Term 1 2023

Wyndham West

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



MANOR LAKES HOME SCHOOLING GROUP

We've had an exciting start to 2023 with the creation of our "Manor Lakes Home-schooling Group"! With many families in the West choosing to educate their children from home, the aim was to create a setting where children could socialise in a safe environment, learn at their own pace and in their own style, and develop a strong sense of community and identity.

Alongside this, parents will be able to meet and lend support, share resources, and benefit from each others' experience. We're really looking forward to beginning in Term 1, and we're excited to see where the year takes us! Any enquires please email: stephanie.mohring@icloud.com



JUSTICE OF PEACE SERVICE @ MANOR LAKES COMMUNITY LEARNING CENTRE



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

Room: Staff meeting room
Day: Fortnightly Wednesdays

Time: 6pm -8pm

Dates for Term 1: March 01, 15 and 29, 2023





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:
Manor Lakes Community Centre:
Quantin Binnah Community Centre:
Wyndham Park Community Centre:
Wunggurrwil Dhurrung Centre:

84 Honour Ave, Wyndham Vale VIC 3024 86 Manor Lakes Blvd, Manor Lakes VIC 3024 61 Thames Boulevard Werribee VIC 3030 55 - 57 Kookaburra Ave Werribee VIC 3030 19 Communal Road, Wyndham Vale VIC 3024 Phone: (03) 8742 3688 Phone: (03) 8734 8934 Phone: (03) 9742 5040 Phone: (03) 9742 7298 Phone: (03)8734 0288

School Holiday programs @ Manor Lakes Community Learning Centre

CERAMIC WORKSHOP

The school holiday program was run on Monday 23rd January. It was a great opportunity for the children to learn new skills and express their creativity.

The children had a great time designing and creating their very own ceramic artworks with clay. They were expertly guided by Melissa, as they sculpted and painted their hand built pieces. The kids did such an amazing job.

We have regular classes running at the centre for adults and kids. To enquire more about the class please email: melissa.ceramics@outlook.com



FUN MOVES WITH KIDS

We had a fun filled fitness session for kids facilitated by Divya Emanuel, a registered Personal Trainer/Gym Instructor. The program was quite popular among the kids and they were introduced to Basic skills like throwing, jumping, running It started with simple routines and variations are introduced to make it easier or harder to accommodate each child's ability and level.

NFW PROGRAMS

YOGA AND MEDITATION HEALING CLASS—DISCOVER YOURSELF

Join us for yoga sessions to restore your body and soul with energy. Our experienced Yoga instructor Anu will guide you through the yoga practices to feel refreshed and relaxed. The session details are below:

ADULTS:

Saturdays 9.30am -10.30am

Fees \$80 4 classes

Casual class \$25

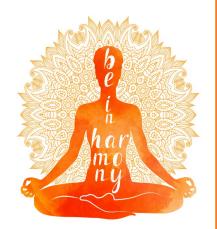
First class free

For more information email:

yogameditationandhealing365@gmail.com

KIDS: (Age- 6-12 yrs)
Tuesdays 4pm –5pm
Fees \$80 4 classes
Casual class \$25

First class free





Are you looking in joining a chess club?

NEW!

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

To received centre updates and what's happening in Wyndham Subscribe to our mailing list.

You can contact us on 8734 8934 or email us at manorlakesclc@wyndham.vic.gov.au to be added to our mailing list.

Play groups @ Manor Lakes Community Learning Centre



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 an 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 8 Feb - 29 Mar

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

Playgroup provides a great play and social opportunity to young children, carers and families.

Come and join in some fun activities which include rhymes, stories and songs and meet other parents in your local area.

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

WHEN: Fridays 10 Feb - 31 Mar

WHERE: Manor Lakes Community Learning Centre

TIME: 9:30am - 11:30am

COST: \$60 per term

CONTACT: Rati

EMAIL: mlharmonyplaygroup@gmail.com

PHONE: 8734 8934



COMMUNITY CONNECTOR

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

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

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

8734 4514 and ask for a Community Connector or email at communityconnector@wyndham.vic.gov.au.

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

• FRIDAY 8am to 5pm Manor Lakes Community Learning Centre
We have specialist Ageing Well Connectors available to support older residents and their families. For more information please call

Interpreter Services can be organised on request.



WHAT'S ON @ QUANTIN BINNAH COMMUNITY CENTRE





Please consider Café Qb as your café of choice or for catering your morning tea or lunch function in 2023.

By purchasing something yummy to eat and/or drink you are supporting Creating Villages with this social initiative venture. All purchases are re-invested into the delivery of the

Support participants with disabilities to learn new skills and be included in their community.

Look out for weekly special's and events

www.facebook.com/craftandcaffeine

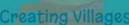
Monday's 8.00am to 2.00pm

Tuesday's 8.00am to 4.30pm

Wednesday's 8.00am to 4.30pm

Contact Information:





Barista



Gain practical skills and knowledge to make barista coffee.

Learn coffee-making techniques from experienced café professionals.

The course combines food safety with hands-on experience in a café environment.

All students receive a certificate of completion.

Join us for a FREE 2-day pre-accredited course.

Thursday 2nd & Friday 3rd March 2023 9.30am to 2.30pm

Contact Information:









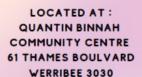
MENTAL HEALTH



Mental Health Matters

Available Days & Times

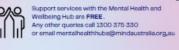
| Day | Times |
|---------------|-----------------------------|
| Mondays | From 10/10/2022 |
| (fortnightly) | Hours: 10:00 am to 12:30 pm |



Schedule an appointment - its FREE!

- Anxiety and Depression
 Issues with family, relationships and friends
- Disassociation from community & social dise Contemplating and implementing changes
- Identifying and setting goals

- sing and overcoming fears





Walk in Consultations at QBCC













YOUR MENTAL **HEALTH & WELLBEING** IS IMPORTANT



Free Walk In Support Service Fortnightly on Mondays, Starts 10/10/22 From 10:00 am to 12:30 pm.

Quantin Binnah Community Centre 61 Thames Blvd, Werribee 3030



WHAT'S ON @ IRAMOO COMMUNITY CENTRE



CREATING VILLAGES Craft and Caffeine is coming fortnightly to Iramoo in 2023

Creating Villages will be bringing their trailer to the centre to sell coffee, slices and biscuits. They will run a different craft session each visit. Gold coin donation. Bring your friends and enjoy a coffee, cake and chat. Everyone is welcome. We hope to see you there!

When: From Thursday 09 Feb - 20 Apr (Fortnightly)

Time: 10am -11am Contact: 87423688

Email: admin@iramoocc.com.au

HEART MATTERS TALK



Learn:

- how to recognise the warning signs of a heart attack
- know what to do if you or someone you know has those warning signs
 - reduce your risk of having a heart attack

To book in please call the Centre on 8742 3688.



Wednesday 1st March @ 10.00am

for an informative 30minute Heart Matters talk.



Iramoo Community Centre 84 Honour Ave Wyndham Vale





Community Hall – Large hall available for hire for community groups, training groups, recreation hire and for private function and parties.

Community Room (includes outdoor play area) – Great for parties or for community groups to come together.

Meeting Room Hire – We have 4 meeting rooms suitable for training groups, community groups or as work spaces.

Kitchen Hire – Kitchen space available for group hire, functions or workshops.

- Overhead Projector & Screen
- Free Wi-Fi Connectivity
- Tea/Coffee Facilities
- · Wheelchair Accessible
- Recommended Local Caterer
- Bus Stop out the Front
- Free Carparking
 - Community Garden



COMMUNITY SPACES AVAILABLE FOR HIRE.

To speak to us about hiring our space or to arrange a viewing, please contact email admin@iramoocc.com.au or call 8742 3688. For more information on our programs and workshops please visit www.iramoocc.org.au

WHAT'S ON @ IRAMOO COMMUNITY CENTRE

Try Out Our

CLASS

Join us for a FREE class on

FRIDAY 17TH FEBRUARY

10AM - 10.45AM

For more information or to book in please call the Centre on 8742 3688.



Iramoo Community Centre 84 Honour Ave



FEBRUARY

10.30AM - 12PM

Whether you're wanting to be your personal best, get your household in order or advocate for sustainable change, there are simple things we can do to make us feel better and perform optimally.

HIS WORKSHOP IS FREE!

PLEASE CALL 8742 3688



84 HONOUR AVE WYNDHAM VALE

Early Years Programs & Activities

| 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 | | | Contact: Maternal & Child Health ① 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 ① 9742 0736 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 | No cost | Contact: Maternal & Child Health ① 1300 370 567 www.wyndham.vic.gov.au select Maternal & Child Health Services | |
| Supported Playgroup Referrals for this service can be made by community services or families can self-refer through the Wyndham City Council website: https://www.wyndham.vic.gov.au/services/childrens-services/playgroups/supported-playgroups | Weekly sessions | | Contact: Susan ① 0427 523 177 or 1300 370 567 ☑ playgroup@wyndham.vic.gov.au 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 ① 1300 370 567 www.wyndham.vic.gov.au select Children's Services > Kindergarten | |

EMPOWER AND INSPIRE



Manor Lakes resident for 20 years, Rosemary is amazed by how much this suburb has grown since she moved into it.

Rosemary works as a School Crossing Supervisor and used to volunteer at Foodbank at Manor Lakes Community Learning Centre for several years. One day she met Sally, who was also helping at the Foodbank. Sally talked to her about thee Coffee Table group and invited her to join the group to socialise with more people on regular basis. Rosemary considers herself as a shy person, but accepted Sally's invitation to join the group.

Slowly Rosemary started to come out of the box and begun to participate in the Community Kitchen run by Thee Coffee Table.

She started helping in the kitchen with dishes on Wednesdays and slowly progressed to start taking orders for the free breakfast program for community members accessing Foodbank. She is now a confident, easy to talk person with anyone in the centre. She loves coming and meeting new people from diverse backgrounds. She likes talking to them, getting to know culture while they enjoy various cuisines that thee Coffee Table volunteers cook for lunch every Wednesdays, Thursdays and Fridays.

She strongly agrees that making the step to come out of her comfort zone and joining the group was the best decision and she is always looking forward to Wednesdays so that she can be a part of the fun space and meet new people.

THEE COFFEE TABLE



The Café at the Manor Lakes Community Learning Centre is open for breakfast and lunch on the below 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

Thee Coffee Table Manor Lakes

Or contact Sally on **0433 663 271** or email at **theecoffeetable2021@gmail.com**



Wednesday Thursday Friday 9am - 2pm

IRENE'S ART CLASSES



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:** 0452 493 207

EMAIL: Theecoffeetable2021@gmail.com

| | DAY S TIME | | |
|--|--|--|--|
| IRAM00 | DAY & TIME | COST | CONTACT INFORMATION |
| Iramoo 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 ① 8742 3688 ☑ admin@iramoocc.com.au Follow us on Facebook! |
| 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? This is a FREE session and everyone is welcome! | Thursdays fortnightly 10am – 11am Commencing 2nd February | Free | 8742 3688 Or admin@iramoocc.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 <i>during the school terms</i> 9.30am – 10.15am | Fee involved | Contact: Sharon ☑ sharon@maggiemoomusic.com.au |
| MANOR LAKES | DAY & TIME | 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 ① 8754 0500 ☑ kdiacono@vicsegnewfutures.org.au |
| Tweddle-My Time Peer Support for parents and carers of children with a disability Or chronic health condition | Tuesday 9:30am-12.30pm During school terms | No Cost | Contact: Kim ☑ kim.mace@tweddle.org.au ③ 9689 1577 |
| Manor Lakes Harmony Playgroup During school terms | Fridays 9:30am—11:30am | \$60 per term | Contact: Rati ☑ mlharmony playgroup@gmail.com |
| Manor Lakes Multi Cultural Play group During school terms | Wednesdays 9:30am—11:30am | \$60 per term | Contact: Visheshta ① 0426 223 733 ☑ visheshta6@gmail.com |
| Rhyme Time (Ages 1–5years) These 30-minute sessions include stories, songs and rhymes designed to develop early language, literacy and numeracy skills. During school terms | Werribee Library Tuesdays & Thursdays 10: Manor Lakes Library Mondays 12:30pm Thursday 10:30am | :30am | |
| Baby Time (Ages 0 - 12 months) Sing, move, and bond with your baby as we share some of our favourite songs and reading tips. During school terms | Werribee Library Wednesdays 10:30am Manor Lakes Library Wednesdays 10:30am | | Contact: Werribee Library 3 8734 8999 Contact: Manor Lakes Library 3 8734 8999 For session dates and times please visit: |
| 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. | www.wyndhar early-years/ea Manor Lakes Library Fridays 10:30am Bookings: Tick | | 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, |
| During school terms | | | and will be offered on a strict first-come, first- |
| Bilingual Story Time—Karen and English 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. | Manor Lakes Library 1st Monday of the Month 10.30am | | served basis. See staff on the day for ticketing information. All programs are Free |
| During school terms . Ages Children of all ages | | | |
| Rhyme Time and Pop-Up Library Ages 1–4 Join us for Rhyme Time and a special Pop-Up Library every week in Term 1. | Various locations For sessi www.wyndham.vic.gov.au | | s, dates and times please visit: https:// prary |

CLUB 60 WYNDHAMVALE MEMBER - RECOGNITION AWARD



We congratulate Mr. Harbans Sodhi, Secretary of our Club 60 Wyndham vale member on being the recipient of the Lalor Hero Award for 2020, an award that recognises local heroes' service and contribution to the Lalor electorate community in Melbourne's West. This award was presented acknowledging and appreciating his volunteer service done to the community. He was extremely thankful to all my club and dedicate this award to my club members. He mentioned that he will continue his community services in future too with great dedication and enthusiasm.

Hearing Australia is coming to you



Hop aboard for a free hearing check

Manor Lakes Community Learning Centre

Date 13/02/2023, Time 9:00am - 12:00pm 86 Manor Lakes Blvd Manor Lakes VIC 3024 (03) 8734 8934



A hearing check is a screening that helps identify people that may have hearing loss

Do you need support in court? We are only a phone call away.

1800 571 239

Call us between 9.00am and 4.00pm on 1800 571 239

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



| Quantin Binnah | DAY & TIME | COST | CONTACT INFORMATION |
|--|---|---|---|
| QB Childcare 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 | Monday-Friday Centre Opens at 6.30am -Centre Closes 6.00pm Monday-Friday Centre Opens at 6.55am -Centre Closes at 6.25pm | Fees: \$119 per child per day or \$115.50 per child per day if care is Fulltime. Plus a one off \$30 enrolment fee. | Contact: Quantin Binnah Community Centre ① 9742 5040 ☑ admin@qbcc.org.au www.qbcc.org.au Childcare Subsidy applies - 13 61 50 www.childcaresubsidycalculator.com.au |
| 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 | | | |
| 3 Yr Old Kindergarten QB 61 Thames Boulevard Werribee 3030 | Bandicoot Tuesday 9.15am - 2.15pm Dugong Monday & Wednesday | | Contact: Quantin Binnah Community Centre ① 9742 5040 ☑ admin@qbcc.org.au www.qbcc.org.au |
| 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 | 9.15am - 2.15pm Dingo Tuesday 8.30am - 1.30pm | \$160 per Term \$0 for concession card holders | 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- |
| teaching activities. www.qbcc.org.au/3yr-old-kindergarten 4Yr Old Kindergarten | Lemon Group | | kindergarten-registrations Contact: Quantin Binnah Community |
| QB 61 Thames Boulevard Werribee 3030 | Tuesday, Wednesday & Friday 9am - 2pm Viol Group Monday & Thursday 9.00 to 4.30pm Navy Group Tuesday & Thursday 9.00am - 4.30pm Silver Group Monday & Wednesday | \$480 per Term - \$0 for concession card holders | Centre ① 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 |
| 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 | 9.00am - 4.30pm Yellow Group Monday, Wednesday & Friday 8.30am - 1.30pm | | |

| 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 | \$65 per term Plus a one off enrolment fee of \$30 | |
| School Age Care Quantin Binnah has programs at 4 Wyndham locations offering: 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. | School age care (Childcare subsidy Applies) Before School care 6.30am to 9.00am Permanent \$21.50 and Casual 24.00 | Contact: Quantin Binnah Community Centre ① 9742 5040 ☑ admin@qbcc.org.au www.qbcc.org.au |
| 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 Wednesday, drop in anytime between 10.00am to 11.30am | \$5.00 per child per session or \$8.00 for 2 siblings | For more information contact Bianca at Creating Villages creatingvillages@gmail.com |

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 | ① 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 | ① 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 ③ 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 | ① 03 4250 8134 Booking and referral required |

| IRAM00 | DAY & TIME | COST | CONTACT INFORMATION |
|--|--|------|--|
| Your Heart Matter—information session Come and listen to an informative Heart Matters talk, How to recognize warning signs, know what to do if someone has those signs and more. | Wednesday 1`st March 10am | Free | Contact: Iramoo Community Centre 3 8742 3688 for more information |
| Learn Indian Head Massage Contact the Centre to make bookings | Thursday 23rd February 11am | \$5 | Contact: Iramoo Community Centre ② 8742 3688 |
| 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 – 11.00am | Free | Contact: Iramoo Community Centre ③ 8742 3688 - Come for a time that suits you. Not able to come in we have bags of lids needing to be washed and dried |

SEED LIBRARY

What is a Seed Library?

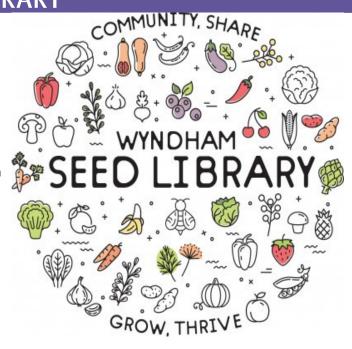
The Wyndham Seed Library aims to build food resilience and promote sustainable gardens by supporting local community, share seeds and grow their own produce and habitat gardens. Growing from the Seed Library is a great way for children and young people to learn about the life cycle of plants and sustainable 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 <u>Wyndham City libraries on Facebook</u> for latest updates including workshops.
- <u>Join the eNewsletters</u> 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



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 (03) 8734 8930

WUNGGURRWIL DHURRUNG CENTRE



Wunggurrwil Dhurrung Centre is a meeting place located in Wyndham Vale. It promotes a shared vision to recognise and celebrate Aboriginal perspective and history. The centre provides a culturally safe place, where people of all ages and experiences are welcome to gather, connect, learn and share. With a name steeped in meaning, Wunggurrwil Dhurrung means "strong heart" in Wadawurrung language.

Sign up to receive content for the newsletter by emailing:

WunggurrwilDhurrung@wyndham.vic.gov.au

| PROGRAM | DAY & TIME | CONTACT INFORMATION |
|---|---|--|
| VACCA Koorie Kids Play Group Supported playgroup for Aboriginal children . | Thursdays 12-2pm | Tayla S ① 0455 467 931 taylas@VACCA.org |
| Bollywood Dance Class Dance lessons for ladies and kids for physical and mental fitness | Saturdays 10:30-12pm | Pooja Shukla ① 0424 390 167 |
| Nrityaarpana Bharatanatyam Classes | Wednesdays 6-7:30pm | Rekha Jayaraman ① 0451 327 719 nrityaarpana@outlook.com |
| Te Roopu Aatawhai Maori cultural performing dance group | Fortnightly Saturdays 12:30- 6:30pm | Aiden Jensen-Mahu ① 0403 620 306 |
| Aboriginal Wellness Foundation Cultural mentoring activities for Aboriginal people and parents/carers | Fortnightly Tuesdays, Wednesdays & Thursdays 6:30-8pm | Maureen Smith ① 0467 794 256 ceo@aboriginalwellnessfoundation.org.au |
| Ragaa Music Healing music lessons for young people and adults | Tuesdays 6:30-7:30pm | Madhuri Vasa ① 0404 255 148 |
| Flash Taekwondo Taekwondo lessons | Mondays & Wednesdays 6-8pm | Nenad Zoric ① 0412 536 552 flashtaekwondo@hotmail.com |

NEW LOOK OF MANOR LAKES LIBRARY



Did you know that Manor Lakes Library has recently undergone a makeover?

The library reopened in December with brand new shelving, lighting and carpet, a complete repaint throughout and some new furniture. With the addition of a Silent Study Room, Manor Lakes feels likes a completely new library!

As well as creating a fresh, welcoming space for our community, the upgrades have improved energy efficiency and extended the life of many assets.

Come in and take a look around!

STORIES FROM QUANTIN BINNAH













In 2023 we encourage you to continue to pop into Café QB Monday to Wednesday and support this fantastic social initiative enterprise. Café QB is serviced by volunteers and is a not for profit training venture for people with disabilities and mental health to gain valuable experience.

We also have QB Marketplace set-up in the corner of the café with rotating stock and some items made to order to add a personal touch to your gifts. Don't forget to buy and support local when you need a little something to give someone or even when you want to spoil yourself. All proceeds are returned to the artists; who have a disability, mental health concern or face other challenges.

RAINBOW FOREST AT QUANTIN BINNAH

Have you seen the trees that line the entrance driveway at QB?

The Australian Crochet Club has starting crochet bombing. We love how the trees look and we'd love for anyone to do their own design. Feel free to wrap a tree yourself of drop in your crocheted work at QB to be added to our new rainbow forest.

For further information on Community
Development times, activities and information
please visit www.qbcc.org.au, like the QB
Facebook to receive posts and information
about our Pop-Up Events or pick up a hard
copy brochure in centre.

To discuss anything in detail email community@qbcc.org.au or call Emma or Penny on 9742 5040.

Please get in touch with the Community Development Team on

community@qbcc.org.au should you have any requests for programs and activities or if you have any special skills you'd like to share with others. We can't be a community without you!









TUNING INTO TEENS PARENTING PROGRAM



mackillop.org.au



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: 10 February to 17 March, 2023

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

To register:

(03) 9680 8444

www.mackillop.org.au/ events





YOUTH SERVICES

FREE COUNSELLING

Youth and Family

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

WE OFFER:

- Up to 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 bilk billing (FREE) Psychologists



youth SerViceS

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

Young person of the month....

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

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

ONEWyndham Young Person of the Month Services

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



Education & Training for Kids & Adults

| MANOR LAKES | DAY & TIME | COST | CONTACT INFORMATION |
|---|--|-------------------|--|
| Ceramics Classes The Course teaches students the fundamental techniques and skills associated with the medium clay. Students will be introduced to the key hand building techniques and explore various surface decorating techniques. Students will have the opportunity to try their hand at the pottery wheel. | Monday 6:45pm—8:45pm Saturday 9:30am-11.30am | Fees Apply | Contact: Melissa Murphy Vella Melissa.ceramics@outlook.com |
| 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 Kids— 4pm - 6pm Adults 6:30pm - 8:30pm | \$10 per class | Contact: Irene ① 0452 493 207 ☑ Theecoffeetable2021@gmail.com |
| Family History Group Join a Family History Group to learn about new resources, share your knowledge and meet others who are researching their family history. Bookings required | 1st Tuesday of the month 1.30pm - 3.30pm | Free | Manor Lakes Library 3 8734 8930 For session dates and times please visit: www.wyndham.vic.gov.au/family-local- |
| Writing Group 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 | 4 th Tuesdays of the month 7.30pm - 8.30pm | Free | Online For session dates and times please visit: 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 Wednesdays 1:30pm - 2:30pm | Free | Werribee Library ① 8734 8999 Manor Lakes Library ② 8734 8930 For more information and bookings: www.wyndham.vic.gov.au/adult-events-and-activities |



10AM - 2PM







https://www.wyndham.vic.gov.au/whats-on/wyndham-volunteer-expo

Education & Training for Kids & Adults

| MANOR LAKES | DAY & TIME | COST | CONTACT INFORMATION |
|--|--|--|---|
| System@ Tech (Learning) 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: Gururaj Hosur ① 0427 624 362 ☑ 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 ① 0434 190 266 ☑ wyndhamvale@lynnslearning.com <u>www.lynnslearning.com.au</u> |
| Junubi Wyndham Homework Club Junubi Wyndham will be running Homework Club at the nominated centres to support African Australian Students south Sudanese background. | Thursday 3.30pm—5.30pm | Free | Contact: Poly Kiyaga ① 0434 178 753 ☑ poly.kiyaga@wyndhamcec.org.au |
| Manor Lakes Home Schooling Club Teaching Baking / Cake Decorating Classes to the community | Thursdays 12.30pm –3.30pm | Fees Apply | Contact: Steph ☑ stephanie.mohring@icloud.com |
| Coding Bootcamp Kids Coding and Programming Activities | Fridays 5.30pm—6.30pm | Fees Apply | Contact: Coding Bootcamp ① 0481 832 443 ☑ info@codingcamp.com.au ⓒ codingbootcamp.com.au |
| Quantin Binnah | DAY & TIME | COST | CONTACT INFORMATION |
| Filipino Language Course Learn the Filipino Language, Culture and history pf the Philippines . Class led by an experienced teacher to support student undertaking VCE LOTE | Saturdays during term starting 4th February 10am to 12 noon | \$5.00 per session, \$200 for school year | Philippine Language School of Victoria INC in divineprecy47@gmail.com in 0413 623 991 |
| Home Schooler Social Club Meet other home-schooled students. Socialise and learn through self-directed play and interaction. Term 1 Session includes basic baking & Cooking | Wednesday's from 1.00pm in café QB | Cost varies up to \$5 per person | Contact: Bianca at Creating Villages |
| Barista @ Work 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. | Thursday 2nd & Friday 3rd March 9.30am to 2.30pm | Free | For further information or to apply ① 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 Note:- Participate are required to be self or plan managed | Supports provided at NDIS unit costs. | |

Education & Training for Kids & Adults

| 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

| IRAM00 | DAY & TIME | COST | CONTACT INFORMATION |
|---|---|----------------------|--|
| Chair Yoga and Meditation Gentle form of yoga that can be done sitting. | Thursday 1pm—2pm | Contact Catherine | Contact: Catherine |
| Yoga Come join us to move, stretch, work, sweat, breathe and be still. NEW TIME | Wednesday 7.30-8.30pm & Saturdays 9am—10am | Contact Catherine | ① 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 ① 0402 593 393 |
| Rhapsody School of Ballet Children and adult classes | Tuesday 4pm-8:15pm Friday 4pm-8pm | Contact Cristelle | Contact: Cristelle ① 0433 872 263 ☑ rhapsodyschoolofballet@gmail.com |
| 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 7:30om—8:30pm | Contact Angela | Contact: Angela ① 0431 577 679 http://angelashegog.zumba.com |
| Artizzons Art Classes For children from 6 years. Classes focus on developing children's artistic skills and creativity. They will discover a variety of art materials through application and experimentation | Saturday morning | Contact Cathy | Contact: Cathy ① 0413 527 102 ☑ Cathy Mackay@artizzons |
| Artizzons Art Classes—Adult Art classes | Tuesday Nights 6pm—8pm | Contact Cathy | |
| Ballroom Dancing Classes Includes: Waltz, Tango, Foxtrot, Quickstep, Cha-Cha, Rumba, Jive, Australian New Vogue and Sequence Dances. NEW TIME | Thursday Evening Beginners 7pm—8pm Advanced 8:15pm— 9:15pm | \$5 per session | Contact: Iramoo Community Centre ③ 8742 3688 |
| Expressions of interest—daytime Ballroom Dancing Classes | Monday beginners 2:15pm—3:15pm Advanced 3:30pm— 4:30pm | \$5 per session | Contact: Iramoo Community Centre 3 8742 3688 |

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

Recreation & Leisure for Kids & Adults

| IRAM00 | DAY & TIME | COST | CONTACT INFORMATION |
|---|---|--------------------|---|
| Fitness Fun Join Angi for a fitness Fun Class | Mondays 1pm—1:45pm | \$5 per session | Contact Iromas Community Contac |
| Expressions of Interest—Fit Ball Classes | | \$5 | Contact: Iramoo Community Centre 3 8742 3688 Admin@iramoocc.com.au |
| Seniors Craft Activity With Amber from Werribee Bunnings | 1 st Monday of the month 10.30am | Free | Follow us on Facebook! |
| MANOR LAKES | DAY & TIME | COST | CONTACT INFORMATION |
| DK Alayam School of Music & Dance | Monday 6pm-7pm Tuesday & Thursday 5:30-7:30pm | Fees apply | Contact : Krithika ① 0424 517 021 ☑ krithikad.1989@gmail.com |
| Wyndham Patchworkers A community minded group, meeting to do patchworking, quilting knitting, crochet and other needle craft, whilst sharing friendship. We make community quilts and raise funds which we gift to a range of charitable causes chosen by our members. | 2nd & 4th Saturday of the month 9.30am—4pm | Fees apply | Contact: Donna Morris ① 0417268887 ☑ wyndhampatchworkersinc@hotmail.com |
| Zumba with Angela Latin inspired dance & Fitness Classes | Thursday 7.30pm - 8.30pm | Fees apply | Contact: Angela Joyce ① 0431 577 679 ☑ angelashegog.zumba@gmail.com |
| Sahaja Yoga Mental and physical health and fitness for the community via meditation sessions. | Fridays 7pm – 8pm | Free | Contact: Annie Sarani ① 0423 110 875 ☑Annie.sarani@gmail.com |
| Yoga and Meditation Yoga is a mind and body practice. We provide Hatha yoga and Astanga Yoga styles of yoga which combine physical postures, breathing techniques. Meditation Leading to relaxation | Tuesdays 4pm—5pm Saturdays 9.30am—10.30am | Fees apply | Contact: Anu ⊠yogameditationandhealing365@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. | Wednesdays 4pm During school term | | Manor Lakes Library (03) 8734 8999 Register your interest here: www.wyndham.vic.gov.au/services/libraries/ youth/youth-events-and-activities |
| Girl Talk Ages 15+ This program is designed for young girls to build self -esteem and encourage individuals to learn from one another by sharing their knowledge and experience. It will help them to develop leadership skills and self-confidence through practice experience. The group will discuss selected topics or choose their own topics of interest. | Fortnightly on Fridays, 4pm – 5pm | Free | Manor Lakes Library (03) 8734 8930 |
| 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 | | Werribee Library (03) 8734 8999 Bookings: www.wyndham.vic.gov.au/adult- events-and-activities |

Recreation & Leisure for Kids & Adults

| MANOR LAKES | DAY & TIME | COST | CONTACT INFORMATION |
|--|---|---------------|--|
| Nrithyopasana school of Bharatanatyam Bharatnatyam -Indian classical dance Syears and above and adults | Fridays 5.30pm - 6.30pm | Fees apply | Contact: Lalitha Narayanan ① 0429 313 826 ☑nrithyolalitha@gmail.com |
| Bollywood Dance School Australia Bollywood dance for kids, teens & adults. | Wednesdays 5:30pm—9: 00pm | Fees apply | Contact : Darshan ① 040 137 963 ☑ admin@bollywooddanceschool.com.au www.bollywooddanceschoool.com.au |
| 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. During school term Ages 5+ | Thursdays 4.30pm, | | Werribee Library (03) 8734 8999 For session dates and times please visit: www.wyndham.vic.gov.au/services/libraries/ kids/all-kids-events-and-activities/kids-events- and-activities |
| Kids Club Come and join in a different activity every week. Make new friends and have lots of fun. During school term Ages 5+ | Wednesdays 3pm during school terms | Free | Contact: Manor Lakes Library ③ 8734 8999 Contact: Werribee Library ③ 8734 8999 For session dates and times please visit: www.wyndham.vic.gov.au/services/libraries/ kids/all-kids-events-and-activities/kids-events- and-activities |
| 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 ③ 8734 8930 For session dates and times please visit: www.wyndham.vic.gov.au/services/libraries/ kids/all-kids-events-and-activities/kids-events- and-activities |
| 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 <i>During school term</i> | | Contact: Werribee Library ① 8734 8999 |

| Quantin Binnah | DAY & TIME | COST | CONTACT INFORMATION |
|--|--|--|---|
| Zumba Thanks to Reclink we're inviting you to join in a FREE Zumba fitness program that involves cardio and Latin-inspired dance Do you want to get fit and make new friends? There's no better way to have fun with someone then to get sweaty with them. | Thursday's at 1pm starting 9 th February | Gold Coin Donation appreciat ed | ☑ community@qbcc.org.au Phone 9742 5040 |
| Mindful Monday Take time out to recharge & refresh. Activities will vary but may include mindfulness colouring in, gentle walking/exercise, meditation, group activities and other topics to help you be Zen! | Monday's during term starting 6 th February | FREE | Website www.qbcc.org.au |
| Pop up Craft & High Tea Session Enjoy a delicious morning or afternoon tea whilst you create a themed masterpiece to take home. | Various dates | \$12 | Contact : Quantin Binnah Community Centre www.facebook.com/craftandcaffeine |

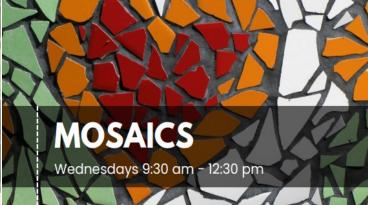
Recreation & Leisure for Kids & Adults

| Quantin Binnah | DAY & TIME | COST | CONTACT INFORMATION |
|--|---|---|---|
| Craft & Caffeine - In QB Cafe Drop in for craft and a cuppa anytime. Complete special themed craft activities | Mondays & Tuesdays 8am - 2pm Wednesdays 8am to 4.30pm QB Café | Gold Coin Donation appreciated | Contact: Bianca at Creating Villages |
| Australian Crochet Community All welcome to drop in and crochet and chat or do another craft. | Saturdays 10am to 2pm Term 1 18th Feb, 18th March& 15th April | BYO crochet/ craft project and supplies | creatingvillages@gmail.com for more information, to make a booking and advise of dietary requirements. |
| 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. | |
| 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 ① 0421 564 236 or pop into Café QB on a Tuesday |
| Kaleidoscope Inclusive Disco Once a term come and get your groove on. Spend the night with friends, dance and hang out in a safe environment. Quiet zone available for those who need a break. This is an alcohol-free event | Friday 31 st March 7.30pm to 10.00pm | Carers free entry & drink. Café QB will be open for additional items | Contact : Quantin Binnah Community Centre ① 9742 5040 ☑ community@qbcc.org.au OR www.facebook.com/craftandcaffeine |
| 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 ① 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 ① 03 87426448 ☑ Shed@wyndhamparkcc.com.au Online enrolment via Social Planet |
| 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 |
| 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 | ① 03 87426448☑ Shed@wyndhamparkcc.com.auOnline enrolment via Social Planet |

WHAT'S ON @ WYNDHAM PARK COMMUNITY CENTRE







Scan for MONDAY classes

Scan for

TUESDAY

classes



Learn the fundamental techniques and skills associated with medium clay including key hand building techniques. Suitable for all levels of experience

Cost: \$180 / term

10 spots per session. Book now!

Contact us on the email or number below to express interest, or scan the OR code to register. SCAN BELOW TO FIND OUT MORE



Learn the craft of mosaics as you make your own masterpiece through this term-long course.

Cost*: \$50 material cost / Term *Activity only available to Community Shed members (\$75 / Year)

10 spots only. Book now!

Contact us on the email or number below to express interest, or scan the QR code to register.

WOODWORK at the Shed



Women's Shed Woodwork

Mondays - 9:00am to 3:00pm

Join fellow women enthusiastic about woodwork. Create your own projects, share tips and tricks, and enjoy time with friendly people.

Covered under the Shed membership (\$75 / year)

WOODWORK FOR ALL ABILITIES Mondays to Wednesdays 9:30 am - 12:30 pm



Men's Shed Woodwork

Tuesdays and Thursdays - 9:00am to 3:00pm

Chat to other men as you create your own woodwork projects. Share ideas and knowledge with likeminded people while enjoying the company of others.

Covered under the Shed membership (\$75 / year)

Scan below to send an emal



An introductory carpentry course supporting students to develop knowledge in carpentry and joinery on a step-by-step basis.

Cost: \$65 / session

Open to everyone. NDIS participant friendly

Contact us on the email or phone number below to find out more and to register interest.



Women's Woodwork Classes

Fridays - 1:00pm to 4:00pm

Learn the basics of woodwork. Gain the knowledge and confidence to create your own projects. For women interested in woodwork.

\$100 for 6 sessions



57a Kookaburra Avenue Werribee 3030 Joel@wyndhamparkcc.com.au 8742 6448 wyndhamparkcc.com.au

Faith, Cultural & Community Groups

| IRAM00 | 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 ③ 8742 3688 ☑ admin@iramoocc.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 ① 0434 000 866 |
| Australian Youth Community Centre | Fridays 1pm—2pm | Contact Nasser | Contact: Nasser ① 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 ① 0438 962 252/0419 820 140 |
| MANOR LAKES | DAY & TIME | COST | CONTACT INFORMATION |
| Uniting All Generation for Tomorrow Inc Church activities | Sunday 1pm - 4pm | | Contact: Logo Seese ① 0468 793 667 |
| Assembly of Saints Church activities | Sunday 12: 00pm - 3: 00pm | No cost | Contact: Fiston ① 0410 145 596 |
| Church Universal of Jesus Christ Incorporated Church Service | Sunday 3pm—6pm | | Contact: Magmumu Hatari Eli ① 0466 076 803 |
| Church of Christ - (Iglesia Ni Cristo) Church gathering and Choir | Monday 7pm—10pm Saturday 6pm—10pm | | Contact: Alfonso Ocon ① 0451 041 711 |
| Quantin Binnah | DAY & TIME | COST | CONTACT NFORMATION |
| QB Book Club Expressions of Interest being sought | Contact QB's CC With your day and time preference. | | |
| Tai Chi Join in a gentle and relaxing exercise class with an experienced instructor | Monday's @ 1pm Starting from 6 th February | \$5 per person per class | Contact: Quantin Binnah Community Centre ① 9742 5040 Image: Solution of the community and the community and the community are community and the community and the community are community are community and the community are community and the community are commun |
| 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 | www.qbcc.org.au |
| Marvelous March Musical Melodies with Trish Simpson Join us to wish the lovely Trish a Happy Birthday and have a fun morning of music and singing including a lovely morning tea. | Thursday 16 th March 10am to 12.00pm | \$7.00 for morning tea and tunes | Please email community@qbcc.org.au or call 9742 5040 for more information, to make a booking and advise of any dietary requirements |

Social & Support Groups

| IRAM00 | DAY & TIME | COST | CONTACT NFORMATION |
|---|--|--------------------|--|
| Don't Worry Be Happy Chronic Pain and Depression Support Group | Wednesday Fortnightly 10am -12pm | Free | Contact: Iramoo Community Centre ① 8742 3688 ☑ admin@iramoocc.com.au |
| AA Wednesday Night | Wednesday 7pm – 9pm | Contact Anthony | Contact: Anthony ① 0466 501 058 |
| AA Werribee Group | Friday 7pm - 9pm | Contact Susanna | Contact: Susanna ① 0411 146 412 |
| Cook Around the World Learn how to make delicious meals from around the world | Wednesday 10am - 12pm School terms | \$10 | Contact: Iramoo Community Centre ① 8742 3688 ☑ admin@iramoocc.com.au |

Social & Support Groups

| IRAM00 | DAY & TIME | COST | CONTACT NFORMATION |
|--|--|--|--|
| Art/Painting/Drawing Group | Thursday | Free | CONTROL INFORMATION |
| Self lead, bring in your current project and work on it in a social setting | 10am – 2pm | 1100 | Contact: Iramoo Community Centre |
| Chatty Cafe | 2 nd & 4 th Monday of the month 10.30am | | ① 8742 3688 Image: admin@iramoocc.com.au Follow us on Facebook! |
| Gluten Free Cooking Program | 3 rd Saturday of the month 10am-12 | \$10 | |
| 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 ① 9734 3322 |
| 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: Eh Su ① 0412 152 892 ☑ ehs@wyndhamcec.org.au |
| Thee Coffee Table Come along and get to know new friends over coffee and a chat | Thursday 11.30am—2pm | Free | Contact: Sally ☑ theecoffeetable2021@gmail.com |
| Food Bank Manor Lakes Providing food items to people in need. | Wednesday 12.30—2pm | No cost | Contact : Pynqi ① 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 3 8734 1355 |
| Augustia Rigagh | DAY & TIME | COST | youthinwyndham@wyndham.vic.gov.au CONTACT INFORMATION |
| 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. | Monday's & Tuesday's | Free | Contact: Sara Allen, Early Help Practitioner ① 0435 404 988 ☑ sara.allen@tweddle.org.au Contact Sara to make an appointment or just pop in |
| 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. NEW MEMBERS WELCOME Please BYO a coffee cup to assist with our sustainability practices. | Thursday 9.30am | FREE – gold coin donation appreciated | Contact: Quantin Binnah Community Centre ① 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 | Free | Strengthening Parents Support Program Facilitator Contact: Wendy White ① 0448 015 023 ☑ Wendy.white@mackillop.org.au |

Social & Support Groups

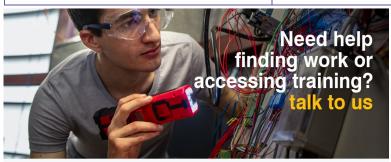
| Quantin Binnah | DAY & TIME | COST | CONTACT NFORMATION |
|---|---|---|--|
| Café QB Marketplace Homemade items available to purchase. Support our community of budding entrepreneurs. All artists have a disability, mental health concerns or are a start-up venture /seed project. | Mondays Tuesdays & 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 10.30am | Free | Michael Lazzaro Lead Practitioner ① 0428892813 ☑ Michael.Lazzaro@mindaustralia.org.au www.mindaustralia.org.au |
| 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 | Bring along your own sewing projects or complete community projects | 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. 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: Community Connector ① 8734 4514 ☑ communityconnector@wyndham.vic.gov.au |

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, Tuesdays and Fridays 12.30pm-3.30pm | No cost | Contact: Harbans Sodhi ① 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 ① 0490 080 933 ☑ admin@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 9 8734 8934 manorlakesclc@wyndham.vic.gov.au |

Social & Support Groups

| Quantin Binnah | DAY & TIME | COST | CONTACT NFORMATION |
|---|--|---|--|
| 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. | Monday's, Tuesday's & Wednesday's at 8.00am in Café QB | Free gold coin donation appreciated | |
| QB CAFÉ Please consider Café Qb as your café of choice or for catering your morning tea or lunch function in 2023. by purchasing something yummy to eat and or drink you are supporting creating villages with this social initiative venture. All purchases are reinvested into the delivery of the café. Support participates with disabilities to learn new skills and be included in their community. Look out for weekly special's and events | Open hours Mondays and Tuesdays 8.00am—2.00pm and Wednesdays 8.00am—4.30pm | Please refer to daily menu @ Café QB for prices. | Contact: Bianca at Creating Villages ☑ creatingvillages@gmail.com |
| 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 ③ 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

We can help with....

- Finding suitable jobs
- Resumes and Cover letters
- Interview skills
- Identifying training courses
- Career guidance
- and more..

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



Local community members who are interested in a rewarding role that supports people to improve their skills. Part-time facilitators are needed across:

- Hospitality / barista
- · Digital skills
- · Preparing for employment
- · Business and accounting
- Carpentry
- Cake decorating
- Gardening

- A teaching / facilitating background or industry experience
- Enthusiasm, initiative and interest to work with a diverse range of adult learners
- Ability to provide a Working with Children Check (employee), a Police Check and a COVID Vaccination Certificate
- Capacity to work at a range of different venues across
 Wyndham

To express your interest send us your resume.



More Information:

Call us on 9742 4013 or email: peter.bonnell@wyndhamcec.org.au www.wyndhamcec.org.au





UPCOMING DATES

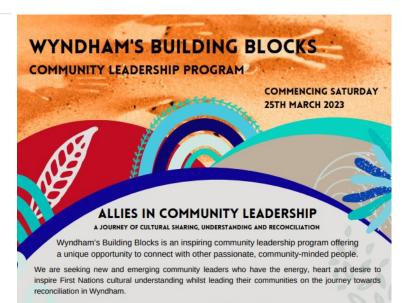
2023

- 14 February
- 4 April

FREE!!

Fruit, vegetables, pantry items, and more!

Manor Lakes Community Learning Centre 86 Manor Lakes Blvd, Manor Lakes 3024



About the Program:

The delivery of the program is a blend of face to face and online. 15 sessions will run from March to July 2023. The project pathway will run from October to November 2023.

There is NO COST - fully sponsored by Wyndham City Council.

Eligibility:

- · You must live, work, learn or play in the Wyndham municipality
- · You must be able to commit to participate in all
- the scheduled sessions

How to apply:

For more information and support, contact: buildingblocks@wyndham.vic.gov.au Apply here:

or scan the OR code





- · You must be 18+ years old
- You must have an idea for a project or an action
- that will be of benefit to the Wyndham community







Elders past and present. We acknowledge the wisdom of Aboriginal and Torres Strait Islander peoples



DO YOU NEED HELP WITH TECHNOLOGY?



Be connected is a program that can help you build your technology skills for FREE!

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

Thursdays 1pm—4pm

Please register your interest!!

CONTACT:

Paul - 0421 660 657



FREE TRIAL







Book Today 0481 832 443

FOR KIDS

EVERY SATURDAY 10:30 AM TO 12 NOON

AT MANOR LAKES COMMUNITY CENTRE

AGE 8-16