

THE BUZZ @



Term 4 2019

Penrose Promenade Community Centre



A letter from the Penrose Team

The ever popular Tarneit Night Market returned to Penrose Promenade Community Centre on Saturday 14th September for a fun evening of entertainment, craft stalls, free family activities, and multicultural food! Around 3,000 people attended the market to experience a showcase of 60 local stallholders – including 45 craft stalls and 15 food stalls, as well as a community dining table that seated 40 people at any one time.

This market saw the addition of a free kid's craft marquee, free pony rides, and free activities organised by the Arts team – Cajon drum making and instrument illustration on ukuleles, all of which proved to be very popular with community members. Feedback collected from stallholders and the community was once again positive and demonstrated the ongoing desire for regular family-friendly multicultural events in Tarneit.

The Penrose Team would like to say thank you to everyone who helped make the Tarneit Night Market a success – the Arts & Culture team, Youth Services, and our wonderful volunteers.

Check out more photos from the Tarneit Night Market on the back page of this newsletter!



Featured Program



PAKISTANI WOMEN'S SUPPORT GROUP

The Pakistani Women's Support Group provides support and friendship for women who are facing challenges. The group is facilitated by the Mental Health Foundation and supported by a counsellor. Every month has a different focus, such as relationships, depression, anxiety, time management, nutrition, mental health, and many other topics. They can also help Pakistani women find out about education, courses, and jobs.

Time: 1st Monday of the month from 11.30am-1.30pm

Contact: Aisha Usman on 03 9826 1422 or aisha.usman@mhfa.org.au

Penrose Promenade Community Centre

83 Penrose Promenade, Tarneit 3029

Phone: 8734 4500

Email: penrosepromenadecc@wyndham.vic.gov.au



Wyndham Council acknowledges the Woiwurrung and Boonwurrung peoples of the Kulin Nation as the Traditional Owners of the land on which Penrose Community Centre is built.



Earlier this year Wyndham Council introduced a 'Single Use Plastic Policy' to which aims to eliminate single use plastics and reduce the amount of waste generated at council facilities and events. The policy came into effect on September 1, 2019.

Single use plastics are disposable plastic items which are designed to only be used once. This includes items such as plastic plates and cups, plastic bags, plastic cutlery, balloons, polystyrene food containers and cups, plastic straws, single use water bottles and disposable coffee cups. There are exemptions for people with disabilities, sporting facilities, health and safety requirements, and during heatwaves.

But for the day to day operation of Penrose Promenade Community Centre, it means we are encouraging our community groups and hirers to 'go green' and reduce the amount of single use plastics that may be using..

One of our groups Club 60 has already been taking advantage of the fully equipped kitchen to make and serve their lunches. Thank you Club 60 for being sustainable!



HELPING THE HOMELESS IN TARNEIT



On Wednesday 7th August, a Homelessness Week Community Dinner was held at Arndell Park Community Centre. The idea for the dinner came from Tarneit community members who said they wanted to do something to support people experiencing homelessness. The aim of the event was to raise awareness about the issue, educate people about what support they can offer, and encourage people in the community to donate items to assist those who are experiencing homelessness and hardship.

Schools that got involved and ran donation drives included Tarneit P-9 College, Truganina South Primary School, and Dohertys Creek P-9 College. Over 150 students, teachers, and community members attended the dinner where they packed toiletry packs and resource packs that were then given to all community centres across Wyndham to support people who present to centres experiencing homelessness and hardship. Over \$300 in donations was also raised and donated to Uniting Wyndham.

A number of guest speakers from various organisations were invited to the dinner where they spoke about current statistics of homelessness and the various projects which are helping to assist people experiencing homelessness. All information was well received by the community and many people expressed their interest on how they could further get involved. At the end of the evening the Goss Choir performed to lift everyone's spirits.

The event was a great success and helped community members learn about the issue and the support available to everyone in the community from all diverse backgrounds.



Programs and Activities

EARLY YEARS	DAY & TIME	INFORMATION	COST
<p>Maternal Child and Health Wyndham City Maternal and Child Health Services offer professional nursing support and advice for parents with children from birth to school age.</p>	Daily 8:30am—4:30pm	☎ 9742 8148 By appointment only Weigh-Day Drop-in	No cost
<p>Immunisation The Wyndham City Immunisation Unit provides bi-monthly free public vaccinations against a range of childhood and adult diseases</p>	Thursday Oct 24 Thursday Nov 21st Thursday Dec 19th 1pm—2pm	☎ 9742 0736 No appointments necessary	No cost
<p>First Time Parents Group 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.</p>	Mondays 1.30pm-3.30pm	Website: www.wyndham.vic.gov.au select 'Maternal & Child Health Services' ☎ 03 9742 8148	No cost
<p>Playtime @ Penrose Due to popular demand Penrose is pleased to introduce a new morning Playgroup for children and parents (0-4) to socialise and play.</p>	Tuesdays 9am—11am	Contact: Penrose Team ☎ 03 8734 4500 ✉ penrosepromenadecc@wyndham.vic.gov.au	\$45/term
<p>Penrose Petals This structured playgroup will give you and your child (0-4yrs) the opportunity to actively participate in a stimulating variety of activities. All backgrounds warmly welcomed</p>	Tuesdays 11am—1pm	Contact: Penrose Team ☎ 03 8734 4500 ✉ penrosepromenadecc@wyndham.vic.gov.au	\$45/term
<p>Tarneit Tiny Tots A structured playgroup allowing like minded families to share, connect and learn important social skills.</p>	Wednesdays 9am—11am	Contact: Penrose Team ☎ 03 8734 4500 ✉ penrosepromenadecc@wyndham.vic.gov.au	\$45/term
<p>VICSEG New Futures - Multi cultural Playgroup This playgroup is open for all community, which offers the opportunity for children to learn social skills through play. - African Community Playgroup This playgroup focus on African families in Wyndham to socialise and meet other families from their community.</p>	Tuesday 1:15pm—3:15pm Thursdays 12.30pm—2.30pm	Contact: Karen Diacono ☎ 8754 0512 ✉ kdiacono@vicsegnewfutures.org	No cost
<p>Pram Walking and Baby Play Sessions An informal catch-up for families with babies under 12 months.</p>	Thursdays 9.30am-11am Walk- in	☎ 03 8734 5478	No cost
<p>Lil' Munchkins Playgroup A playgroup ran by mothers for their children. This Playgroup enhances learning and offers many planned activities for everyone to get involved in.</p>	Fridays 10am—12pm	✉ lilmunchkins@outlook.com	Fees Apply

Thanks to Farsana, Betty and our team of volunteers who run our fabulous playgroups, without them it wouldn't be possible!



Programs and Activities

EDUCATION & TRAINING	DAY & TIME	INFORMATION	COST
<p>Homework Club Tarneit Edmund Rice Community & Refugee Services Local school students are mentored by Volunteer tutors and learn healthy study habits offering fun art activities, fresh fruit & snacks, excursions & camps during school holidays.</p>	Mondays 3pm—5:30pm Tuesdays 3pm—5:30pm Wednesdays 3pm—5:30pm	Contact: Anthony Cocomazzo ☎ 0423 901 931 ✉ acocomazzo@edmundrice.org	FREE for eligible students
<p>Abacus 4 Kids Advanced abacus lessons for kids from 4-12yrs. Enjoy a fun way to learn math using this powerful ancient tool. Book for your free trial lesson today!</p>	Mon 4pm-7pm Tues 4.30-7.30pm Wed 4.30-7.30pm Friday 4:30-7:30pm Sat 9am -12pm	Contact: Jaslyn ☎ 0406 946 069 ✉ abacus4kids@gmail.com	Fees apply
<p>Wyndham Community & Education Centre AMEP Government funded English course Learn English with AMEP</p>	Monday 9am—1pm Wednesday 9am—2pm	Contact: Wyndham Community & Education Centre ☎ 9742 4013	Free Eligibility applies
<p>Brainworks Scholarship exam preparation for years 3-8 Selective entry exam preparation for years 3-10 Foundational English and Math programs for years 2-10</p>	Wednesdays 4:15pm—6:45pm Saturdays 9:30am—12:30pm	Contact: Pooja ☎ 0419 777 498 ✉ Werribee@brainworks.com.au	Fees Apply
<p>Sunshine Arabic School Teaching primary school aged children Arabic language and social responsibility from the Islamic perspective.</p>	Thursdays 5pm -7pm	Contact: Muna ☎ 0406 635 425 ✉ safiassly@hotmail.com	Fees apply
<p>Kids Concepts Australia Offers unique skill development courses for children 4-16yrs improving ability to learn, memorise, and calculate. Course ranges from Abacus, Vedic Maths, Rubik Cube, Handwriting, Calligraphy etc.</p>	Thursdays 5pm—7pm Sundays 10:3am—11:30am	Contact: Keerti Hosur ☎ 0413 949 831 ✉ info@kidsconceptsaus.com	Fees Apply
<p>Lynn's Learning After-school Maths and English tuition for students in kinder to year 10.</p>	Saturdays 10am—1pm	Contact: Hiral ☎ 0423 725 825 ✉ hiral.sanghvi1@gmail.com	Fees apply
<p>Global Art Art, drawing & craft classes for kids 3-12 yrs. Our courses are designed to be the one-stop shop to develop your drawing, painting, colouring, composition and craft-making abilities.</p>	Sundays 9am—10am 2pm-3.30pm	Contact: Edmund ☎ 0432 513 344 ✉ Edmund@globalartaustralia.com.au	Fees Apply
<p>Sewing - Beginners Learn how to use a sewing machine and other basic sewing skills where you will learn to make a range of useful projects.</p>	Thursday 9.00am –12pm	Promenade Community Centre ☎ 8734 4500 ✉ Penrosepromenadecc@wyndham.vic.gov.au	\$40 Full Fee \$25 concession
<p>Sewing - Intermediate For students who already know how to use a sewing machine. Learn how to use sewing patterns and to make simple items of clothing.</p>	Wednesdays 9.00am—12pm Thursdays 12.00pm—3.00pm		

Programs and Activities

RECREATION & LEISURE	DAY & TIME	INFORMATION	COST
Kangatraining A post natal workout focussed on re-strengthening the pelvic floor and abdominal muscles after pregnancy.	Mondays 10:15am—11.30am	Contact: Tracy ☎ 0437 018 622 ✉ tracy@kangatraining.com.au www.kangatraining.info/country/au	Fees Apply
KC Dance Depot Jazz, Tap, Hip-Hop and Ballet dance classes for adults and kids. Classes are organised per age group.	Monday 4pm—9:30pm Tuesday 4pm—9:30pm	Contact: Kendrie ☎ 0403 682 530 ✉ thekcdancedepot@live.com.au	Fees apply
Wyndham Chess Club Learn and improve your chess skills with a focus on the educational benefits.	Wednesday 5.30pm—7pm	Contact: Phil ☎ 0478 604 601 ✉ phil@wyndhamchess.club	Fees Apply
Rachana Natyalaya Bharatantyam, other Indian classical forms and Bollywood. Separate boys classes Age: 3+ and up	Saturday 12pm—3pm	Contact: Archana Koorthy ☎ 0432 161 933 ✉ koorthy@gmail.com	Fees apply
ABCD Bollywood Dance A dance class that is designed in teaching dancing to all the community.	Sunday 2pm—6pm	Contact: Shweta Pandya ☎ 0433 346 672 ✉ shwetayana13@gmail.com	Fees apply
WELLBEING & FITNESS	DAY & TIME	INFORMATION	COST
Penrose Walking Group Join 'Team Walkabout' a Heart Foundation group that take a gentle walk around the local area. Bring your walking shoes & water bottle!	Wednesdays 9:30am Thursdays 7pm	Contact: Douglas-John ☎ 0432 741 940	No cost
Twins Martial Arts Traditional Shotokan Karate for children 4-15yrs. Classes are taught by qualified NCAS Dojo Coaches, holding Senior First Aid and Working with Children Checks.	Thursdays 4pm— 7pm	Contact: Sensei Lay or Ken ☎ 0416 333 113 ✉ info@twinsmartialarts.com.au www.twinsmartialarts.com.au www.facebook/twinsmartialarts	Fees apply
Art of Living Stretch, Breathe and Meditate. Yoga, Breathing, and Meditation classes. Please bring a yoga mat & cushion if you wish to sit on the floor.	Sundays 7:30am—8:30am	Contact: Rohit ☎ 0423 531 787 ✉ rohit@artofliving.org.au www.artofliving.org	Donation
Burnout Bhangra Come and join fitness through Bhangra which is a North Indian high intensity dance fitness class.	Thursdays 7pm—8pm Sundays 6pm—7pm	Contact: Sandeep ☎0433 012 214	Fees apply
Healthy Household Habits Join Belinda to learn more about living naturally, developing healthy household habits and using essential oils each month.	First Tuesday of the month 9.30am	Contact: Belinda ☎0408 120 007 www.facebook.com/healthyhouseholdhabits	No cost

Programs and Activities

YOUTH	DAY & TIME	INFORMATION	COST
<p>Drop-in (School term only) Young people aged 12-17 years are welcome to hang out with friends and take part in fun and games with supervision from qualified staff.</p>	Tuesdays 3.30pm—5.30pm	Contact: Youth Resource Centre ☎ 8734 1355	No Cost
<p>Urban Vibes (School term only) Urban Vibes is a culturally diverse program. We provide a safe space for all young people to chill out and grab a bite to eat. The program focuses on music, sports, cooking, arts & crafts. Ages 12-25 years</p>	Thursdays 3.30pm—5.30pm	Contact: Youth Resource Centre ☎ 8734 1355	No Cost
SENIORS	DAY & TIME	INFORMATION	COST
<p>Ageing Well Facility A stimulating range of professionally facilitated day-programs for eligible seniors and those living with dementia within a safe and comfortable space..</p>	Program specific timetable	A For residents under 65yrs ☎ 8734 4514 ✉ in-take@wyndham.vic.gov.au For residents over 65yrs ☎ 1800 200 422 Visit: www.myagedcare.gov.au or <u>Eligibility criteria apply</u> <u>Subsidised service costs apply to eligible clients</u>	
<p>Aged & Disability Services In-home support (assistance with Domestic and Personal Care, Respite Services, Minor Home Maintenance, and Delivered Meals), support in accessing local Support Groups and provision of a range of Transport options.</p>			
<p>Club 60 Tarneit Incorporated Social gathering for local men of Indian origin.</p>	Monday 1pm—3pm	Contact: Sunil Abbot ☎ 0449 101 455 ✉ club60.tarneit@gmail.com	No cost
<p>Tarneit Harmony Club Join other Punjabi speaking retirees in a friendly game of cards, share some sweets and a cup of tea.</p>	Tuesdays & Fridays 1pm-3pm	Contact: Rashpal ☎ 0402 010 016 ✉ rashpal.chaggar@gmail.com	No cost
<p>Tarneit Bharatiy Club Older Gujarati speakers will feel right at home in this relaxed social get-together.</p>	Tuesdays & Fridays 11am-1pm	Contact: Bharat ☎ 0423 018 458 ✉ bgnihalani9@gmail.com	No cost
<p>Ladies Club 60 Social gathering for local ladies of Indian origin. Make new friends and enjoy a cup of tea and a chat.</p>	Fridays 12pm-2pm	Contact: Nina ☎ 0488 251 459	No cost
<p>Sri Lankan Planned Activity Group (Delivered by Migrant Resource Centre) Are you aged 65+ and looking to spend some quality time with other Sri Lankans over a cooked lunch and a game of Rummi tiles?</p>	Fridays 10am-3pm	Contact: Zeinab ☎ 9367 6044	\$7

TARNEIT BHARATIY CLUB ROAD TRIP!



Members of Tarneit Bharatiy Club enjoyed the trip to Geelong via Serendip Sanctuary. We danced at the Sanctuary, walked, talked and had lunch at the beach and sang our National Anthem!

On the way home we popped in to Corio Shopping Mall where everyone enjoyed a cup of tea and coffee. We also enjoyed the company of our bus driver Wayan who made the drive lots of fun!

We would like to thank Wyndham City Council and Penrose Promenade Community Centre!

Programs and Activities

FAITH, CULTURAL & COMMUNITY GROUPS	DAY & TIME	INFORMATION	COST
Iglesia Ni Christo Church Of Christ Worship service and meetings on a weekly basis.	Tuesdays 5am—7am Wednesdays 7pm—10pm	Contact: Alfonso Ocon ☎ 0422 560 945	No Cost
Sri Lankan Foundation of Werribee Informal weekly community group gatherings. Attendance is open to all members.	First Friday of each month 7pm-9pm	Contact: Kenneth ☎ 0430 862 312 ✉ secretary@slcfow.com.au Website: www.slcfo.com.au	Fees Apply
Sree Narayana Mission Melbourne Adherents of Guru Sree Narayana meet for prayer and a shared meal.	First Saturday of the month 6pm—9pm	Contact: Lejumol ☎ 0423 393 651	Fees apply
Assembly of God Church of Samoa A dynamic Church Service for all the family.	Friday 7pm—10pm Saturday 6pm—10pm Sunday 10am—2pm	Contact: Tui ☎ 0421 007 448	No Cost
Vision Pentecostal Weekly church services	Sunday 2pm—6pm	Contact: Alex Hakizimana ☎ 0410 017 971	No Cost
Hindhu Dharma Promotion of Hindu spirituality and culture, including yoga practice, drumming and meditation.	Last Sunday of the month 6pm—9pm Plus weekly drum Lessons	Contact: Jay ☎ 0478 815 256	No Cost
Mihiora—Elders Pamper Come and socialise in a warm and friendly environment with a hand and foot massage.	First Thursday of the month 10am—2pm	Contact: Mihi Szabo ☎ 0413 231 143	Fees Apply
Seni Warisan Melayu Incorporated This group brings awareness and promotes the Malay culture. Enjoy traditional music, dance and Silat (Malay Martial Arts)	Saturday 12th Oct, 26th Oct, 9th Nov, 23rd Nov, 30th Nov, 7th Dec 4pm—7pm	Contact: Abby Arbi ☎ 0433 480 376 ✉ Basrah.arbi@gmail.com	Fees Apply
SOCIAL & SUPPORT GROUPS	DAY & TIME	INFORMATION	COST
Advanced Personnel Management APM provide employment, vocational rehabilitation, assessment, allied health intervention and community care (Aged Care & Disability Care to clients in order to place them in employment.	Tuesday & Wednesday 8:30am—5pm	Contact: Julie Ann Barwise ☎ 0428 325 807 ✉ julieann.barwise@apm.net.au	No Cost
Employease Information sessions for local Aged Care & Disability Courses	Wednesday 9:30am—11:30am	Contact: Rick Charlton ☎ 9761 2156 ✉ rick@employease.com.au	No Cost
Mirabel Foundation Support group for Grandparents who care for their Grandchildren due to parental illicit drug use.	Third Thursday of the month 10:30am—1pm	Contact: Ruth Chattey ☎ 03 9527 9422 ✉ ruth@mirabelfoundation.org.au	No Cost

Programs and Activities

SOCIAL & SUPPORT GROUPS	DAY & TIME	INFORMATION	COST
<p>Women's Support Group (Mental Health Foundation Victoria) A facilitated support group specially designed for specific community women living in the west. Increase social interaction and win the war of isolation by enhancing your skills and feeling empowered.</p> <p>Pakistani Support Group: Specifically to support women migrated from Pakistan Indian support Group: Focus on Indian women who have migrated recently and finding space to socialise</p>	<p>1st Monday of the month 11:30am—1:30pm 3rd Monday of the month 11:30am—1:30pm</p>	<p>Contact : Aisha Usman ☎ 03 9826 1422 ✉ aisha.usman@mhfa.org.au</p>	No Cost
<p>Wyndham Oromo Network An informal volunteer facilitated activity, where participants share a meal, discuss personal challenges, share information about local services, and help one another to be their best selves.</p>	<p>2nd & 4th Monday of the month 10:00am-1:00pm</p>	<p>Contact: Penrose Team ☎ 03 8734 4500 ✉ penrosepromenadecc@wyndham.vic.gov.au</p>	No Cost
<p>South Sudanese Mother's & Friendship Group Meet, talk, listen and share with others. Facilitated by South Sudanese Community Association of Victoria</p>	<p>Every 2nd & 4th Friday 6pm—9pm</p>	<p>Contact: Achol ☎ 0431 797 868</p>	No Cost

CHILDREN'S WEEK PICNIC

A FREE WYNDHAM CITY EVENT

wyndhamcity

CHILDREN'S WEEK Picnic

WERRIBEE PARK
SUNDAY 27 OCTOBER 2019
10AM-4PM

FAMILY FUN - FOOD - GAMES - MUSIC - ARTS

wyndham.vic.gov.au/childrensweekpicnic

Wyndham's Children's Week Picnic is back for its 19th year. Come and celebrate with us at Werribee Park on Sunday 27th October, 10am – 4pm.

This is a fun filled and FREE day out for the entire family, with a range of exciting sports, music and arts activities, as well as several stages with action packed entertainment! Get ready for; The Mik Maks, Alex the Magician, I Love Bubbles Show & Bubbly Photo Booth, Tubby The Robot, Wyndham Youth Services' Silent Disco, The Wyndham Traffic School and so, so much more! Entry to the picnic and all activities are FREE for visitors.

SUPPORT SPONSORS



State Rose & Garden Show



Now in its seventh year, the highly successful State Rose & Garden Show will take place over two huge days Saturday 9th & Sunday 10th November 2019 at the Victoria State Rose Garden at Werribee Park, one of Victoria's best kept and most beautiful secrets!

This not to be missed event is for gardening enthusiasts or those who just enjoy a beautiful day out in the stunning surrounds of Werribee Park. Experience the gorgeous blooms of the Victoria State Rose Garden at their best with more than 5,000 roses to explore.

Wander through the stunning rose-lined pathways and pick up tips and tricks from the best in the business, including Kim Syrus, Jane Edmandson, Vasili Kanidiadis, Anthony Scott and more.

With so much on offer come and learn more about gardening from industry experts, enjoy a guided tour of the garden hosted by the Victoria State Rose Garden Supporters, purchase plants and gardening products and let the children enjoy the free gardening activities.

Grab lunch from one of the delicious food trucks and enjoy live music amongst the roses. New this year are themed days with the rose garden "leaf" transformed into a beer & wine garden on Saturday and a stunning rose inspired high tea experience on Sunday.

For more information or to book your high tea visit www.stateroseandgardenshow.com.au



Check out the pics from the Tārneit Night Market.....

