

THE BUZZ

Term 4 2022

Wyndham West

Iramoo Community Centre
Manor Lakes Community Learning Centre
Quantin Binnah Community Centre
Wyndham Park Community Centre



WEAVING THE COMMUNITY TOGETHER

Life comes in seasons ...

For everything there is a season, A time for every activity under heaven a time to be born and a time to die a time to plant and a time to harvest, tear down and a time to build up, cry and a time to laugh, grieve and a time to dance.....



On the 27th of August 2022, as part of the Resilient Wyndham Building Blocks Program 2022, our team of seven (Arooj, Carla, Geetha, Genaaleen, Muhammad, Sally, Taslima) and our guest presenters (Ena, Irene, John, Preeti and the Club 60 Wyndham Vale Men's Group) delivered a heartfelt, energy filled event that was enjoyed by up to 65 attendees.

It all began with an acknowledgement to country which was

beautifully spoken by Anne, and set sail on a journey through the pacific islands. The program started with a key note speech from Genaaleen on Emotional Fitness and The Power of Your Perspective, inviting the community to consider that their feelings are valid and a difference in opinion is only a matter of perspective. It's not about right or wrong; it's about finding what works for all. This was followed by breathwork by Geetha, allowing the audience to be centred and grounded.

Ena graced us with a wonderful tribute to seasons and Samoan traditions, leading to dance as a means of expression. This was followed by Carla's interactive, entertaining yet moving presentation on a Maori practice that brings connection through cultural movement and song. Then, John shared a Fijian practice that connects people for relaxation and traditional gatherings - Kava Ceremony, which was enjoyed by the guests and presenters alike. This was followed by some solemn words and high energy dancing from the Club 60 Wyndham Vale Mens Group where everyone got up on their feet. In her artistic flair and heartfelt truth, Irene shared 'Art as Therapy' inspiring creativity and expression amongst the crowd. She painted some river stones which symbolises the community at Wyndham - a community that can weather the storm and emerge in its beauty. Finally, Preeti gave us a wonderful dance that certainly moved the energy in our bodies and led us to the light refreshments on offer by the Connecting Carers group.

It was a fantastic day for connection, learning, appreciation of cultures and filling our hearts with joy and laughter!

Thank you to Sonali, Toni and the Manor Lakes Community Learning Centre team for helping us create a successful event.



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

Iramoo Community Centre:

84 Honour Ave, Wyndham Vale VIC 3024

Phone: (03) 8742 3688

Manor Lakes Community Centre:

86 Manor Lakes Blvd, Manor Lakes VIC 3024

Phone: (03) 8734 8934

Quantin Binnah Community Centre:

61 Thames Boulevard Werribee VIC 3030

Phone: (03) 9742 5040

Wyndham Park Community Centre:

55 - 57 Kookaburra Ave Werribee VIC 3030

Phone: (03) 9742 7298

WHAT'S ON @ Manor Lakes Community Learning Centre



WALKING FOOTBALL AT THE MANOR LAKES COMMUNITY LEARNING CENTRE

Walking Football is a low impact, modified version of the game, suitable for all levels of ability and fitness so it is perfect for our Senior groups here at our centre. Walking Football aims to provide participants with physical and mental health benefits, as well as social connection and promotion of the benefits of ongoing physical activity.

Club 60 Wyndham Vale our Seniors Indians men's group have put their hand up for the challenge and already have 25 members registered yet they have so many more members to come. Harbans who is the group's representative was so excited to be involved in this program. As a lot of the participants do not understand English, Harbans who has volunteered himself to facilitate the group for the sessions will be communicating/translating to Club 60 Wyndham Vale members and Abraham from Football Victoria will assist with basic soccer skills to help.

If you are interested or know anyone who might be interested, please contact the Manor Lakes Community Learning Centre on 8734 8934 or email at manorlakesclc@wyndham.vic.gov.au. You can simply come to cheer the team, on a Thursday between 12pm – 1pm at the Manor Lakes Community Learning Centre, all seniors welcome. This is a good way to engage with our senior community by providing more avenues to being physically & socially active.

MANOR LAKES MULTICULTURAL PLAYGROUP

NEW!



Come and join in some fun activities which include rhymes, stories and songs, celebrate Indian traditions and meet other parents, grandparents and carers in your local area. Visheshta who will be facilitating the group is qualified in Early Childhood Education and Care and speaks Hindi, Punjabi and Urdu.

Please note that spots are limited. To make a booking or for more information please contact us on the email address provided.

WHEN: Wednesdays 5 Oct - 14 Dec

WHERE: Manor Lakes Community Learning Centre,

TIME: 9:30am – 11:30am

COST: \$60 per term

CONTACT: Visheshta

EMAIL: visheshta6@gmail.com

PHONE: 0426 223 733

What's on @ IRAMOO COMMUNITY CENTRE

PRE - SCHOOL GARDEN GROUP

Join us every 2nd Thursday
10am -11am

13th October

Nature Scavenger Hunt and Collage Pasting

27th October

I'm all ears - Plant your own corn and craft session

10th November

You are my sunshine sunflower art and plant sunflower seeds to take home

24th November

Rock Painting and Muddy Sensory Play

8th December -

Join us for a Christmas session



84 Honour Ave Wyndham Vale 3024



IRAMOO COMMUNITY CENTRE

Community Engagement Night and AGM

Wednesday 19th October
5pm - 7pm

Please come and join us for a social evening at the Centre. Make your own Garden Ball to take home. Dinner and Drinks will be provided. Dessert will be served after the AGM.



*Proudly Supported
by
Werribee Bunnings!*

RSVP BY 7TH OCTOBER FOR CATERING PURPOSES

☎ 8742 3688

MORE INFORMATION

admin@iramoooc.com.au

ROOMS TO HIRE

Various rooms and facilities are available for hire.

- Multi-purpose hall
- Meeting and training rooms
- Child care room with playground
- Space suitable for consulting room
- Kitchen/eating area, outdoor BBQ



VOLUNTEER POSITIONS

Volunteering with the community centre is a great way to keep active, engaged and learn new skills. The Centre has structured and on-going volunteer roles as well as one off and casual roles. We are also able to offer training and development.

Volunteering can help with a successful transition to employment.

Contact us on 9742 3688, or email
admin@iramoooc.com.au
www.iramoooc.org.au

What's on @ Quantin Binnah Community Centre



DHYANA YOGA

Kids Yoga is a great way to boost kids strength, well being and mental health.

Each yoga session is fun-filled with mindfulness, music, games, breath techniques, and yoga poses to find calm, self-love, focus and concentration in daily routine.

Age Group: 5 - 12 years

Level: Beginner to Intermediate

Quantin Binnah Community Centre.

Address: 61 Thames Blvd, Werribee VIC 3030

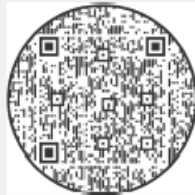
School Term 4 Yoga Classes
Saturdays from 10 am - 11 am

Free Trial
\$15 Casual Class
\$50 Per month
\$100 Per term

YOGA.
MINDEFULNESS.



BYO mat, water bottle and wear comfy clothes
Please arrive 10 mins early.



Registration of the child is required to join this session
Please scan barcode for registration form

For More Information, Contact

0405 381 819

dhyanaayoga@gmail.com

fb.me/dhyanaayoga

[dhyanaayoga](https://www.instagram.com/dhyanaayoga)



Looking for the perfect gift?
Pop into Cafe QB Monday to Wednesday, and support our budding community entrepreneurs



Marketplace at Cafe QB



All Handmade:
Candles
Key chains
Jewellery
Bath products
Cushions
Scrunchies
& Much More

Bringing up Great Kids

Bringing Up Great Kids is a free parenting program promoting respectful and caring relationships between parents/carers and their children aged 12 months to 8 years.

What is Bringing Up Great Kids?

The Bringing Up Great Kids parent program is a fun and free 6-week **in-person or online** group that focuses on how parents communicate with their children. It offers opportunities for parents to learn about how children understand and use messages from their parents into their own development. This parenting program combines a reflective mindfulness based approach to parenting with a focus on the emotional and developmental needs of children.

Bringing Up Great Kids helps parents & carers to:

- Reflect on & understand your own parenting style
- Learn about baby and child brain development and its influence
- Understand and respond mindfully to your baby or child's behaviour
- Understand the messages that your child is communicating with you and how they do this
- Consider ways to take care of yourself and find support when you need it
- Recognise different infant and child cues.



Program details (no childcare)

6 Week program

Dates (In person)

- Monday 9.30am – 11.30am

Term dates

- 10th October – 14th November

Location:

- Westgrove Primary School
37a Thames BLVD Werribee

More information and bookings:

Sara Allen – Tweddle

M: 0435 404 988

Sara.allen@tweddle.org.au

Grace Perrott – Anglicare Victoria

M: 0488 550 304

Grace.perrott@anglicarevic.org.au

CLUB 60 WYNDHAMVALE CELEBRATIONS



CLUB 60 WYNDHAM VALE celebrated 4th Consecutive year of birth of Lord Krishna (Janmashtami) on 28th Aug 2022 at Manor Lakes Community learning centre Manor Lakes. More than 150 people gathered for this religious community event. Food and snacks were served free of cost to everyone. Religious bhajans and live music performances were also highlighted the day.

Honour of Guest of the festival Mr TIM PALLAS, Minister of Economic development and Industrial Relations Govt of Victoria and Mayor PETER MAYNARD, WYNDHAM VALE Council, Melbourne, were present for the event and thoroughly enjoyed the celebrations. We thank the Manor Lakes team for their ongoing support and accommodating us in order to make this event a grand success.

ART CLASS - Kids and Adults

NEW!



The Coffee Table is so proud to present Art classes with Irene where you get to just bring out your artistic self, some hidden talent you didn't know that was here. This is the first of 3 class and already going wonderful, with great response from the community. Irene is passionate about art. Irene thoroughly enjoyed teaching the participants. Irene is conducting the classes for both Kids and Adults.

To make a booking/for more information please contact Irene directly

WHEN: Thursdays
WHERE: Manor Lakes Community Learning Centre
TIME: Kids - 4pm - 6pm
Adults - 6:30pm - 8:30pm
COST: \$10 per class
CONTACT: Sally
EMAIL: 0433 663 271

Bookings
Essential!



KIDS SEWING CLASS

NEW!

This 8 week program is ideal for kids between 8-14 years of age who would like to learn to sew and stitch / or who already have an established desire for sewing, design, arts and crafts. Please note that spots are limited and are available on first come first serve basis only. **To make a booking or for more information please contact the centre on the number provided.**

WHEN: Mondays
WHERE: Manor Lakes Community Learning Centre
TIME: 5:30pm - 6:30pm
COST: \$80 for 8 weeks (cost of the materials included)
CONTACT: Farsana
PHONE: 0406 027 372

Bookings
Essential!





Pack the picnic blanket and join in all the fun at the greatest family outdoor event in the west – the Children’s Week Picnic!

Get ready for a day of fun-filled, interactive activities and entertainment including live music, comedy, workshops, games, come-and-try sports, stalls, food trucks and more!

Date: Sunday 23 October 2022

Time: 10am – 4pm

Location: Werribee Park, K Road, Werribee South 3030

Cost: Free – Tickets Required

Information: www.wyndham.vic.gov.au/childrensweekpicnic

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
- Information and referrals for emotional support, counselling, food relief and material aid
- Advocacy support and information



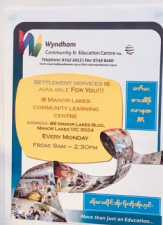
Community Connectors will be available at these Community Learning Centres:

- **Moses THURSDAY 8:00am to 3:30pm**
Point Cook Community Learning Centre
- **Melissa WEDNESDAY 8:00am to 5:00pm**
Tarnet Community Learning Centre
- **Mellina FRIDAY 8:00am to 5:00pm**
Manor Lakes Community Learning Centre

We have specialist Ageing Well Connectors available to support older residents and their families.

Call 8734 4514 and ask for a Community Connector or email communityconnector@wyndham.vic.gov.au. Interpreter Services can be organised on request.

SETTLEMENT SERVICES AT MANOR LAKES



Eh Su from Wyndham Community and Education Centre is now seeing clients who have arrived in Australia in the past five years, as refugees, at Manor Lakes Community Learning Centre.

Clients seek support for all manner of things, including Centrelink payments, housing issues, family support, fines, family violence, insurance, utility issues and much more.

No appointment required, just turn up

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



Western Regional Parenting Programs

Parenting Calendar | Term 4 2022
Free parenting programs



Program	When	Time and Location	How to join (Registration required) <i>Simply click the link at the time of the event to join. Add this event and link into your personal calendar now!</i>
Pasifika Tuning into Teens 6 weeks	Friday 14 Oct - 18 Nov	10am –12pm Manor Lakes Community Learning Centre 86 Manor Lakes Blvd, Manor Lakes	www.mackillop.org.au/events
Triple P Positive Parenting	Thursday 20 Oct - 8 Dec	1pm - 2:30pm Online Via Zoom	
Tuning into Dads 6 weeks	Wednesday 19 Oct - 23 Nov	5:30pm - 7pm Online Via Zoom	

Want to know more



9680 8444



Regionalparentingservice@mackillop.org.au



THE COFFEE TABLE

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

Each meal cost \$5.00.

For more information please follow on Facebook
The Coffee Table Manor Lakes

Or contact us at the centre on **8734 8934** or email at
manor.lakesclc@wyndham.vic.gov.au

Wednesday Thursday Friday
9am - 2pm



The Coffee Table
TASTE THE WORLD

VARIOUS LOCATIONS	VENUE, DAY & TIME	COST	CONTACT INFORMATION
Maternal & Child Health Appointments Professional nursing support & advice for parents with children from birth to school age.	By Appointment Only	No cost	Contact: Maternal & Child Health ☎ 1300 370 567 📧 www.wyndham.vic.gov.au select Maternal & Child Health Services
Immunisations The Wyndham City Immunisation Unit provides free public vaccinations against a range of childhood and adult diseases.	By Appointment Only		Contact: Wyndham Immunisation Team ☎ 9742 0736 📧 %20Immunisations">www.wyndham.vic.gov.au select Children's Services > Immunisations
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.	Weekly sessions		Contact: Maternal & Child Health ☎ 1300 370 567 📧 www.wyndham.vic.gov.au select Maternal & Child Health Services
Supported Playgroup A playgroup that aims to meet the needs of vulnerable families in our community. MCH referral required	Weekly sessions		Contact: Maternal & Child Health ☎ 1300 370 567 📧 www.wyndham.vic.gov.au select Maternal & Child Health Services
Wyndham City Council - Kindergarten 3 & 4 Year Old Kindergarten Services. Enrol your child online.	Weekly sessions	Fees Apply	Kindergarten Enrolment Officer ☎ 1300 370 567 📧 %20Kindergarten">www.wyndham.vic.gov.au select Children's Services > Kindergarten

Early Years Programs & Activities




IRAMOO	DAY & TIME	COST	CONTACT INFORMATION
Playgroup Playgroups are a great way for your child to interact with other children in a fun and safe environment.	Mondays 9am -11am & 11.30am-1.30pm Tuesdays 9am-11am	\$60 per family per term Bookings required	Contact: Iramoo Community Centre ☎ 8742 3688 📧 admin@iramoooc.com.au Follow us on Facebook!
VICSEG Burmese Communities Playgroup	Wednesdays 10.30am - 1.30pm	Contact Karen at VICSEG	Contact: Karen ☎ 8754 0512
Pre-school garden group Encourage your kids to explore and discover new and exciting ways to build and grow in the garden! From planting, digging, and growing their own food. What could be more enjoyable than getting dirty and watching things grow?	Thursdays fortnightly 10am – 11am This is a FREE session and everyone is welcome! Commencing 13th Oct	Free	8742 3688 Or admin@iramoooc.com.au Follow us on Facebook!
Maggie Moo Come along to enjoy a fun and interactive music and movement session for 0-5 years. Dance sing, play and learn .	Fridays 9.30am – 10.15am During school terms	Fees apply	Contact: Sharon 📧 sharon@maggiemoomusic.com.au

MANOR LAKES		COST	CONTACT INFORMATION
VicSeg Playgroup - New Futures This group is for South Sudanese mothers and children with the opportunity to talk & support one another in the local community.	Wednesday 12pm-3pm	No Cost	Contact: VicSeg ☎ 8754 0500 📧 kdiacono@vicsegnewfutures.org.au
Tweddle-My Time Peer Support group for families who have children with a disability.	Tuesday 9:30am-12.30pm During school terms	No Cost	Contact: Tweedle ☎ 9689 1577
Wyndham Harmony Playgroup During school terms	Fridays 9:30am—11:30am	\$60 per term	Contact: Rati 📧 mlharmonyplaygroup@gmail.com
Manor Lakes Multi Cultural Play group During school terms	Wednesdays 9:30am—11:30am	\$60 per term	Contact: Visheshta ☎ 0426 223 733 📧 visheshta6@gmail.com


Early Years Programs & Activities

MANOR LAKES	DAY & TIME	COST	CONTACT INFORMATION
Rhyme Time These 30-minute sessions include stories, songs and rhymes designed to develop early language, literacy and numeracy skills. During school terms Ages 1–5years <i>Note: Songs & Stories has been renamed to Rhyme Time</i>	Werribee Library Wednesdays (<i>Fortnightly</i>) 10:30am (Oct 4,18 Nov 15,29) Manor Lakes Library Mondays 12:30pm Thursdays 10:30am Wyndham Park Community Centre New Tuesdays (<i>Fortnightly</i>) 10:30am (Oct 11,25 Nov 8,22 Dec 6)	No Cost	Contact: Werribee Library ☎ 8734 8999 Contact: Manor Lakes Library ☎ 8734 8999 To book please go the below link https://www.wyndham.vic.gov.au/services/libraries/early-years/early-years-events-and-activities Bookings: Tickets will be available on the day, 15 minutes prior to the start of the session, and will be offered on a strict first-come, first-served basis. See staff on the day for ticketing information.
Baby Time Sing, move, and bond with your baby as we share some of our favourite songs and reading tips. During school terms Ages 0 - 12 months	Werribee Library Wednesdays 10:30am Manor Lakes Library Wednesdays 10:30am		
Story Time These 45-minute sessions include stories, songs and rhymes, and a simple craft activity designed to develop early language, literacy and numeracy skills. During school terms Ages 3+	Manor Lakes Library Fridays 10:30am		
Bilingual Karen and English Story Time Join us for 45 minutes of stories, songs and rhymes, and craft in Karen and English. Meet bilingual families, learn words in another language and help your child develop important language skills. Ages Children of all ages During school terms	Manor Lakes Library 1 st Monday of each month at 10.30am		
Rhyme Time and Pop-Up Library Join us for Rhyme Time and a special Pop-Up Library every week in Term 4. Ages 1–4	Iramoo Community Centre Thursdays 1:30pm Little River Mechanics Institute Hall Last Monday of the month 1:30pm Wyndham Park Community Centre New Mondays 10:00am		
Help Develop Your Child's Speech Meet your local speech pathologist Lisa Decker at this Speech Library Talk. Learn how you can support your child's language and literacy development at home and about the resources available at the library.	Point Cook Library <i>Ages 3-5 years</i> 14 November 7pm –8pm Julia Gillard Library Tarneit <i>Ages 0-3 years</i> 21 November 11:30pm –12:30pm		
Q&A with a Speech Pathologist Meet with Lisa Decker, local Speech Pathologist from Well Said Clinic to share concerns and questions about your child's language development.	Williams Landing Library Lounge Monday 17 October 1:30pm –2:30pm		☎ 8734 8999 Bookings: www.wyndham.vic.gov.au/services/libraries/kids/parent-and-teacher-resources ☎ 8734 8999 Bookings: www.wyndham.vic.gov.au/services/libraries/kids/parent-and-teacher-resources

Early Years Programs & Activities

Quantin Binnah	DAY & TIME	COST	CONTACT INFORMATION
Childcare QB At 61 Thames Boulevard Werribee 3030 Woodville Childcare 82 Woodville Park Drive Hoppers Crossing 3029 Our childcare provides a secure and happy environment where children can develop their intellectual, social, emotional, physical and aesthetic skills to become competent and confident individuals. Our aim is for you as the parents & guardians to feel safe in the knowledge that your child is receiving the best possible care. www.qbcc.org.au/childcare	Monday-Friday Centre Opens at 6.30am -Centre Closes 6.00pm Monday-Friday Centre Opens at 6.55am -Centre Closes at 6.25pm 	Fees: 1-4 days \$108 daily. Fulltime (5 days) \$105 daily. Plus a one off \$30 enrolment fee.	Contact: Quantin Binnah Community Centre ☎ 9742 5040 ✉ admin@qbcc.org.au 🌐 www.qbcc.org.au <i>Childcare Subsidy applies - 13 61 50</i> www.childcaresubsidycalculator.com.au
3 Yr Old Kindergarten QB 61 Thames Boulevard Werribee 3030 Woodville 82 Woodville Park Drive Hoppers Crossing 3029 Our 3-year-old Kinder program offers a variety of play experiences based on the children's interests. The program that we offer is an introduction to four-year-old kindergarten. Our program is a play-based program and evolves for the children's individual and group interests as well as intentional teaching activities. www.qbcc.org.au/3yr-old-kindergarten	Bandicoot Tuesday 9.15am - 2.15pm Dugong Wednesday 9.15am - 2.15pm Dingo Tuesday 9.30am - 2.30pm 	\$160 per Term \$0 for concession card holders	Contact: Quantin Binnah Community Centre ☎ 9742 5040 ✉ admin@qbcc.org.au 🌐 www.qbcc.org.au Quantin Binnah Kindergarten applications are processed through the Wyndham City Council. To enrol in one of our Kindergarten groups please see the following link on the Wyndham City Council Website: www.wyndham.vic.gov.au/services/childrens-services/kindergarten/2022-kindergarten-registrations
4Yr Old Kindergarten QB 61 Thames Boulevard Werribee 3030 Woodville 82 Woodville Park Drive Hoppers Crossing 3029 Quantin Binnah Kindergarten educators, staff and Board work in partnership to provide our kindergarten with early childhood programs which engage children in quality learning experiences, in a community and centre based environment. www.qbcc.org.au/4-yr-old-kindergarten	Indigo Group Wednesday & Friday 9am - 4.30pm Green Group Monday & Thursday 8.45am - 4.15pm Navy Group Tuesday & Thursday 9am - 4.30pm Orange Group Monday & Wednesday 8.30am - 4pm Yellow Group Monday, Wednesday & Friday 8.30am - 1.30pm 	\$480 per Term – \$0 for concession card holders	Contact: Quantin Binnah Community Centre ☎ 9742 5040 ✉ admin@qbcc.org.au 🌐 www.qbcc.org.au Quantin Binnah Kindergarten applications are processed through the Wyndham City Council. To enrol in one of our Kindergarten groups please see the following link on the Wyndham City Council Website: www.wyndham.vic.gov.au/services/childrens-services/kindergarten/2022-kindergarten-registrations

Early Years Programs & Activities

Quantin Binnah	DAY & TIME	COST	CONTACT INFORMATION
Playgroup 61 Thames Boulevard Werribee 3030 Our Playgroup is supported by a trained educator and all activities are planned to provide a supported experience. Our facilitator also encourages parents to build strong connections by building capacity in the group and by ensuring the group is parent led. www.qbcc.org.au/playgroup	Thursday 10am - 12pm Last session Thursday 17th November	\$65 per term Plus a one off enrolment fee of \$30	Contact: Quantin Binnah Community Centre ☎ 9742 5040 ✉ admin@qbcc.org.au 🌐 www.qbcc.org.au 
School Age Care Quantin Binnah has programs at 4 Wyndham locations offering: <ul style="list-style-type: none"> • Before School Care • After School Care • Curriculum Day Care (dependant on numbers) • Vacation Care* (school holiday program offered at 2 locations) Wyndham Locations: Westgrove PS and Bethany PS (Westgrove & Bethany program held at Quantin Binnah*), Our Lady of the Southern Cross PS, Corpus Christi PS*, St John the Apostle PS. www.qbcc.org.au/school-aged-care-1 www.qbcc.org.au/vacation-care-1	Before School Care opens at 6.30am. After School care closes at 6.00pm at QB, & Corpus Christi. After School care closes at 6.30pm at Our Lady of the Southern Cross & St John the Apostle. Vacation Care program QB 6.30am to 6.00pm; Corpus Christi 6.30am to 6.30pm.	Fees apply	
Ooey gooey Messy Play Come along and get messy with different sensory craft, for any age. Parents to supervise children; children to wear clothes that can get messy	Each Monday, drop in anytime between 10.00am to 11.30am	\$5.00 per child per session or \$8.00 for 2 siblings	

Early Years Programs & Activities

Wyndham Park	DAY & TIME	COST	CONTACT INFORMATION
Wyndham City Maternal & Child Health Services A free universal primary health service available for Victorian families with children (Birth to school age).	Various datys and time. By appointments only	Free	☎ 1300 370 567 Bookings required
Little Buddies Toy Library Not for profit community group providing families with sustainable ways to learn through play.	Mondays 9am - 12pm Fridays 9am - 12pm Saturdays 9am - 1pm	Fee involved	☎ 0432 361 126 \$60 per year to borrow 2 toys/fortnight \$90 per year to borrow 4 toys/fortnight
Hungry Caterpillars Play Group Parents, carers, and kids come together for songs, stories, craft, and play. Links to parent and carer support also available. Booking required	Tuesdays 10am - 11am (Only during school terms)	Free Call or email to check eligibility	Contact: IPC Health ☎ 8734 1400 ✉ IPC_wyndhamchildhealth@ipchealth.com.au
Wyndham Park Kindergarten Accessible early learning opportunity for children 5 years and under.	Mondays to Fridays 9am - 4pm	Call to enquire	☎ 9741 6486
Psychology Support No gap, confidential service provided by provisional psychologists.	Depending on individual booking	Free	☎ 03 4250 8134 Booking and referral required

Early Years Programs & Activities

IRAMOO	DAY & TIME	COST	CONTACT INFORMATION
Beginners Sewing Class—5 weeks program Contact the Centre to make bookings 19 Oct –16 Nov	Wednesdays 10am-12pm	\$50	Contact: Iramoo Community Centre ☎ 8742 3688 ✉ admin@iramoooc.com.au Follow us on Facebook!
Learn Indian Head Massage Contact the Centre to make bookings	Tuesday 11 Oct 11am	\$5	Contact: Iramoo Community Centre ✉ admin@iramoooc.com.au Follow us on Facebook!
Lids4Kids – Lid sorting Come for half an hour or two hours. Come in we have bags of lids needing to be washed and dried	2 nd and 4 th Thursday each month 9.30am – 11.30am	Free	Contact: Iramoo Community Centre ☎ 8742 3688

SEED LIBRARY

What is a Seed Library?

The Wyndham Seed Library aims to build food resilience and promote sustainable gardens by supporting local community, share seeds and grow their own produce and habitat gardens. Growing from the Seed Library is a great way for children and young people to learn about the life cycle of plants and sustainable gardening.

Seed library members can collect 3 seed packets per month from either our

Point Cook or Manor Lakes Seed Library locations for free.

To find out more or stay in touch

- Follow Wyndham City libraries on Facebook for latest updates including workshops.
- Join the eNewsletters to keep up to date with Wyndham Seed library information and seed harvesting workshops
- Contact: Manor Lakes Library: 8734 8930 or WyndhamSeedLibrary@wyndham.vic.gov.au



YOUTH SERVICES - The Huddle program



Youth Services have been working in collaboration with The Huddle through the North Melbourne Football Club. The Huddle Up program offer free sports activities on Tuesdays after school at Manor Lakes College, Thursdays at Point Cook and Fridays nights at Eagle Stadium for volleyball.

Young people are able to sign up and be involved in a range of fun and active sports activities free of charge! Youth Services attended the Sports Day event at The Huddle with River Nile Learning Centre, a school which provides support and education to young females from refugee and asylum seeker backgrounds.

The participants engaged in a range of different sports and learnt new skills in basketball, soccer and football hosted by AFLW Captain, Emma Kearney. A great way for the girls to have fun, be active and show off their sports skills!

For more information on The Huddle Up program or any other youth-friendly program, please check out the website:

<https://www.nmfc.com.au/huddle/programs>

FREE COUNSELLING

Youth and Family

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

WE OFFER:

- Up to 2 free sessions
- Connect you to local specialist and psychologists



Middle Years and Family

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

WE OFFER:

- Up to 2 free individual counselling sessions
- Up to 2 free family group counselling sessions
- Connect you to specialist, including bulk billing (**FREE**) Psychologists



Visit our website or call 8734 1355 for more information
www.wyndham.vic.gov.au/youthandfamilycounsellingsupport

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Youth
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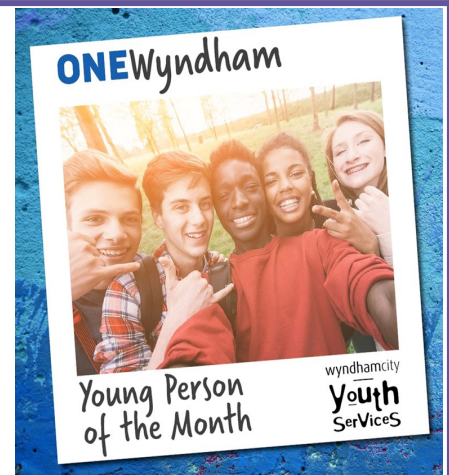
Young person of the month....

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

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

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

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



Manor Lakes - Drop In program on Wednesday

Every Wednesday during the school term from **3.30pm – 5:30 pm**, come hang out at the **Youth Space @ Manor Lakes Community Learning Centre**. Eat snacks, play board games and card games, table tennis, battle it out on our gaming consoles or just hang out and chat. We sometimes do cooking and art activities so if you have an idea for something fun that we can do, let us know!

Every week is different and can be whatever the group wants it to be – join us on Wednesday! For young people aged 12-17 years.

Register below to join in on the fun.

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

Contact: Jon Youth Services
Phone: 8734 1355
Email: YouthInWyndham@wyndham.vic.gov.au



STORIES FROM QUANTIN BINNAH



And just like that the year is almost over!!!

Term 3 saw Quantin Binnah welcome new providers to our centre including Mind, Tweddle, International Peace Youth Group, Young People's Club (Mustard Seed Chapel) and Dhyana Yoga. We look forward to them engaging with you all to meet your needs. Our regular and popular programs also continue including our fantastic partnership with Creating Villages.

CraftABILITY has grown in popularity with fun and creative works of art completed each week. Artists have made wind chimes, painted canvasses, made Father's Day gifts, decorated journals, completed paper mosaic masterpieces and painted rocks, amongst other things. Josie & Rosie our resident puppets have even popped in for art & craft and a bite to eat. We welcome people with diverse abilities and their carers to join CraftABILITY on Tuesday's at 10am. Bookings are essential to make sure no one misses out.

WONDER WOMEN



Wonder Women would like to thank and acknowledge Stockland CARE Grants for their generosity in supporting the group. During Term 3 the Wonder Women enjoyed double, triple, quadruple and even quintuple (that's 5!!!!) cheese toasties on International Cheese Toasty Day. The ladies also decorated pots and planted them with herbs, vegies, succulents and flowers to celebrate spring and rejuvenation. Other activities have included Christmas in July, jewellery making to acknowledge International Day of Friendship, Journal decorating and R U OK? Day.

Wonder Women meet weekly on Thursday's (during term) from 9.30am to 11.00am and we'd love welcoming new friends.

FLOWER ARRANGING WORKSHOP

In another small workshop led by an experienced florist participants learnt the basic techniques of floristry and were able to make their own small floral arrangement to take home. Look what our budding florists made during the Flower Arranging for Beginners workshop. Thanks Gayle for running a fun, creative and interactive session. Due to the popularity of these workshops we will endeavour to deliver these again in the future. Like the Quantin Binnah Facebook page and keep an eye on our pop-up events or check out www.qbcc.org.au

We are always keen to introduce new activities, support groups and bring others together so please get in touch if you'd like to deliver something at QB or participate in something different community@qbcc.org.au or 9742 5040. If you'd like a Community Development Term 4 activity brochure please let us know.



TUNING INTO TEENS PARENTING PROGRAM



mackillop.org.au

Tuning into Teens

The Tuning in to Teens is a free parenting program that supports parents to build strong relationships with their teenagers. This program is supported by Pasifika community leaders.

- Understand the relationship between their children's emotions and their behaviour
- Support their children to manage strong emotions and deal with conflict
- Use their children's emotional experiences as an opportunity for closeness and teaching
- Gain awareness and learn to regulate their own emotions
- Develop skills to assist children to verbally label their emotions
- Develop skills to assist children in problem solving
- Guide children's behaviour with appropriate limits

When: 14 October 2022 until 18 November, 2022

Where: Manor Lakes Community Learning Centre,
86 Manor Lakes Blvd, Manor Lakes

Time: 10:00am -12:00pm

Who is eligible: Pasifika Parents of young people aged 12 to 18 years who live in the western suburbs of Melbourne

Want to know more?

☎ (03) 9680 8444

✉ RegionalParentingService@mackillop.org.au



MacKillop Family Services acknowledges the Traditional Custodians and their Elders in each of the Communities where we work.



Education & Training for Kids & Adults

MANOR LAKES	DAY & TIME	COST	CONTACT INFORMATION
Ceramics Classes Ceramic classes for adults	Monday 6:45pm—8:45pm Saturday 9:30am-11.30am	Fees Apply	Contact: Melissa Murphy Vella ✉ Melissa.ceramics@outlook.com
Kids Sewing Class This 8 week program is ideal for kids between 8 -14 years of age who would like to learn to sew and stitch / or who already have an established desire for sewing, design, arts and crafts. Ages: 8 - 14 years Bookings essential	Monday 5:30pm—6:30pm	\$80 for 8 weeks	Contact: Manor Lakes Community Learning Centre ☎ 8734 8934 ✉ manorlakesclc@wyndham.vic.gov.au
Art classes with Irene These classes are done over 3 sessions each. In the last class you transfer your drawing on to a canvas. We look forward to all the creativity that will be happening. Bookings essential	Thursdays 6:30pm - 8:30pm	\$10 per class	Contact: Ena ☎ 0468 365 217 ✉ thecoffeetable2022@gmail.com
Family History Groups NEW! Join us as we discuss our latest research finds, useful resources, brick walls, up coming events and get advice from this knowledgeable group. Bookings required	2 nd Tuesday of the Month 1—3pm	Free	Manor Lakes Library ☎ 8734 8999 https://www.eventbrite.com.au/d/australia--werribee/wclfamhistorygroup/
Writing Group—Online NEW! Come along to Wyndham City Libraries free weekly writing groups for adult writers of all levels of experience. Get your creative juices flowing with exercises designed to inspire and develop your writing skills in a fun and friendly environment. Bookings required	2nd & 4th Tuesday of the month 7.30pm – 8.30pm	Free	Online ☎ 8734 8999 Bookings: www.wyndham.vic.gov.au/adult-events-and-activities
English Conversation Café At English Conversation Café you can practise your English skills, meet new people, and learn from others. This is a great way for you to connect with the community and maybe even make new friends.	Werribee Library Fridays 11am–12pm Manor Lakes Library Fridays 1–2pm	Free	Werribee Library ☎ 8734 8999 Manor Lakes Library ☎ 8734 8999 For more information and bookings: www.wyndham.vic.gov.au/adult-events-and-activities
Global Learning Festival 2022 The Global Learning Festival seeks to provide unity and connection to communities all over the world. By participating in free learning events on a wide variety of topics, across time zones and languages, you can experience firsthand the benefits of lifelong learning.	Online Sunday 6 November Wednesday 9 November Various times	Free	More information and bookings: www.globallearningfestival.com
Construction Club Come along to your library every week to design, build and imagine with Lego and other building materials. Ages 5+	Wednesdays 3.30pm –4:30pm During school term	Free	Contact: Werribee Library ☎ 8734 8999
Imagination Creation Young Writers Group Do you love to get creative with words? Come along to Imagination Creation Writers' Group. Share inspiration and creativity with other young writers in a relaxed, social environment and get writing tips from published author Margaret Campbell. Ages 5+	Thursdays 4.30pm During school term	Free	Contact: Werribee Library ☎ 8734 8999

Education & Training for Kids & Adults

MANOR LAKES	DAY & TIME	COST	CONTACT INFORMATION
System@ Tech Solutions Offers unique skill development courses for children aged between 4-16 years, that can help improve child's learning ability, memory, calculation speed and cognitive skills.	Sundays 6.00pm –7:30pm	Fees Apply	Contact: Keerti Hosur ☎ 0413 949 831 ✉ hello@systemtech.edu.com.
Lynn's Learning Maths and English Tuition developed by Australian Teachers (Kinder to Year 10) covering: * Classwork and Homework * Individualised extension and remedial skills * Problem solving and mathematical skills * Creative writing techniques * Scholarship preparation * NAPLAN and ICAS preparation * Kids with learning difficulties including disadvantaged kids	Saturday 1pm—5pm	Fees Apply	Contact: Bhumika ☎ 0434 190 266 ✉ wyndhamvale@lynnslearning.com 🌐 www.lynnslearning.com.au
Junubi Wyndham Homework Club Homework club for South Sudanese Community	Thursday 3pm—5.30pm	Free	Contact: Poly Kiyaga ☎ 0434 178 753 ✉ poly.kiyaga@wyndhamcec.org.au
Cakes by Design Learn the basics of cake decorating	Tuesday & Wednesday 7pm—9pm	Fees Apply	Contact: Rhiannon Smith ☎ 0490 056 250 ✉ cakesbydesignnmore@yahoo.com.au
Coding Camp by Techkangaroos Coding camp offer various programming and robotics workshops for kids.	Saturday 10:30 am-12:00pm	Fees Apply	Contact: Ashwin ☎ 0472 580 265 ✉ info@codingcamp.com.au
Quantin Binnah	DAY & TIME	COST	CONTACT INFORMATION
Social English Practice your social English skills with others in a supportive environment. No structured classes, no need to attend every week	Wednesdays 9.30am to 11.30am	Gold Coin Donation appreciated	Contact: Quantin Binnah Community Centre ☎ 9742 5040 ✉ admin@qbcc.org.au 🌐 www.qbcc.org.au
Home Schooler Social Club Meet other home-schooled students. Socialise and learn through self-directed play and interaction.	Tuesdays 12pm - 2pm in Café QB	BYO Board Games	Contact: Bianca at Creating Villages ✉ creatingvillages@gmail.com
Barista Essentials Want to know how to make the perfect coffee? Learn the skills of a Barista and increase your employment opportunities. Course includes hands on experience in our own at Café QB.	Various dates 3 day course	Free	For further information or to apply ☎ 9742 5040 ✉ community@qbcc.org.au Eligibility criteria may apply
CAPACITY BUILDING @ CAFÉ QB Would you like to learn new skills, gain experience in a café and meet new people? Do you have Core supports in your NDIS plan? Participants are required to be self or plan managed	Monday, Tuesday or Wednesday for 2-hour blocks	Supports provided at NDIS unit costs.	Contact: Quantin Binnah Community Centre ☎ 9742 5040 ✉ admin@qbcc.org.au 🌐 www.qbcc.org.au or Bianca at Creating Villages creatingvillages@gmail.com
STEMician Each week participate in an engaging and integrative STEM learning opportunity, <i>such as</i> Robotics, Coding, 3D printing, Sustainability, STEM Math, STEM economics, STEM Mechanics & Photography.	Saturdays 10.00am to 12 noon (During School term)	\$30 per 2-hour session.	For more information contact info@stemician.com.au To register visit our website www.stemician.com.au

Education & Training for Kids & Adults

Quantin Binnah	DAY & TIME	COST	CONTACT INFORMATION
genU Training Digital Literacy If you've ever wanted to nail your digital literacy, here's your chance. Intermediate Computer Skills for Work Take your computer skills to the next level. Other courses include Ready – Set – Work and I Have Confidence in Me <i>Eligibility criteria may apply</i>	Various dates Duration 2 days per week over 2 weeks	Free	Contact: genU ☎ 1300 582 687 ✉ genutrainingenquiries@genu.org.au 🌐 www.genutraining.org.au
Wyndham Park	DAY & TIME	COST	CONTACT INFORMATION
Next Stitch Sewing program available to all permanent residents with some sewing skills	Mondays 6pm - 9pm	\$40	www.wyndhamcec.org.au
So & Sew - Beginners class Sewing program available to all permanent residents	Tuesdays 6pm - 9pm	\$40	www.wyndhamcec.org.au

Recreation & Leisure for Kids & Adults

IRAMOO	DAY & TIME	COST	CONTACT INFORMATION
Chair Yoga and Meditation Gentle form of yoga that can be done sitting.	Monday Evenings 7.30pm-8.30pm	Contact Catherine	Contact: Catherine ☎ 0416 009 024
Yoga Come join us to move, stretch, work, sweat, breathe and be still.	Wednesday 7.30-8.30pm & Saturdays 10.30-11.30am	Contact Catherine	FB: Yoga Moves West Contact: Catherine ☎ 0416 009 024 FB: Yoga Moves West
Keep Fit with Karate Children and adult classes	Monday & Wednesday 5-6pm & 6pm-7pm	Contact Tyrone	Contact: Tyrone ☎ 0402 593 393
Rhapsody School of Ballet Children and adult classes	Tuesday 4pm-8pm Friday 4pm-8pm	Contact Cristelle	Contact: Cristelle ☎ 0433 872 263 ✉ rhapsodyschoolofballet@gmail.com

MANOR LAKES LIBRARY



Opening hours

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

For more information please contact the Manor Lakes Library on ????????

QUANTIN BINNAH 30TH ANNIVERSARY CELEBRATIONS



Quantin Binnah Community Centre is celebrating 30 Years this year. Come along on Saturday 26th November (State Election Day) between 10am to 1pm and join in our 30th Anniversary Celebrations. Family Festival includes children's services concerts, petting zoo, face painting, food, market stalls and much more...And don't forget you can vote next door at West grove Primary School



ADULT LEARNERS WEEK HIGHLIGHT



From the 1st of September we sprung into Spring with many connecting with learning in some interactive workshops for Adults.

Get your motors running 🚗 🚙 🚘 During the 2 sessions of Basic Car Care we learnt how to safely maintain our car between services and how to recognise & address any problems. A free interactive workshop with a fully qualified mechanic had people learn how to check your oil, water and coolant, check your windscreen washer fluid, check your tyre pressure & change a tyre and recognize danger signs and symbols.

Thanks to Mick and Rapid flow Developments for facilitating the sessions.

Please note Quantin Binnah Community Centre will close from Tuesday 20th December until Tuesday 3rd January. See you all in 2023 for an exciting and prosperous new year!!!

CUSTOMER SERVICE AT THE MANOR LAKES COMMUNITY 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

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

**Please note—No cash payments are accepted*



Register now!

Are you interested in joining a chess club?

The Manor Lakes Community Learning Centre is starting a chess club. If you know how to play chess and you can join the chess club and sharpen your skills in a friendly environment.

If you like are interested in joining, please contact the centre to register your details.

Ages: Adults only

Contact: Manor Lakes Community Learning Centre
Address: 86 Manor Lakes Blvd, Manor Lakes
Phone: 8734 8934
Email: manorlakesclc@wyndham.vic.gov.au

Thursdays
1pm –5pm

Recreation & Leisure for Kids & Adults

IRAMOO	DAY & TIME	COST	CONTACT INFORMATION
Zumba An interval workout. The classes move between high- and low-intensity dance moves designed to get your heart rate up and boost cardio endurance.	Mondays 7.30pm - 8.30pm Tuesdays 8pm – 9pm	Contact Angela	Contact: Angela ☎ 0431 577 679 🌐 http://angelashegog.zumba.com
Artizzons Art Classes Classes focus on developing children's artistic skills and creativity. They will discover a variety of art materials through application and experimentation. For children from 6 years.	Saturday morning	Contact Cathy	Contact: Cathy Mackay @artizzons ☎ 0413 527 102
Artizzons Art Classes - NEW Adult Art classes	Tuesday Night 6pm – 8pm		
Ballroom Dancing Classes Includes: Waltz, Tango, Foxtrot, Quickstep, Cha-Cha, Rumba, Jive, Australian New Vogue and Sequence Dances.	Thursday Evening Beginners 7pm – 8pm Advanced 8pm – 9pm	\$5 per session	Contact: Iramoo Community Centre ☎ 8742 3688 ✉ admin@iramoooc.com.au Follow us on Facebook!
Fitness Fun Join Angi for a fitness Fun Class	Mondays 1pm – 1.45pm	\$5	
Seniors Craft Activity With Amber from Werribee Bunnings	1 st Monday of the month 10.30am	Free	

MANOR LAKES	DAY & TIME	COST	CONTACT INFORMATION
DK Alayam School of Music & Dance	Monday , Thursday & Friday 6pm- 7pm Tuesday 5:30-7:30pm	Fees apply	Contact : Krithika ☎ 0424 517 021 ✉ krithikad.1989@gmail.com
Wyndham Patchworkers It's time to sew and chat, make friends, learn, swap ideas and indulge your passion for quilting and patchwork.	2nd & 4th Saturday of the month 9.30am—4pm	Fees apply	Contact: Monica Parnis ☎ 0417 058 590 ✉ wyndhampatchworkersinc@hotmail.com
Zumba with Angela	Thursday 7.30pm - 8.30pm	Fees apply	Contact: Angela Joyce ☎ 0431 577 679
Sahaja Yoga Mental and physical health and fitness for the community via meditation sessions.	Fridays 7pm – 8pm	Free	Contact: Annie Sarani ☎ 0423 110 875 ✉ Annie.sarani@gmail.com
Dungeons and Dragons Ages 12+ Come join us at the library to play popular Role Play Game (RPG), Dungeons & Dragons - an exciting campaign that plays out one epic encounter at a time. You will defeat enemies, solve puzzles, finish quests, and perform heroic deeds. If you're aged 13-25 and interested in playing D&D on a regular basis, please submit your interest.	Fridays		Manor Lakes Library (03) 8734 8930 Register your interest here: www.wyndham.vic.gov.au/services/libraries/youth/youth-events-and-activities
Healthy Soils Workshop Come and learn how to improve soil quality to grow your own food through low-cost methods like mulching, composting, and adding layers. Find out about local native plants suited to your area.	Wednesday 12 October 6.30pm – 7.30pm	Free	Manor Lakes Library (03) 8734 8999 Bookings: www.wyndham.vic.gov.au/whatson/healthy-soils-workshop
Author Talk: Tricia Stringer Join bestselling Australian author Tricia Stringer as she talks about her latest book, <i>Keeping Up Appearances</i> , set in a small town where tensions are set to boil over as buried secrets come to light .	Monday 17 October 2pm – 3pm		Online (03) 8734 8999 Bookings: www.wyndham.vic.gov.au/whats-on/author-talk-tricia-stringer

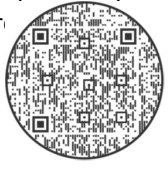
Recreation & Leisure for Kids & Adults

MANOR LAKES	DAY & TIME	COST	CONTACT INFORMATION
YA Book to Movie Club Come along to our just for teens Book to Movie Club. See all your favourite YA titles on the big screen and discover movies that you never knew began their lives as books. All movies are G/PG rated. No bookings required During school terms Ages 12+	2nd Friday of the month 3pm	Free	Manor Lakes Library (03) 8734 8999
Craft and Conversation 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. Bookings required Ages 18+	4 th Tuesday of the month 1pm–3pm 1st Monday of the month 1:30pm –3:30pm		Werribee Library (03) 8734 8999 Bookings: www.wyndham.vic.gov.au/adult-events-and-activities Wyndham Park Community Centre (03) 8734 8999 Bookings: www.wyndham.vic.gov.au/adult-events-and-activities
RAAF Point Cook during the Second World War – Online Join cultural historian Dr Steve Campbell-Wright to hear about the Point Cook air base and its once secret wartime history.	Online Wednesday 9 November 7pm - 8pm		Online Bookings: www.wyndham.vic.gov.au/whats-on/raaf-point-cook-during-second-world-war
Virtual Book Club Join us online to chat about a selected title (just like a traditional book club). Each title is announced in advance, giving you plenty of time to read it! Bookings required	3 rd Thursday of the month, 7.30pm–8.30pm		Online (03) 8734 8999 Bookings: www.wyndham.vic.gov.au/adult-events-and-activities
Nrithyopsana Indian classical dance	Fridays 5.30pm - 6.30pm	Fees apply	Contact: Lalitha Narayanan ☎ 0429 313 826 ✉ nrithyolalitha@gmail.com
Imagination Creation Young Writers Group Ages 5+ Do you love to get creative with words? Come along to Imagination Creation Writers' Group. Share inspiration and creativity with other young writers in a relaxed, social environment and get writing tips from published author Margaret Campbell. During school term	Thursdays 4.30pm,	Free	Werribee Library (03) 8734 8999
Kids Club Come and join in a different activity every week. Make new friends and have lots of fun. During school term Ages 5+	Manor Lakes Library Wednesdays 3pm Werribee Library Fridays 4pm		Contact: Manor Lakes Library ☎ 8734 8999 Contact: Werribee Library ☎ 8734 8999
Lego Club Come along to your library every week to design, build and imagine with Lego. During school term Ages 5+	Mondays 3pm-4pm		Contact: Manor Lakes Library ☎ 8734 8930
Construction Club Come along to your library every week to design, build and imagine with Lego and other building materials. During school term Ages 5+	Wednesdays 4pm - 5pm		Werribee Library (03) 8734 8999

Recreation & Leisure for Kids & Adults

MANOR LAKES	DAY & TIME	COST	CONTACT INFORMATION
Bollywood Dance School Australia Bollywood dance for kids, teens & adults.	Wednesdays 5:30pm—9:30pm	Fees apply	Contact : Latha ☎ 0499 888 115 ✉ admin@bollywooddanceschool.com.au
Construction Club Come along to your library every week to design, build and imagine with Lego and other building materials. Ages 5+	Wednesdays 3.30pm —4:30pm During school term	Free	Contact: Werribee Library ☎ 8734 8999
Imagination Creation Young Writers Group Do you love to get creative with words? Come along to Imagination Creation Writers' Group. Share inspiration and creativity with other young writers in a relaxed, social environment and get writing tips from published author Margaret Campbell. Ages 5+	Thursdays 4.30pm During school term	Free	Contact: Werribee Library ☎ 8734 8999
Quantin Binnah	DAY & TIME	COST	CONTACT INFORMATION
OOey gOOey Messy Play Come along and get messy with different sensory craft, for any age. Parents to supervise children; children to wear clothes that can get messy.	Mondays, drop in anytime between 10.00am to 11.30am	\$5.00 per child per session or \$8.00 for 2 siblings	Contact: Bianca at Creating Villages ✉ creatingvillages@gmail.com
Craft & Caffeine— In QB Cafe Drop in for craft and a cuppa anytime. Special activities	Mondays & Tuesdays 8am - 2pm Wednesdays 8am to 4.30pm QB Café	Gold coin donation for craft if you're able.	
High Tea and Craft Morning tea and Craft activities provided. Craft may be wind chimes, dream catchers, mosaics, crocheting etc. Please advise of any dietary requirements Numbers capped at 10 Limited spots. Bookings essential	Wednesdays 10.00am to 12.00pm (During School term)	\$12 each covers craft activity and high tea	
Loose Parts Play Be imaginative! Be inventive! Problem solve! Rearrange, redesign and tinker with loose parts to give them a new purpose. Parents are to remain onsite during session.	Wednesdays 3.30pm—4.30pm Café QB	FREE gold coin donation appreciated	
Australian Crochet Community All welcome to drop in and crochet and chat or do another craft.	Saturdays 10am to 2pm Oct 15, Nov 19, Dec 17	BYO crochet/ craft project and supplies	
Halloween at Café QB Trick or Treat! Come along dressed in your costume, do some craft activities and search for your lollies in a spooky scavenger hunt. Drinks and snacks available to purchase from the café	Monday 31 st October 5.00pm to 8.00pm Bookings Essential	\$5 per person	
CraftABILITY Adults with Disabilities (& their carers) are invited to join us to complete a different art and craft activity each week. Come along & be creative, be social and maybe enjoy something to eat from the Café menu.	Tuesdays 10.00am—12.00pm	\$6 per person for weekly art project or \$12 including a delicious morning tea.	Contact: creatingvillages@gmail.com for more information, to make a booking and advise of dietary requirements.

Recreation & Leisure for Kids & Adults

Quantin Binnah	DAY & TIME	COST	CONTACT INFORMATION
Maggie the Clairvoyant Maggie has 25+ years' experience and is trusted by many. Have her give you a 1:1 Tarot Angel Card Reading. Other services include Chakra Balancing and Indian Head massages. Prices for other services available on billboard in Café QB.	Wednesdays 9.00am to 2.00pm Café QB	\$25 for a 20-minute card reading.	Contact: Maggie ☎ 0421 564 236 or pop into Café QB on a Tuesday
Dhyana Yoga—Kids Kids Yoga is a great way to boost kids' strength, wellbeing and mental health. Each yoga session is fun-filled with mindfulness, music, games, breath techniques, and yoga poses to find calm, self-love, focus and concentration in daily routine. 5 - 12 years. Beginner to Intermediate	Saturdays 10am to 11am <i>BYO mat, water bottle and wear comfy clothes. Please arrive 10 mins early. Classes conducted in school term only.</i>	\$15 Casual Class \$50 Per month \$100 Per term	Registration of the child is required to join this session. Please scan bar registration form.  Contact Geeta ☎ 0405 381 819 ✉ dhyanaayoga@gmail.com
Dhyana Yoga—Adults STRETCH . RELAX . REPLENISH For Adults. Level: Beginner to Intermediate	Tuesdays 10am to 11am <i>BYO mat, water bottle and wear comfy clothes. Please arrive 10 mins early. Classes conducted in school term only.</i>	\$20 Casual Class \$150 Per Term	
Young People's Club Mustard Seed Chapel Aim to create a safe and sound place for young people. Activities include games nights, information sessions, debates.	Friday nights at 7.30pm	Small contributions	For more information : Contact Nyan ☎ 0402 502 807
International Peace Youth Club Calling all youth from age 11-2! We have an upcoming exciting POP UP PEACE Workshop and fun activities for you to come join! Learn about what IPYC do and discuss what other workshops and activities you'd like to do	Saturday 15 th October at noon	Free	For more information or to RSVP contact Saxon and Rachel ☎ 0402 424 500 ☎ 0431 465 546 australia@ipyg.org IG: @IPYGvic FB: facebook.com/IPYGAU
International Day of People with Disability Pop Up Events Come along and participate in activities facilitated by People with all abilities.	Week beginning 28 th November	Free to \$15 contributions	Contact : Quantin Binnah Community Centre ☎ 9742 5040 ✉ community@qbcc.org.au
End of Year celebration Pop Up Events Celebrate 2022 and prepare for 2023 with some fun, games and activities.	Week Beginning 12 th December	Free to \$15 contributions	Contact : Quantin Binnah Community Centre ☎ 9742 5040 ✉ community@qbcc.org.au
Wyndham Park	DAY & TIME	COST	CONTACT INFORMATION
Ceramics Learn the fundamental techniques and skills associated with clay including key hand building techniques. Suitable for all levels of experience.	Mondays 9:30am - 12:30pm	\$180	Contact Wyndham Park CC ☎ 03 87426448 ✉ Shed@wyndhamparkcc.com.au Online enrolment via Social Planet
Ceramics Learn the fundamental techniques and skills associated with clay including key hand building techniques. Suitable for all levels of experience.	Tuesdays 9:30am - 12:30pm	\$180	Contact Wyndham Park CC ☎ 03 87426448 ✉ Shed@wyndhamparkcc.com.au Online enrolment via Social Planet

Recreation & Leisure for Kids & Adults

Wyndham Park	DAY & TIME	COST	CONTACT INFORMATION
Mosaics 10 mins to learn and lifetime to master. Come along and learn the basics of mosaics and start working on pieces straightaway.	Wednesdays 9:30am - 11:30am	\$150	Contact Wyndham Park CC ☎ 03 87426448 ✉ Shed@wyndhamparkcc.com.au Online enrolment via Social Planet
Woodwork for All Abilities This program is targeted towards NDIS participants and is a great way for people with little woodwork experience to get started. Participants learn basic skills and receive training in how to use woodworking equipment.	Mondays, Tuesdays 9:30am - 12:30pm	\$65 per session	

Seniors

MANOR LAKES	DAY & TIME	COST	CONTACT INFORMATION
Club 60 Wyndham Vale Group for Indian seniors who are involved in the welfare of society by helping isolated seniors to participate in activities.	Mondays, Wednesdays and Fridays 12.30pm-3.30pm	No cost	Contact: Harbans Sodhi ☎ 0470 765 346 ✉ harbans_sodhi@yahoo.com.au
Refugee and Migrant Communities Network Elders activity group. We are conducting a Planned Activity Group for CALD Elders. It is a program of activities offering opportunities for socialisation providing physical, emotional and social needs of the CALD Elders. This program is designed to enhance elders wellbeing and provide holistic care	Thursday 11am—2pm	Free	Contact: Terefe Aboret ☎ 0490 080 933 ✉ terefe@rmcn.org.au
Seniors program - Fun & Fitness A gentle exercise program for seniors providing a fun , social and safe way to active. Learn to move more confidently and improve your fitness level.	Monday 11:00am—12:00pm	Fees apply	Contact: Manor Lakes Community Learning Centre ☎ 8734 8934 ✉ manorlakesclc@wyndham.vic.gov.au

Faith, Cultural & Community Groups

IRAMOO	DAY & TIME	COST	CONTACT NFORMATION
Knit, Crochet and Chat at Iramoo Bring in your current project and work on it in a social setting	Friday 10am – 12pm	Free	Contact: Iramoo Community Centre ☎ 8742 3688 ✉ admin@iramoooc.com.au
Iramoo Quilters Bring in your current project and work on it in a social setting. This group is for sharing and friendship.	4th Saturday of the month 12.30pm - 4pm	Contact Josie	Contact: Josie ☎ 0434 000 866
Love World Pacific Centre	Sunday 3.30pm – 6pm	Contact Emalata	Contact: Emalata ☎ 0480 318 644
Australian Youth Community Centre	Fridays 1pm—2pm	Fees apply	Contact: Nasser ☎ 0425 544 600
Wyndham Vale Men's Shed Located at the Wyndham Vale Master's car park	Fridays 10am-3pm	Contact Greg or Chris	Contact: Greg/Chris ☎ 0438 662 252/0419 820 140
Hosanna Evangelical Worldwide Church	Sundays 1pm-4pm	Contact Nestory	Contact: Nestory ☎ 0431 550 137 or ✉ Nestory2007@hotmail.com

Faith, Cultural & Community Groups

MANOR LAKES	DAY & TIME	COST	CONTACT INFORMATION
Maniema Union To encourage each other and support children in sport. Discuss economics & social activities of associations.	First Saturday of the month 3-6pm	No cost	Contact: Kabala ☎ 0470 319 577
Assembly of Saints Church activities	Sunday 12:30pm - 2:30pm		Contact: Fiston ☎ 0410 145 596
Church Universal of God Church Service	Sunday 3pm—6pm		Contact: Magmumu Hatari Eli ☎ 0466 076 803
Church of Christ - (Iglesia Ni Cristo) Church gathering	Monday 7pm—10pm Saturday 6pm—10pm		Contact: Alfonso Ocon ☎ 0422 560 945
Quantin Binnah	DAY & TIME	COST	CONTACT INFORMATION
Seniors Week Festival - Life! Program Healthy Living information session covering topics such as what is diabetes, heart disease and stroke; healthy eating and weight control; physical activity; reducing stress in daily life.	Monday 3rd October at 11.00am followed by a light lunch	Free	For more information, to make a booking and advise of any dietary requirements. Contact: Quantin Binnah Community Centre ☎ 9742 5040 ✉ admin@qbcc.org.au 🌐 www.qbcc.org.au
Seniors Week Festival High Tea & Craft Come and have a high tea with us and have the opportunity to make something a little bit crafty to take away with you	Wednesday 5th October at 10.00am—noon	\$5.00 for High Tea & Craft activity	
Seniors Week Festival Musical Melodies with Trish Simpson Join us for a fun afternoon of music and singing hosted by musician Trish including a lovely morning tea.	Thursday 6th October 10am - 12.30pm	\$5.00 for morning tea and tunes	
Quantin Binnah's 30th Annual General Meeting The Board of Governance warmly invite you to the AGM with special guest speaker.	Wednesday 26th October 7pm	Free	
QB's 30th Anniversary Celebration Family Festival including children's services concerts, petting zoo, face painting, food, market stalls and much more	Saturday 26th November 10am - 1pm	Free Entry	For more information check out www.qbcc.org.au Café, food and some activities will incur charges
QB Book Club Expressions of Interest being sought			Contact: Quantin Binnah Community Centre ☎ 9742 5040 ✉ admin@qbcc.org.au 🌐 www.qbcc.org.au
Room Hire QB has a number of spaces available for use during the week and weekends. www.qbcc.org.au/hire-facilities-1	Weekdays 9am to 2.30pm, Evenings after 6.30pm and Weekends	Fees apply	

Social & Support Groups

IRAMOO	DAY & TIME	COST	CONTACT INFORMATION
Don't Worry Be Happy Chronic Pain and Depression Support Group	Wednesday Fortnightly 10am -12pm	Free	Contact: Kyren ☎ 0435 156 653
AA Tuesday Night	Tuesday 7pm – 8.30pm		Contact: Anthony ☎ 0466 501 058
AA Werribee Group	Friday 7.30pm - 8.30pm		Contact: Susanna ☎ 0411 146 412
Weight Watchers Meeting	Saturday 8.30am - 9.30am		Contact: Kate Habgood ☎ 0417 434 614

Social & Support Groups

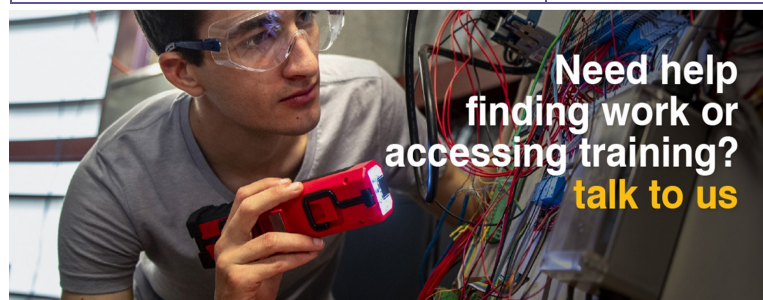
IRAMOO	DAY & TIME	COST	CONTACT INFORMATION
Morning Melodies	3rd Monday of the month 10.30am – 11.30am November 21st	\$5	Contact: Iramoo Community Centre ☎ 8742 3688 ✉ admin@iramoooc.com.au Follow us on Facebook!
Art/Painting/Drawing Group Self lead, bring in your current project and work on it in a social setting	Thursday 10am – 1pm	Free	
Chatty Cafe	2 nd & 4 th Monday of the month 10.30am		
Gluten Free Cooking Program	3 rd Saturday of the month 10am-12	\$5	
MANOR LAKES	DAY & TIME	COST	CONTACT INFORMATION
WCEC Settlement Services Provide Case work predominantly to humanitarian entrants (refuges) under five years of arriving in Australia in Wyndham Vale / Manor Lakes, mostly individuals from Burma, including Karen, Karenni, Chin and Kachin communities.	Mondays 9am—1pm No appointment required. Just walk in	No cost	Contact: Manor Lakes Community Learning Centre ☎ 8734 8934 ✉ manorlakesclc@wyndham.vic.gov.au
The Coffee Table Come along and get to know new friends over coffee and a chat	Thursday 11.30am—2pm	Free	Contact: Sally ✉ thecoffeetable2022@gmail.com
Food Bank Manor Lakes Providing food items to people in need.	Wednesday 9am -11:30am	No cost	Contact : Pynqi ☎ foodbank@newstart.org.au Contact: Facebook - FoodBank Manor Lakes
Youth Counselling Free, confidential counselling for young people. Ages: 12-25 years	By appointment only	No cost	Contact: Wyndham Youth Services ☎ 8734 1355 ✉ youthinwyndham@wyndham.vic.gov.au
Quantin Binnah	DAY & TIME	COST	CONTACT INFORMATION
Tweddle Early Help Service Can assist with a range of parent and family worries and aims to support the wellbeing and development of their children. Helping early can be a great way to prevent bigger problems.	Mondays Noon to 3pm Tuesdays 8.30am to 3.30pm	Free	Contact : Sara Allen, Early Help Practitioner ☎ 0435 404 988 ✉ sara.allen@tweddle.org.au Contact Sara to make an appointment or just pop in
Bringing up Great Kids A FREE parenting program promoting respectful and caring relationships between parents/carers and their children aged 12 months to 8 years.	Mondays 9.30am to 11.30am Starting 10 th October for 6 weeks		
WONDERWOMEN - NEW A social support group for women in Wyndham. Make some new friends, have a chance to relax, support each other and focus on yourself. Some activities may incur a charge but this will be advertised in advance.	Thursday 9.30am	FREE – gold coin donation appreciated	Contact: Quantin Binnah Community Centre ☎ 9742 5040 ✉ admin@qbcc.org.au 🌐 www.qbcc.org.au
Wyndham Parent Support Network Support for parents and carers who have a child with a disability or developmental delay from birth to 18 years of age. New members welcome	First & Third Monday of the month (except public and school holidays) 10am - 12pm		Strengthening Parents Support Program Facilitator Contact: Wendy White ☎ 0448 015 023 ✉ Wendy.white@mackillop.org.au

Social & Support Groups

Quantin Binnah	DAY & TIME	COST	CONTACT INFORMATION
Café QB Marketplace Homemade items available to purchase. Support our community of budding entrepreneurs. All artists have a disability, mental health concerns or are a start-up venture /seed project.	Mondays Tuesdays & Wednesdays in Café QB	Items individually priced starting from \$5	Please contact community@qbcc.org.au or for more information.
Mind Australia's Mental Health and Wellbeing Hub offering short term Psychological and practical support for all members of the community. Face to face drop in hub members of the community who are experiencing mental distress or need support to drop in and have a chat.	Mondays	Free	Michael Lazzaro Lead Practitioner ☎ 0428892813 ✉ Michael.Lazzaro@mindaustralia.org.au 🌐 www.mindaustralia.org.au
Life! Community Kitchen Our friends at Life! are providing FREE vegetarian and halal take away meals. If you would like to take a meal home, no questions asked, please see the team in the café.	Mondays Tuesdays & Wednesdays in Café QB (Once distributed no more will be available.)	FREE – limited meals available.	Contact community@qbcc.org.au for more information.
4 Yr Kindergarten Children—Transitioning to School in 2023 Information Session Want to learn more about supporting your child to transition to school next year? Do you have some questions about what happens when your child starts school? Want to meet with other parents who are experiencing their child starting school?	Tuesday 18th October 9am – 10.30am OR Wednesday 19th October 8.30 – 10.30am OR Thursday 20th October 9am – 10.30am	FREE Coffee & Cake for all parent/carers.	RSVP to admin@qbcc.org.au by Monday 17 th October
3 Yr Kindergarten Children— Transitioning to 4 Yr. Kindergarten 2023 Information Session Want to learn more about supporting your child to transitioning to 4 Yr. Kindergarten next year? Have some questions about what happens when your child starts 4 Yr. Kindergarten?	Tuesday 11 th October 9.15 – 10.15am OR Wednesday 12 th October 9.15 – 10.15am		RSVP to admin@qbcc.org.au by Monday 10 th October
Wyndham Mum's & Bub's Clothes Swap Has your child grown out of their current sizes? Too good to throw away? <i>(Clothes available to those who have nothing to swap)</i>	November TBC Bring your old good condition clothing along to swap for other sizes.	No	For more information contact Bianca at Creating Villages creatingvillages@gmail.com
Wyndham Women Support Group Sewing Project Do you like sewing? Do you like chatting? Come & along and join the ladies. Pop by to see what the group does.	Thursday's during Term 10am to 2pm	No	Tania Kelaart Wyndham Women's Support Group Mobile 0423 051686 Email wyndwomens.sg18@gmail.com
COMMUNITY CONNECTOR Wyndham City's Community Connector team can provide specific information and referral/s to local supports & services tailored to meet the needs of the individual. <ul style="list-style-type: none"> Information and assistance accessing services for e.g. My Aged Care, NDIS, HACC PYP Links to social support & community groups/activities Information and referrals for emotional support, counselling, food relief and material aid Advocacy Support and Information 	Wednesdays 8am to 5pm	FREE	Contact: Mellina ☎ 0429 308 011 ✉ mellina.melvin@wyndham.vic.gov.au

Social & Support Groups

Quantin Binnah	DAY & TIME	COST	CONTACT INFORMATION
Food Swap Meet near the BBQ area. Fruit and Vegetable growers bring their excess produce along and place it on a common table and swap it for other home grown produce on the table.	3rd Saturday of the month 11am - 12pm	Free Fruit and Vegetable Swap	Contact: Coralee ☎ 0403 433 795
Break Fast Club Before dropping the kid's off at school come in for some brekky together to help you fuel your day. Don't have any kid's, no problems, you're welcome too. No questions asked. Breakfast items to include cereal, toast and fruit.	Mondays & Wednesdays 8am QB Cafe	Free <i>gold coin donation appreciated</i>	Contact: Bianca at Creating Villages ✉ creatingvillages@gmail.com
QB CAFÉ Support Creating Villages by purchasing something yummy to eat and/or drink. Hot drinks, milkshakes, sandwiches and toasties, pies and daily specials will be available to purchase.	Open hours Mondays and Tuesdays 8.00am—2.00pm and Wednesdays 8.00am—4.30pm	Please refer to daily menu @ Café QB for prices.	
Wyndham Park	DAY & TIME	COST	CONTACT INFORMATION
Wyndham Park Community Store Food relief program for the Wyndham Community.	Thursdays 9:30am - 12pm	Free	Contact Wyndham Park CC ☎ 9742 7298 ✉ admin@wyndhamparkcc.com.au
Wyndham Women's Support Group Women from different backgrounds and different cultures come together each week to provide support and friendship to one another	Mondays, Tuesdays 9:30am - 12:30pm	Free	Contact: Tania ✉ Wyndwomens.sg18@gmail.com



Find out more about our free services

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- Identifying training courses
- Career guidance
- and more..

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Email: ochowdhury@ssi.org.au

Come and meet us at the Manor Lakes Community Learning Centre
86 Manor Lakes Blvd, Manor Lakes VIC 3024

Every first and third Wednesday of the month 9 am to 12 pm

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Complete a 5 day workshop, and get access to an exclusive network of job opportunities with local employers.

Learn all you need to know to successfully get a job.



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Contact: Therese
Phone: 0481 529 767
Email: thereset@wyndhamcec.org.au

Online: <https://bit.ly/2QLxnaC>



Creating diverse opportunities

The Brotherhood of St. Laurence (BSL) Jobs Victoria program is an employment service for long term jobseekers living in Melbourne's western suburbs, offering support to people who are experiencing disadvantage.

Our program provides intensive, one-on-one support, working closely with jobseekers and employers using an innovative recruitment model.

At BSL Jobs Victoria, we are focussed on creating employment pathways that will help renew confidence and connect jobseekers with employment opportunities.



Contact us

BSL Jobs Victoria Western Region

Melton Office

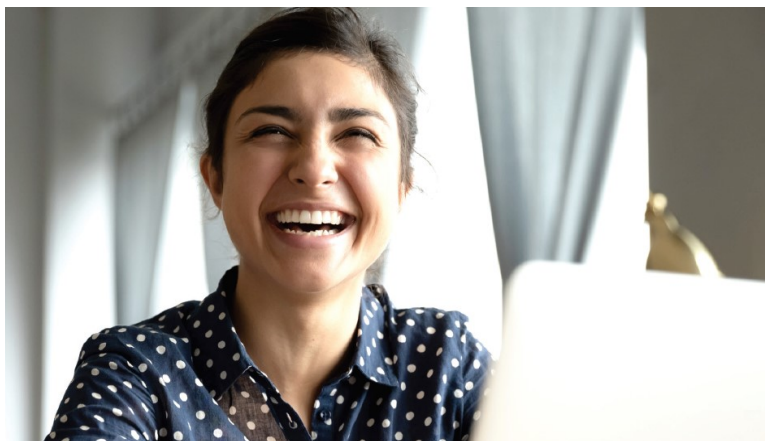
31 McKenzie St, Melton VIC 3337

T 0429 220 634

E JVESWest@bsl.org.au

www.bsl.org.au/services/getting-a-job/jobs-victoria

At Manor Lakes
on Tuesday and
Wednesdays
9am—5pm



This program is supported by Jobs Victoria.
Helping Victoria get back to work.



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Paul - 0421 660 657



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Ready Set Work Barista

Get ready for the return of hospitality work!

Ready Set Work Barista is a practical course designed to prepare people for work in the vibrant café scene or further training. *This is a non-accredited course.*

About the course

In this two day course you will:

- Operate a commercial espresso machine
- Learn about the origins of coffee
- Make a range of coffees
- Improve your job ready skills
- Increase your confidence

Upon successful completion of the course you will have:

- An understanding of what makes a good barista
- Improved skills and confidence to look work
- Improved skills and confidence to enrol in further training
- A Statement of Participation

Eligibility

Permanent Resident and/or Australian Citizen/New Zealand. Citizen and not enrolled in mainstream secondary school (government, non-government, independent, Catholic or home schooling)

Click here for more information:

<https://www.jesuitcommunitycollege.org.au/acfe-eligibility>

Government funded program for eligible participants. There are no pre-requisites for this course. People with a disability are encouraged to apply. This course is a Centrelink approved activity.

For further information please click on this link: www.jesuitcommunitycollege.org.au/contact or call 9415 8700

This training is funded by the Federal and Victorian State Governments for eligible participants. TOID: 21800.

At: Manor Lakes Community Learning Centre, 86 Manor Lakes Blvd, Manor Lakes.

To register: Please call on 9415 8700 or go to www.jesuitcommunitycollege.org.au/contact