# THE BUZZ Term 1, 2023 NEWSLETTER

#### News from the Community Centres of Point Cook





Happy New year and welcome to our Term 1 edition of the 2023 Buzz. We look forward to an exciting year ahead across all our centres in Point Cook.

We proudly embrace the 2021 census data that Point Cook emerged as the country's most multicultural suburb! There is so much on offer both in our centres and across Point Cook with a host of programs and activities for all ages and backgrounds. Take a look through our program listings to see what may interest you.

events and activities. The Wyndham Multicultural Lunar Festival on February 4 in the town centre, an Indigenous Cultural Infusion on March 2 at the Point Cook Community Learning Centre. The Point Cook Pop Up Park has been revamped and is back in full swing, so expect to see a variety of events & activities pop up in March & April during their Cultural Festival....just to name a few!

We love to show case your local activities in our Buzz Newsletter, so why not give a shout and tell us your story to share with the community.

Our passionate community are hard at work planning fun

Featherbrook Community Centre, 33—35 Windorah Dr, Point Cook: Phone 8353 4000

Jamieson Way Community Centre, 59 Jamieson Way, Point Cook: Phone 9395 3777

Point Cook Community Learning Centre, 1-21 Cheetham Street, Point Cook: Phone 9395 6399

Saltwater Community Centre, 153 Saltwater Promenade, Point Cook: Phone 8376 5500



#### YOUR COUNCIL CLOSE TO HOME

Did you know a range of council enquiries and transactions are available such as:

- Council payments
- Kinder enquiries
- Pet registrations
- Rate enquiries and payments

9am—5pm Monday to Friday at the Point Cook Community Learning Centre pointcookclc@wyndhamvic.gov.au 9396 6399



## INDIGENOUS CULTURAL INFUSION

Leading up to Cultural Diversity Week the Point Cook Community Learning Centre is hosting an Indigenous cultural infusion.

An Acknowledgement of country and smoking ceremony will be held at the front of the centre. The smoking ceremony is a traditional Aboriginal custom which involves burning native plants just enough to produce smoke. The smoke will cleanse the area and ward off bad spirits from the people and the land.

Smoking Ceremony at the front of the centre 2 March 10am-10:15am all welcome

#### Following the Smoking Ceremony the Point Cook Library is hosting two Indigenous Infusion programs for pre-school aged children.

The Indigenous Infusion program is the perfect introduction into Aboriginal and Torres Strait Islander histories and cultures. Students will develop an understanding of the rich and ancient traditions of Australia's first inhabitants.

This highly interactive and engaging program enables students to explore different cultural aspects such as Dance and Didgeridoo, Indigenous Artefacts and Storytelling.

Indigenous Infusion in the Library 2 March 10:30am & 11:15am Booking's Essential -Contact Point Cook Library



## ACKNOWLEDGEMENT OF COUNTRY

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



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

#### Early Years Programs & Activities

Various Locations & times		ntact Information		
Immunisations The Wyndham City Immunisation Unit provides free public vaccinations against a range of childhood and adult diseases.	<b>*</b> •	ntact: Wyndham Immun 9742 0736 <u>wyndham.vic.gov.au</u> se Idren's Services > Immur	For further information scan to be directed to Children's Services Website	
Maternal & Child Health Appointments Professional nursing support & advice for parents with children from birth to school age.	<b>*</b>	ntact: Maternal & Child   1300 370 567 <u>wyndham.vic.gov.au <i>se</i> vices</u>	& Child Health	
First Time Parents Group Meet friendly local families to talk about your kids & have fun! Share experiences, find advice, give support & make new friends.		Contact: Child and Family Resource Team 1300 370 567 wyndham.vic.gov.au/services/child-services/ playgroups/baby-playgroup		
Supported Playgroup / Baby Playgroup A playgroup that aims to meet the needs of vulnerable families in our community. MCH referral required	<u>plav</u>			
Wyndham City Council - Kindergarten 3 & 4 Year Old Kindergarten Services. Enrol your child online.	<b>*</b> (5)	ntact: Kindergarten Tear 1300 370 567 <u>wyndham.vic.gov.au <i>se</i> dergarten</u>	<u>Services &gt;</u>	
Featherbrook Community Centre		Day & Time	Cost	Information
Busy Bees Playgroup Where children learn through play, imagination a creativity all whilst developing social skills. A frien environment where parents meet new friends to Suitable for ages under 5 years.	ndly	Tuesday 9:00am—11:00am	Fees apply	<ul> <li>Monica</li> <li>busybeesfeatherbrook@gmail.com</li> </ul>
MY TIME—Tweddle Unwind & connect with others who understand a world away from appointments & therapy. MyTin offers peer support for parents & carers of childr with disability or chronic health condition. Childr are engaged in activity with playhelpers while ca connect, share ideas and swap tips.	me en en	Wednesday 10:00am—12:00pm	No cost	<ul> <li>⑥ Kim</li> <li>⑦ 9689 1577</li> <li>⊠ kim.mace@tweddle.org.au</li> <li>⑧ www.mytime-net-au</li> </ul>
<b>Tiny Tutus</b> Educational pre-school ballet classes promoting fitness and creativity from a young age with the balance of fun and learning.	right	<b>Thursday</b> 9:00am—11:30am	Fees apply	<ul> <li>Tiny Tutus</li> <li>1300 245 060</li> <li>➢ hello@tinytutus.com.au</li> <li>tinytutus.com.au</li> </ul>
Little Kookies Playgroup Where children learn through play, imagination a creativity all whilst developing social skills. A frien environment where parents meet new friends to Suitable for ages under 5 years.	ndly	<b>Thursday</b> 9:00am—11:00am	Fees apply	<ul> <li>Monica</li> <li>littlekookiesfeatherbrook@gmail.com</li> </ul>
First Time Parents Group—Wyndham City First Time Parent Groups are for new parents of Wyndham. We cover a lot of topics, from breastfeeding and sleep-and-settling, family relationships and wellbeing.		<b>Thursday</b> 1:30pm—3:30pm	No Cost	<ul> <li>① Susan</li> <li>☎ 0427 523 177 or 1300 370 567</li> <li>☑ playgroup@wyndham.vic.gov.au</li> </ul>
Hey Dee Ho Educational music program for children 6 month 5yrs. Parent & child classes with max of 12 childr Creating a fun filled interactive 45 minute musica playdate with puppets, instruments and much m	en. al	Friday 10:00am—11:00am	Fees apply	<ul> <li>⑦ Melissa</li> <li>☎ 0457 301 878</li> <li>☑ ehomusicwyn@gmail.com</li> <li>③ <u>heydeeho.com.au</u></li> </ul>

#### Early Years Programs & Activities

Jamieson Way Community Centre	Day & Time	Cost	Information
Cookie Kids Messy Sensory Play Ages 1—5 yrs. dress for mess! Ooey, gooey, fun filled activities.	Sessions each term 2023 dates to be	Fees Apply	<ul> <li>①Jamieson Way Community Centre</li> <li>2 9395 3777</li> <li>≥ admin@jamiesonwaycc.org.au</li> </ul>
DPR School of Dance Mummy & Me (18 mths - 3 yrs) Intro to dance, movement & music classes for parents & bubs ,Tiny Tots, Baby Ballet & Tiny Tappers 3– 5 yrs Dance, Acrobatics & Drama (from 5 years) Jazz, Hip Hop, Ballet, Contemporary, Tap, Acrobatics, Drama, Boys !	Contact for days & times for all available class times, days and styles	Fees apply	<ul> <li>⑦ Bree</li> <li>☑ bree@danceeperformrepeat.com.au</li> </ul>
<b>Cookie Kids Playgroup</b> Babies to 5yr—Parents stay. Provides play time & social interaction for children in a relaxed & supportive environment.	Wednesday 9:30am—11:30am	\$65.00 family/term includes insurance	<ul> <li>①Jamieson Way Community Centre</li> <li>2395 3777</li> <li>admin@jamiesonwaycc.org.au</li> </ul>
Lightpoint Church Playgroup Playgroup for families	Fridays 12pm—2pm	Fees apply	<ul> <li>Estelle 0428 335 427</li> <li>est.bouwer@gmail.com</li> </ul>
Safe Seats, Safe Kids FREE child car restraint fittings & safety checks Hosted by Kidsafe Victoria in partnership with Neighbourhood Houses Victoria, with support by the Victorian State Government	Fortnightly Mondays 10am—2pm	No Cost Bookings required	<ul> <li>Book online</li> <li>https://safeseatssafekids.com.au/ venues-mec/</li> </ul>
Point Cook Community Learning Centre	Day & Time	Cost	Information
Bilingual Chinese & English Story Time Ages 3+ Join us for 45 minutes of stories, songs, rhymes & craft in Chinese & English. Meet other bilingual families, learn words in another language & help your child develop important language skills.	Fridays (2nd of the month) 11:00am		<ol> <li>Point Cook Library</li> <li>8734 8999</li> </ol>
Baby Time Ages 0– 12 months Sing, move, and bond with your baby as we share some of our favourite songs and reading tips.	<b>Wednesdays</b> 11:00am	No Cost	S www.wyndham.vic.gov.au/libraries for current information.
Rhyme Time Ages 1–5 years These 30-minute sessions include stories, songs & rhymes designed to develop early language, literacy, and numeracy skills.	Tuesdays & Wednesdays 9:30am Saturdays 10:30am		Programs during school term For session dates and times please visit: www.wyndham.vic.gov.au/services/ libraries/early-years/early-years-events-
Story Time Ages 3+ These 45-minute sessions include stories, songs and rhymes, and a simple craft activity designed to develop early language, literacy and numeracy skills.	<b>Tuesdays &amp; Fridays</b> 11:00am		and-activities
FaithKids Playgroup A fun, learning & structured play environment through educational activities & crafts, song & story time for children 4yrs & under during.	<b>Fridays</b> 9:30am—11:30am	Fees apply	<ul> <li>④ Angela Seow</li> <li>2 0422 101 968</li> <li>☑ playgroup@faithlifechurch.com.au</li> <li>€ faithlifechurch.com.au</li> </ul>
Gateways—Happy Feet Playgroup Happy Feet an early intervention group program for children with a delay in development or disability. Facilitated by occupational & speech therapists.	Commencing term 2 Wednesdays Ages 2-5 9:15am—11:45am	NDIS funding required	<ol> <li>Gejal Mithbawkar</li> <li>2396 1111</li> </ol>
Gateways—Prep for Prep A pre kinder program for children with a delay in development or a specific diagnosis. An OT will address developmental skills in a kinder environment.	Commencing term 2 Thursdays Ages 3-5 12:15pm—2:45pm		<ul> <li>9396 IIII</li> <li>Sejal.mithbawkar@gateways.com.au</li> <li>westernmelbourne@gateways.com.au</li> </ul>
Korean Playgroup Korean mums gathering with babies and toddlers aged from 0-4 yrs old.	<b>Mondays</b> 12:30pm—2:30pm Bookings essential	\$50 per term	<ul> <li>① Lucy Jang</li> <li>2 0432 615 542</li> <li>⊠ lucyjang0212@yahoo.co.kr</li> </ul>

#### Early Years Programs & Activities

Deint Cook Community Looming Contra		Cont	Information
Point Cook Community Learning Centre	Day & Time	Cost	Information
Little Buddies Toy Library Wide range of toys suitable for 0-5 year olds including ride-ons, educational toys, puzzles, games, imaginative play sets, baby toys &more.	<b>Tuesday &amp; Fridays</b> 10:00am-12:00pm <b>Saturdays</b> 9:00am-1:00pm	Fees apply	<ul> <li>☎ 8353 1196</li> <li>☑ wlbtoylibrary@bigpond.com</li> <li>⑤ Littlebuddiestoylibrary.com.au</li> </ul>
Mandarin Playgroup Facilitated playgroup with story telling, song singing & easy Chinese characters learning activities. Meet Mandarin speaking families in the neighbourhood. Sessions will be conducted in Mandarin.	Fridays 11:30am—1:30pm Fortnightly during school term Bookings essential	\$40 per term	<ol> <li>Lin− Hsuan</li> <li>0490 729 222</li> <li>Linhsuanwang@gmail.com</li> <li>Yoana Lo</li> <li>0423 350 954</li> </ol>
Point Cook Multicultural Playgroup Facilitated playgroup provides great play & social opportunity to young children, carers & families. Join in some fun activities which include rhymes, stories & songs & meet other parents in your local area.	<b>Thursdays</b> 9:30am—11:30am During school term Bookings essential	\$60 per term	<ul> <li>① Rabia</li> <li>☎ 0424 740 857</li> <li>⊠ khan.rabia@outlook.com.au</li> </ul>
Sanctuary Lakes Activity Playgroup A play based playgroup for 0—5yo. Activities include story time, music, dance, craft & outdoor play. Enjoy a social time for parents & children.	<b>Mondays</b> 9:30am—11:30am	\$50 per family per term	Siplaygroup@hotmail.com
VACCA Koorie Kids Playgroup A great place for children & their Mums, Dads & carers to gather with other Koorie families, make new friends, hear stories, participate on cultural arts & crafts, express creativity & learn about culture,	Tuesdays 11:30am—2:30pm	No Cost	<ul> <li>① Tayla Spiteri</li> <li>☎ 0455 467 931 or 03 9742 8300</li> <li>☑ taylas@vacca.org</li> </ul>
Saltwater Community Centre	Day & Time	Cost	Information
Hey Dee Ho Hey Dee Ho music invites you to join in the fun of musical edutainment with instruments, puppets, songs, dance. Its new adventure every week.	Wednesdays 10:00am—10:45am	Fees apply Free trial Class	<ul> <li>Melissa Smile</li> <li>0457 301 878</li> <li><u>heydeehomusicwyn@gmail.com</u></li> <li><u>heydeehomusic.com.au</u></li> </ul>
SaltwaterCC Playgroup A space where you can play, laugh, get arty & make new friends. For ages 0- 4 where apart from indoor and outdoor play, we will have Songs & Story time.	Fridays 9:00am—11:00am Starting Term 3	Fees apply	① Monica Saltwaterccplaygroup@gmail.com
Rhyme /Story Time and Pop-Up Library Join us for Rhyme time or Story Time and a special Pop-Up Library every week in Term 2.	<b>Tuesdays</b> 1:45pm—4pm	No Cost	<ul> <li>Saltwater Community Centre</li> <li>8676 5504</li> <li>www.wyndham.vic.gov.au/libraries</li> </ul>
Sunflower Playgroup Ukrainian speaking children of preschool age. Educational & entertaining activities like reading, games, dancing , singing, art and craft .	Saturdays 10:30am-12:30pm	Fees apply	<ul> <li>① Mariya</li> <li>☎ 0439 551 814</li> <li>⊠ mariya.brundell@gmail.com</li> </ul>
<b>Tiny Tutus Preschool Ballet</b> Educational pre-school ballet classes promoting fitness and creativity from a young age with the right balance of fun and learning.	Fridays 9:00am—12:00am	Fees apply	<ul> <li>1300 245 060</li> <li><u>hello@tinytutus.com.au</u></li> <li><u>wwtinytutus.com.au</u></li> <li>Yearly registration fee includes your tutu</li> </ul>

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#### Education & Training Kids & Adults

Fastharbrook Community Contro	Day 9 Time	Cost	Information
Featherbrook Community Centre	Day & Time	Cost	Information
Abacus 4 Kids Fun and innovative ways for kids ages 4-12 to learn mathematic mental arithmetic skills using abacus (soroban). Free trial class available.	Mondays to Saturdays Various times Call for details	Fees apply	<ul> <li>① Jaslyn</li> <li>2 0406 946 069</li> <li>□ <u>abacus4kids@gmail.com</u></li> </ul>
WCEC English Conversation Classes—Adult New to English classes in partnership with Wyndham Community & Education Centre.	Wednesdays & Thursdays: 9:00am-12:00pm	Fees apply	<ul> <li>Wyndham Community &amp; Education Centre</li> <li>9742 4013</li> <li>wyndhamcec.org.au/wpmain/</li> </ul>
KK Art Art, drawing & Craft lessons for kids <b>4-8 years old.</b> Our classes are designed to be the one stop shop to develop your drawing, painting, colouring and craft making abilities.	Wednesdays 5:00pm—6:00pm Thursdays 5:00pm—6:00pm	Fees apply	<ul> <li>① Katherine</li> <li>☎ 0426 187 144</li> <li>⊠ kkart.classes@gmail.com</li> </ul>
Spoken English Classes—Adult Learn to speak spoken English with Constance or Radha. A volunteer led Hubs program.	Monday & Tuesday 9:00am —10:30am or 10:30am —12:00pm	No Cost	<ul> <li>⑦ Featherbrook Team</li> <li>☎ 8353 4000</li> <li>☑ featherbrookcc@wyndham.vic.gov.au</li> </ul>
Wyndham Chess Club Chess lessons for children aged 6 and over. All levels welcome from beginners to advanced	<b>Fridays</b> 5:00pm —8:00pm	Fees Apply	<ul> <li>Image: Phil Minichelli</li> <li>Phil Minichelli</li> <li>0478 604 601</li> <li>□ phil@wyndhamchess.club</li> <li>Image: www.wyndhamchess.club</li> </ul>
Jamieson Way Community Centre	Day & Time	Cost	Information
AMEP English classes WCEC	Monday & Wednesday	No Cost	<ul> <li>Wyndham Community &amp; Education Centre</li> <li>9742 4013</li> </ul>
Barista—partnership WCEC Barista training workshops/ courses	Connect with us for 2023 dates	Fees apply	
First Aid For parents, grandparents or carers who would like an introduction or basic refresher on First Aid knowledge related to children and infants	Connect with us for 2023 dates	Fees apply	<ul> <li>① Jamieson Way Community Centre</li> <li>2 9395 3777</li> <li>○ admin@jamiesonwaycc.org.au</li> </ul>
French Language Enjoy a cuppa and meet new people while you learn French language! All welcome	<b>Tuesday</b> 1pm - 3pm	Fees apply	
Sparking Potential Tutoring Tutoring Services English, Mathematics and Writing Skills lessons for years Prep-7	Monday to Friday evenings and Saturdays	Fees apply	<ul> <li>Rachel 0435 240 044</li> <li>sparkingpotentialpointcook@gmail.com</li> </ul>
Point Cook Community Learning Centre	Day & Time	Cost	Information
AMEP: English Classes Providing basic English classes for newly arrived residents. Level 1 & 2 intermediate.	<b>Monday &amp; Fridays</b> 9:00am– 2:30pm <b>Thursdays</b> 9:00am–3:30pm	No Cost	<ol> <li>Wyndham Community &amp; Education Centre</li> <li>9742 4013 &amp; press 1</li> </ol>
Brainworks Helps to develop the potential of students aspiring to reach various goals, including improving their understanding of the school & preparing for competitive scholarship & selective school exams.	Wednesdays & Thursdays 5:15pm—7:15pm	Fees apply	<ul> <li>Adnan</li> <li>0433 195 110 or 0401 421 115</li> <li>pointcook@brainworks.com.au</li> <li>brainworks.com.au</li> </ul>
Conversational English for migrants Practise your English skills, meet new people, and learn from others.	<b>Fridays</b> 9:00am—11:00am	No Cost	<ul> <li>Point Cook CLC</li> <li>9395 6399</li> <li>pointcookclc@wyndham.vic.gov.au</li> </ul>

#### Education & Training Kids & Adults

Point Cook Community Learning Centre	Day & Time	Cost	Information	
<b>Bookkeeping</b> This course is designed for beginners and covers all aspects of bookkeeping including general journals, sales and purchases journals, general ledger, trial balance, profit & loss statements, bank reconciliation and balance sheets.	Saturdays 12:30pm—3:30pm	\$30 for 10 week course (permanent residents)		
Cake Decorating—Beginners Course focuses on getting creative with food preparing decorated cakes for personal /consumer— naked, celebration and cupcakes, fondant and anti Gravity Cake. It will also cover the practical aspects of setting up a small business.	Tuesdays Taking Expressions of Interest only for Term 2	Fees apply	all courses are 3 hours 10 weeks	
Computer Skills — First Steps For absolute beginners. This course covers basic computer skills to get you started including an introduction to the Internet, emails, attachments, MS Word and Windows Operating System.	Tuesdays & Thursdays 12:30pm—3:30pm	\$30 for 10 week course (permanent residents)	<ol> <li>Wyndham Community &amp; Education Centre</li> <li>9742 4013</li> <li><u>https://wyndhamcec.org.au/course-</u></li> </ol>	
Computer Skills — Introduction to Excel Excel in its most basic form, is a very fancy calculator. This course is an introduction to Excel and includes developing charts and worksheets for both personal and work related uses. e.g. household/ work budgets.	<b>Tuesdays</b> 9:00am—12:00pm	\$30 for 10 week course (permanent residents)	list-pre-accredited/	
<b>Computer Skills — MYOB</b> This is a practical hands-on course designed to teach students about the computerized accounting package MYOB. Includes payroll and BAS.	Saturdays 9:00am—12:00pm	\$30 for 10 week course (permanent residents)		
<b>English Conversation Café</b> 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.	Mondays 2:00pm—3:00pm	No Cost	<ol> <li>Point Cook Library Staff</li> <li>8734 8999</li> <li>www.wyndham.vic.gov.au/adult- events-and-activities</li> </ol>	

Free VCE Maths Support



Tuesday 4 - 5pm, starting Term 1, 2023
Point Cook Community Learning Centre

#### Scan QR code to learn more



## Education & Training Kids & Adults

Point Cook Community Learning Centre	Day & Time	Cost	Information
Gunsmart—Firearm Safety Course Feel safe around firearms or complete the course certificate so that you can apply for a category A/B firearms licence. Juniors 12-18 years welcome when accompanied by an adult. 2 hour course and exam.	<b>Tuesdays</b> 7:15pm—9:00pm	\$88 Adults	<ul> <li>① Gunsmart</li> <li>☎ 1300 920 900</li> <li>○ <u>instructor@gunsmart.com.au</u></li> <li>⑦ www.gunsmart.com.au</li> </ul>
Library IT Programs A variety of computer literacy and skill building programs. Includes free courses such as: Computer basics, Intro to Microsoft Word, Protect yourself from scams, and many more!	Visit the library for more info or register online.	No Cost	<ul> <li>Point Cook Library</li> <li>8734 8999</li> <li>www.wyndham.vic.gov.au/services/ libraries/adults/library-it-programs</li> </ul>
Sewing Classes—Next Stitch — Intermediate An intermediate level sewing course which assumes basic knowledge of using machines. Will cover introduction to overlockers, working with different fabrics and using patterns to make a simple garment.	Tuesdays 9:00am—12:00pm Wednesdays 6:00pm—9:00pm	\$40	all courses are 3 hours 10 weeks  ① Wyndham Community & Education Centre
Sewing Classes—All Sewn Up—Advanced Advanced level course which follows on from the "Next Stitch" course. who will already know how to use a basic sewing machine and overlocker. Course includes sewing with stretch fabric and making a more complex article or garment.	<b>Thursdays</b> 6:00pm—9:00pm	(permanent residents)	<ul> <li>Wyndnam community &amp; Education Centre</li> <li>9742 4013</li> <li><u>https://wyndhamcec.org.au/course-</u> <u>list-pre-accredited/</u></li> </ul>
South Sudanese Children's Homework Club Prep to years 6 & 7 designed to address key areas of development, setting goals & building confidence. The homework club fosters higher learning within children & encourages them to pursue their goals in life. We will assist children with their school reader & homework.	<b>Mondays</b> 5:00pm—6:30pm	No cost	<ul> <li>① Aweeng or Poly</li> <li>2 0403 523 429 or 0434 178 753</li> <li>○ poly.kiyaga@wyndhamcec.org.au</li> <li>○ aweeng.deng@wyndhamcec.org.au</li> </ul>
<b>Telugu Association of Australia Inc</b> Teaching Telugu language to protect culture & diversity among our children while integrating with the multicultural society of Wyndham.	<b>Saturdays</b> Fortnightly 3:30pm—6:00pm	Fees apply	<ul> <li>① Satya</li> <li>☎ 0422 211 036</li> <li>△ matamps@cba.com.au</li> <li>③ taai.net.au</li> </ul>
VCE Maths Support Run by a tutor with experience studying 3 levels of maths and achieving 97.65 for her VCE. Your tutor had graduated from Bachelor of Commerce at Melbourne Uni and worked in a tech startup, before deciding to pivot into Education by taking up Master of Teaching studies from 2023. Looking forward to supporting you with your VCE maths studies.	<b>Tuesdays</b> 4:00pm—5:00pm	No Cost	<ul> <li>① Beijia Sun</li> <li>206 990</li> <li>△ <u>bsun@live.com.au</u></li> </ul>
Writing Group (Online) Come along to Wyndham City Libraries free 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.	<b>Tuesdays</b> (4th of the month) 7:30pm—8:30pm	No Cost	<ul> <li>8734 8999</li> <li>For session dates and times please visit:</li> <li>www.wyndham.vic.gov.au/adult- events-and-activities</li> </ul>
Zimbabwean Community in Australia Offering Shona Ndebele language classes to kids & adults.	Saturdays 1:00pm—3:00pm	Fees apply	<ul> <li>① A. Zivave</li> <li>☎ 0424 326 267</li> <li>☑ principal@zimcommunityeducation.org</li> </ul>

Featherbrook Community Centre	Day & Time	Cost	Information
Beat Freakz Fitness An all in one workout combining aerobics, boxing, weight resistance and dancing with a twist. Classes include light dumbbells for sculpting & toning.	<b>Mondays</b> 6:45pm—7:30pm <b>Fridays</b> 9:45am—10:30am	Fees apply	<ul> <li>① Jenna Chaffey</li> <li>☎ 0424 124 661</li> <li>➢ <u>beatfreaksfitness@yahoo.com</u></li> <li>③ <u>beatfreaksfitness.com.au</u></li> </ul>
PointCookDance We aim to inspire, encourage & challenge out students in safe, friendly & nurturing classes. Classes include Pre School Dance, combination for preppies, classical ballet, Jazz & Funk, Hip-Hop, Hip-Hop Boyz, Tap, Contemporary, Acrobatics, Drama & singing. For ages 3 year to teenagers.	Tuesdays, Thursdays, Fridays & Saturdays Times vary. Please see timetable on website	Fees apply	<ul> <li>① Mandy</li> <li>2 0416 679 911</li> <li>2 info@pointcookdance.com.au</li> <li>③ www.pointcookdance.com.au</li> </ul>
Point Cook Girl Guides As the peak organisation for girls aged 5-17, The Girl Guides mission is to empower all girls to become confident, engaged, resilient and responsible community members.	<b>Tuesdays</b> 6:30pm—8:30pm	Fees apply	<ul> <li>⑦ Robyn</li> <li>☎ 0407 055 631</li> <li>☑ wyndham@guidesvic.org.au</li> <li>⑨ guidesvic.org.au</li> </ul>
Rachana Natyalaya One of the prominent places in Melbourne to learn Indian Classical Dance Bharatanatyam, Folk and Bollywood dancing from a qualified dance teacher.	Wednesdays 6:00pm—9:00pm	Fees apply	<ul> <li>① Archana</li> <li>2 0432 161 933</li> <li>☑ koorthy@gmail.com</li> <li>③ rachananatyalaya.com</li> </ul>
Sahaja Yoga Meditation Teaches a unique method of meditation where participants can achieve a state of balance in just 10 minutes.	Wednesdays 7:30pm—8:30pm	No cost	<ul> <li>⑦ Annie</li> <li>⑦ 0423 110 875</li> <li>☑ annie.sarani@gmail.com</li> <li>③ www.sahajayoga.com.au</li> </ul>
Open Table Tennis at Featherbrook Join locals for some active fun playing table tennis. Places are limited so book now! Open to all	<b>Mondays</b> 10:30am—1:00pm	No cost	<ul> <li>● Featherbrook CC</li> <li>■ 8353 4000</li> <li>☑ featherbrookcc@wyndham.vic.gov.au</li> </ul>
Vibe Choreography "LETS CO-EXIST" Exciting, fun and popular Bollywood, Hip Hop, Jazz Funk dance classes for anyone aged 6 years. If you love to dance, build your confidence and make great friends, enquire with us.	Tuesdays, Wednesday, Fridays & Saturdays Times Vary. Please see website.	Fees apply	<ul> <li>① Alpana</li> <li>2 0434 944 074</li> <li>○ alpana24@gmail.com</li> <li>③ www.vibechoreography.com.au</li> </ul>
Let's Dance Point Cook Community social sequence ballroom dancing including Cha Cha, Tango, Foxtrot, Waltz and many more.	<b>Sundays</b> 4:30pm –6:30pm	Fees Apply	<ul> <li>⑦ Phebe Yeo</li> <li>☎ 0425 338 832</li> <li>☑ phebe@8senses.com.au</li> </ul>
Walking Football (Over 50s) A small-sided, low impact, modified version of the game, suitable for all levels of ability & fitness for both Men and Women. Join our free program aimed at keeping seniors active. The program provides skills training in a fun & safe group environment. It is social & requires no prior football knowledge.	Fridays 10:00am-11:00am	No cost	<ul> <li>① Featherbrook CC</li> <li>2 8353 4000</li> <li>☑ featherbrookcc@wyndham.vic.gov.au</li> </ul>
Newport Calisthenics Club Offers members the opportunity to get involved with a sport that has performing at its heart. We provide members the chance to sing, dance, act, learn apparatus skills, flexibility, tricks and basic ballet/ gymnastic skills. We are a competitive club with each of our sections attending 4-5 competitions each year.	<b>Saturdays</b> 3:30pm –6:00pm	Fees Apply	<ul> <li>① Kimberly</li> <li>2 0414 625 865</li> <li>⊠ <u>admin@newportcc.com.au</u></li> <li>③ www.newportcc.com.au</li> </ul>
Solo coaching available on Application			

Jamieson Way Community Centre	Day & Time	Cost	INFORMATION
We have great space ready for a craft group to commence at the centre. All welcome to join.	Connect with us!	No Cost	Jam Way CC program Contact: 9395 3777 ⊠ admin@jamiesonwaycc.org.au
Australian Air League Providing aviation and STEM related activities for young people (8-18yrs)	Wednesday 7pm—9pm	Fees apply	<ol> <li>Ibryan McGrath</li> <li>Image: 0413 060 552</li> <li>Image: 0c.pointcook@airleague.com.au</li> </ol>
Bharatalaya Dance & Music Academy Music classes.	Sunday & Thursday 7pm—9pm Sunday 12.30pm—4pm	Fees apply	<ul> <li><b>①</b> Rasiah 0412 411 690</li> <li><b>①</b> Ambika 0414 678 923</li> <li>⊠ ambika.doherty@gmail.com</li> </ul>
Chatty Café/Table Community catch up –great chance to meet new people and connect. Tea, coffee & refreshments provided	<b>1st &amp; 3rd Monday</b> each month 10.30am - 12pm	No cost	
Garden Connection Workshops and Group Learn new skills and connect with others interested in plants and gardening. Workshops conducted by an experienced tutor.	<b>3rd Wednesday</b> month 11.45am—1.30pm	Fees apply Bookings required	<ol> <li>Jamieson Way Community Centre</li> <li> <sup>☎</sup> 9395 3777 <u>admin@jamiesonwaycc.org.au</u> </li> </ol>
Community Garden Pick, share and grow veggies and plants! Are you interested in caring for our garden?	Always open	No cost	
<b>Community Bus Trips</b> Movie, shopping and other trips—let us know where you want to go!	Contact for days and times	Fees apply	
DPR School of Dance Acrobatics & Drama (from 5 years) Jazz, Hip Hop, Ballet, Contemporary, Tap, Acrobatics, Drama, Boys Classes & more!	<b>Contact</b> for all available class times, days and styles	Fees apply	<ul> <li>⑦ Bree</li> <li>➢ bree@danceeperformrepeat.com.au</li> </ul>
Gen U Disability support group	Wednesday 9:00am—3:00pm	Contact for details	<ul> <li>Image: The second secon</li></ul>
Gardening Swap Point Cook Meet at the BBQ area at back of the centre.	<b>4th Sunday monthly</b> 10:30am—11:30am	No cost Bring swap items	<ul> <li>Sarah</li> <li><u>sarahong74@gmail.com</u></li> <li>Facebook Gardening Swap Point Cook</li> </ul>
Jam Way Book Club Share your love of reading and enjoy morning tea & a cuppa!	<b>3rd Thursday of the</b> <b>month</b> 10:30am—12:20pm	No cost	<ul> <li>① Jamieson Way Community Centre</li> <li>2 9395 3777</li> <li>☑ admin@jamiesonwaycc.org.au</li> </ul>
Jam Way Guitar Lessons Aimed at primary school ages, great fun way to learn the acoustic guitar <b>Bookings required.</b>	Wednesday 4:00PM-6:00pm 30 min classes	Fees apply	
Jam Way Sew & Sew Group Qualified dressmaker/BYO projects, machines on site or BYO.	1 <sup>st</sup> & 3 <sup>rd</sup> Monday of month 7:00pm—9:00pm	\$6.00 session Pay in advance	
Jam Way Quilters Patch Patchwork classes with an experienced patch worker! Open to everyone! BYO project.	<b>Thursday</b> 9:30am—12:30pm 1st & 3rd <b>Tuesday</b> 6:30pm—9:30pm	\$5.00 per session	

## CHATTY CAFÉ @ JAM WAY

We introduced the Chatty Café scheme at the Jamieson Way Community Centre with the aim to keep our community connected - building and encouraging social connections in a safe and comfortable environment was our focus.

Our community has embraced the idea and have come together each fortnight to chat and we have even heard some singing! The simplicity of sitting around a table with

a cuppa and cake, meeting new friends and learning about others just works!

Come alone, bring a friend, listeners and those who love a chat, young or older and anyone in between - everyone is invited to our "have a chat" table.

The program runs on the 1<sup>st</sup> and 3<sup>rd</sup> Monday of the month at 10.30 am at the Jamieson Way Community Centre (commencing back in February '23) no costs involved.



<mark>JK Natyalaya</mark> Bollywood Dance Class	<b>Friday</b> 5.30pm—7.30pm	Fees apply	<ul> <li>① Kani</li> <li>2 0470173229</li> <li>☑ kanisuba@gmail.com</li> </ul>
NB Dance An ultimate mix of traditional and modern Bollywood dance style. Classes are aimed at getting our students fit and learning dance techniques.	<b>Tuesday</b> 6.45pm - 7.45pm	Fees apply	<ul> <li>① Natasha</li> <li>2 0402 439 350</li> <li>∞ info@nbdance.com.au</li> </ul>
Manmonhini Indian Dance School Regular Indian classical Kathak dance.	<b>Thursday</b> 6.45pm—8.45pm	Fees apply	<ol> <li>Mohini</li> <li>2 0421 084 366</li> <li>∞ m<u>ohini@kathakmelbourne.com.au</u></li> </ol>
Planned Activity Group Indian social support	<b>Friday</b> from 10am	Refer to MRC	<ol> <li>Migrant Resource Centre</li> <li>9367 6044</li> </ol>
Sanctuary Lakes Probus Club Monthly committee meetings	Last Thursday of each month 9.45am-11.45am		<ol> <li>⑦ Robert</li> <li>☎ 0418 329 353</li> <li>☑ roberttadams.227@gmail.com</li> </ol>
Seniors board games & social meet up group Over 55's - Come along for a cuppa & enjoy card & other board games & meet new friends	<b>Mondays</b> 1:00pm—3:30pm	No cost	<ul> <li>① Jamieson Way Community Centre</li> <li>29395 3777</li> <li>☑ admin@jamiesonwaycc.org.au</li> </ul>

Jamieson Way Community Centre	Day & Time	Cost	Information
Seniors Journey Activities for Mandarin speaking seniors	Mondays 9am—11.15am Tuesday 9am-12pm	Contact for details	<ul> <li>i) Fong</li> <li>☎ 0410 177 250</li> <li>☑ yongbongfong@gmail.com</li> </ul>
Shorinjiryu Karate Children & Adult classes	<b>Tuesday</b> 4.00pm – 6.30pm	Fees apply	<ol> <li>Image: Mrnie</li> <li>Image: 0418 564 382</li> <li>Image: Marnie 72@hotmail.com</li> </ol>
<ul> <li>Tai Chi 24 for Seniors</li> <li>Gentle and relaxing exercise with an experienced instructor</li> <li>In partnership with Reclink Aust</li> <li>① Jamieson Way Community Centre</li> <li>2 9395 3777</li> <li>☑ admin@jamiesonwaycc.org.au</li> </ul>	Learn Tai C an experi instructor Mond 11.30am - 1 \$5.00 PER	chi with enced today! <b>ays</b> 2.30pm	
Walking Group All welcome meet out front at Jamieson Way Community Centre car park.	Tuesdays & Wednesday 9:00am	No cost	<ul> <li>① Sian</li> <li>☎ 0400 049 395 / 9395 1182</li> </ul>
Weight Watchers	Saturday 8.30am—9.30am		<ul> <li>⑥ Kate</li> <li>☎ 0417 434 614</li> <li>☑ Kate.habgood@ww.com</li> </ul>
Walking Basketball— Seniors These fun sessions are designed to be adaptable based on participants skill level, fitness and mobility	Thursday 1:00pm—2:00pm	No cost	① Jamieson Way Community Centre
Yoga Give your body the attention and love it needs through breathing and gentle movements In partnership with Reclink Australia	<b>Tuesday</b> 9:15am—10:00am	\$5.00 per session BYO yoga mat	<ul> <li> <sup>a</sup> 9395 3777         <sup>b</sup> admin@jamiesonwaycc.org.au         <sup>b</sup> <sup>b</sup> <sup>c</sup> <sup>c</sup></li></ul>
Point Cook Community Learning Centre	Day & Time	Cost	Information
Active Mummies Yoga classes for women	<b>Thursdays</b> 6:00pm-7:00pm	Fees apply	<ul> <li>① Neeti Saronja</li> <li>2 0459626728</li> <li>☑ activemommies1@gmail.com</li> </ul>
<b>Bollywood Dance School Australia</b> Bollywood dance for kids, teens & adults.	Mondays 5:30pm—9:00pm	Fees apply	<ul> <li>↓ Latha</li> <li>☎ 0499 888 115</li> <li>☑ admin@bollywooddanceschool.com.au</li> <li>♦ bollywooddanceschool.com.au</li> </ul>
<b>Board in the West—Melbourne Meeples</b> A fun board gaming group for anyone who wants to stay socially connected with other board gamers. Monthly events for everyone.	Fridays (1st of the month) 6:00pm—11:00pm	\$5 pp \$12.50 per family	<ol> <li>i) Jennie</li> <li>☎ 0410 150 529</li> <li>§ meeples.org.au</li> </ol>
Brooks School Of Dance Quality dance classes in classical Ballet, Jazz & Hip Hop taught by professional dance teachers, in a friendly & encouraging environment.	Thursdays 4:30pm—6:00pm Saturdays 9:00am—12:00pm	Fees apply	<ul> <li>i Ayelet</li> <li>i 0430 765 431</li> <li>i brooksdance@gmail.com</li> <li>i brooksschoolofdance.com</li> </ul>

Point Cook Community Learning Centre	Day & Time	Cost	Information
Chess for All Ages Beginners and experienced players are welcome to join us for Chess at Point Cook Library. Enjoy a game with your friends and meet other Chess enthusiasts in the library!	<b>Tuesdays</b> 4:00pm—5:00pm	No Cost	For more information: <u>https://www.wyndham.vic.gov.au/whats-</u> on/all-ages-chess
Construction Club Ages 5+ Come along to your library every week to design, build and imagine with Lego and other building materials.	<b>Mondays</b> 4:00pm—5:00pm	No Cost	<ol> <li>Point Cook Library</li> <li>8734 8999</li> </ol>
Craft & Conversation Ages 18+ 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.	Fridays (4th of the month) 11:00am—1:00pm Bookings required.	No Cost	For session dates and times please visit: https://www.wyndham.vic.gov.au/ services/libraries/kids/all-kids-events-and- activities/kids-events-and-activities
Fun & Fitness Gentle Exercise Gentle physical activity program suitable for seniors and all abilities.	Mondays 11:30am—12:30pm Fridays 11:10am—12:10pm	\$6 per session	9395 6399 pointcookclc@wyndham.vic.gov.au
Gamblers Anonymous 12 Step Fellowship meeting for compulsive gamblers. Zoom meetings listed on website.	<b>Thursdays</b> 8:00pm—9:00pm	No Cost	<ul> <li>☎ 9696 6108</li> <li>☑ gavictoria18a@gmail.com</li> <li>⑤ gaaustralia.org.au</li> </ul>
Game On! Ages 12-19 Like gaming? Drop in after school and show off your skills on Nintendo Switch and PlayStation. Beginner to advanced players welcome. No bookings required.	Fridays (1st of the month) 4:00pm—5:30pm	No Cost	8734 8999 <u>https://www.wyndham.vic.gov.au/</u> <u>services/libraries/youth/youth-events-and</u> <u>-activities</u>
Gamers's Den Are you aged between 12-18? Want a space to hang out, flex your gaming skills and make some friends? Every week we hang out, starting the session with a new game.	Wednesdays 3:30pm—5:30pm (at Point Cook Community Learning Centre)	No Cost	<ol> <li>Youth Services</li> <li>8734 1355</li> </ol>
<b>Courtside - Youth Services @Point Cook</b> Ages 12-25 Hang out with our friendly youth workers & meet new friends at Point Cook Town Centre Basketball court.	Thursdays 3:30pm—5:30pm (At the Point Cook basketball court)		⊠ <u>youthinwyndham@wyndham.vic.gov.au</u>
Inbetweeners Book Club Ages 9-13 Come along to our book club where you can discover new titles, meet new friends and have fun playing book-themed games!	Fridays (Last of the month) 4:00pm–5:00pm	No Cost	<ul> <li>Point Cook Library</li> <li>8734 8999 Bookings: <u>https://www.wyndham.vic.gov.au/whats-on/inbetweeners-book-club-0</u></li> </ul>
Kids Club Ages 5+ Come and join in a different activity every week. Make new friends and have lots of fun.	Wednesdays 4:00pm—5:00pm (During school term)	No Cost	<ol> <li>Point Cook Library</li> <li>8734 8999</li> </ol>
Melbourne Table Tennis Club Run by Melbourne Table Tennis Club in conjunction with Asian Business Association of Wyndham Inc. Playing & coaching with a main focus on Seniors 55+.	Sundays 6:00pm—8:00pm	No Cost	<ul> <li>① Jon Zhang</li> <li>☎ 0451 169 850</li> </ul>
Natyanjali School of Dance All ages. Bharatanatyam India's oldest & popular classical dance style encompassing music, rhythm & expression. Strictly adheres to Natyashastra.	Tuesdays 6:00pm—7:00pm Fridays 5:30pm—6:30pm	Fees apply	<ul> <li>Image: Anitha Perumal</li> <li>Image: O470 177 937</li> <li>Image: Anititha@yahoo.com</li> </ul>

Point Cook Community Learning Centre	Day & Time	Cost	Information
Point Cook Seniors Group Meet for social interaction with other seniors from local area.	Fridays 12:15pm—2:30pm	No Cost	<ol> <li>Bev</li> <li>☎ 0417 324 489</li> </ol>
Point Cook Craft Group Bring along your knitting or craft for social interaction with other local community members.	Thursday 10:00am—12:00pm	NO COST	D417 524 469 pointcookclc@wyndham.vic.gov.au
Point Cook VIEW Club A leading women's national organisation, providing the opportunity for women from all walks of life to meet regularly, establish lasting friendships & help disadvantaged Australian children through supporting the work of The Smith Family.	Wednesdays (4th of the month) 12:00pm—3:00pm	Fees apply	Contact: Elaine Brundle ☎ 0404 066 860 ⊠ pointcookview@gmail.com
Point Cook Walking Group People of all ages come join us to discover Point Cook, make new friends, keep fit & healthy.	<b>Mondays—Fridays</b> 9:00am	No Cost	<ol> <li>Bev</li> <li>0417 324 489</li> <li>Meet at the Point Cook town centre outside dry cleaners (Coles precinct)</li> </ol>
Point Cook Women's Circle Provides social support, shared experiences & skills, in areas of health & well-being. Participating in local council & community events. Encourage Women to promote their cultural traditions & cuisines.	Fridays (3rd of the month) 12:15pm– 2:00pm	No Cost	<ul> <li>Clarissa 0422 062 521</li> <li>Sudha 0432 489 584</li> <li><u>chair@virwc.org.au</u></li> <li><u>shudha-narayan@hotmail.com</u></li> </ul>
Rainbow Club Point Cook Inc—Disability Dance Club Claimable NDIS program, provides specialised support and activities for people living with disabilities, particularly those at risk of being socially isolated. Small class sizes. Great exercise/Great Fun	Saturdays 11:15am—3:00pm (30 minute classes)	NDIS	<ul> <li>☎0414 384 586</li> <li>➢ support@rainbowclub.org.au</li> <li>rainbowclub.au</li> </ul>
Salsa In Motion Beginner Cuban Salsa & Bachata, intermediate level Cuban Salsa/Rueda & Bachata dance classes for adults. No dance experience or partner required. Free 25min intro session.	<b>Mondays</b> 6:30pm—9:00pm	Fees apply	<ul> <li>● Michael</li> <li>☎ 0430 355 888</li> <li>⊠ info@salsainmotion.com.au</li> </ul>
Shrilekha Art Foundation Discover a wide range of fun and unique art forms for children and adults, including Mandala, Pattern making and Indigenous art.	<b>Fridays</b> 5.00pm– 6.00pm	Fees apply	<ul> <li>Image: Shrilekha</li> <li>Image: O433 395 212</li> <li>Image: Shrilekha.jain@gmail.com</li> </ul>
Table TennisCome join the fun to learn how to play table tennisor brush up on your skills with centre volunteer JonZhang.	<b>Tuesdays</b> 3:00pm—5:30pm	No Cost	<ul> <li>⑦ Point Cook Community Learning Centre</li> <li>☎ 03 9395 6399</li> <li>☑ pointcookclc@wyndham.vic.gov.au</li> </ul>
Yoga for Seniors Yoga for seniors above 55 years for all communities, free of charge to help support physical and mental wellbeing.	<b>Mondays</b> 4.00pm—5.30pm	No Cost	<ul> <li>⑦ Prem</li> <li>☎ 0430 740 023</li> </ul>
Zeal Youth & Young Adults Meet other like minded youth to socialise over food, activities, games, praise & worship.	Saturdays 6:00pm—10:00pm (except 1st of month)	No Cost	<ul> <li>Arich I 0421 562 994</li> <li>arich.c@faithlifechurch.com.au</li> <li>faithlifechurch.com.au</li> <li>instagram.com/zeal yya</li> </ul>
Zumba Fitness with Zin Monika Fitness & exercise to help improve health, coordination & balance whilst dancing to Salsa, Merengue & Reggaeton. Ultimate fun!	<b>Tuesdays</b> 7:00pm—8:00pm	Fees apply	<ul> <li>Monika</li> <li>0468 320 618</li> <li>monika.au@outlook.com</li> </ul>



## ✓ 300+ Attended ✓ 500 Cups of Popcorn

BLOCKBUSTER

#### Were you there?

Saltwater Community Centre hosted Youth Services outdoor screening of "Jumanji: Welcome To The Jungle" to a packed audience on a perfect summer's evening on Friday 13th Jan, with free popcorn on hand for families to enjoy. There's more events on the way, so check Youth Services pages on the Council pages at www.wyndhamcity.vic.gov.au.



#### **SALTWATER ART STUDIO**

The studio is a dedicated artist space for creatives in Point Cook & beyond. We have a range of workshops & classes, from Pottery Wheel throwing with Nandita, Craft with Saltwater Crafters & Myochre Artroom for kids with Madhubani. The studio is equipped with easels & is an open resource for painters & crafters every Friday from 9.30am—3.30pm. No need to book, just bring your project along & enjoy working alongside other creatives. Kiln firing services are available on request. Please contact the Community Centre for more details or to enquire about classes.

Pottery Escape Adults Pottery - Wheel Throwing Beginners & Intermediate adult course to develop skills to create work on the pottery wheel. Only 8 students per class. Inclusive of clay, glazes. Firing costs extra	Tuesdays, Wednesdays Thursdays (7 week courses) 6:30pm—9:00pm	Fees apply	<ul> <li>① Nandita Nadkarni</li> <li>266 229</li> <li>☑ nandita@potteryescape.com</li> <li>Website: www.potteryescape.com</li> </ul>
<b>Open Studio</b> Not enough space to paint or create at home? Open for anyone to come work on their own projects.	Fridays 9:30am—3:30pm	No cost	<ul> <li>① Saltwater Community Centre</li> <li>☎ 8376 5500</li> <li>⊠ saltwatercc@wyndham.vic.gov.au</li> </ul>
Artistic Mind Just get relaxed in a safe environment & connect with the inner child to unlock ladies creativity while adding some tips of visual art principle.	<b>Tuesdays</b> 10:30am —12:00pm	Fees Apply	<ul> <li>① Hengameh Ghaderi</li> <li>2 0432 305 840</li> <li>☑ hghimages777@gmail.com</li> </ul>
Aiki Kai Aikido Suitable for all ages. No-competitive Japanese martial art. Learn techniques in a friendly & enjoyable atmosphere to develop self-confidence, improve balance & coordination while improving your fitness.	Wednesdays 7:30pm—9:00pm Saturdays 8:00am—10:30am (kids)	Fees apply	<ul> <li>① Andrew Last</li> <li>2 0405 330 149</li> <li>☑ Andrewlast.aikido@gmail.com</li> </ul>
<b>Beat Factor</b> Join us for our weekly Drum Circle sessions. Groove out on Afro, Middle-eastern & Samba rhythms. All levels & all abilities welcome. Drums supplied or BYO. 4 week sessions or pay per casual class basis	<b>Thursdays</b> 7:30pm—8:30pm	Fees apply	<ul> <li>⑦ Rod Pilois</li> <li>☎ 0411 028 077</li> <li>☑ beatfactor@internode.on.net</li> <li>③ https://www.beatfactormusic.com/ workshops</li> </ul>
<b>Bollywood Dance School Australia</b> Bollywood, Jazz, Contemporary & Hip Hop dance for kids, teens and adults.	Mondays & Fridays 5:30pm—9:30pm	Fees apply	<ul> <li>Darshan</li> <li>0499 888 115</li> <li>admin@bollywooddanceschool.com.au</li> </ul>
Beat Freakz Workout combining aerobics, punching, kicking, bodyweight resistance training & of course a little bit of DANCING but with a twist. Every class includes small dumbbells for ultimate sculpting & toning.	<b>Sundays</b> 8:30am—9:15am Thursdays 6pm-7pm	Fees apply	<ol> <li>Jenna Chaffey</li> <li>2 0424 124 661</li> <li>is beatfreakzfitness@yahoo.com</li> <li>is www.beatfreakzfit.com.au</li> </ol>

Saltwater Community Centre	Day & Time	Cost	Information
Japan Karate Association Australia Teaches traditional ShotoKan Style Karate a non- aggressive self defence martial art. Helps develop strength, coordination & agility can be practised at any time or place, by anyone. The standards taught are of the highest level in keeping with the technical requirement set by JKA HQ	Tuesdays 5:30pm—8:30pm Saturdays 10:30pm—1:00pm	Fees apply	<ul> <li>① Bryan Zaldarriaga</li> <li>③ 0434 483 015</li> <li>⊠ bryan.zaldarriaga@jkaaustralia.com.au</li> <li>③ jkaaustralia.com.au</li> </ul>
Manmohini Indian Dance School—Kathak Kathak is one of 8th Indian Classical dance from North India. traces roots from the tradition of storytelling, designed to master each aspect of Kathak.	Wednesdays 5:00pm—6:00pm (Kids) 6:15pm—7:15pm (Adults)	\$20 per class	<ul> <li>① Daveena Munee</li> <li>① 0430 714 273</li> <li>⊠ Daveena.munnee@gmail.com</li> </ul>
Myochre Artroom Art & illustration activity for kids focusing on developing skills on different colouring mediums & drawings	<b>Thursdays</b> 4pm—5pm	Fees apply	<ul> <li>① Madhubani</li> <li>2 0404 694 754</li> <li>③ myochre.artroom@gmail.com</li> <li>www.facebook.com/myochreart/</li> </ul>
Melbourne School of Indian Music Learn the art of playing world's fastest rhythm instrument "Tabla"	<b>Tuesdays</b> 6:15pm—8:00pm	Fees apply	<ul> <li>Day Dabgar</li> <li>0430 521 372</li> <li>□ jaydabgar@gmail.com</li> <li>Website: Jaydabgar.com</li> </ul>
<b>Tai Chi</b> An art embracing the mind, body & spirit. One of the most effective exercises for health of mind and body.	Mondays 9:30am—10:30pm Bookings essential!	No cost	<ul> <li>① Saltwater Community Centre</li> <li>① 8376 5501</li> <li><u>Saltwatercc@wyndham.vic.gov.au</u></li> </ul>
<b>Telling Stores</b> Do you have a story to tell, but no idea where to start? In this workshop you'll learn how to apply Universal Story Elements to your own writing.	Mondays 7:00pm	Fees apply	⊠ steventboltz@gmail.com
Yoga By Jessie Narula Participate in a yoga class that helps reset your busy life & mind. Mindful yoga, incorporates gentle movements to improve stability, mobility, combined with mindfulness based techniques to quiet & cultivate a deeper connection with yourself.	Sundays 7:30am-8:30am	Fees Apply	<ul> <li><b>① Jessie Narula</b></li> <li><b>☎</b> 0492 967 913</li> <li><b>④</b> evolvewithjessie@gmail.com</li> </ul>
Youth Services Drop in Are you aged 12-17 years of age? Come and join the Youth Services team for Friday nights of fun activities	Fridays From 10 February 3:00pm—5:00pm	No cost	8734 1355     youthinwyndham@wyndham.vic.gov.au
Zumba Fitness with Zin Monika Class for adults to promote fun filled physical activity. Physical activities help in improving health & fitness. Zumba also considers other development areas including respect, team work leadership etc.	Sunday 10:00am—11:00am First class free	Fees apply	<ul> <li>① Monica</li> <li>① 0468 320 618</li> <li>⊠ monika.au@outlook.com</li> </ul>



NURTURE YOUR CREATIVITY & MAKE YOUR OWN POTTERY! Pottery Escape

When w/c February 6th

7 week class

Tuesday, Wednesday, Thursday

Come and express your

Community Centre and make up to 12 pieces for

potters wheel at Saltwater

your your home or as gifts!

Secure your wheel today!

Book online at

artistic talents on the

LAST 4 SPOTS AVAILABLE

#### Beginners Pottery Class

With only 8 students in the class, personal attention will be given to master the wheel throwing technique and pursue your own artistic creation. All skill levels are accommodated and welcome. This is an enjoyable and social class.

potteryescape.com or email nandita@potteryescape.com

#### Community, Cultural & Faith Groups

Featherbrook Community Centre	Day & Time	Cost	Information		
Anglican Chinese Mission of the Epiphany Service with praise , worship, sermons & blessings. With a children's Sunday School available.	<b>Sundays</b> 4:30pm –7:00pm	No cost	<ol> <li>Richard Liu</li> <li>0422 345 071</li> <li>ww.ACME.org.au</li> </ol>		
Australia India Society of Wyndham Social group that meets for festival celebrations and activities including meditation, yoga and games.	Mondays & Fridays 11:00am—1:00pm	Fees apply	<ul> <li>✔ Vadilal Patel</li> <li>☎ 0480 114 154</li> <li>☑ australiaindiasociety@gmail.com</li> </ul>		
First Born Gospel Church Point Cook Christian Workshop service with praise and worship. Kids, Youth, and Adult Sunday School.	Sundays 1:30pm—3:30pm	No cost	<ul> <li>Denwardson ☎ 0456 191 341</li> <li>✓ fbgcpe@iafb-australian.org</li> <li>♥ pointcook.iafb-australia.org</li> </ul>		
Garam Ministry Non-denominational, Indonesian speaking Christian Community endeavouring to show love of Christ in Point Cook focussing on fellowship & unity.	Sundays 10:00am—12:00am	No cost	<ul> <li>D Albert Gunawan Piter</li> <li>2 0420 731 973</li> <li>☑ info@garamministry.org</li> <li>③ garamministry.org</li> </ul>		
Haami Inc A Culturally diverse community group. Youth led Committee. Youth programs for development of skills, fundraising and family gatherings.	2nd and 3rd Sunday of the Month 7:00pm—10:00pm	Fees apply	<ul> <li>Noor M Mohammed</li> <li>Haamiinc@gmail.com</li> </ul>		
Islamic Circle of Australia & New Zealand Faith based volunteer organisation meeting monthly, programs to suit all ages including activities for kids.	<b>1st Saturday on the</b> <b>Month</b> 6:00pm-9:00pm	No Cost	<ul> <li> <b>①</b> Yasir Ishaq               <b>⊠</b> yasir.ishaq@icandawah.org      </li> </ul>		
Le Petrel Mauritian Seniors Club Inc Seniors Gathering with Social Activities	Wednesdays 12:30pm—4:30pm	Fees apply	<ol> <li>Regis</li> <li>0421 464 874</li> </ol>		
Lions Club of Point Cook Like minded people join our friendly team to assist community groups & individuals in need, as well as projects on making public areas more enjoyable.	<b>Mondays (Monthly)</b> 7:30pm-9:30pm	Fees apply	<ul> <li>Image: Sam</li> <li>Image: O458 536 461</li> <li>Image: Pointcook.vic@lions.org.au</li> </ul>		
Point Cook Chinese Friendship Group Meet weekly to dance, sing, learn songs and learn English.	Mondays (Dance) 1:00pm—3:00pm Thursdays (Singing) 11:30am—3:30pm	Fees apply	<ul> <li>● Lisa Zhong</li> <li>2 0421 991 696</li> <li>⊠ mimilisa5@126.com</li> </ul>		
Point Cook Indian Seniors Group Recreation activities based on significant days of celebrations throughout the year. Collaborating with other groups focusing on health & wellbeing seniors & occasional guest speakers.	<b>2nd Tuesdays of</b> <b>Month</b> 12:00pm-2:30pm	No cost	<ul> <li>① Indira</li> <li>2 0402 458 648</li> <li>⊠ indiramohan37@gmail.com</li> </ul>		
Wyndham Active Youngs @ 55 Inc. A seniors group that focuses on health and well- being that welcomes all cultures and backgrounds. Activities include Table Tennis, Yoga, Games & more.	Mon 9:00am-10:30am Tues 9:30am-2:30pm Wed 9:30am-11:00am	Fees apply	<ul> <li>① Jugal or Surendra</li> <li>2 0490 390 665 or 0474 733 925</li> <li>☑ jugal.chhabra@yahoo.com</li> </ul>		



## We are Lions

We serve where we live. We are ready whenever or however our community needs us. Join us in making our community and the world a better place to live.

Join us at our next meeting Monday 20th February at Featherbrook Community Centre

Contact Sam: 0458 536 461 or email pointcook.vic@lions.org.au

#### HOW THIRD PLACE BECAME THE NEW WINNER!

Many of the Ageing Communities in Wyndham live active lifestyles however one in particular, who encourage & inspire others daily is the Featherbrook Table Tennis Program. Wyndham City Volunteers Albert & Jugal facilitate & lead the program providing the community a weekly benefit with positive impact as the sessions are always high in attendance. The program has "grown" in numbers organically, which has facilitated meaningful connections & referrals to supports & services. The simplicity of Kindness and Action has guided the program framework which has provided many great outcomes for Point Cook Residents.

Also "grown" from the program is the active bunch you see in the group photo attached. You are looking at the Inaugural Featherbrook Table Tennis Team who placed third in the MTTA Tournament December 2022. The team have worked tirelessly on their skills & stamina giving them the



confidence to compete. It was a proud moment to present the Team with matching T-Shirts as a small token to acknowledge their efforts.

The Tournament was well received at the Eagles Stadium in Werribee supported by many friends & family members to witness their journey & cheer them on. What a wonderful & encouraging outcome for the team & for the Seniors of Point Cook. Please help me to congratulate them for their efforts & generosity to contribute to Council's 2040 Vision to improve the lives of People & Community.

You can meet the them at the Featherbrook Community Centre every Monday from 10:30am-1pm.



## Men's Peer Support Group in West Melbourne Area

WHERE: SALTWATER COMMUNITY CENTRE, 153 SALTWATER PROMENADE, POINT COOK, VIC 3030 WHEN: FIRST SATURDAY OF EVERY MONTH BETWEEN 3:00 AND 5:00 PM WHO CAN ATTEND: ANY MAN ESPECIALLY FROM MIGRANT AND REFUGEE BACKGROUND

Contact: Prince Kennett 0415 259 594 | info@redefinecounselling.com.au

wyndhamcity city cost. country Redefiner & OOO Welcoming COPEN Australia

Health and Wellbeing Family Conflicts/Violence Issues (prevention and management) Mental health Substance abuse Job seeking Stress and Anxiety Emotional support Past trauma

> Non judgemental & safe space for men

Jamieson Way Community Centre	Day & Time	Cost	Information
Gospel Power Ministries Faith based Pentecostal church sharing the gospel locally, nationally & internationally.	Wednesday - Youth Friday - Prayer Sunday - Service	No cost	<ul> <li>① Matthew</li> <li>2 0429 959 726</li> <li>☑ kmatthewr3@gmail.com</li> </ul>
<mark>Ghana Presbyterian Church</mark> Church Service	<b>Sunday</b> 7.30am –9.30am	No cost	<ul> <li>⑦ Andy</li> <li>☎ 0426 842 831</li> <li>☑ andybernard2004@gmail.com</li> </ul>
The Church of Pentecost Melbourne Church services and religious activities	<b>Sunday</b> 3.30pm—6.30pm	No cost	<ul> <li>① Eric</li> <li>2 0433 509 771/ 9303 9265</li> <li>☑ admin.vic@pentecostau.com</li> </ul>
Emmanuel Assembly of God Church service	Sunday 8.30am—11.30am	No cost	<ul> <li>① Diana</li> <li>☑ diana_iakopo@yahoo.com</li> </ul>
Point Cook Action Group Local community group.	<b>3rd Monday monthly</b> 7:00pm—9:00pm	No cost	<ul> <li>① Bob</li> <li>☎ 0409 252 872</li> </ul>

## Community, Cultural & Faith Groups

			•
Point Cook Community Learning Centre	Day & Time	Cost	Information
Iraqi Cultural Group in Australia Social & educational covering interesting topics, art performance & general knowledge of a multicultural Australian-Iraqi society for continuous improvement.	<b>Sundays</b> (2nd of the month) 1:00pm—3:00pm	Fees apply	<ul> <li>① Farial Jafar</li> <li>2 0422 798 587</li> <li>☑ farial.jafar@gmail.com</li> </ul>
Light of Jesus Feast Melbourne West is that place where you are loved. Join us for Holy Mass, praise and worship and an empowering talk on how to live better.	Sundays (4th of the month) 3:00pm—5:00pm	No cost	<ul> <li>☎ 0414 401 178</li> <li>☑ <u>feastmelbournewest@gmail.com</u></li> <li><sup>⑤</sup> <u>www.feast.ph</u></li> </ul>
Local Spiritual Assembly of the Baha'is of Wyndham Our program for kids, youth & adults focus on strengthening ability to build more harmonious, just & prosperous communities. Based on the teachings of the Baha'i faith & open to all.	Saturdays 3:00pm—6:00pm	No cost	<ul> <li>① Shiva or Jenny</li> <li>2 0435 348 755 / 0430 568 735</li> <li>∞ wyndham@vic.bahai.org.au</li> <li>③ bahai.org.au</li> </ul>
Melbourne Yangtze Choir Chinese Community Choir that dance, drum & sing in both English & Mandarin. Great way to learn English & improve musical skills.	Tuesdays 1:00—3:00pm Wednesdays 12:00pm—2:30pm	Fees apply	<ul> <li>● Mei</li> <li> <sup>6</sup> 0432 669 379         <u>yangtzechoir@gmail.com</u> </li> </ul>
Melbourne West Korean Seniors Group Meet weekly with other Korean seniors to build community & connect with one another.	<b>Tuesdays</b> 10:00am—1:00pm	Fees apply	<ul> <li>① Moonbae</li> <li>2 0425 796 784</li> <li>⊠ moonbae.kim@gmail.com</li> </ul>
One Faith Christian Church welcoming people from all cultures & backgrounds for Jesus & his Gospel. Trilingual service in English, Mandarin & Cantonese. Children ministry provided for school aged kids.	Wed 8:00pm-9:00pm Fridays 8:00pm—10:00pm 1st ,3rd & 4th month Sun 9:00am—1:00pm	No cost	<ul> <li>① Ps. Simon Cheng / Liyuan Liu</li> <li>2 0422 770 616 / 0433 710 678</li> <li>○ info@onefaith.org.au</li> <li>③ onefaith.org.au</li> </ul>
Point Cook Chinese Friendship Association Calligraphy & painting program for members.	<b>Mondays</b> 9:00am—11:00am	Fees apply	<ol> <li>① Lisa</li> <li>2 0449 896 178</li> <li>∞ mimilisa5@126.com</li> </ol>
<b>Point Cook Royals</b> Various activities including yoga, singing, seniors get- together, dancing, cultural festival celebrations, poem reciting and educative seminars.	Wednesdays (1st & 3rd of month) 12:00pm—3:00pm	Fees apply	<ul> <li>① Rajendra / Pankaj</li> <li>254</li> <li>254</li></ul>
Seventh Day Adventist Intergenerational worship service, fundraising concerts, free community dinners, educational program on parenting, relationships, health, natural remedies etc.	Saturdays 3:30pm—5.30pm	No Cost	<ul> <li>① Danijela Trajkov</li> <li>☎ 0423 371 841</li> <li>☑ danijelatrajkov@adventist.org.au</li> </ul>
Sewa International Indian wellness seniors group aimed at encouraging independence through yoga & social interaction.	Sundays (1st & 3rd of month) 1:00pm—4:00pm	No cost	<ul> <li>⑦ Prem/ Deepak</li> <li>☎ 0430 740 023/ 0413179414</li> <li>☑ prem@live.com.au</li> <li>☑ deepakks@sewaaustralia.org</li> </ul>
South Sudanese Social Group The South Sudanese Social Group is aimed at getting community members to meet and socialise but also talk about issues that are impacting the community.	Saturdays 1:00pm—3:00pm	No cost	<ul> <li>⑦ Aweeng Deng</li> <li>☎ 0403 523 428</li> <li>☑ aweeng.deng@wyndhamcec.org.au</li> </ul>
United Muslims Residents Association Muslim based faith group that meet weekly for their Friday prayers.	Fridays 2:00pm—3:30pm Bookings required	No cost	<ul> <li>① Mohammad</li> <li>☎ 0403 566 165</li> <li>☑ <u>info@umra.org.au</u></li> </ul>
Wyndham Chinese Cultural Promotion Group Helps migrant seniors settle & connect with others. Activities include art, craft, calligraphy, music, Tai Chi	<b>Mondays</b> 9:30am—2:30pm	\$20 per annum	① Carrie Lu ☑ wccpipointcook@gmail.com

#### Community, Cultural & Faith Groups

Saltwater Community Centre	Day & Time	Cost	Information
Christ New Creation Non-denominational gospel service conducted in English. Everyone from different backgrounds. Sunday schools for kids, aged 3-10. Outside of Sunday, we have support groups, outreach, Bible studies, and Youth groups.	Sundays 2:30pm—5:00pm	No Cost	<ul> <li>① Dennis</li> <li>☎ 0416 850 191</li> </ul>
CWA Point Cook Branch We enjoy raising money to help our community & spending social time together. We also have craft sessions occasionally to learn something new.	<b>3rd Thursdays</b> Monthly 7:00pm—9:00pm	Annual CWA Members hip Fees	<ul> <li>① Lesley Turton</li> <li>☎ 0497 652 622</li> <li>☑ grannylesley50@gmail.com</li> <li>③ cwaofvic.org.au</li> </ul>
Faith Harvest Worldwide Ministries Inc Our activities include preaching, singing & playing the piano/organ. Youth, Men & Women Ministries.	Sundays 11:00am—2:00pm	No cost	<ul> <li>① Joseph</li> <li>2 0422 832 749</li> <li>∞ joshthom82@gmail.com.</li> </ul>
Multicultural Women Victoria Ministries Inc We bring together local multicultural women who are feeling isolated & disengaged through our Global Kitchen & Women's Circle.	1st & 3rd Tuesdays Monthly 11am-1pm	Fees Apply	<ul> <li>① Sudha Narayan</li> <li>2 0432 489 584</li> <li>⊠ shudha-Narayan@hotmail.com</li> </ul>
Western Gymkhana Club Inc Meet local families monthly for social & recreational activities, celebrates special events together. Visiting/staying parents are part of your membership	2nd <b>Saturdays</b> Monthly 7:00-11:00pm	Fees Apply	<ul> <li>⑦ Sudhir Juneja</li> <li>☎ 0415 661 021</li> <li>☑ Western.gymkhana@gmail.com</li> <li>③ www.westerngymkhanaclub.com.au</li> </ul>
Point Cook Royals Various activities including yoga, singing, dancing, cultural festival celebrations, poem reciting & educative seminars.	2nd & 4th <b>Thursdays</b> Month 12:30pm—3:30pm 3rd <b>Saturday</b> monthly 6:30pm—9:30pm	Fees Apply	<ul> <li>① Rajendra / Pankaj</li> <li>☎ 0479 115 930 / 0434 199 254</li> <li>☑ rajk3006@gmail.com</li> <li>☑ kghai@gmail.com</li> </ul>
Pool at Saltwater Community Centre Bring a friend along for a friendly game of Pool or Table Tennis. Everyone is welcome.	<b>Contact for days and</b> <b>times</b> Bookings essential	No cost	<ul> <li>① Saltwater Community Centre</li> <li>2 8376 5501</li> <li>&gt; saltwatercc@wyndham.vic.gov.au</li> </ul>
Saltwater Gardeners Group Committed to sustainability & growing their own produce through edible gardening. A great place to connect with others in the community & learn.	Group meetings every 4th Saturday from 10:00am Tasks are assigned	Fees Apply	<ul> <li>Kim Pastore</li> <li>saltwatergardenchampions@gmail.com</li> <li>All experience levels are welcome.</li> </ul>
Saltwater Indian Seniors Group Lets get social, make new friends, play some games & have some laughs over a cuppa. Visiting parents & grandparents are welcome.	1st and 3rd <b>Thursdays</b> of the month 12:30am—3:30pm <b>Bookings essential!</b>	No cost	<ul> <li>⑦ Saltwater Community Centre</li> <li>☎ 8376 5501</li> <li>☑ saltwatercc@wyndham.vic.gov.au</li> </ul>
Wyndham Happy Life Association Promotes mental & physical health in Chinese seniors. Volunteers teach dancing, Tai Chi, square dancing, bowling, cooking, table tennis & gardening.	Wednesday 1:00pm—3:00pm Fridays 12:00pm—4:30pm	Fees Apply	<ul> <li>① Yun Yun</li> <li>☎ 0421 899 399</li> <li>☑ yunyun@live.com.au</li> </ul>

#### Do you have a story to tell, but don't know where to start?



Maybe you've started, but don't know where to go from there. Or maybe you've finished altogether and it's just... not great.

In this workshop, you'll not only learn what makes a story work (or not), but also WHY it works (or doesn't) so you can apply these Universal Story Elements to your own writing.

Steven T. Boltz is a playwright, script consultant, and story analyst, and has been teaching creative writing to groups of all ages since 2006.

> 30 Jan / free intro 6 Feb - 6 March / \$30 per session \$100 for the full course 7:00pm SWCC

#### Supports & Services

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Featherbrook Community Centre	Day & Time	Cost	Information
Justice of the Peace Document Signing Station by appointment only	Mondays & Tuesdays Pre-Booked Appts	No Cost	<ol> <li>Dr Shardul Arora</li> <li>0434 680 022</li> </ol>
Jamieson Way Community Centre	Day & Time	Cost	Information
Justice of the Peace Document signing station	Thursdays 10:00am—12:45pm	No cost No bookings	For more information visit: <u>https://www.justice.vic.gov.au/</u>
JWCC Food Relief Program Referrals welcome	<b>Tuesday</b> Contact for collection details	No cost	<ul> <li>① Jamieson Way Community Centre</li> <li>29395 3777</li> <li>☑ admin@jamiesonwaycc.org.au</li> </ul>
Point Cook Community Learning Centre	Day & Time	Cost	Information
Brotherhood of St Laurence—Jobs Victoria Our experienced Employment Mentors will support you with resume development, job application, interview skills, training opportunities, professional clothing and connecting with employers.	Mondays & Fridays 9:00am—5:00pm	No Cost	<ul> <li>BSL Melton</li> <li>0429 220 634</li> <li>JVESMelton@bsl.org.au</li> <li><u>Www.bsl.org.au/services/getting-a-job/jobs-victoria</u></li> </ul>
Justice of the Peace Document signing station in the library.	Wednesdays 6:00pm—7:45pm	No Appt required	<ol> <li>Point Cook Library</li> <li>8734 8999</li> </ol>
WCEC—Community Employment Connectors Supports jobseekers aged between 16 & 65 from culturally & linguistically diverse communities seeking employment, education or training. We can also link you to local education & training programs.	Wednesdays 10:30am—5:00pm Point Cook CLC foyer	No Cost	Contact: Tee ☎0481 529 767 ⊠ projects@wyndamcec.org.au
Wyndham Jobs Advocate We support people who are looking for work by connecting them to information, advice and the right services.	Wednesdays 9:00am—1:00pm	No Cost	Contact: Kubra (i) Jobs Victoria Advocate Administration (ii) 9394 6877 (jobsvictoriaadvocate@wyndham.vic.gov.au)
Saltwater Community Centre	Day & Time	Cost	Information
At Work Australia Working with people living with a disability. Working on goals, aspirations, build skills and job-readiness through to employment.	<b>Mondays &amp;</b> Wednesdays 9:00am—5:00pm	Fees apply	<ul> <li>€ Emine Jeffrey</li> <li>☎ 0438 816 448</li> <li>☑ ejeffery@atworkaustralia.com.au</li> <li>§ https://www.atworkaustralia.com.au</li> </ul>
Wyndham Young Stroke Network Share Support Encourage—Informal social meet-up for survivors and carers aged 55 and younger.	Last Tuesday of the month 11am-1pm	No Cost	<ul> <li>(D) Bob</li> <li>☎ 8376 5501</li> <li>⊠ saltwatercc@wyndham.vic.gov.au</li> </ul>
Men's Peer Support Group in West Melbourne Area Non Judgemental and safe space for men. Who can attend: Any man especially from migrant and refugee background	1st Saturday monthly 3:00pm—5:00pm	No Cost	<ul> <li>Prince Kennett</li> <li>0415 259 594</li> <li>info@redefinecounselling.com.au</li> </ul>

#### **Free Youth & Family Counselling**

Available to young people aged 12-25 who live, work, study or recreate in Wyndham. Youth focussed and centred support is also available to parents and carers

#### WE OFFER:

- Up to 2 free sessions
- Connect you to local Specialist and Psychologists

Available for children aged 8 - 11 and their parents or carers WJP seeking primary and early intervention counselling.

#### WE OFFER:

- Up to 10 free individual counselling sessions
- Up to 10 free family group counselling sessions
- Connect you to specialists, including bulk billing (free) psychologists



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





#### Support & Services

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

Day/Time: Wednesdays 9am -11:30am

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

Email: foodbank@newstart.org.au Facebook: https://www.facebook.com/community.food.assistance/

<u>Food Pantries – The Pataka Movement</u> Residents around all areas of Wyndham who have a food pantry out the front of their house that any person can access without judgement. "Take what you need, give what you can".

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

Hoppers Crossing Equip Church

Day/Time: Wednesday only Address: 147-155 Hogans Road, Hoppers Crossing Phone: 9748 0099 Email: <u>hoppers@lighthousestores.org.au</u>

#### Jamieson Way Food Relief Program

**Day/Time**: Tuesdays - Food relief runs weekly to community members in need. Please contact for collection details **Address**: Jamieson Way Community Centre, 59 Jamieson Way, Point Cook **Phone**: 93953777 **Email**: <u>admin@jamiesonwaycc.org.au</u>

<u>Point Cook Food Bank</u> - Available to all members of the community, no questions asked. Provide your own bags if possible. **Day/Time:** Sundays 1-pm recommencing 5 Feb

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

Email: foodpantry@crossculturepointcook.net.au or contact via Facebook: https://www.facebook.com/pointcookfoodbank/

<u>Salvation Army</u> Community Support and Emergency relief Day/Time: Monday to Thursday from 9:30am- 2pm Address: 209 Watton St Werribee Phone: 9731 1344

<u>SUDD Foundation</u> Working predominately with South Sudanese community, offering food relief and other supports. **Phone**: 9021 2029 **Email**: info@sudd.org.au

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

Day/Time: Every Tuesday 10.30am-11.30am

Address: Penrose Promenade Community Centre, 83 Penrose Promenade, Tarneit Phone: 8734 4500 Facebook: <u>https://www.facebook.com./TarneitFoodBank/</u>

<u>Uniting Wyndham</u> Food parcels and food vouchers for people with little to no income. Can also assist with other material aid (like clothing/bedding) by specific request. All assistance including food parcels and vouchers are provided by appointment only. **Day/Time**: Monday to Friday 10am to 2pm. Food assistance via phone appointments 10am-2pm **Address**: 19 Duncans Road, Werribee **Phone**: 9742 6452 **Email**: wyndham.reception@vt.uniting.org

Wyndham Park Community Centre Foodbank. Has cultural appropriate food for Karen, Indian, African and Muslim communities. Very important to advise residents that they must call beforehand.

**Day/Time:** Every Thursday 9.30am to 12.00pm, call beforehand.

Address: 55/57 Kookaburra Avenue, Werribee Phone: 03 9742 7298 Email: admin@wyndhamparkcc.com.au

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

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

Address: Youth Resource Centre, 86 Derrimut Rd, Hoppers Crossing Phone: 8734 1355

#### **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 Tarneit 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 <u>communityconnector@wyndham.vic.gov.au</u> Interpreter Services can be organised on request.