit Community Learning Centre ☎ 8734 6040 🌐 <a href="mailto:tarneitclc@wyndham.vic.gov.au">tarneitclc@wyndham.vic.gov.au</a></p>
<p><b>Craft and Conversation—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> <p><b>Bookings required</b></p>	<p>3<sup>rd</sup> Friday of the month 10.30am—11.30am</p>	<p>No Cost</p>	<p>Julia Gillard Library Tarneit ☎ 8734 8999 🌐 <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>Kids Club Ages: 5+</b> Come and join in a different activity every week. Make new friends and have lots of fun. <b>No bookings required</b></p>	<p>Refer to website for current timetable</p>	<p>No Cost</p>	<p>Julia Gillard Library Tarneit ☎ 8734 8999  🌐 <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> <b>Programs during school term only</b></p>
<p><b>Lego Club Ages: 5+</b> Come along to your library every week to design, build and imagine with Lego. Hang out with other kids who enjoy Lego!</p>	<p>Refer to website for current timetable</p>	<p>No Cost</p>	<p>Julia Gillard Library Tarneit ☎ 8734 8999  🌐 <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> <b>Programs during school term only</b></p>
<p><b>Chess 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>Refer to website for current timetable</p>	<p>No Cost</p>	<p>Julia Gillard Library Tarneit ☎ 8734 8999  🌐 <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> <b>Programs during school term only</b></p>
<p><b>GenWest Wyndham Sunrise Group</b> A social group for women, gender diverse people and/or non binary folk, who have a disability, chronic health issue and/or mental health challenges, from all backgrounds who want to build friendships and confidence, get to know their local community and services, try new things and have fun!</p>	<p>Every Second Wednesdays 12:30pm—3pm</p>	<p>No Cost</p>	<p>Fofi Christou &amp; Beth Jaworski ☎ 0407 061 702 ✉ <a href="mailto:sunrise@genwest.org.au">sunrise@genwest.org.au</a> 🌐 <a href="https://genwest.org.au/what-we-do/health-wellbeing-programs/">https://genwest.org.au/what-we-do/health-wellbeing-programs/</a></p>
<p><b>Quantum Meditation Society Melbourne</b> A meditation group which promotes total fitness through our meditation, yoga, lifestyle session</p>	<p>2nd Saturday of each month 4pm—8pm</p>	<p>No Cost</p>	<p>Tanjila ☎ 0435819946 ✉ <a href="mailto:melbourne@quantummethod.org.bd">melbourne@quantummethod.org.bd</a></p>

# Recreation & Wellbeing Kids & Adults

TARNEIT	DAY & TIME	COST	INFORMATION
<p><b>Sahaja Yoga</b> Teaches a unique method of meditation. You can achieve a state of balance in 10 min. Sahaja Yoga meditation can improve physical and mental health plus reduce stress.</p>	<p>Mondays 7pm—8pm</p> <p>4th Saturday of each month 6.30—9pm</p>	No Cost	<p>Annie ☎ 0423 110 875 ✉ annie.sarani@gmail.com 🌐 <a href="https://www.sahajayoga.com.au">https://www.sahajayoga.com.au</a></p>
<p><b>Shriraam Theiventhiram</b> Learn South Asian Dance and Somatic Movement training. Bharatanatyam and Natya Sastra</p>	<p>Wednesdays 6pm—7pm 7:00pm—8pm</p>	Contact Provider	<p>Shriram ☎ 0431 137 495 ✉ shrinrityam@gmail.com</p>
<p><b>Soulspace Yoga</b> Yoga Classes for children ages 6+ , Yoga, Asanas, Pranayama, Surya Namaskar, and mindfulness techniques.</p>	<p>Sunday 4.30pm –5.30pm</p>	Contact provider	<p>Vijisha ☎ 0435 915 516 ✉ vijisha82@live.com</p>
<p><b>Tatkaar Kathak Institute</b> Six years old dance school in Melbourne, with 100+ students learning at different centers. Teaching an Indian classical dance form known as “Kathak”, an art of story telling by using beautiful hand gestures, foot work and expressions. Come along and join in the fun</p>	<p>Saturday 9am –12pm</p>	Contact Provider	<p>Shika ☎ 0450 228 954 ✉ schhangai.sc@gmail.com Virtual Platform also available</p>
<p><b>Tarneit—Youth Services Drop In</b> Youth Services are running Drop In's every Tuesday and Thursday nights for young people aged 12-25 years.  Enjoy a safe space to hang out, unwind, make some new friends, have a bite to eat and meet some of your local Youth Workers. We have lots of fun games, activities, arts and crafts, ping pong tournaments and more!</p>	<p>Tuesday s and Thursdays 3.30pm 5.30pm (only on School Term)</p>	No Cost	<p>🌐 <a href="https://www.wyndham.vic.gov.au/whats-on/tarneitdropin">https://www.wyndham.vic.gov.au/whats-on/tarneitdropin</a></p>
<p><b>U3A Werribee Region Tai Chi Classes</b> Tai Chi classes provide light physical and mental wellbeing to retired and semi-retired residents of Wyndham. Physical benefits include balance and flexibility, mental wellbeing and stress reduction</p>	<p>Mondays 10.30am—12.00am</p>	Contact provider	<p>Rick Conn ☎ 0402 299 220 ✉ courses.u3awbee@hotmail.com 🌐 <a href="https://www.u3awbee.net.au/courses-activities">https://www.u3awbee.net.au/courses-activities</a></p>
<p><b>Victorian Bangladeshi Community Foundation (VBCF)</b> Dance, drama, arts and music classes for the 2nd generation Bangladeshi born school kids living in Victoria especially in the Western suburbs</p>	<p>Friday 7.00pm—10.00pm</p>	Contact provider	<p>Morshed Kamal ☎ 0423 072 427 ✉ morshedkml@gmail.com 🌐 <a href="http://www.vbcf.org.au">www.vbcf.org.au</a></p>
<p><b>Vitamin Love by Diyah</b> Power Yoga classes, improves strength, stamina and flexibility</p>	<p>Wednesdays 7pm—8pm</p>	Contact provider	<p>Diyah ☎ 0450 487 876 ✉ vitaminlovebydiyah@gmail.com</p>
<p><b>Yoga Moves West</b> This class is specifically tailored for older adults looking to start moving again in gentle and supportive environment.</p>	<p>Mondays 9.30am—10.30am</p>	Contact Provider	<p>Catherine Sullivan ☎ 0416 009 024 ✉ info@yogamoveswest.com.au</p>
<p><b>Young Storytellers—Ages 7 – 12</b> Do you enjoy making up stories? Are you looking for some inspiration to create stories? Use your imagination to create stories and practise your story sharing skills, whether that’s through writing or through illustrations.</p>	<p>Refer to website for current timetable</p>	No cost	<p>📍 Julia Gillard Library Tarneit ☎ 8734 8999  🌐 <b>For session dates and times visit:</b> <a href="http://www.wyndham.vic.gov.au/kids-events-">www.wyndham.vic.gov.au/kids-events-</a></p>
<p><b>Zumba with Gerrina</b> Discover the joy of fitness with our 45 min. Latin inspired Zumba dance workout. Energize your routine with dynamic dance workouts, boost well-being, and enjoy vibrant community atmosphere. Let’s dance to health and happiness together.</p>	<p>Tuesdays 8pm—9pm</p>	Contact provider	<p>Gerrina Power ☎ 0408 722 307</p>



# Community, Cultural & Faith Groups

DIANELLA	DAY & TIME	COST	CONTACT INFORMATION
<b>Hosanna Kingdom Praise Centre</b> Faith group, praise and worship, children's ministry, prayer meetings and leadership training.	Wednesdays 7.00pm -9.00pm Sundays 9.00am-1.00pm	Free	Tabitha 0431 244 752 tabcri2@gmail.com
<b>Young Peoples Club</b> Not for profit group, predominantly consisting of African immigrants and refugees. This program empowers people through knowledge, wisdom, counselling and social activities.	Fridays 7-10pm, 1st Friday of month 5-8.30pm every other Friday	Free	<a href="https://www.wyndham.vic.gov.au/whats-on/young-peoples-club">https://www.wyndham.vic.gov.au/whats-on/young-peoples-club</a>
<b>Sunshine Arabic Language School</b> <b>Ages: 5 - 7yrs</b> Cultural activities for the youth and adults. Arabic language classes for children.	Sundays 2pm-5.00pm	Contact for more info	Afrah Mohamed 0422 178 062
<b>After school program – Junior Program (National Spiritual Assembly of the Baha'is of Aust Inc)</b> Build a strong sense of morality identity, get involved in local community projects, develop the capacity to express your thoughts, gain a deep understanding of world. Our team consists of dedicated volunteers who are accredited to work with children passionate about serving the community.	Mondays 3.30pm-5.00pm  Saturdays 2.30pm-4.30pm	TBC  Limited spots available	Call for more info Tara - 0423 191 990 Sana - 0423 336 534
<b>Khoja Shia Ithna-Ashari Jamaat of Melbourne Inc. (KSIJM)</b> The main purpose of this group is to provide facilities conducive to educational, economic, support - seniors and vulnerable, sports and social welfare of the community and to lead to greater understanding and cooperation amongst all people in Australia.	Sundays 9.00am-1.00pm	Free	<a href="mailto:VicePresident@ksijmelbourne.org.au">VicePresident@ksijmelbourne.org.au</a> <a href="mailto:President@ksijmelbourne.org.au">President@ksijmelbourne.org.au</a>
<b>Church of Christ (Iglesia Ni Cristo)</b> Church gathering and choir practice.	Saturdays 6.00pm-10.00pm	Free	Alfonso 0451 041 711 <a href="mailto:Alfonso.ocon@gmail.com">Alfonso.ocon@gmail.com</a>
<b>Families for Christ</b> Faith based community gathering once a month. Christian families meeting together to pray and worship. Bible study, religious teachings and marriage courses.	2 <sup>nd</sup> Saturday of month 1.30pm-4.30pm	Free	Henry <a href="mailto:Ethanry090457@yahoo.com.ph">Ethanry090457@yahoo.com.ph</a> 0431 437 961
<b>Nepalese Association of Victoria</b> Bal Chautari (Children's School in Nepali) is a weekly Nepali language class for 4-14yrs. Classes help to improve mental and physical wellbeing.	Saturdays 11.00am-1.00pm	\$50 per term	Dr Tilak Pokharel 0450 092 041 <a href="mailto:pokharetilak@gmail.com">pokharetilak@gmail.com</a> <a href="https://www.nav.org.au/chautari/baalchautari">https://www.nav.org.au/chautari/baalchautari</a>
<b>Sant Niramkari Mandal Australia Inc</b> Congregation and prayer as per Sant Nirankari Missions ideology.	Fortnightly—Tuesdays 5.30pm-7.30pm	Free	Dharamveer Jit 0401 922 717 Dharamveer@live.com.au
<b>Multicultural Organisation for Social Action and Inclusive Cultures</b> Weekly get together enriching experiences of spiritual growth and sisterhood.	Thursdays Weekly 5.30pm-7.00pm	Free	Mosaic.incorporated.info@gmail.com
<b>THE GRANGE</b>			
<b>At Work</b> Provides employment services for people living with disability and disadvantage looking for work, and employers to get the right people into the right jobs.	Monday-Friday 9am—5pm		☎ 1300 192 641 🌐 <a href="http://www.atworkaustralia.com.au">www.atworkaustralia.com.au</a>
<b>Relationship Matters</b> Relationship Matters is a not-for-profit organisation that promotes healthy, respectful and fulfilling relationships within the Victorian community.	Monday, Tuesday, Wednesday 4pm—7:30pm	Fees Apply	Contact Guy Penna ☎ 0432 544 611 ✉ <a href="mailto:gpenna@relationshipmatters.com.au">gpenna@relationshipmatters.com.au</a>
<b>IPC Health</b> Working with communities to strengthen well being and quality of living. Addressing areas of Family Violence, child and family services.	2nd Wed of month 10:00am-2:00pm		Drop in to the Grange to speak to the IPC health team

# Community, Cultural & Faith Groups


ARNDELL PARK	DAY & TIME	COST	CONTACT INFORMATION
<b>Life Community Kitchen</b> Providing hot meals to individuals and families supporting food relief and social connection.	<b>Mondays</b> 6pm-7pm	No Cost	No registrations required. For more information email <a href="mailto:communitykitchen@lifeau.org">communitykitchen@lifeau.org</a>
<b>Melbourne Shwetambar Jain Sangh Inc</b> MSJS promotes Jainism and its core principal of 'no violence'.	Sundays Fortnightly 8am-1pm	Fees Apply	Nimit ☎ 0433 074 461
<b>Bhartiya Seniors Melbourne Inc</b> Indian Seniors Friendship Group	Tuesdays and Fridays 11am-2pm	Fees Apply	Ashok Mehta ☎ 0434 929 429 ✉ <a href="mailto:ashokmehta1958@gmail.com">ashokmehta1958@gmail.com</a>
<b>Australian Malayalee Islamic Association Cultural Group</b> Arabic & Malayalam language classes, faith based activities.	Saturday 6pm– 10pm	Fees Apply	Zameel Arif ☎ 0406 074 185 ✉ <a href="mailto:zameelarif@gmail.com">zameelarif@gmail.com</a>
<b>Gospel Power Ministries Church</b> We are a church that covers a variety of faith-based activities including preaching and teaching the gospel of Jesus Christ	Wed—Praise & Worship Friday—Prayer 7pm-9pm Sunday Service 10am-1pm		Church Office - 0429 959 726 <a href="mailto:Gpmchurch2@gmail.com">Gpmchurch2@gmail.com</a> <a href="http://www.gospelpowerministrieschurch.org.au">www.gospelpowerministrieschurch.org.au</a>
<b>PENROSE PROMENADE</b>			
<b>Global Kitchen</b> We bring together local multicultural women who are feeling isolated and disengaged for our Global Kitchen and Women's Circle.	Monday 10am—2pm	No Cost	Sudha ☎ 0432 489 584 ✉ <a href="mailto:Shudha-Narayan@hotmail.com">Shudha-Narayan@hotmail.com</a> 🌐 <a href="https://virwc.org.au/">https://virwc.org.au/</a>
<b>Assembly of God Church of Samoa</b> A dynamic Church Service for all the family.	Sunday 8am-12pm Saturday 6:30pm-10pm	No Cost	Sani Faoagali ☎ 0491 965 687 ✉ <a href="mailto:eliezrahsalina@gmail.com">eliezrahsalina@gmail.com</a>
<b>Hindu Dharma Community of Melbourne</b> An Indian community from South India, Kerala, conducting various cultural activities, training kids, ladies group activities, family activities and more!	Saturday 4:30pm—6:30pm Last Sunday of the month 6pm—9pm	No Cost	Venugopalan Nair ☎ 0415 444 901 ✉ <a href="mailto:venucn@yahoo.com">venucn@yahoo.com</a>
<b>Legends International of Seniors Inc</b> Recreational meeting sharing coffee and snacks, prayer, guest speakers from different fields. We also organise picnics and outdoor activities.	Thursday 12:30pm—2:30pm	\$10 joining fee	Jiwan Lal Sharma ☎ 0480 109 156 ✉ <a href="mailto:legendsinternational2022@gmail.com">legendsinternational2022@gmail.com</a>
<b>Anoopam Mission Limited</b> Promote Hindu arts, crafts, dance, music, performing arts, literature & youth development. Educate young children and teenagers to live a positive and peaceful life.	Fortnightly on Saturday 6pm—9pm	No Cost	☎ Vipul Patel—0433 185 138 ☎ Sandip Patel—0450 873 099 ✉ <a href="mailto:vipul9800@gmail.com">vipul9800@gmail.com</a> 🌐 <a href="http://www.anoopam.org">www.anoopam.org</a>
<b>Wolfpack Connect Group</b> Church community that meets together on a monthly basis to connect, enjoy each other's company, share food and have fun. <i>Everyone welcome</i>	2nd Friday of the month 7pm—9pm	No Cost	Merapi Gabriel ☎ 0433 824 080 ✉ <a href="mailto:merapi.gabriel@gmail.com">merapi.gabriel@gmail.com</a> 🌐 <a href="http://www.lifeau.org">www.lifeau.org</a>
<b>Tarneit Bharatiy Club</b> Older Gujarati speakers will feel right at home in this relaxed social get-together environment.	Tuesday 12:30pm—2:30pm Friday 12:30pm—2:30pm	No Cost	Naran ☎ 0490 715 090 ✉ <a href="mailto:vadalianaran@gmail.com">vadalianaran@gmail.com</a>

# Community, Cultural & Faith Groups

PENROSE PROMENADE			
<b>Tarneit Harmony Club</b> Join other Punjabi speaking retirees to enjoy indoor games share some sweets and cup of tea.	Tuesday 12:00pm—2:00pm Friday 12.30pm—2:30pm	No Cost	Mohinder Bassi ☎ 0470 214 268 ✉ nivarnbassi@gmail.com
<b>United Seniors Club Incorporated</b> This group is celebrated with worshipping and praying to God along with singing and dancing and sharing food.	Wednesday 12pm—2pm	\$10	Mahendra Patel ☎ 0466 920 881 ✉ mahendra195424@gmail.com
<b>Ladies Club 60</b> Social gathering for local ladies of Indian origin. Make new friends, enjoy a cup of tea and chat.	Monday 12pm-2:30pm	No Cost	Nina ☎ 0488 251 459
<b>Iglesia Ni Christo</b> Church Of Christ Worship service and meetings on a weekly basis.	Various times and days	No Cost	Alfonso Ocon ☎ 0451 041 711 ✉ Alfonso.ocon@gmail.com
<b>Mayanmar Revival Church</b> Worship service, singing and preaching gospel.	Sundays 12pm—5pm	No Cost	Jayshee Jay ☎ 0449 677 569 ✉ jshee8012@gmail.com Facebook/Myanmar Revival Church
<b>Viti Satsangh Mandeli</b> Cultural and religious gatherings	Friday 7pm—11 pm Fortnightly	Fees apply	Hunjan ☎ 0497 642 402 ✉ hunjan.nair@gmail.com
<b>HAAMI</b> A social group that runs educational programs for women and children over 12yo.	Sunday 5pm—9pm Fortnightly	Fees apply	☎ 0406 900 524 ✉ haamiinc@gmail.com
TARNEIT	DAY & TIME	COST	CONTACT INFORMATION
<b>Assembly of God Church of Samoa</b> We aim to help and equip people about the value and wisdom of life. We focus on families. To create better community. We also reach out to broken families and homeless people. We provide a safe haven for youth.	Friday 7.00pm—11.00pm	No Cost	Sani Faoagali ☎ 0491 965 687 ✉ eliezrahsalina@gmail.com
<b>Club 60</b> Club 60 provides a social gathering for men and women of Indian origin.	Monday 12.30pm—2.30pm	See Provider	Contact: Sunil ☎ 0449 101 455
<b>Jesus is the Cornerstone</b> Church services on Sundays	Sunday 8.30am—12.00pm	No Cost	Pastor Freddy Sooalo ☎ 0498 689 760 ✉ freddysooalo@gmail.com
<b>Sri Lankan Planned Activity Group</b> (Delivered by Migrant Resource Centre) Social Support group for the Sri Lankan Community in Wyndham which includes gentle exercise, art, craft, excursions and outdoor activities	Fridays 10am—3pm	Fees apply	Contact: Shyaam Rodrigo ☎ 9637 6044 ✉ hakshyaam-alekhoo@mrcnorthwest.org.au
<b>Vision Pentecostal Church of Community</b> A faith based organisation which runs weekly Church Services in which different activities take place including preaching, singing, dancing, youth bible studies	Sunday 12pm—4pm	No Cost	Pastor Alex Hakizimana ☎ 0410 017 971 ✉ visionpentecostalchurchvic@gmail.com 🌐 www.visionpentecostalchurch.org.au



## Support Groups & Services

TARNEIT	DAY & TIME	COST	INFORMATION
<p><b>Community Collective Victoria Community Psychologist</b> Provisional one on one psychology and counselling services to community members</p>	Mondays	No Cost (some exclusions apply)	<p>☎ 4250 8134 ✉ admin@ccvic.community</p>
<p><b>Community Connector</b> Wyndham City Council has a dedicated team who can help you find and connect with local service options. We can help if you need support, but are unsure of where to start</p>	Onsite at Tarneit Community Learning Centre Wednesdays	No Cost	<p>☎ 8734 4514 🌐 <a href="https://www.wyndham.vic.gov.au/communityconnector">https://www.wyndham.vic.gov.au/communityconnector</a></p>
<p><b>IndianCare</b> Woman's Support Group to provide a safe space for Indian women who are dealing with the complexities of tradition and the migrant experience. A culturally appropriate environment to nurture friendships and find solace and understanding.</p>	<p>Thursdays (fortnightly) 7pm –8pm</p> <p><b>Until the 9th of May</b></p>	No Cost	<p>Manjinder Hundal ☎ 0451 734 590 ✉ nivarnbassi@gmail.com</p>
<p><b>Life Community Kitchen</b> Providing hot meals to individuals and families supporting food relief and social connection. <b>No Bookings Required All welcome!</b></p>	Tuesdays 6pm—8pm	No Cost	<p>✉ <a href="mailto:communitykitchen@lifeau.org">communitykitchen@lifeau.org</a> 🌐 <a href="https://lifeau.org/communitykitchen/">https://lifeau.org/communitykitchen/</a></p>
<p><b>Justice of Peace Service</b> JP Service to witness a person making a statutory declaration or affidavit, and to certify copies of original document . <b>No Bookings Required All welcome!</b></p>	<p>Mondays 11am—1pm 3pm—5pm</p>	No Cost	<p>Tarneit Community Learning Centre ☎ 8734 6040 🌐 tarneitclc@wyndham.vic.gov.au</p>
Arndell Park	DAY & TIME	COST	INFORMATION
<p><b>Justice of Peace Service</b> A Justice of The Peace will be stationed at Arndell Park CC 5 days a week. For large quantity witnessing, please call to book. But if you just need one or two items witnessed, no appointment will be necessary.</p>	<p><b>Mondays - Friday</b> 10am-1pm</p>	No Cost	<p>Angelo Auciello Esq, JP 0414 689 206 Email: <a href="mailto:cgvf10@gmail.com">cgvf10@gmail.com</a></p>
<p><b>Life Community Kitchen</b> Providing hot meals to individuals and families supporting food relief and social connection.</p>	<p><b>Mondays</b> 6pm-7pm</p>	No Cost	<p>No registrations required. For more information email <a href="mailto:communitykitchen@lifeau.org">communitykitchen@lifeau.org</a></p>
DIANELLA	DAY & TIME	COST	CONTACT INFORMATION
<p><b>Sahtain! Halal Meals on Tuesdays</b> Pulse with Purpose is a Wyndham based not for profit working with the community. We're selling delicious, halal-friendly meals made lovingly by local volunteers every week to raise funds.  Your purchase will provide free meals to families in need in your neighbourhood. We encourage you to bring your own containers to reduce single use plastics.</p>	<p><b>Mondays - Friday</b> 10am-1pm</p>	No Cost	<p>Pick up from <i>Dianella Community Cent</i> <i>6 Congo Drive, Tarneit</i></p> <p>Scan for to order meals and for more info.</p> <div style="text-align: right;">  <p>SCAN ME</p> </div>
<p><b>Life Community Kitchen</b> FREE Community Breakfast Program Providing breakfast to individuals and families, supporting food relief and social connection.</p>	<p><b>Thursdays</b> 8.00am—8.30am</p>	No Cost	<p>No need to register, just drop in</p>

# Local Support Groups & Services

## Community Connectors

Wyndham City Council has a dedicated team who can help you find and connect with local service options. If you need support, but are unsure of where to start, email us at [communityconnector@wyndham.vic.gov.au](mailto:communityconnector@wyndham.vic.gov.au) or call Wyndham Council on **(03) 8734 4514** and ask to speak to the **Community Connector**.

## Central Park Community Foodbank – Run by Project Juan

Community food bank

**Day/Time:** Tuesdays 10am-12pm **Address:** Central Park Community Centre, 80 Lonsdale Circuit, Hoppers Crossing

**Phone or text:** 0481 316 477 or contact through **Facebook** <https://www.facebook.com/ProjectJuan.org/>

**Community Breakfast Program - Drop in** FREE breakfast (toast, cereal, fruits) for all community members. Drop in and join us for breakfast. (Children must be supervised and attend with an adult). Operating during school terms only.

**Day/Time:** Thursdays 8am-9:30am (during school term only) **Address:** Dianella Community Centre, 6 Congo Drive, Tarneit

**Phone:** 8742 8300 **Email:** [dianellacc@wyndham.vic.gov.au](mailto:dianellacc@wyndham.vic.gov.au)

## Food Bank Manor Lakes

Providing food items to people in need. **Day/Time:** Wednesdays (during school term only) 12pm -1:30pm

**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/>

## Food Pantries – The Pataka Movement

Residents around all areas of Wyndham who have a food pantry out the front of their house that any person can access without judgement. "Take what you need, give what you can".

Facebook page: <https://www.facebook.com/ThePatakaMovement/>

Facebook group: <https://www.facebook.com/groups/265569064467832>

## Hoppers Crossing Equip Church

Food Bank provides fresh & non-perishable food items to individuals and families from all walks of life.

**Day/Time:** Wednesday only 9am until stock lasts. **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

Food relief runs weekly to community members in need. Bookings essential, no walk ups.

Contact us directly to make special requests around dietary requirements **Day/Time:** Tuesday 11:30am-1:30pm

**Address:** Jamieson Way Community Centre, 59 Jamieson Way, Point Cook **Phone:** 93953 777 **Email:** [admin@jamiesonwaycc.org.au](mailto:admin@jamiesonwaycc.org.au)

## Life Community Kitchen

**Email:** [communitykitchen@lifeau.org](mailto:communitykitchen@lifeau.org)

All Welcome gathering around a meal to provide families and individual support and relief. Free Hot Dinner, Bookings not required

**Day/Time:** Monday 6.00pm – 8.00pm **Address:** **Arndell Park Community Centre** 29 – 49 Federation Blvd, Truganina

**Day/Time:** Tuesday 6.00pm – 8.00pm **Address:** **Tarneit Community Learning Centre** 150 Sunset Views Blvd, Tarneit

## Point Cook Food Bank

Available to all members of the community, no questions asked. Provide your own bags if possible.

**Day/Time:** Sundays 1-pm recommencing 5 Feb

**Address:** Cross Cultural Church, 7 Adelphi Boulevard, Point Cook

**Email:** [foodpantry@crossculturepointcook.net.au](mailto:foodpantry@crossculturepointcook.net.au) or contact via **Facebook:** <https://www.facebook.com/pointcookfoodbank/>

## Pulse With Purpose Dianella Community Centre

Halal friendly meals for vulnerable families, BYO containers. Pre orders welcomed

**Day/Time:** Tuesday 1--3pm **Address:** 6 Congo Drive ,Tarneit

**Phone:** Musarrat 0404 548 254 **Email:** [pulsewithpurpose@gmail.com](mailto:pulsewithpurpose@gmail.com)

## At Work

Employment services for people with a disability and disadvantage looking for work and employers to get the right people into the right jobs.

**Day/Time:** Tuesday and Thursday 9.00am-5.00pm **Phone:** 1300 192 641

## Relationship Matters

Not for profit organisation that promote healthy respectful and fulfilling relationships within the Victorian community.

**Day/Time:** Mondays, Tuesdays, Wednesdays 4.00pm-7.30pm

**Phone:** Guy Penna 0432 544 611 **Email:** [gpenna@relationshipmatters.com.au](mailto:gpenna@relationshipmatters.com.au)

# Support Groups & Services

## **Restoration Outreach – International Ministries Inc.**

Free food for struggling families and people in need. Fresh food, Frozen food, Dry food, Food Hampers, Fresh Fruit, vegetables

**Day/Time:** Saturday 9:00am – 12:00pm **Address:** 5/13 – 19 Tariff Court, Werribee

**Phone:** 0411 757 174, 0470 571 109, 0492 425 473.

## **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 page: <https://www.facebook.com./TarneitFoodBank/>

**Salvation Army** - Community Support and Emergency relief programs. **Address:** 211 Watton St Werribee **Phone:** 9731 1344

**Emergency Relief** - If you find yourself in difficult circumstances, access short-term financial assistance in the form of food parcels & vouchers. Phone assessment required.

**Day/Time:** Monday, Tuesday & Wednesday 9:30am-2pm. Thursday from 9:30am– 1.45pm

**Drop in service** - Offer free Tea and Coffee, hot showers and clothes washing facilities for people experiencing homelessness

**Day/Time:** Monday to Friday from 9am- 2pm

**Café'Agape** - Share good food and great company at our regular community meals. Two-course community lunch (fee but gold coin donation gratefully accepted) **Day/Time:** Tuesday and Wednesday 12-2pm all are welcome,

**Salvos on the move Bus** - Free BBQ tea (gold coin gratefully accepted).

**Day/Time:** Weekly on Friday Nights at 6pm. **Address:** Werribee Railway Station (Bus Side)

**Men's Breakfast** - Come and be challenged and inspired by great speakers, have breakfast, chat and meet new people.

**Day/Time:** 1st & 3rd Saturday of the month 8am

## **Sikh Community of Western Victoria.**

Cooked vegetarian Meals. Call to arrange.

**Day/Time:** Everyday 10.00am – 8.00pm **Address:** 560 Davis Road, Tarneit

**Phone:** Gurpreet Singh 0422 025 217 Sandeep Singh 0433 003 309 Pritam Singh 0421 138 113

**SUDD Foundation** Working predominately with South Sudanese community, offering food relief and other supports.

**Phone:** 9021 2029

**Email:** [info@sudd.org.au](mailto:info@sudd.org.au)

## **Wyndham Park Community Centre Foodbank**

Has culturally appropriate food for the Karen, Indian, African and Muslim communities. Very important to advise residents that they must call beforehand.

**Day/Time:** Every Thursday 9.30 - 12.30pm, please call beforehand

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

**Phone:** 03 9742 7298 **Email:** [admin@wyndhamparkcc.com.au](mailto:admin@wyndhamparkcc.com.au)

**Werribee Baptist Church – Food Hampers** Contact to book for interview appointment. If you don't have transport, an interview can be made by phone and the food hamper can be dropped off at your home.

**Day/Time:** Tuesday or Friday afternoon, between 1pm – 3pm **Address:** 225 Heaths Road, Werribee **Phone:** 9749 3166

## **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:** 19 Duncans Rd, Werribee

**Phone:** 9742 6452

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

**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.

**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