

THE BUZZ

Term 4 2023

Wyndham West

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



BOLLYWOOD DANCE WORKSHOP FOR SENIORS

Bollywood Dance School Australia will be running a Bollywood dance workshop for seniors as a part of the Seniors Festival. Come and have fun and learn to dance Bollywood style!

Lunch and games to follow. Please bring a drink bottle. Please specify any dietary requirements.

When: **Tuesday 24 October**

Time: 11.30 am – 12.30 pm

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

Cost: FREE!

To register, please contact the

Manor Lakes Community Learning Centre

Phone: 8734 8934

Email: manorlakesclc@wyndham.vic.gov.au

**Bookings
Essential!**



Victorian
Seniors
Festival
2023



READY SET WORK BARISTA

Want to learn how to make the perfect coffee? The Coffee table along with Jesuit Social Services is offering non-accredited Ready Set Work Barista Course to prepare people for work in a café. Government funded program for eligible participants. There are no pre-requisites for this course.

[Course details](#)

Location: Manor Lakes Community Learning Centre

Course dates: October 10 & 17 2023

Time: 9:30am to 3:30pm

To register contact Enrolment Officer on 0498 594 731



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

SEWING CLASSES AT MANOR LAKES COMMUNITY LEARNING CENTRE



Always wanted to learn how to Sew? 10 Weeks of practical, hands on activities! Enrol Online at www.wyndhamcec.org.au and look for "Short Courses". Sewing machines and resources are provided during the course.

Term 4 Starts begins October 2 2023

Day & Time: So & Sew (Beginners) Monday 9am-12pm
So & Sew Next Stich Mondays 12.30pm – 3.30pm

Place: Manor Lakes Community Learning Centre.

Contact: Wyndham Community and Education Centre
9742 4013



CAFÉ OPERATIONS COURSE

Café Operations combines practical, hands on, skills training on a commercial coffee machine and grinder with learning activities in hygienic food practices, workplace health and safety and responsible service of alcohol. Suitable for people looking for entry level employment in hospitality or further study. For more details or to book a place in an information session, email courses@jss.org.au or call our Enrolment Officer on 0498 594 731.

Information and enrolment session:

31st Oct 10am –12 pm or 12.30pm –2.30pm

Dates: Nov 7—Dec 13

Day & Time: Tuesdays, Thursdays and Fridays 9am –4pm

Place: Manor Lakes Community Learning Centre.

Contact: Enrolment Officer on 0498 594 731.



REGISTER YOUR INTEREST FOR BEGINNERS CHESS PROGRAM FOR KIDS



At **Chess Academy**, Our chess programs have been designed to be fun and engaging with a focus on the educational aspect of the game to ensure that students benefit from all, that learning and playing chess has to offer. We are looking forward to conduct classes from Manor Lakes Community Centre in Term4. If you are keen in enrolling your child please register using the contact details below. For more information visit their website on

For Registrations :

Contact: Phil

Mobile: 0478 604 601

Email: info@wyndhamchess.club

Website: www.wyndhamchess.club

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.



COFFEE WITH A COP

On 26 July, community members were provided with the opportunity to connect with local police officers, Councillors and Council staff when the Manor Lakes Community Learning Centre hosted a Coffee with a Cop event. The aim of Coffee with a Cop is to share safety concerns and issues, identify solutions to tackling crime and perceptions of safety, ask questions, voice concerns and get to know local police over a free coffee in an informal, inviting space. Over 40 people engaged with the police over the course of 2 hours, discussing a range of issues of importance to themselves and the broader community. Local community organisation [Thee Coffee Table](#), provided the delicious coffees and hot drinks on the day!

For upcoming Coffee with a Cop sessions or to learn more please visit <https://www.wyndham.vic.gov.au/coffee-cop>



HOMELESSNESS WEEK 2023



In the lead up to Homelessness Week (7-13 Aug), Wyndham City Council coordinated a donation drive (toiletries, food, underwear, blankets and towels). Once the donations were received the community had an opportunity to attend a morning tea at Manor Lakes CLC or a dinner at Dianella CC whereby they assisted with packing the donated items into Dignity packs. As a result of the donations received Dignity packs were created.

Along with the morning tea and dinner, Council hosted a movie screening. "Undercover" (documentary about Australia women over the age of 50 experiencing homelessness) along with a light lunch and panel discussion at Pt Cook CLC. Approximately 280+ community members attended the events across 3 community centres. These events included presentations from H3 Alliance representatives (Unison, Uniting and others), HAAG representatives, Council Community Connectors, Youth Services and guest speakers who spoke of their lived experience with homelessness and of the local issues.

We were blown away with the generosity from the community, local organisations, businesses and community groups who donated so many personal care items and food, and as a result over 300+ Dignity packs were created and distributed to all Wyndham Community Centres, these are now available for the community to access. Thank you all.

CLUB 60 WYNDHAM VALE

Celebrated the 5th consecutive year of Janmashtami Festival (Birthday of Lord Krishna) by CLUB 60 Wyndham Vale on Saturday, 9th September, 2023. Big thanks to Honourable Peter Maynard, Councillor who graced the occasion. Janmashtami is the auspicious day when Lord Krishna took birth on this planet. The birthday of Lord Krishna is celebrated with great fervour and zeal in India and Abroad. Lord Krishna is the most powerful incarnation of Lord Vishnu.

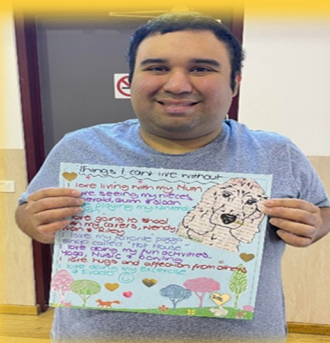
On the day of Krishna Janmashtami devotees perform the nishita puja around midnight. Devotees offer Krishna's favourite Maakhan (white butter), milk and curd to the idols after marking his birth at midnight, at the end of the celebration Lord Shri Krishna's Aarti is performed.



IRAMOO COMMUNITY CENTRE

R U OK? DAY

On the 14th of September our Iramoo Community supported R U OK? Day. R U OK? 2023 emphasizes the importance of creating space to have meaningful conversations that could change someone's life when they are going through a difficult time. Participants were asked to focus on aspects of their own self-care by creatively documenting a visual reminder of their most important wellbeing supports. Should any of these regular supports begin to fade from a person's daily life, self-awareness is key in recognizing that you may not be OK. It costs nothing to say R U OK?, but it may mean the world to someone else. "I'm here to Hear" with a delicious lunch and a creative activity.



CLOTHES SWAP



SWAP YOUR OLD STYLES FOR NEW ONES

9am - 2.30pm

13th-17th November

84 Honour Ave, Wyndham Vale



Bring a maximum of 5 items starting 1st November
For more information please call 8742 3688

UPCOMING PROGRAMS



COMMUNITY ENGAGEMENT NIGHT & ANNUAL GENERAL MEETING

BOOKINGS ESSENTIAL ON 8742 3688

Commences 5pm!

- Learn about our Community Garden
- 5pm Make your own terrarium
- Dinner supplied by the Wyndham Women's Support Group
- 6.30pm Annual General Meeting

**THURSDAY
12TH OCTOBER
5PM - 7PM**

IRAMOO COMMUNITY CENTRE
84 HONOUR AVE, WYNDHAM VALE 3024

SENIORS EVENT

Iramoo Community Centre



Entertainer and Light Lunch

Join us for a Light Lunch with Entertainer Adam Spicer

Morning Melodies Show!

Monday 16th October 11am - 1pm Cost: \$5

Bookings essential! Call 8742 3688 to book and advise of any dietary requirements



To Book Call 8742 3688 | 84 Honour Ave Wyndham Vale 3024

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 admin@iramoooc.com.au or call on 8742 3688 . For more information 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

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
Pre-school garden group : This is a FREE session and places are limited.	Fortnightly Thursdays October 12th 10am – 11.00am	Free	Follow us on Facebook!



Morning Tea with the Mayor

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

Monday 23 October

Head to our website to reserve your free ticket

www.wyndham.vic.gov.au/mayoral-morning-tea

The Mayor, Cr Susan McIntyre is hosting a special morning tea on Monday 23 October 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>

Early Years Programs & Activities

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 <i>During school terms</i>	Fridays 9:30am—11:30am	\$60 per term	Contact: Rati ✉ mlharmonyplaygroup@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. <i>During school terms</i>	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. <i>During school terms</i>	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. <i>During school terms</i>	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. <i>During school terms</i>	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. <i>During school terms</i>	Various locations		
Rhyme Time and Pop-Up Library Ages 1–5 years ☎ Club Mambourin. Join us for Rhyme Time and a special Pop-Up Library every week.	Refer to website for current timetable		☎ 8734 8999 🌐 For session dates and times visit: www.wyndham.vic.gov.au/pop-up-library Programs during school term only
Rhyme Time and Pop-Up Library Ages 1–5 years ☎ Wyndham Harbour Our 30-minute Rhyme Time sessions include stories, songs and rhymes designed to develop early language, literacy and numeracy skills.			
Rhyme Time at the Park Ages 1–5 years ☎ Wyndham Park, West Lawn			



MANOR LAKES LIBRARY

For more information contact the Manor Lakes Library on 8734 8930. Library Opening hours are:

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

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 11th October Come along and get messy with different sensory craft, for any age. Parents to supervise children; children to wear clothes that can get messy	Wednesday starting 11th Oct 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	Please refer to www.qbcc.org.au for prices	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	Please refer to www.qbcc.org.au for prices Childcare Subsidy applies - <u>13 61 50</u> www.childcaresubsidycalculator.com.au	
Storytime with JoJo - Starting 10th October 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—03/10,07/11 & 05/12) 10 am.	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)
Play and Connect Session Join Tweddle & Anglicare Victoria for a Children's Week craft activity. Meet other families in the community and find out about supports available	Tuesday 24 th October 2.30pm to 3.30pm, drop in or stay the whole time.	Free	Contact Grace Perrott, Early Help Practitioner Phone 9731 2500 Email grace.perrott@anglicarevic.org.au

COUNCIL SERVICES AT MANOR LAKES

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

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



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
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 centre mailing list by emailing:

WunggurrwilDhurrung@wyndham.vic.gov.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!

WHAT'S ON @ QUANTIN BINNAH COMMUNITY CENTRE



HIGH TEA & CRAFT

Enjoy a delicious morning tea whilst you create a themed masterpiece to take home.

- Garden Crafts
- Christmas Crafts

Dates: Monday 9th October and/or Monday 11th December

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



SENIORS FESTIVAL

Learn, Love, Live - your best life and come join the fun at the 2023 Victorian Seniors Festival at QB this October!

Seniors High Tea & Craft Spring Garden

Date: Monday 9th October

Time: 10.30am

Cost: \$5 per person includes craft,
morning tea and barista made hot drink



Bingo Moves with IPC Health*

Date: Tuesday 17th October

Time: 1.00pm

Cost: FREE

Mental Health & Wellbeing as you Age with Mind

Date: Wednesday 25th October

Time: 10.00am

Cost: FREE

Morning Melodies with Trish Simpson*

Date: Thursday 26th October

Time: 10.00am

Cost: \$5 per person includes musical entertainment, morning tea
and barista made hot drink

All Programs are FREE. Please register for catering purposes.

Where: Café Qb, Quantin Binnah Community Centre,
61 Thames Boulevard, Werribee 3030

Phone: 9742 5040

Email: community@qbcc.org.au

MENTAL HEALTH AWARENESS MONTH (October)

'We all have a role to play'. It is a chance for us all to come together to focus on mental health, learn about stigma, and create safe, caring communities.

Mind Wellness Group

Date: Monday 9th & 23rd October

Time: 10.00am

Cost: FREE with barista made
hot drink included



Chatty Café

Date: Monday's

Time: 10.00am

Cost: FREE with barista made hot drink for those sitting at
chatty table

Monday Munchies

Date: Monday 16th October

Time: 12.30pm

Cost: FREE

Bingo Moves with IPC Health

Date: Tuesday 17th October

Time: 1.00pm

Cost: FREE

Mental Health & Wellbeing Workshop

Date: Wednesday 18th October

Time: 10.00am

Cost: FREE

Please RSVP for catering purposes

*Activities open to other
community members

WHAT'S ON @ QUANTIN BINNAH COMMUNITY CENTRE

CARER'S WEEK – 13TH TO 21ST OCTOBER

It is a time to recognise, celebrate and raise awareness about the 2.65 million Australians who provide care and support to a family member or friend. Take some time out for yourself and recharge at some of our activities during Carer's Week.

FREE HOT Drink for all unpaid carers in Café QB Monday, Tuesday & Wednesday

Monday Munchies*

Date: Monday 16th October
Time: 12.30pm
Cost: FREE



Bingo Moves with IPC Health*

Date: Tuesday 17th October
Time: 1.00pm
Cost: FREE

Carers Craft Session

Date: Wednesday 18th October
Time: 1.30pm
Cost: FREE

Mental Health & Wellbeing Workshop*

Date: Wednesday 18th October
Time: 10.00am
Cost: FREE

All Programs for CARER'S WEEK are FREE. Please RSVP for catering purposes. *Activities open to other community members

Where: Café Qb, Quantin Binnah Community Centre,
61 Thames Boulevard, Werribee 3030

Phone: 9742 5040

Email: community@qbcc.org.au

CHILDREN'S WEEK – 21ST TO 29TH OCTOBER

"Children have the right to relax, play and to take part in activities they enjoy"

Bring your children along to our community activities for kids and you can all relax, play & enjoy the activities

FREE mini cupcake for all children with any purchase made in Café QB

Storytime with JoJo

Date: Tuesday 24th October
Time: 10.00am
Cost: FREE

Tweddle Play & Connect Craft Session

Date: Tuesday 24th October
Time: 2.30pm – 3.30pm
Cost: FREE

Konstruktion Kraft

Date: Tuesday 24th October
Time: 3.30pm
Cost: FREE

OOey gOOey messy play

Date: Wednesday 25th October
Time: 10.00am
Cost: \$6 per child or \$10 for 2 children



FREE CHILD CAR RESTRAINT FITTINGS AND SAFETY CHECKS

WHERE: Quantin Binnah Community Centre,
61 Thames Boulevard, Werribee
WHEN: Wednesday 4th October, 10 am- 2pm

Please see below the direct booking link for the event (make sure you select 4/10/23). If you have two child car restraints they will require two appointments.

<https://kidsafevic.my.site.com/s/invitemanager?inviteId=a1wMq0000018VKbIAM>

For more information, contact
Quantin Binnah Community Centre,
61 Thames Boulevard, Werribee 3030

Phone: 9742 5040

Email: community@qbcc.org.au



FREE

SAFE SEATS, SAFE KIDS

Child car restraint fittings and safety checks

Do you need some assistance to fit a child car restraint to your car?

Are you unsure if your current fitting is safe?



Local parents and carers are invited to book in for a free child car restraint fitting or safety check! The event is hosted by Kidsafe Victoria in partnership with Neighbourhood Houses Victoria, with support by the Victorian State Government.



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



Breakfast club at Manor Lakes every Tuesday

Start your day the right way! Youth services staff are here every Tuesday morning from 8am – 8.50am with grab and go breakfast items. Come in to the centre, have a chat with the friendly staff, make your self a hot drink , grab some fruits and start your day with full energy.

When: Every Tuesdays

Time: 8am –8:50am

Where: Manor Lakes Community Learning Centre—Foyer Space



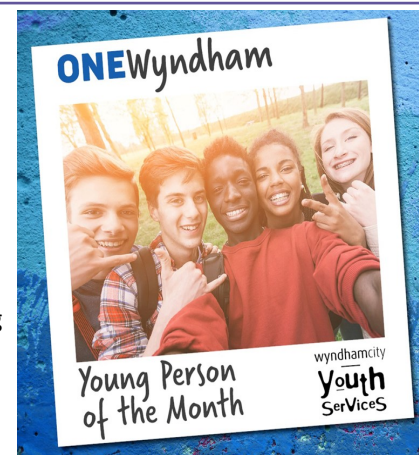
Young person of the month....

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>



Manor Lakes - Drop In program on Tuesday & 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 4pm - 5.30pm (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

- October 23rd
- November 20th

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

Registrations required



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—4pm	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

IRAMOO	DAY & TIME	COST	CONTACT INFORMATION
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	Contact: Iramoo Community Centre ☎ 8742 3688
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	\$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	Refer to website for current timetable	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: 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 ☎ 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: www.wyndham.vic.gov.au/family-local-history

VOLUNTEER OPPORTUNITIES NOW RECRUITING FOR 2024

The Smith Family Learning Clubs are 18-week programs run in partnership with schools across Wyndham. They are fun and safe learning environments where students gain access to weekly support for 1-2 hours after school. Excellent opportunity for adult volunteers of all backgrounds to develop community service skills, Screening & full training provided. Recruitment for our 2024 programs begin now. Don't miss out on this valuable opportunity to transform the lives of our young people through education.

Contact: Miriam Saunders (Programs Coordinator)
 Email: miriam.saunders@thesmithfamily.com.au
 Mobile: 0481 916 059 www.thesmithfamily.com.au
 Wyndham office: 53A Kookaburra Ave, Werribee Vic 3030



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 9am—9.30am Session 2 9.30am—10am	Free	Contact: Tori ☎ 03 52249972
Quantin Binnah	DAY & TIME	COST	CONTACT INFORMATION
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+	Monday's 9th, 16th, 23rd & 30th October 6.00pm to 8.30pm OR Thursday 9th & Friday 10th November 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 11th Oct 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 1.30pm in Café QB <div>Bookings essential!</div>	\$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 1st, 8th & 15th November 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
Next Stich Sewing class - Starting 2nd Oct 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

SKILLS AND JOBS CENTRE FREE WORKSHOPS

Get Australian Job Ready	Convert your Qualifications	Leopold	Werribee	Online
The Gordon - Werribee Campus	Tarneit Community Learning Centre	In-person (4 weeks)	In-person (4 weeks)	Online (4 weeks)
10am - 11.30am	2pm - 3pm	10am - 12.30pm	10am - 12.30pm	10am - 11am
23 February	23 February	14 February	14 March	15 March
23 March	23 March	21 February	21 March	22 March
20 April	20 April	28 February	28 March	29 March
		7 March	4 April	5 April

For enquiries or to book:
Call us: 03 5225 0700

Email us: skillscentre@gordontafe.edu.au
Visit our website: www.skillscentregeelong.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-7.45pm		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		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	\$5 per session	Contact: Iramoo Community Centre ☎ 8742 3688 ✉ admin@iramoooc.com.au
Community Garden Group Come and join us as we start to rejuvenate our community garden	Tuesday 10am-11.30am	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 ☎ 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
Bollywood Dance Company Bollywood dance for kids, teens & adults.	Wednesdays 5pm—8pm	Fees apply	Contact: Darshan ☎ 0423 214 830 ✉ Darshan@bollywooddancecompany.com.au
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+ 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.	Refer to website for current timetable	Free	❶ Manor Lakes Library ☎ 8734 8999 🌐 For session dates and times visit: www.wyndham.vic.gov.au/services/libraries/youth/youth-events-and-activities <i>Programs during school term only</i>
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.			
STEAM Builders - Ages 5+ Each week, kids get to challenge their imagination, design and building skills using a range of different materials.			
Kids Club - Ages 5+ Come and join in a different activity every week. Make new friends and have lots of fun.			
Lego Club - Ages 5+ Come along to your library every week to design, build and imagine with Lego.			❶ Manor Lakes Library ☎ 8734 8999 🌐 For session dates and times visit: www.wyndham.vic.gov.au/kids-events-activities
Games Club Ages 7+ Looking for something to do after school? Join us for console, PC Multiplayer gaming and more! Learn to play new games, show off your skills and hang out with your friends. No bookings required.			❶ Werribee Library ☎ 8734 8999 🌐 For session dates and times visit: www.wyndham.vic.gov.au/kids-events-activities
Imagination Creation Young Writers Group Ages 5+ Do you love to get creative with words? Come along to Imagination Creation Writers' Group. Share with other young writers in a relaxed, social environment and get writing tips from published author Margaret Campbell.			🌐 For session dates and times visit: www.wyndham.vic.gov.au/kids-events-activities <i>Programs during school term only</i>
Between the Lines Book Club Ages 13–17 Come along to a monthly book club especially for teens. Make friends, find new books, and you could even win a prize!			
Craft and Conversation Ages 18+ Are you a craft lover? Join our monthly program to create a new craft each session. Materials are free, conversation is included, and you can take home your finished project.	Bookings required		
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!	Refer to website for current timetable		❶ Little River Mechanics Institute Hall ☎ 8734 8999 🌐 For session dates and times visit: www.wyndham.vic.gov.au/pop-up-library
Craft and Conversation and Pop-Up Library Ages 18+ Are you a craft lover? Join our monthly program to create a new craft each session. Materials are free, conversation is included, and you can take home your finished project.	Bookings required		

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 8th December 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 21st Oct 18th Nov 16th Dec 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 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. All Community members welcomed.	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 per term	
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 - 12:30pm	\$50 (Materials) and \$75/year for Shed membership	
Wunggurrwil Dhurrung Centre	DAY & TIME	COST	CONTACT INFORMATION
Nrityaarpana Bharatanatyam Classes	Wednesdays 6pm - 7:30pm	Fees apply	Rekha Jayaraman ☎ 0451 327 719 ✉ nrityaarpana@outlook.com
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
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

Faith, Cultural & Community Groups

MANOR LAKES	DAY & TIME	COST	CONTACT INFORMATION
Seed Harvest Church Church activities	Sundays 10am –12pm	Free	Contact: Maikeli Bukasila ☎ 0473 492 837
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 5pm—9pm	Free	Contact: Alfonso Ocon ☎ 0451 041 711
Quantin Binnah	DAY & TIME	COST	CONTACT INFORMATION
Tai Chi - Starting from 09th Oct 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	
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 26 Oct (TBC) 14 Dec 10am - Morning tea 10.30am - Showtime	\$8.00 for morning tea and tunes	
Wunggurrwil Dhurrung 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 Group	Thursday Fortnightly 4:30pm — 6pm	Contact for details	Kirrip House – 03 8088 0764 yip@kirripaboriginalcorporation.org

Social & Support Groups

IRAMOO	DAY & TIME	COST	CONTACT INFORMATION
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. During school terms	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	


Social & Support Groups

Gluten Free Cooking Program	3rd Saturday of the month 10am - 12pm	\$10	Iramoo Community Centre ☎ 8742 3688 ✉ admin@iramoooc.com.au Follow us on Facebook!
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	

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	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	Thursday 9am—3pm	Free	Contact: Sally ✉ thecoffeetable2021@gmail.com
Food Bank Manor Lakes Providing food items to people in need. School terms only	Wednesdays 12pm –1.30pm	Free	Contact : Pynqi ☎ foodbank@wynlife.com.au Contact: Facebook - FoodBank Manor Lakes
Youth Counselling Free, confidential counselling for young people. Ages: 12-25 years	By appointment only	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 Please BYO a coffee cup to assist with our sustainability practices.	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. New members welcome	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

Social & Support Groups

Quantin Binnah	DAY & TIME	COST	CONTACT INFORMATION
JoJo & Puppet Pals starting 10th Oct 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 connections and emotional awareness.	Each Tuesday (except 1 st Tuesday of Month – 3/10, 7/11 & 5/12)) during term @ 11.00am.	Free	☎ 9742 5040 ✉ community@qbcc.org.au 🌐 www.qbcc.org.au
Wyndham Mum's & Bub's Clothes Swap Please bring along your children's items bagged in sizes, clean and in good condition. If you don't have anything to swap or donate you're still welcome to attend.	Monday 30 th Oct Tuesday 31 st Octt 9am to 4pm	BYO Clothes to swap	
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.	Tuesdays Contact Julie to make an appointment or just pop in	Free	Julie Aston Early Help Practitioner Tweddle ✉ Julie.Aston@tweddle.org.au
Monday Munchies Come along & join us for a FREE healthy lunch. Supported by IPC Health Bookings essential	Monday 16th Oct 20th Nov 4th Dec (TBC) 12:30pm	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
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 9th October 9.30am to 10.30am	Free <i>Hot and cold drinks will be provided.</i>	Contact: Nim Katapoluge ☎ 0498 220 661 ✉ Nimesha.Katapoluge@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.	<i>QB café open on</i> 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

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	\$2 per household per week	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	Fridays 10 am - 2pm	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
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
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

UPCOMING PROGRAMS

A community initiative from facebook.com/audealz & [Help4people.au](https://www.help4people.au)

FEELING THE PAIN OF COST OF LIVING?
STRUGGLING TO SAVE MONEY?

ATTEND THIS FREE SESSION FOR
QUICK & EASY TIPS TO SAVE
MINIMUM OF \$100/WEEK

MANOR LAKES COMMUNITY CENTRE
86 MANORLAKES BLVD MANORLAKES-3024

4TH OCTOBER 2023
6:30 PM AEST

RSVP Here



For details

Contact JRT@0403034327





MAM MINI MOVERS

Mini Movers is a physical wellbeing-based program that uses different sports to increase the motor skills of children.

All sessions are **FREE!**

OPEN TO ALL CHILDREN 3 TO 7 YEARS.

Running weekly for 6 weeks from 10th of October till the 17th of November

BOOK NOW

Scan the QR code or click the 'Book Now' links on the timetable.
Contact: Tori on 03 52249972

SEE OVER FOR TIMETABLE








Mini Movers is a program developed by Leisure Networks, these sessions are in partnership with Wyndham City Council and the Active Kinders program.
<https://www.wyndham.vic.gov.au/active-kindrs>



Wyndham SENIORS EXPO

Tuesday 28 November
10am – 3pm | Free
Encore Events Centre, Hoppers Crossing

Learn about local services and support to help you age well, with stalls, free talks and presentations.

- Aids and Equipment
- Advocacy
- Social and Leisure Activities
- Health and Safety
- Learning and Technology
- Financial and Legal Assistance

Please contact us to discuss any access requirements: 03 8734 4514

www.wyndham.vic.gov.au/seniorexpo



CHESS ACADEMY FOR BEGINNERS

Unleash the Chess prodigy within your child! Join our Chess course at Manor Lakes Community Learning Centre in term 4. Perfect for juniors aged 8 to 12. Develop critical thinking and strategic skills while having a blast! Secure your spot now for a checkmate of fun and learning!

To express your interest please contact Phil on 0478 604 601
Or send an email to 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/>