

THE BUZZ

Term 3 2023

Wyndham West

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



Homelessness Week 2023

Homelessness Week (August 6 – 13) aims to raise awareness of the impact of homelessness in Australia, educate people about what support they can offer & preventative strategies, & encourage people in the community to donate items to assist those who are experiencing homelessness & hardship. Come along to one of our free events.

Community Morning Tea with guest speakers

[Register now!](#)

Wednesday 9 August, 10am - 12pm

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

'Undercover' Film screening with Q&A

Tuesday 8 August 10:30am-1pm

Point Cook Community Learning Centre

1-21 Cheetham Steet, Point Cook

Watch this documentary of 10 diverse Australian women who are seeking to find a home to call their own. Join us for a Q and A session afterwards with advocates and homelessness sector experts.

Community Dinner with guest speakers

Thursday 10 August, 6pm - 8pm

Dianella Community Centre

6 Congo Drive, Tarneit West

Limited seats, register here:

<https://www.wyndham.vic.gov.au/homelessness-week>

Supported by:

Wyndham City Council,

The Wyndham H3 Alliance & Quest Apartment Hotels

Proudly supported by



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

Iramoo Community Centre:

84 Honour Ave, Wyndham Vale VIC 3024

Phone: (03) 8742 3688

Manor Lakes Community Learning Centre:

86 Manor Lakes Blvd, Manor Lakes VIC 3024

Phone: (03) 8734 8934

Quantin Binnah Community Centre:

61 Thames Boulevard Werribee VIC 3030

Phone: (03) 9742 5040

Wyndham Park Community Centre:

55 - 57 Kookaburra Ave Werribee VIC 3030

Phone: (03) 9742 7298

Wunggurrwil Dhurrung Centre:

19 Communal Road, Wyndham Vale VIC 3024

Phone: (03)8734 0288

JUNE TO AUGUST

In the lead up to Homelessness Week, Wyndham Council is coordinating a donation drive where you can donate long life food & personal care items at any community centre

personal care items

toiletries

toothbrush, tooth paste

moisturiser, soap,

sanitary items etc

new socks & underwear

towels & blankets

long life food

canned or dry food

Donation points all Community Centres across Wyndham See full list of centres
<https://www.wyndham.vic.gov.au/homelessness-week-donation-drive-2023>

Origami House Campaign



Houses at...
Parliament

The Victorian Homelessness Network (VHN) is raising awareness about the urgent need for more social and public housing. There are 57,000 households on the social housing waitlist today and the numbers are growing every week. At least 6,000 new properties need to be built per year. As part of the Houses At Parliament campaign, the VHN will display 6000 folded origami houses at Parliament House on 2nd August, for Homelessness Week. This is to highlight the urgent need for Governments to fix the housing crisis and end homelessness.

You can support this campaign by folding an origami house and sharing a photo using the hashtag #HousesAtParliament as well as any of the following: #HousingEndsHomelessness, #ItsTimeToEndHomelessness, #HW2023



We'd love to hear from you if you'd like to run an event in the Wyndham Learning Festival, 1-7 September 2023

The 2023 theme is "Our Thriving, Creative Community". The Wyndham Learning Festival is a whole community event that provides opportunities for FREE learning activities across the City of Wyndham annually.

Event Registrations are Now Open!!
[Submit your event here.](#)

To find out more visit
<https://www.wynlearnfestival.org.au/>



OUR THRIVING,
CREATIVE
COMMUNITY

If you'd like to run
an event, we'd love
to hear from you





Morning Tea with the Mayor

Join Cr Susan McIntyre for a morning tea
learn about Wyndham and the services we provide.

Monday 24 July



The Mayor, Cr Susan McIntyre is hosting a special morning tea on Monday 24 July at the Wyndham Civic Centre. She would love to meet you and share what is happening in our community, and you will hear from a guest speaker from the Victoria Police. The morning tea will be an opportunity for residents to learn more about Wyndham City and the wide range of services we offer and meet the teams that provide them. To book your free ticket please head to our website, places are limited so get in quick.

<https://www.wyndham.vic.gov.au/whats-on/mayoral-morning-tea>

Coffee with a Cop



COFFEE WITH A COP

JOIN US FOR A FREE CUPPA & A CHAT



VICTORIA POLICE



Coffee with a Cop provides community members and local traders the opportunity to connect one on one with local police officers to discuss community safety issues that impact them. There will be no speeches or formalities, just a great chance to ask questions, voice concerns and get to know your local police over a free coffee.

Coffee with a Cop @ Manor Lakes Community Learning Centre

86 Manor Lakes Blvd, Manor Lakes

Wednesday 26th July 10am-12noon

<https://www.wyndham.vic.gov.au/whats-on/coffee-cop-manor-lakes-community-learning-centre>

NEW!



Ages
7-12 years

Always wanted your kids to learn how to create easy snacks and actually prepare their own lunch? Well, we have the solution for you! If you are keen in joining your child, please register your interest at the reception. Please bring your own take home container to each class. Please call/email the centre to book your spot.

Day: Wednesdays
Time : 4:15pm –5:15pm
Place: Manor Lakes Community Learning Centre
Cost : \$100 per term (8 weeks)
Contact: 8734 8934 or
manorlakesclc@wyndham.vic.gov.au

Register your interest!

BOLLYWOOD
DANCE COMPANY
CELEBRATING DANCE, ARTS & CULTURE



**FREE DANCE
WORKSHOP**

Kids (4-7yrs.)
6 to 7pm
Preteens (8-12yrs.)
7 to 8pm
Adults (13+ yrs.)
8 to 9.30pm

In Manor Lakes

Wednesday, 26th July
Manor Lakes Community Centre

0497 757 355

BDCMelbourne
@bollywooddancecompany.mel

WHAT'S ON @ WYNDHAM PARK COMMUNITY CENTRE

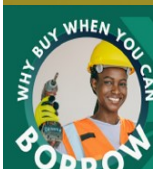


**Wyndham Park
Tool Library**

Wyndham Park Community Shed is opening a new Tool Library at the end of July 2023. Tool libraries are growing in popularity worldwide. They are a place where people from the local community can borrow well-made, and sometimes expensive tools for a low annual membership cost.

We will loan out a wide variety of both new and old tools – garden tools, woodworking and carpentry tools, construction tools, kitchen tools, art and craft tools and more. Save space. Save money. Save the planet!

Sign up to our eNews on our web site to be the first to receive updates as the project progresses, and as we launch later in 2023.



NEW WYNDHAM PARK TOOL LIBRARY
OPENING LATER IN 2023
SIGN UP TO OUR E-NEWS
FOR UPDATES

www.wyndhamparktoollibrary.com.au



Rachel Stock: Artist, Illustrator

I am Deaf and a member of the Deaf Community. I worked as a Disability Job Coach and as an Architectural Draftsperson for many years in United States and in Australia. I've also kept up with my love of art and developed my skills with watercolour, ink, pens and mixed media. I offered to teach her, and I am offering this opportunity to all Deaf and Hard of Hearing (HOH) people, as well as those who are studying Auslan.

This particular class, we will be learning two basic relaxation and fun techniques, Neurographica – which is using lines and connecting them like neurons in our brains as a way to resolve any issues or to consider our lives, and either paint or colour inside the spaces created by the 'neurons'; and Zentangle – which is using lines and shapes to 'Zen' or zone out and create abstract pictures. We will be able to continue with further sessions that include other relaxation techniques such as Monster Doodle and Finger Paint Doodles, and so on. My hope is to hold it monthly, to give everyone a chance to have an outlet.

Art Therapy for the Deaf This will be a session taught in Auslan.

When: Saturday 29 July 2023
Where: Wyndham Park Community Centre
Time: 1 - 5pm
Cost: \$20

Only 12 spots



Faith Garden Launch



On Wednesday 28th June a community-led project called the Faith Garden was launched at the Manor Lakes Community Learning Centre. Faith Garden means Food always in your house and Flowers always in your house.

This initiative focusses on supporting community members with learning new skills and their mental health and wellbeing. The goal is to sustainably produce your own food and to provide opportunities for education and community building. It is a partnership between Thee Coffee Table, IPC and the Manor Lakes Community Learning Centre. The purpose of the Faith Garden project is to get people out of their houses in their back and front yards where they will learn the art of growing their own vegetables and create their own gardens. This will not only teach them a new skill but will also get them physically active. They will be able to cook with home grown fresh vegetables in their homes which will be more nutritious and will also help save money. There is lots of community interest in being a part of this project, with over 30 people attending the launch event. The group is looking for donations and support around this community led initiative.

If you are interested in getting involved please contact the group. For more about this project or community enquiries to be part of the project please contact: **Sally from Thee Coffee Table on napolionisally@gmail.com**

Club 60 with Football Victoria

Walking Football Victoria targets participants aged 50+ to keep active through football. Participants meet once a week for one hour in a group setting. The Wyndham Walking Football programs run across Penrose, Manor Lakes & Featherbrook Community Centres which are our first programs with diverse participants from a CALD background. The program promotes participation on all levels to spread the message of inclusion in football/sports.

As a part of the recent Men's Health week celebrations a special session was held at Manor Lakes CLC on Thursday 15 June in collaboration with the Department of Health, IPC Health and Football Victoria where they shared health information over lunch and watched videos on Walking Football. Each participant was given a bag with a coffee mug/water bottle, hat, stress ball and health info from local providers including IPC Health.



EMPOWER AND INSPIRE

Mental wealth is, Mental health....

Mental health and well being has been everyone's priority post covid. Coming from the lineage of yoga and Ayurveda. I am an ardent believer and practitioner of Yoga, meditation and healing. I am a mum of two lovely boys and a local resident living in Manor Lakes. I myself have experienced the immense benefits of prioritizing mental health and well being.

I approached the community Centre, to get some support around running some workshops. The community centre staff helped me in process of getting started and guided me through the process. I was able to run some workshops and this boosted my confidence and gave me some insight into facilitating a workshop. At first I started with Adult Yoga workshops. The numbers were low, however I decided to work with the community centre and offer some regular classes. I began getting some participants and they started understanding and experiencing the benefits of Yoga. They soon became regulars. I then decided to look into running some yoga classes for kids as I think that it is very beneficial for kids as well. I am now running Yoga, Meditation and Healing regular classes for both kids and adults at Manor Lakes Community Learning Centre and I look forward to doing this. On the occasion of International Yoga Day, on 21 June, 2023 I facilitated a free yoga and meditation class. As always, Abarna who is staff member at the centre helped me with the coordination and together we executed it with flying colors. The interested participants registered and came in with a lot of hope and beautiful smiles on their faces. We had special tea tonics, fruits and colouring booklets for kids and adults to take away. The session went really well, the participants were calm and relaxed by the end of the session. Post the session a few participants shook hands, a few complemented in words for organising this kind of community workshop and the kids were happy to come back for another session.

"I will go home and sleep very well tonight" is the one of the best compliment for any yoga, meditation and healing teacher which I received on this day.

Adults classes on : **Saturdays from 9.30am—10.30am**

Kids classes on : **Tuesdays from 4pm—5pm**

Please contact Anu : **yogameditationandhealing365@gmail.com**



CLUB 60 WYNDHAM VALE CELEBRATES 8TH ANNIVERSARY

We are 8 years old now...

Club celebrated the 8th anniversary on 28th June, 2023. As Club started the journey in August, 2016 with the aim of non profitable organisation to take care of the Senior migrants that they should not feel isolated , be involved in charity, to build social relations, to know about different religions with different communities and participate in Volunteering activities such as tree plantation and clean-up.

To celebrate the achievements of the past 8 years and plan new goals for the coming year we have got together and celebrate.



WHAT'S ON @ QUANTIN BINNAH COMMUNITY CENTRE

ACFE Course - Exploring a Career in Child Care

Are you thinking of a career in Early Childhood but not sure if it's for you? Complete this short 3-day course to give you a taste of industry and what can be expected before completing your further study. This is a pre-accredited course. You will receive a certificate of completion.

Dates: Wednesday 23rd & 30th August and 6th September
Time: 9.30am to 2.30pm
Where: Café Qb, Quantin Binnah Community Centre,
61 Thames Boulevard, Werribee 3030
Cost: FREE Eligibility criteria may apply. Students must be 18+.
Phone: 9742 5040
Email: community@qbcc.org.au



HIGH TEA & CRAFT

Enjoy a delicious morning tea whilst you create a themed masterpiece to take home. Christmas in July. Step into Spring with Garden Crafts

Dates: Monday 24th July and/or Monday 21st August
Time: 10.30am
Where: Café Qb, Quantin Binnah Community Centre,
61 Thames Boulevard, Werribee 3030
Cost: \$15 per person includes craft, morning tea and
barista made hot drink
Phone: 9742 5040
Email: community@qbcc.org.au

BREAKFAST 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 include cereal, toast and fruit.

Dates: Monday's, Tuesday's & Wednesday's during Term
Time: 8am to 9am
Where: Café Qb, Quantin Binnah Community Centre, 61 Thames Boulevard,
Werribee 3030
Cost: FREE



Quantin Binnah
Community Centre

For further information on Community Development times, activities and information a Term 2 activity brochure can be downloaded from website or pop in to the centre to collect a hard copy. Like the Quantin Binnah Facebook page and keep an eye on our pop-up events contact us via email or phone and speak to Emma or Penny. Please get in touch with the Community Development Team via email 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!

Website: www.qbcc.org.au/community-groups
FB: www.facebook.com/quantinbinnah
Phone: 9742 5040
Email: community@qbcc.org.au



THE MANOR LAKES CAFE



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

- Mondays, Wednesdays and Fridays
- Tuesdays (during school terms only)

Come down to the centre with your family and friends and enjoy and a coffee or a meal together.

Each meal cost.... \$7.00
Coffee \$3.00



THEE COFFEE TABLE
Your safe community space to share, inspire and be inspired.



CUSTOMER SERVICE

YOUR COUNCIL CLOSE TO HOME

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

**Please note—Cash payments are NOT accepted*

- Rates enquiries & payments
- Council payments
- Kinder enquiries
- Pet registrations

9am - 5pm
Monday to Friday

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



WHAT'S ON @ IRAMOO COMMUNITY CENTRE



Community Breakfast

We started our Neighbourhood House Week celebrations at Iramoo with scone making! Our volunteer Fran showed the group how to make delicious scones with her famous recipe. The best part was the tasting of the scones and chatting together at the end.



Devonshire Tea & Scone Making

We started our Neighbourhood House Week celebrations at Iramoo with scone making! Our volunteer Fran showed the group how to make delicious scones with her famous recipe. The best part was the tasting of the scones and chatting together at the end.



'Resuscitate a Mate' – Life Saving Victoria

Iramoo Community Centre was able to connect with Lifesaving Victoria to run a 'Resuscitate a Mate' program for senior members in our community. The group learnt how DRABCD, how to perform CPR and how to use a defibrillator.

This was a great opportunity for the community to learn how to assist in saving a life! We had 24 members in attendance.



COMMUNITY SPACES AVAILABLE FOR HIRE

For more information on our programs and workshops or to speak to us about hiring our space/ to arrange a viewing, please contact

Email: admin@iramoooc.com.au or
Phone: 8742 3688
Visit: www.iramoooc.org.au

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	No cost	Contact: Maternal & Child Health ☎ 1300 370 567 🌐 www.wyndham.vic.gov.au select Maternal & Child Health Services
Immunisations The Wyndham City Immunisation Unit provides free public vaccinations against a range of childhood and adult diseases.	By Appointment Only		Contact: Wyndham Immunisation Team ☎ 9742 0736 🌐 %20Immunisations">www.wyndham.vic.gov.au select Children's Services > Immunisations
First Time Parents Group Meet friendly local families to talk about your kids and have fun! Come along to share experiences, find advice, give support and make new friends.	Weekly sessions		Contact: Maternal & Child Health ☎ 1300 370 567 🌐 www.wyndham.vic.gov.au select Maternal & Child Health Services
Supported Playgroup Referrals for this service can be made by community services or families can self-refer through the Wyndham City Council website:	Weekly sessions		Contact: Child and Family Resource Team ☎ 1300 370 567 ✉ playgroup@wyndham.vic.gov.au 🌐 https://www.wyndham.vic.gov.au/services/childrens-services/playgroups/supported-playgroups
Wyndham City Council - Kindergarten 3 & 4 Year Old Kindergarten Services. Enrol your child online.	Weekly sessions	Fees Apply	Kindergarten Enrolment Officer ☎ 1300 370 567 🌐 %20Kindergarten">www.wyndham.vic.gov.au select Children's Services > Kindergarten

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 contact the Manor Lakes Library on 8734 8930



Safe Seats Safe Kids

IS YOUR CHILD TRAVELLING SAFELY?

GET FREE CHILDCAR RESTRAINT
FITTINGS & SAFETY CHECKS

WUNGGURWIL DHURRUNG CENTRE, 19 COMMUNAL ROAD,
WYNDHAM VALE ON THE 3RD THURSDAY OF EVERY MONTH
BETWEEN 9.00AM - 1.00PM
TO BOOK PLEASE AT: WWW.SAFESATSSAFEKIDS.COM.AU





FIND OUT MORE AT SAFESATSSAFEKIDS.COM.AU




Early Years Programs & Activities

IRAMOO	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. Bookings required	Mondays 9am - 11am & 11.30am - 1.30pm Tuesdays 9am - 11am	\$60 per family per term	Contact: Iramoo Community Centre ☎ 8742 3688 ✉ admin@iramoooc.com.au Follow us on Facebook!
Pre-school garden group : Children will explore: • The different parts of a plant and the roles they play • What plants need to grow and survive • The diversity of plants (through sensory play) • The lifecycle of a plant (through movement and music) • How to plant a plant and care for this. Children will each get to plant a seedling to take home to their families. For 1-5 yrs. This is a FREE session and places are limited.	Thursday September 7 th 10am – 11.00am	Free	
Pre-school Craft and Play Come along to enjoy stories, singing, art and crafts and free play for 0-5 years.	Thursday 10am – 11am 20 th July 3 rd August 17 th August 31 st August		
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	Free	Contact: VicSeg ☎ 8754 0500 ✉ kdiacono@vicsegnewfutures.org.au
Manor Lakes Harmony Playgroup During school terms	Fridays 9:30am—11:30am	\$60 per term	Contact: Rati ✉ mlharmony playgroup@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 10:30am Manor Lakes Library Mondays 12:30pm Thursdays 10:30am	Free	Contact: Werribee Library ☎ 8734 8999 Contact: Manor Lakes Library ☎ 8734 8999 For session dates and times please visit: www.wyndham.vic.gov.au/services/libraries/early-years/early-years-events-and-activities Bookings: Tickets will be available on the day, 15 minutes prior to the start of the session, and will be offered on a strict first-come, first-served basis. See staff on the day for ticketing information.
Baby Time - Ages 0 - 12months 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		
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. During school terms	Manor Lakes Library Fridays 10:30am		
Bilingual Story Time - Karen and English Ages - Children of all ages 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. During school terms	Manor Lakes Library 1st Monday of the Month 10.30am		
Rhyme Time & Pop-Up Library - Ages 1 - 4years Join us for Rhyme Time and a special Pop-Up Library every week in Term 2. During school terms	Various locations		
			For session locations, dates and times please visit: https://www.wyndham.vic.gov.au/pop-up-library

Early Years Programs & Activities

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 confident individuals. Our aim is for you as the parents & guardians to feel safe in the knowledge that your child is receiving the best possible care. www.qbcc.org.au/childcare	Monday-Friday Centre Opens at 6.30am -Centre Closes 6.00pm Monday-Friday Centre Opens at 6.55am -Centre Closes at 6.25pm	Fees: \$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 ☎ 9742 5040 ✉ admin@qbcc.org.au 🌐 www.qbcc.org.au <i>Childcare Subsidy applies - 13 61 50</i> www.childcaresubsidycalculator.com.au 
3 Yr Old Kindergarten QB 61 Thames Boulevard Werribee 3030 Woodville 82 Woodville Park Drive Hoppers Crossing 3029 Our 3-year-old Kinder program offers a variety of play experiences based on the children's interests. The program that we offer is an introduction to four-year-old kindergarten. Our program is a play-based program and evolves for the children's individual and group interests as well as intentional teaching activities.	Bandicoot Tuesday 9.15am - 2.15pm Dugong Monday & Wednesday 9.15am - 2.15pm Dingo Tuesday 8.30am - 1.30pm	\$160 per Term \$0 for concession card holders	Contact: Quantin Binnah Community Centre ☎ 9742 5040 ✉ admin@qbcc.org.au 🌐 www.qbcc.org.au www.qbcc.org.au/3yr-old-kindergarten
4Yr Old Kindergarten QB 61 Thames Boulevard Werribee 3030 Woodville 82 Woodville Park Drive Hoppers Crossing 3029 Quantin Binnah Kindergarten educators, staff and Board work in partnership to provide our kindergarten with early childhood programs which engage children in quality learning experiences, in a community and centre based environment. www.qbcc.org.au/4-yr-old-kindergarten	Lemon Group Tuesday, Wednesday & Friday 9am - 2pm Violet Group Monday & Thursday 9.00 to 4.30pm Navy Group Tuesday & Thursday 9.00am - 4.30pm Silver Group Monday & Wednesday 9.00am - 4.30pm Yellow Group Monday, Wednesday & Friday 8.30am - 1.30pm	\$480 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-kindergarten-registrations 
Ooey gooey Messy Play - Starting 3rd May Come along and get messy with different sensory craft, for any age. Parents to supervise children; children to wear clothes that can get messy	Fortnightly Wednesday starting 19 th July—13th Sep drop in anytime between 10.00am to 11.00am	\$6 per child per session or \$10 for 2 siblings	Contact: Bianca at Creating Villages ✉ creatingvillages@gmail.com

Early Years Programs & Activities

Quantin Binnah	DAY & TIME	COST	CONTACT INFORMATION
Playgroup QB 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	Thursdays 10am - 12pm	\$65 per term Plus a one off enrolment fee of \$30	Contact: Quantin Binnah Community Centre ☎ 9742 5040 ✉ admin@qbcc.org.au 🌐 www.qbcc.org.au 
School Age Care Quantin Binnah has programs at 4 Wyndham locations offering: <ul style="list-style-type: none"> • Before School Care • After School Care • Curriculum Day Care (dependant on numbers) • Vacation Care* (school holiday program offered at 2 locations) Wyndham Locations: Westgrove PS and Bethany PS (Westgrove & Bethany program held at Quantin Binnah*), Our Lady of the Southern Cross PS, Corpus Christi PS*, St John the Apostle PS. www.qbcc.org.au/school-aged-care-1 www.qbcc.org.au/vacation-care-1	Before School Care opens at 6.30am. After School care closes at 6.00pm at QB, & Corpus Christi. After School care closes at 6.30pm at Our Lady of the Southern Cross & St John the Apostle. Vacation Care program QB 6.30am to 6.00pm; Corpus Christi 6.30am to 6.30pm	School age care (Childcare subsidy Applies) Before School care 6.30am to 9.00am Permanent \$21.50 and Casual 24.00	
Storytime with JoJo - Starting 18th July Once upon a time at Café QB we met a fairy god mother, a unicorn and every other magical being in the QB community. Brings the kids along to a fun, inclusive, interactive and educative story time. Books are read by QB's very own Creative Artist and Author in Residence JoJo. When you wish upon a star anything can happen... During school terms	Each Tuesday (except 1st Tuesday of month) during School term 9.30am.	FREE	Contact: Quantin Binnah Community Centre ☎ 9742 5040 ✉ admin@qbcc.org.au 🌐 www.qbcc.org.au To assist with story selection and set-up, registrations are requested. Walk-in's Welcome Parents are required to stay in attendance (your caffeine needs can be met in the Café)
Baby Time - Starting 17th July It's never too early to start reading and sharing a love of books. The Pop-Up Library presents a 30-minute session with songs, rhymes, and finger plays to encourage interaction with your baby in a fun environment with other parents. To attend you must have a baby aged 18 months or younger. Older siblings are welcome to attend but must sit with parent/carer. During school terms	Mondays 2:30pm - 3.00pm	FREE	For further information www.wyndham.vic.gov.au/pop-up-library
Mini Picasso— Starting 26th July Doing something creative lets kids express themselves. It also fosters development by providing opportunities for trying out new ideas, new ways of thinking and problem solving. Come along and get messy with different sensory craft, for any age. Parents to supervise children; children to wear clothes that can get messy.	Fortnightly Wednesday drop in anytime between 10.00am to 11.00am	Gold Coin Donation	For more information contact Bianca at Creating Villages creatingvillages@gmail.com

Early Years Programs & Activities

Wyndham Park	DAY & TIME	COST	CONTACT INFORMATION
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	\$60 per year to borrow 2 toys/ fortnight \$90 per year to borrow 4 toys/ fortnight	☎ 0432 361 126
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 During school terms	Free	Contact: IPC Health ☎ 8734 1400 ✉ IPC_wyndhamchildhealth@ipchealth.com.au Call or email to check eligibility
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. Booking and referral required	Depending on individual booking	Free	☎ 03 4250 8134
Wyndham City Rhyme Time Stories, songs, and rhymes for children aged 1-5 years to develop language, literacy and numeracy.	Mondays 10am - 10:30am During school terms	Free	☎ 8734 8999
Supported Playgroup - Multiple Locations A great way for child parent interaction through Play whilst also receiving Smalltalk content and meeting new friends.	Weekdays Morning & afternoon sessions	Free	✉ playgroup@wyndham.vic.gov.au Enquiry form: https://www.wyndham.vic.gov.au/services/childrens-services/playgroups/supported-playgroups
Manor Lakes Shopping Centre Playgroup Community Room Opportunity for families to experience different activities through a fun safe environment.	Mondays 1.30pm to 3pm	Free	Contact: Children and Family Resource Unit ☎ 1300 370 567 ✉ playgroup@wyndham.vic.gov.au 🌐 https://www.wyndham.vic.gov.au/services/childrens-services/playgroups/shopping-centre-playgroup
Wunggurrwil Dhurrung Centre	DAY & TIME	COST	CONTACT INFORMATION
VACCA Koorie Kids Playgroup Supported playgroup for Aboriginal children	Thursdays 12pm -2pm	Contact Tayla	Contact: Tayla S ☎ 0455 467 931 ✉ taylas@VACCA.org

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.

Subscribe to the newsletter by emailing:

WunggurrwilDhurrung@wyndham.vic.gov.au



Education & Training for Kids & Adults

IRAMOO	DAY & TIME	COST	CONTACT INFORMATION
5 week Sewing Workshops Intermediate - Tuesday Intermediate Plus - Wednesday	Tuesdays 10am – 12pm Wednesdays 10am – 12pm	\$50 per 5 week block	Contact: Iramoo Community Centre ☎ 8742 3688
Lids4Kids – Lid sorting Come for half an hour or two hours at a time that suits you. Come in we have bags of lids needing to be washed and dried	2nd and 4th Thursday each month 9.30am – 11.00am	Free	
Bee Friendly Plants and Garden Identification Mix up your own pollinator friendly seed mix	Wednesday 16 August 10am-12pm	Free	
Sustainable Cooking Join Madina and Tania from Wyndham Women's Support Group as they show you how to prepare meals from their new cook book.	Monday 31 July & 11th September	\$5 per session	
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.	Mondays 6:45pm - 8:45pm Saturdays 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 happening. Bookings essential	Thursdays Kids 4pm - 6pm Adults 6:30pm - 8:30pm	\$10 per class	Contact: Irene ☎ 0452 493 207 ✉ Thecoffeetable2021@gmail.com
Sri Sathya Sai Global Council Australia Ltd Human value classes for children and adults Age: 5 to 8 Years	Fridays 6.30pm—8.00pm		Contact : Rashmi ☎ 0433 315 348 ✉ rashmi.r1301@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 ☎ 8734 8930 For session dates and times please visit: www.wyndham.vic.gov.au/family-local-history
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	For session dates and times please visit the website	Free	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 1pm - 2pm	Free	Werribee Library ☎ 8734 8999 Manor Lakes Library ☎ 8734 8930 For more information and bookings: www.wyndham.vic.gov.au/adult-events-and-activities
Family History Help Just starting on your family history or a seasoned researcher that needs a little support? Our Family and Local History Librarian is available to help.	For session dates and times please visit the website	Free	For session dates and times please visit: www.wyndham.vic.gov.au/family-local-history

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 10 free counselling sessions inclusive of family consultation sessions
- Connect you to local services



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 10 free individual counselling sessions
- Up to 2 free family consultation sessions to support your child's counselling plan
- Connect you to local services



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

wyndhamcity
Youth
ServiceS

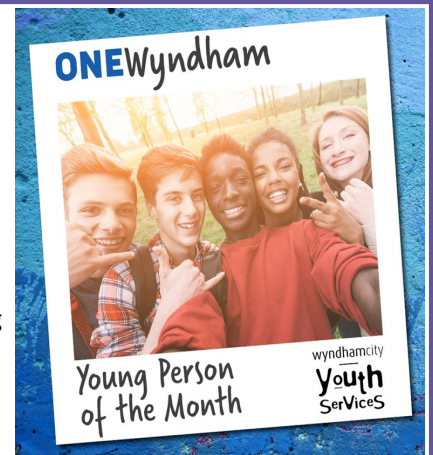
Young person of the month....

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

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

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

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



Manor Lakes - Drop In program on Wednesday

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

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

Register below to join in on the fun.

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

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



On the Ball with Youth Services



Calling on all young people who love sport!

Come and join our 'On The Ball' program which will run fortnightly on **Thursdays at Eagle Stadium from 3.30pm - 5.00pm (During the school term).**

We will have basketball and soccer activities available as well as trying out any other sports that you'd like!

This program is for young people aged 12-25 years of age who live, work, study or recreate in Wyndham.

Water and snacks are provided.

For more information or to register for the program, please email YouthInWyndham@wyndham.vic.gov.au or call Youth Services on **8375 2346**.

Create Cook up with Youth Services

Join in our fun Cook Up Program at the Manor Lakes Community Learning Centre! Cook it up with a variety of recipes whilst you learning to cook healthy and nutritious meals. Creating curious minds in the kitchen! You will need to bring your own container. Be mindful of your own allergies.

Ages: 12 - 18 years

Workshops run monthly on Mondays (see below dates) between: 3:30 – 5:30pm

- July 31st
- August 28th
- October 23rd
- November 20th

**Registrations
required**

For enquiries and registrations, please contact Danielle Diez on 8734 8934 or danielle.diez@wyndham.vic.gov.au



Education & Training for Kids & Adults

MANOR LAKES	DAY & TIME	COST	CONTACT INFORMATION
The Lab South Barown The lab is a technology club for young people who identify as being on the autism spectrum who like working with computers. We offer expert mentoring in programming, 3D, digital design and gaming—as well as the chance to meet other with similar interests	Monday 5pm—7pm	Fees Apply	Contact: Justin ✉ barown@thelab.org.au
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 * Learning difficulties including disadvantaged kids	Saturdays 1pm—5pm	Fees Apply	Contact: Bhumika ☎ 0434 190 266 ✉ wyndhamvale@lynnslearning.com 🌐 www.lynnslearning.com.au
Junubi Wyndham Homework Club Junubi Wyndham will be running Homework Club at the nominated centres to support African Australian Students south Sudanese background.	Thursdays 3.30pm—5.30pm	Free	Contact: Poly Kiyaga ☎ 0434 178 753 ✉ poly.kiyaga@wyndhamcec.org.au
Manor Lakes Home Schooling Club Meet other home-schooled students and parents. Socialise & learn through self-directed play and interaction.	Thursdays 12.30pm—3.30pm	Fees Apply	Contact: Steph ✉ stephanie.mohring@icloud.com

Education & Training for Kids & Adults

MANOR LAKES	DAY & TIME	COST	CONTACT INFORMATION
Mini Movers Mini Movers is a physical wellbeing-based program that uses different sports to increase the motor skills of children. Running weekly for 6 weeks from 17th of July till the 21st of August.	Mondays Session 1 4 pm -4:30pm Session 2 4:30pm –5pm	Free	Contact: Tori ☎ 03 52249972
Quantin Binnah	DAY & TIME	COST	CONTACT INFORMATION
Beginners Sewing Class The beginner class will cover getting familiar with the sewing machine including names of parts, learning to sew and completing some small sewing project such as making a small bag for make-up, pencil case, hair scrunchies and more. Students can BYO own machine if they prefer. Bookings required	Thursdays 13th July for 6 weeks 10am to 1pm (Please arrive at 9.45am) All materials provided	\$5.00 per person per class.	Please text Mobile 0423 051686 Or reply through Messenger to Wyndham Women's Support Group www.facebook.com/WyndhamWomenSG
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. This is a pre-accredited course. You will receive a certificate of completion. Students must be 18+	Thursday 10 th & Friday 11 th August 9.30am to 2.30pm	Free	Contact: Quantin Binnah Community Centre ☎ 9742 5040 ✉ admin@qbcc.org.au 🌐 www.qbcc.org.au Eligibility criteria may apply
CAPACITY BUILDING @ CAFÉ QB Would you like to learn new skills, gain experience in a café and meet new people? Do you have Core supports in your NDIS plan? Participants are required to be self or plan managed	Monday, Tuesday or Wednesday for 2-hour blocks	Supports provided at NDIS unit costs.	Contact: Quantin Binnah Community Centre ☎ 9742 5040 ✉ admin@qbcc.org.au 🌐 www.qbcc.org.au or Contact: Bianca at Creating Villages ✉ creatingvillages@gmail.com
Home Schooler Cooking Class - Starting 19th July Learn some basic cooking, baking and healthy eating skills with other home schooled students. Numbers are capped per session and weekly registrations are required.	Wednesday's from 1pm in Café QB	\$10 per person or \$15 for 2 siblings.	Contact: Bianca at Creating Villages ✉ creatingvillages@gmail.com
Exploring a Career in Child Care Complete this short 3-day course to give you a taste of industry and what can be expected before completing your further study. This is a pre-accredited course. You will receive a certificate of completion Students must be 18+	Wednesday 23rd, 30th August & 6th September 9.30am to 2.30pm	FREE Eligibility criteria may apply.	☎ 9742 5040 ✉ community@qbcc.org.au 🌐 www.qbcc.org.au
Wyndham Park	DAY & TIME	COST	CONTACT INFORMATION
Date-Ability - Starts 3 May The goal of the 6 day program is to assist and educate NDIS participants to recognise and implement the skills required to gain and maintain meaningful relationships whilst keeping safe throughout the process. The program has been designed to be delivered in a safe, fun and interactive format. Bookings required	Wednesdays 10am – 12pm	\$1,500 for full program	☎ 1800 577 370 ✉ Admin@fs-solutions.com.au 🌐 Fs-solutions.com.au
Next Stich Sewing class - Starts 10 July –11 Sep Sewing program available to all permanent residents with some sewing skills	Mondays 6pm - 9pm	\$40	Contact: Wyndham Community and Education centre ☎ 9742 4013 🌐 www.wyndhamcec.org.au

Recreation & Leisure for Kids & Adults

IRAMOO	DAY & TIME	COST	CONTACT INFORMATION
Chair Yoga and Meditation Gentle form of yoga that can be done sitting.	Thursdays 1pm—2pm	Fees apply	Contact: Catherine ☎ 0416 009 024 FB: Yoga Moves West
Yoga Come join us to move, stretch, work, sweat, breathe and be still. NEW TIME	Wednesdays 7.30-8.30pm & Saturdays 9am—10am		
Keep Fit with Karate Children and adult classes	Mondays & Wednesdays 5-6pm & 6pm-7pm		Contact: Tyrone ☎ 0402 593 393
Rhapsody School of Ballet Children and adult classes	Tuesdays 4pm-8:15pm Fridays 4pm-8pm		Contact: Cristelle ☎ 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 7:30am—8:30pm		Contact: Angela ☎ 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	\$5 per session	Contact: Cathy ☎ 0413 527 102 ✉ Cathy Mackay@artizzons
Ballroom Dancing Classes Includes: Waltz, Tango, Foxtrot, Quickstep, ChaCha, Rumba, Jive, Australian New Vogue and Sequence Dances. NEW TIME	Thursdays Beginners 7pm—8pm Advanced 8:15pm—9:15pm		Contact: Iramoo Community Centre ☎ 8742 3688 ✉ admin@iramoooc.com.au 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 ☎ 0424 517 021 ✉ krithikad.1989@gmail.com
Nrithyopasana school of Bharatanatyam Bharatnatyam -Indian classical dance 5years and above and adults	Fridays 5.30pm - 6.30pm	Fees apply	Contact: Lalitha Narayanan ☎ 0429 313 826 ✉ nrithyolalitha@gmail.com
JK Natyalaya Kathak Indian Classical Format for all age groups	Wednesdays 4.30pm—7pm 7.30pm—8.30pm	Fees apply	Contact: Kanimozhi ☎ 0470 173 229
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 ☎ 0417 268 887 ✉ wyndhampatchworkersinc@hotmail.com
Zumba with Angela Latin inspired dance & Fitness Classes	Thursdays 7.30pm - 8.30pm	Fees apply	Contact: Angela Joyce ☎ 0431 577 679 ✉ angelashegog.zumba@gmail.com
Sahaja Yoga Mental and physical health and fitness for the community via meditation sessions.	Fridays 7pm – 8pm	Fees apply	Contact: Annie Sarani ☎ 0423 110 875 ✉ Annie.sarani@gmail.com

Recreation & Leisure for Kids & Adults

MANOR LAKES	DAY & TIME	COST	CONTACT INFORMATION
Yoga Meditation and Healing 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
Girl Talk - Ages 15+ Starting 14th July 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.	Fridays Fortnightly 4pm – 5pm	Free	Contact: Manor Lakes Library ☎ 8734 8999
Steam Lab —Age 9 to 13 <i>Bookings required</i>	Thursday 4pm-5pm		Contact: Werribee Library ☎ 8734 8999 Bookings at: www.wyndham.vic.gov.au/adult-events-and-activities
STEAM Builders - Ages 5+ Each week, kids get to challenge their imagination, design and building skills using a range of different materials.	Wednesdays 4pm-5pm		Contact: Werribee Library ☎ 8734 8999 Contact: Manor Lakes Library ☎ 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 - Ages 5+ Come and join in a different activity every week. Make new friends and have lots of fun. <i>During school term</i>	Werribee Library Tuesdays 4pm Manor Lakes Library Wednesdays 3pm		
Lego Club - Ages 5+ Come along to your library every week to design, build and imagine with Lego. <i>During school term</i>	Manor Lakes Library Mondays 3pm		
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.	Manor Lakes Library Wednesdays <i>During school term</i>		
Imagination Creation Young Writers Group Ages 5+ Do you love to get creative with words? Come along to Imagination Creation Writers' Group. Share inspiration and creativity with other young writers in a relaxed, social environment and get writing tips from published author Margaret Campbell. <i>During school term</i>	Werribee Library Thursdays 4:30pm		
Borrow from the Pop-Up Library & Lego Club Join the Pop-Up Library van at locations across Wyndham to borrow from our all-ages collection or to become a library member! <i>During school term</i>	1st Thursday of the month 2:30pm to 4:30pm		

Recreation & Leisure for Kids & Adults

Quantin Binnah	DAY & TIME	COST	CONTACT INFORMATION
GLOW Inclusive Disco for 18+ 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. If you require additional support please bring your own carer. <i>This is an alcohol-free event.</i> <i>Entry Cost includes entry, snacks & a drink.</i> <i>Carers free entry & drink.</i> <i>Café QB will be open for additional items</i>	Friday 15th September 7.30pm to 10.00pm	\$10	Contact: Quantin Binnah Community Centre ✉ community@qbcc.org.au ☎ 9742 5040 🌐 www.qbcc.org.au www.facebook.com/quantinbinnah OR www.facebook.com/craftandcaffeine
Chatty Café The aim of Chatty Café Australia is to help connect communities and increase social interactions by getting people chatting. Join others at the chatty table to “chat”	Tuesdays 10.00am	Free hot drink for those sitting at the chatty table	Contact: Quantin Binnah Community Centre ✉ community@qbcc.org.au ☎ 9742 5040 🌐 www.qbcc.org.au www.facebook.com/quantinbinnah OR www.facebook.com/craftandcaffeine
Zumba - Starts 20th July 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 1pm	Gold Coin Donation appreciated	Contact: Quantin Binnah Community Centre ✉ community@qbcc.org.au ☎ 9742 5040 🌐 www.qbcc.org.au
Mindful Monday - Starts 31st July 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! <i>During school terms</i>	Monday's 10.30am - 11.30am	Free	Contact: Quantin Binnah Community Centre ✉ community@qbcc.org.au ☎ 9742 5040 🌐 www.qbcc.org.au
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. <i>Booking essential!</i>	Tuesdays 10am to 12.00pm <i>During school term</i>	\$8 per person for weekly art project or \$15 including a delicious morning tea	To make a booking and advise of dietary requirements Contact : Quantin Binnah Community Centre ☎ 9742 5040 ✉ community@qbcc.org.au
Australian Crochet Community All welcome to drop in and crochet and chat or do another craft.	Saturday's 19 th August & 16 th September 10am to 2pm	BYO crochet/craft project and supplies	
Drop In Gardening Help QB to create an edible and sensory sensation to support Café QB, our community and activities. Support with weeding, planting and maintenance is appreciated. Share in the spoils of the delicious produce planted.		Contact the centre	

Recreation & Leisure for Kids & Adults

Quantin Binnah	DAY & TIME	COST	CONTACT INFORMATION
Home Schooler Social Club Meet other home-schooled students. Socialise and learn through self-direction. BYO Board games or activities	Tuesday's from 1pm in Café QB	Free	Contact: Bianca at Creating Villages ✉ creatingvillages@gmail.com
Craft & Caffeine Drop in for craft and a cuppa anytime. Complete special themed craft activities	Mondays - Wednesdays 8.00am to 4.30pm in Café QB	Gold coin donation for craft if you're able.	
Konstruktion Kids Be imaginative! Be inventive! Problem solve! Rearrange, redesign and tinker with loose parts to give them a new purpose. Parents are to remain onsite during session	Tuesday's 3.30pm to 4.30pm in Café QB	Free gold coin donation appreciated	
Wyndham Park	DAY & TIME	COST	CONTACT INFORMATION
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	Contact: Wyndham Park Community Shed ☎ 03 8742 6448 ✉ Joel@wyndhamparkcc.com.au Online enrolment via Social Planet
Men's Shed Learn new skills, lend a hand, or come for a cuppa with fellow guys. Includes woodwork, metalwork, the bike hub, gardening, and electronics	Tuesdays & Thursdays 9am-3pm	\$75/year	
Kookaburra Girls Learn skills for woodwork and metalwork from knowledgeable people.	Mondays 9am-3pm	\$75/year	
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 Tuesdays 9:30am - 12:30pm	\$180	
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	\$50 (Materials) and \$75/year for Shed membership	
Wunggurrwil Dhurrung Centre	DAY & TIME	COST	CONTACT INFORMATION
Bollywood Dance Class Dance lessons for ladies and kids for physical and mental fitness	Saturdays 10:30am - 12pm	Fees apply	Pooja Shukla ☎ 0424 390 167
Nrityaarpana Bharatanatyam Classes	Wednesdays 6pm - 7:30pm	Fees apply	Rekha Jayaraman ☎ 0451 327 719 ✉ nrityaarpana@outlook.com
Te Roopu Aatawhai Maori cultural performing dance group	Fortnightly Saturdays 12:30pm - 6:30pm	Fees apply	Aiden Jensen-Mahu ☎ 0403 620 306
Ragaa Music Healing music lessons for young people and adults	Tuesdays 6:30pm - 7:30pm	Fees apply	Madhuri Vasa ☎ 0404 255 148
Dance Matrix by Divya Bollywood , Bolly –Fusion and Indian folk dance	Mondays 6:30pm - 7:30pm	Fees apply	Divya Saxena ☎ 0422 417 887

Faith, Cultural & Community Groups

IRAMOO	DAY & TIME	COST	CONTACT INFORMATION
Australian Youth Community Centre	Fridays 1pm—2pm	Contact Nasser	Contact: Nasser ☎ 0425 544 600
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	Fees apply	Contact: Josie ☎ 0434 000 866
Wyndham Vale Men's Shed Located - Wyndham Vale Master's car park	Fridays 10am-3pm	Fees apply	Contact: Greg/Chris ☎ 0438 962 252/0419 820 140
MANOR LAKES	DAY & TIME	COST	CONTACT INFORMATION
Seed Harvest Church Church activities	Sundays 10am –12pm	Free	Contact: Sally Napolioni ☎ 0433 663 271
Assembly of Saints Church activities	Sundays 9am - 12pm	Free	Contact: Fiston ☎ 0410 145 596
Church Universal of Jesus Christ Incorporated Church Service	Sundays 12pm—3pm	Free	Contact: Magmumu Hatari Eli ☎ 0466 076 803
Church of Christ - (Iglesia Ni Cristo) Church gathering and Choir	Mondays 7pm—10pm Saturdays 6pm—10pm	Free	Contact: Alfonso Ocon ☎ 0451 041 711
Tai Chi - Starting from 17th July Join in a gentle and relaxing exercise class with an experienced instructor	Monday's 1pm	\$5 per person per class	Contact: Quantin Binnah Community Centre ☎ 9742 5040 ✉ community@qbcc.org.au 🌐 www.qbcc.org.au
Craft & High Tea Sessions Enjoy a delicious morning tea whilst you create a themed masterpiece to take home. For more information, make a booking and advise of any dietary requirements please call the centre.	Monday 24th July & or Monday 21st August at 10.30am	\$15 per person includes craft activity and high tea	Contact: Quantin Binnah Community Centre ☎ 9742 5040 ✉ community@qbcc.org.au 🌐 www.qbcc.org.au
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 3rd August (TBC) 14 th September 10am - Morning tea 10.30am - Showtime	\$8.00 for morning tea and tunes	
ForerunnerINTL Melbourne We believe that Gods Word is inspired by His Spirit and that every letter of every word has a body, soul, spirit and is alive.	Tuesdays 7:30pm	Contact Centre	☎ 0481 865 411 ✉ connect.forerunnerintlmelbourne@gmail.com
CWA Werribee Branch The CWA is a great way for the development of friendships, personal development and advocacy on various social issues. Apart from our formal meeting we also have various social outings, fundraising events and craft gatherings.	Monthly Meetings 3rd Wednesday of the month 1pm Afternoon tea provided	Annual Membership Fee.	Contact: Vivienne Hart ☎ 0407 207 801 Contact: Michelle Buck ☎ 97317691
Health and Wellbeing Learn about the values of healthy eating and nutrition. Includes meditation and relaxation. Currently no costs per term. May change if food is included	Wednesdays 1pm - 2:30 pm	Free	Contact: Rick ☎ 0402 299 220 ✉ courses.u3awbee@hotmail.com

Faith, Cultural & Community Groups

Mahjong Chinese tile game. Includes Eastern and Western styles. Played in groups of four. Great for assisting with concentration, mental dexterity, patience, and persistence.	Thursdays 12:30pm – 3pm	Free	Contact: Rick ☎ 0402299220 ✉ courses.u3awbee@hotmail.com
Wunggurrwil Dhurring Centre	DAY & TIME	COST	CONTACT INFORMATION
Aboriginal Wellness Foundation – Cultural mentoring activities for Aboriginal people and parents/carers	Fortnightly Tuesdays, Wednesdays & Thursdays 6:30pm- 8pm	Contact for details	Contact: Maureen Smith ☎ 0467 794 256 ✉ ceo@aboriginalwellnessfoundation.org.au
Youth Grou	Thursday Fortnightly 4:30pm — 6pm	Contact for details	Kirrip House – 03 8088 0764 yip@kirripaboriginalcorporation.org

Social & Support Groups

IRAMOO	DAY & TIME	COST	CONTACT NFORMATION
AA Wednesday Night	Wednesdays 7pm – 9pm	Contact Anthony	Contact: Anthony ☎ 0466 501 058
AA Werribee Group	Fridays 7pm - 9pm	Contact Pam	Contact: Pam ☎ 0413 277 824
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 <i>fruit and vegetable swap</i>	Contact: Coralee ☎ 9734 3322
Cook Around the World Learn how to make delicious meals from around the world. <i>During school terms</i>	Wednesday 10am - 12pm	\$10	Iramoo Community Centre ☎ 8742 3688 ✉ admin@iramoooc.com.au Follow us on Facebook!
Art/Painting/Drawing Group Self lead, bring in your current project and work on it in a social setting	Thursdays 10am – 2pm	Free	
Gluten Free Cooking Program	3rd Saturday of the month 10am - 12pm	\$10	
Don't Worry Be Happy Chronic Pain and Depression Support Group	Wednesdays Fortnightly 10am -12pm	Free	
Morning Melodies Monthly	3rd Monday of the month 10.30am – 11.30am	\$5	
1000 Hearts We are calling on our community members to join us and sew hearts to give to people struggling with a wide variety of challenges like loneliness, mental illness, sickness and bereavement. Help us to bring some cheer to those in need. All material will be supplied by the Centre. https://www.1000hearts.com.au/	Contact centre	Free	
R U Ok – Morning Tea <i>All funds raised will be donated to R U Ok organisation</i>	Thursday 14 th September 10.30am – 12pm	Cost \$5	
OZ Harvest – Cooking program NUTRITION EDUCATION AND SKILLS TRAINING (NEST) is a fun 6-week cooking and nutrition program designed to help you make lasting changes for better health!	Thursday 21/9, 28/9, 5/10, 12/10, 19/10 & 26/10 10am to 12.30pm	Free	

Social & Support Groups

MANOR LAKES	DAY & TIME	COST	CONTACT INFORMATION
WCEC Settlement Services Provide Case work predominantly to humanitarian entrants (refugees) 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 <i>No appointment required</i>	Free	Contact: Eh Su ☎ 0412 152 892 ✉ ehs@wyndhamcec.org.au
Thee Coffee Table Come along and get to know new friends over coffee and a chat	Tuesdays 11.30am—2pm	Free	Contact: Sally ✉ theecoffeetable2021@gmail.com
Food Bank Manor Lakes Providing food items to people in need. <i>School terms only</i>	Wednesdays 12pm –1.30pm	Free	Contact : Pynqi ☎ foodbank@wynlife.com.au Contact: Facebook - FoodBank Manor Lakes
Youth Counselling Free, confidential counselling for young people. <i>Ages: 12-25 years</i>	<i>By appointment only</i>	Free	Contact: Wyndham Youth Services ☎ 8734 1355 ✉ youthinwyndham@wyndham.vic.gov.au
Quantin Binnah	DAY & TIME	COST	CONTACT INFORMATION
Wonderwomen A social support group for women in Wyndham. Make some new friends, have a chance to relax, support each other and focus on yourself. Some activities may incur a charge but this will be advertised in advance. New activity weekly <i>Please BYO a coffee cup to assist with our sustainability practices.</i>	Thursdays 9.30am	Free <i>gold coin donation appreciated</i>	Contact: Quantin Binnah Community Centre ☎ 9742 5040 ✉ admin@qbcc.org.au 🌐 www.qbcc.org.au
Wyndham Parent Support Network Support for parents and carers who have a child with a disability or developmental delay from birth to 18 years of age. <i>New members welcome</i>	First Monday of the month (except public and school holidays) 10am - 12pm	Free	Strengthening Parents Support Program Facilitator Contact: Sonia Savanah ☎ 0448 015 023 ✉ Sonia.Savanah@mackillop.org.au
Breakfast 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 8am in Café QB	Free <i>gold coin donation appreciated but not expected</i>	Contact: Bianca at Creating Villages ✉ creatingvillages@gmail.com
Monday Munchies Come along & join us for a FREE healthy lunch. Supported by IPC Health Bookings essential	Monday 8 May 5 June	Free <i>gold coin donation appreciated but not expected</i>	Contact: Quantin Binnah Community Centre ☎ 9742 5040 ✉ admin@qbcc.org.au 🌐 www.qbcc.org.au
Positive Parenting Workshop Positive Parenting is an approach to parenting which aims to promote children's development and manage children's behaviour in a constructive non-hurtful way. It is based on good communication and positive attention to help children develop. For parents & carers of children aged 1 to 8 years old.	Tuesday 25th July 10.00am to 11.00am	Free	Regional Parenting Service: ☎ 9680 8444 or ✉ RegionalParentingService@mackillop.org.au

Social & Support Groups

Quantin Binnah	DAY & TIME	COST	CONTACT INFORMATION
Wellness Discussion Group led by Mind A casual chat facilitated by experienced Community Mental Health Practitioners that covers topics such as healthy eating, Mindfulness, Goal setting, anxiety/depression, self-care, healthy lifestyles or whatever you feel like talking about. No pressure to talk. Come by and just listen and meet others who may be struggling with social isolation or just how busy life is.	Monday's fortnightly Beginning Monday 8 th May 9.30am to 10.30am	Free <i>Hot and cold drinks will be provided.</i>	Contact: Michael Lazzaro Lead Practitioner ☎ 0428892813 ✉ Michael.Lazzaro@mindaustralia.org.au 🌐 www.mindaustralia.org.au
CAFÉ QB 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 cafe. Support participants with disabilities to learn new skills and be included in their community. Look out for weekly special's and events.	QB café open on Mondays, Tuesday's & Wednesday's 8am to 4.30pm	<i>Please refer to daily menu @ Café QB for prices. Daily Specials Available</i>	Contact: Bianca at Creating Villages ✉ creatingvillages@gmail.com 🌐 www.facebook.com/craftandcaffeine
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	<i>Items individually priced starting from \$4</i>	Contact: Quantin Binnah Community Centre ☎ 9742 5040 ✉ admin@qbcc.org.au 🌐 www.qbcc.org.au
Mind - Starts 17th July 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.	Monday's fortnightly 10.30am to 11.30am	Free	Michael Lazzaro Lead Practitioner ☎ 0428892813 ✉ Michael.Lazzaro@mindaustralia.org.au 🌐 www.mindaustralia.org.au 
JoJo & Puppet Pals Starts 18th July Josie, Rosie and the gang will be hanging out in Café QB. Come and be entertained by our puppet friends whilst you enjoy some delicious morning tea. Or just come for a chat & cuddle. Believe it or not, puppets can help us to develop and foster social	Each Tuesday during term @ 11.00am. (except 1 st Tuesday of Month)	Free	Phone 9742 5040 Email community@qbcc.org.au website www.qbcc.org.au

Settlement Services



Eh Su from Wyndham Community and Education Centre is 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 & much more.

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

Walk in!



Justice of Peace Service



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.

Where: Manor Lakes Community Learning Centre, 86 Manor Lakes Blvd
Room : Staff meeting room
Day : Wednesdays
Time: 6pm –8pm

No appointments required

FREE!

FOOD BANK MANOR LAKES

Food Bank exists to provide non-perishable food and other items to people in need. We strive to assist in ways that enhance the dignity, respect, and self-care of everyone involved. If you want to participate and share in our vision a vision that provides and fosters community support and meets the needs of people who are often over looked by other formal services. The following items will be gratefully received and can be left at the centre reception area. Non-perishable food items: Breakfast cereals, pasta, canned goods, pot noodles, peanut butter, vegemite, UHT milk, sugar, tea, coffee, Milo, biscuits, cordial, pasta sauce, etc. Sanitary items: Toilet paper, bath soap, shampoo, nappies, ladies napkins, toothpaste, laundry powder, etc.

Where: Manor Lakes Community Learning Centre, 86 Manor Lakes Blvd, Manor Lakes VIC 3024
Day: Wednesdays (*Operates during school terms only*)
Time: 12pm - 1:30pm
Email: foodbank@@wynlife.com.au



**Community Food Store
@Wyndham Park Community Centre**

Providing food support for families in need.
Only for families and individuals in **Werribee** or **Hoppers Crossing**

- Every **Thursday** - 9:30am to 12:00pm
- Bring your own bags
- **\$2 per visit**

55-57 Kookaburra Avenue Werribee 3030
admin@wyndhamparkcc.com.au
9742 7298
wyndhamparkcc.com.au

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:

- **WEDNESDAY 8am to 5pm** Tarneit Community Learning Centre
- **WEDNESDAY 8am to 5pm** Quantin Binnah Community Learning Centre
- **THURSDAY 8am to 5pm** Point Cook 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 **8734 4514** and ask for a Community Connector or email at communityconnector@wyndham.vic.gov.au.

Interpreter Services can be organised on request.

Social & Support Groups

Wyndham Park	DAY & TIME	COST	CONTACT INFORMATION
Wyndham Park Community Store Food relief program for the Wyndham Community.	Thursdays 9:30am - 12pm	Free	Contact Wyndham Park CC ☎ 9742 7298 ✉ admin@wyndhamparkcc.com.au
Wyndham Women's Support Group Women from different backgrounds and different cultures come together each week to provide support and friendship to one another	Mondays, Tuesdays 9:30am - 12:30pm	Free	Contact: Tania ✉ Wyndwomens.sg18@gmail.com
genU – Budgeting and money skills program A great program to gain money skills and learn how to budget	Wednesdays 1- 3pm	NDIS Funding & program fees	Contact: Bonnie Baker - Site Coordinator ☎ 0447 354 276
genus – Food Preparation program Learn basic cooking skills, work as a group and enjoy the food	Thursdays 9 - 3pm		
genU – Fitness activities program Join into a community virtual fitness activity which includes yoga, meditation, and tai chi	Tuesdays fortnightly 9 - 12pm		

Seniors

IRAMOO	DAY & TIME	COST	CONTACT INFORMATION
Seniors Craft Activity With Amber from Werribee Bunnings	1st Monday of the month 10.30am	Free	Contact: Iramoo Community Centre ☎ 8742 3688
Wyndham Park	DAY & TIME	COST	CONTACT INFORMATION
U3A WERRIBEE REGION INC - For semi and retired residences of Wyndham 55 and over, annual joining fee \$40 Mosaics. The art of fitting, shaping, and cutting irregular pieces of coloured stone or glass to create pictures or attaching pieces of glass to pottery. Great for relaxation, creativity, and social interaction.	Wednesdays 9:45am – 12pm	Costs associated with tools and mosaic tiles.	Contact: Rick ☎ 0402 299 220 ✉ courses.u3awbee@hotmail.com
YOGA for Seniors Includes chair yoga. Group taken by professional Yoga teacher. Assists with increased flexibility, strength, and tone, maintaining balance and mental relaxation.	Thursdays 1pm – 2:30pm	\$8 per person per class	

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	Free	Contact: Harbans Sodhi ☎ 0470 765 346 ✉ harbans_sodhi@yahoo.com.au
Refugee and Migrant Communities Network Elders activity group. We are conducting a Planned Activity Group for CALD Elders. It is a program of activities offering opportunities for socialisation providing physical, emotional & social needs of the CALD Elders. This program is designed to enhance elders wellbeing & provide holistic care	Thursdays 11am—2pm	Free	Contact: Terefe Aboret ☎ 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.	Mondays 11am—12pm	Fees apply	Contact: Manor Lakes Community Learning Centre ☎ 8734 8934 ✉ manorlakesclc@wyndham.vic.gov.au

Support & Services

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

Day/Time: Wednesdays 12pm—1:30pm (*During school terms only*)

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/>

Uniting Wyndham Food parcels and food vouchers for people with little to no income. Can also assist with other material aid (like clothing/bedding) by specific request. *All assistance including food parcels and vouchers are provided **by appointment only***

Day/Time: Monday to Friday 10am to 2pm. Food assistance via phone appointments 10am-2pm

Address: 1 Duncans Road, Werribee (entrance door around the corner in Watton Street)

Phone: 9051 2000

Email: wyndham.reception@vt.uniting.org

Salvation Army Community Support and Emergency relief— Phone assessment required for Financial assistance in the form of food parcels and vouchers.

Day/Time: Monday, Tuesday, Wednesday 9:30am—2pm and Thursday from 9:30am— 1:45pm

Address: 209 Watton St Werribee

Phone: 9731 1344

Wyndham Park Community Centre Foodbank Has cultural appropriate food for Karen, Indian, African and Muslim communities. **For Werribee and Hoppers Crossing residents only**

Day/Time: Every Thursday 9.30am to 12pm.

Address: 55/57 Kookaburra Avenue, Werribee

Phone: 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 if in stock.

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

Hoppers Crossing Equip Church Drive through service between 9am until stock last to pick up Food parcels.

Day/Time: Wednesday only

Address: 147-155 Hogans Road, Hoppers Crossing

Phone: 9748 9177

Email: equipcommunityservices@swcc.org.au

Jamieson Way Food Relief Program Bookings essential, no walk ups. Contact directly to make special request around dietary requirements.

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: 9395 3777

Email: admin@jamiesonwaycc.org.au

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

Day/Time: Sundays 1pm to 3pm

Address: Cross Cultural Church, 7 Adelphi Boulevard, Point Cook (alongside Sneydes Road, near Alamanda entrance)

Email: foodpantry@crossculturepointcook.net.au or contact via

Facebook: <https://www.facebook.com/pointcookfoodbank/>

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

Day/Time: Every Tuesday 10.30am-11.30am

Address: Penrose Promenade Community Centre, 83 Penrose Promenade, Tarneit

Phone: 8734 4500

Facebook: <https://www.facebook.com./TarneitFoodBank/>