

# THE BUZZ

## Wyndham Central

Arndell Park Community Centre  
Dianella Community Centre  
Penrose Promenade Community Centre  
The Grange Community Centre  
Tarneit Community Learning Centre



Term 4 2023

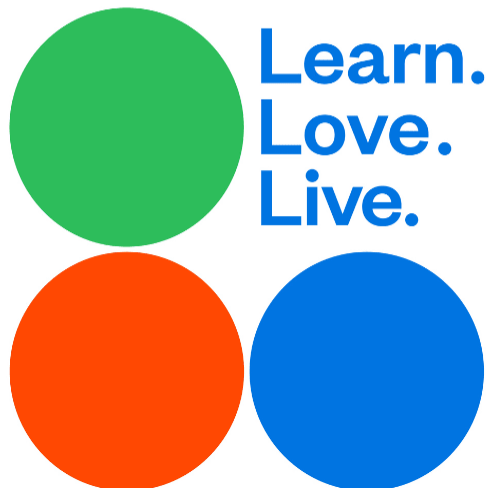
## COMING IN OCTOBER!

### Victorian Seniors Festival 2023



More than 100 million people aged over 60 call Victoria home

Now in its 41st year, attracting over 100,000 seniors



Get active, try something new, meet new people & sample what's on offer

Event goers across the state can expect concerts & live music to dances, exhibitions, film festivals & activities – the festival promises something for everyone. At Wyndham there are host of activities & events across the municipality. See page two for a list of what's happening in your local community centre, or scan the bar code to see activities across Wyndham.

Arndell Park Community Centre	29-49 Federation Blvd, Truganina VIC 3029	Phone: (03) 8734 8911
Dianella Community Centre	6 Congo Drive, Tarneit VIC 3029	Phone: (03) 8742 8300
Penrose Promenade Community Centre	83 Penrose Promenade, Tarneit VIC 3029	Phone: (03) 8734 4500
The Grange Community Centre	260-280 Hogans Rd, Hoppers Crossing VIC 3029	Phone: (03) 8742 8000
Tarneit Community Learning Centre	150 Sunset Views Blvd, Tarneit VIC 3029	Phone: (03) 8734 6040

# Victorian Seniors Festival 2023



## Cultural

### Performances

Monday 2/10 12pm  
@ Tarneit CLC

## Concert with Frankie

Monday 2/10 12pm  
@ Dianella CC

## Tai Chi

Mondays 10:30am  
@ Tarneit CLC

## Seniors Safety Expo

Monday 9/10 12pm  
@ Penrose  
Promenade CC

## First Aid for Computers

Fridays starting 27/10  
1pm  
@ Tarneit CLC

## Alice in Wonderland Tea Party

Wednesday 25/10  
10:30am  
@ The Grange

## Craft Group

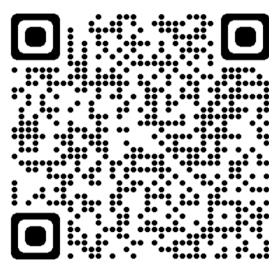
Wednesdays 9am  
@ Tarneit CLC

## Services Aust My Aged Care

Tuesday 4/10 10am  
@ Arndell CC

## Ribbon Flower Making

Thursday 19/10  
10:30am  
@ TCLC



## ACKNOWLEDGEMENT OF COUNTRY

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

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





# THANK YOU

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.



## Customer service at the Tarneit Community Learning Centre

### YOUR COUNCIL CLOSE TO HOME

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

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

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



# Wyndham City Council Services across centres

VARIOUS LOCATIONS	VENUE, DAY &	CONTACT INFORMATION
<b>Maternal &amp; Child Health Appointments</b> Professional nursing support & advice for parents with children from birth to school age.	Various Community Centres By Appointment Only	Contact: Maternal & Child Health ☎ 1300 370 567 🌐 <a href="http://www.wyndham.vic.gov.au">www.wyndham.vic.gov.au</a> <i>select Maternal &amp; Child Health Services</i>
<b>Immunisations</b> The Wyndham City Immunisation Unit provides free public vaccinations against a range of childhood and adult diseases.	Various Community Centres By Appointment Only	Contact: Wyndham Immunisation Team ☎ 1300 370 567 🌐 <a href="http://www.wyndham.vic.gov.au">www.wyndham.vic.gov.au</a> <i>select Children's Services &gt; Immunisations</i>
<b>First Time Parents Group</b> 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.	Various Community Centres Weekly sessions	Contact: Maternal & Child Health ☎ 1300 370 567 🌐 <a href="http://www.wyndham.vic.gov.au">www.wyndham.vic.gov.au</a> <i>select Maternal &amp; Child Health Services</i>
<b>Supported Playgroup</b> A playgroup that aims to meet the needs of vulnerable families in our community. Referrals for this service can be made by community services or families can self-refer through the Wyndham City Council website: <a href="https://www.wyndham.vic.gov.au/services/childrens-services/playgroups/supported-playgroups">https://www.wyndham.vic.gov.au/services/childrens-services/playgroups/supported-playgroups</a>	Various Community Centres Weekly sessions	Contact: Susan ☎ 0427 523 177 or 1300 370 567 ✉ <a href="mailto:playgroup@wyndham.vic.gov.au">playgroup@wyndham.vic.gov.au</a>
<b>Wyndham City Council - Kindergarten</b> 3 & 4 Year Old Kindergarten Services. Enrol your child online.	Various Community Centres Weekly sessions	Kindergarten Enrolment Officer ☎ 1300 370 567 🌐 <a href="http://www.wyndham.vic.gov.au">www.wyndham.vic.gov.au</a> <i>select Children's Services &gt; Kindergarten</i>
<b>Wyndham City Council - Playgroup Enquiries</b> Community run playgroups offer a relaxed, social atmosphere for parents and carers and provide a range of activities for children aged 0-6 years old to promote their social skills and development. Wyndham City can assist in locating the closest playgroup.	Various Community Centres Weekly sessions	🌐 <a href="https://www.wyndham.vic.gov.au/services/childrens-services/playgroups/community-playgroups">https://www.wyndham.vic.gov.au/services/childrens-services/playgroups/community-playgroups</a> 🌐 <a href="https://www.wyndham.vic.gov.au/form/community-playgroup-enquiry">https://www.wyndham.vic.gov.au/form/community-playgroup-enquiry</a> ✉ <a href="mailto:communityplaygroup@wyndham.vic.gov.au">communityplaygroup@wyndham.vic.gov.au</a>

## COMMUNITY BREAKFAST PROGRAM

FREE breakfast for all.  
Drop in and join us for breakfast.

(CHILDREN MUST BE SUPERVISED AND ATTEND WITH AN ADULT)

NEW  
TIME

Every Thursday 8am-9.30am

NEW  
TIME

@ DIANELLA COMMUNITY CENTRE

6 CONGO DRIVE, TARNEIT

FOR MORE INFORMATION CALL 8742 8300 OR EMAIL:  
[DIANELLACC@WYNDHAM.VIC.GOV.AU](mailto:DIANELLACC@WYNDHAM.VIC.GOV.AU)

DURING SCHOOL TERMS ONLY

## Sahtain!

Pulse with Purpose is a Wyndham based not for profit working with the community. We're selling delicious, halal-friendly meals made lovingly by local volunteers every week to raise funds.

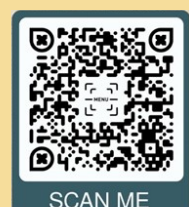
Your purchase will provide free meals to families in need in your neighbourhood. We encourage you to bring your own containers to reduce single use plastics.

## Halal Meals on Tuesdays

Pick up from


**Dianella Community Centre**  
**6 Congo Drive, Tarneit**

Scan for to order meals  
and for more info.



SCAN ME

# Early Years Programs & Activities

ARNDELL PARK	DAY & TIME	COST	INFORMATION
<b>Arndell Park Muslim Playgroup</b> A fun interactive activity based Islamic playgroup. A place for mothers and children to come together.	Thursdays 10:30am-12:30pm	Fees Apply	Aafrin arndellparkmuslimpg@gmail.com Enrol here: 
<b>Little Munchkins Playgroup</b> A playgroup for all cultures, mum, dads, carers and children. At 10:30am, we then go to Rhyme Time (held in the adjoining rooms).	Thursdays 9:30am-10:30am	Fees Apply	Cherie 0412 053 592
<b>Rhyme Time and Pop-Up Library</b> Ages 1-4 years Join us for Rhyme Time and a special Pop-Up Library every week (School Term only).	Thursdays 10:30am-11:30am	No Cost	8734 8999
<b>Ummah Jameelah Islamic Early Years Program</b> Islamic School Readiness Programs for 3-4yrs.	Tuesdays & Wednesdays 9:30am-12:30pm	Fees Apply	0416 575 159
<b>Tiny Tutus</b> Beginners Ballet class for children from 18 months to 5 years.	Tuesday 9:15am-11am	Fees Apply	Contact: Tiny Tutus 1300 245 060 www.tinytutus.com.au
<b>DIANELLA</b>			
<b>Dianella Playgroup</b> Community led playgroup for parents and carers with children aged 0-5yrs from all cultures and backgrounds.	Tuesdays 9.30am-11.30am	Term Fees apply	8742 8300 <a href="mailto:Abbey.morley88@gmail.com">Abbey.morley88@gmail.com</a>
<b>KU Dianella Kindergarten</b> 3 and 4 year Kindergarten based at Dianella Community Centre	Various	Various	7003 1700 Ku.dianella@ku.com.au www.ku.com.au
<b>THE GRANGE</b>			
<b>3+ Early Learning Program</b> The 3+ Early Learning Program is planned and implemented by Qualified Early Childhood Educators. The program aims to extend the child's development and learning, using routines and play based experiences appropriate for children's unique and holistic learning.	Thursday & Friday 9:00am—2:00pm	5 hour session \$45	8742 8000 <a href="mailto:enquiries@grangecommunity.org.au">enquiries@grangecommunity.org.au</a> Child Care Subsidy applies to all of the 3+ programs
<b>3 Year Old Kindergarten</b> Supporting childrens learning, development and transition to primary school.	Mondays Tuesdays Wednesdays 9:00am—2:00pm		8742 8000 <a href="mailto:enquiries@grangecommunity.org.au">enquiries@grangecommunity.org.au</a>
<b>Playgroup</b> Calling all parents and grandparents! If you are keen to meet with like minded local people, for your little one to make friends and spend time enjoying different activities each week and having loads of fun, our Playgroup is for you!	Tuesday 9:30am—11:30am	\$57per term per family	8742 8000 <a href="mailto:enquiries@grangecommunity.org.au">enquiries@grangecommunity.org.au</a>
<b>Out of School Hours Care</b> Our approach to OSCH is to provide a high quality environment that is safe and gives children the opportunity to learn and play. Our service offers a wide range of fun, stimulating and appropriate experiences that reflect real world experiences and home settings. For children attending the Grange P-12 Primary Campus	Monday to Friday during school term Before School Care 6:45am—9:00am After School Care 3:00pm—6:30pm	Fees apply	8742 8000 <a href="mailto:enquiries@grangecommunity.org.au">enquiries@grangecommunity.org.au</a>



# Early Years Programs & Activities

PENROSE PROMENADE	DAY & TIME		INFORMATION
<b>VICSEG Multicultural Playgroup</b> This playgroup is for newly arrived and recently settled migrant and refugee families and offers the opportunity for children to learn social skills through play.	Friday 10am—12pm	No cost	Contact: Karen Diacono ☎ 8754 0512 ✉ <a href="mailto:kdiacono@vicsegnewfutures.org">kdiacono@vicsegnewfutures.org</a> 🌐 <a href="https://vicsegnewfutures.org.au/">https://vicsegnewfutures.org.au/</a>
<b>Messy Penguins Playgroup</b> Parent run Playgroup for 1-5 year old's allowing like minded families to share, connect and learn important social skills.	Wednesday 9:30am -11:30am	\$45 per term	Contact: Charmaine Mogg ✉ <a href="mailto:messypenguinstarneit@gmail.com">messypenguinstarneit@gmail.com</a> 🌐 <a href="https://www.wyndham.vic.gov.au/form/community-playgroup-enquiry">https://www.wyndham.vic.gov.au/form/community-playgroup-enquiry</a>
TARNEIT	DAY & TIME	COST	INFORMATION
<b>Baby Time (0-12months)</b> Sing, move and bond with your baby as we share some of our favourite songs and reading tips.	Refer to website for current timetable	No Cost	Julia Gillard Library Tarneit ☎ 8734 8999 🌐 <a href="https://www.wyndham.vic.gov.au/services/libraries/early-years/early-years-events-and-activities">https://www.wyndham.vic.gov.au/services/libraries/early-years/early-years-events-and-activities</a> Programs during school term only
<b>Tarneit Teddies Playgroup</b> Come and join in fun activities which include rhymes, stories and songs and meet other families in your local area! Drop in to on Tuesday's and chat to the facilitator during school term to find out more.	Tuesday 9:30am—11:30am School term only	\$40 per term	Drop in on a Tuesday to find out more information ✉ <a href="mailto:tarneitteddies@hotmail.com">tarneitteddies@hotmail.com</a>
<b>VICSEG-Multicultural Playgroup</b> For migrant and refugee families. This playgroup offers the opportunity for children to learn social skills through play.	Wednesday 9:30am—11:30am School term only	No cost	Karen Diacono ☎ 8754 0512 ✉ <a href="mailto:kdiacono@vicsegnewfutures.org">kdiacono@vicsegnewfutures.org</a>
<b>Story Time-Ages 3+</b> These 45- minute sessions includes stories, songs and rhymes, and a simple craft activity designed to develop early language, literacy and numeracy skills.	Refer to website for current timetable	No Cost	Julia Gillard Library Tarneit ☎ 8734 8999 🌐 <a href="https://www.wyndham.vic.gov.au/services/libraries/early-years/early-years-events-and-activities">https://www.wyndham.vic.gov.au/services/libraries/early-years/early-years-events-and-activities</a> Programs during school term only
<b>Rhyme Time-Ages 1-5 years</b> These 30-minute sessions include stories, songs and rhymes designed to develop early language, literacy and numeracy skills.	Refer to website for current timetable	No Cost	Julia Gillard Library Tarneit ☎ 8734 8999 🌐 <a href="https://www.wyndham.vic.gov.au/services/libraries/early-years/early-years-events-and-activities">https://www.wyndham.vic.gov.au/services/libraries/early-years/early-years-events-and-activities</a> Programs during school term only
<b>Bilingual Story time – Punjabi &amp; English Children of all ages</b> Join us for 45 minutes of stories, songs and rhymes, and craft in Punjabi and English. Meet other bilingual families, learn words in another language and help your child develop important language skills.	Refer to website for current timetable	No Cost	Julia Gillard Library Tarneit ☎ 8734 8999 🌐 <a href="https://www.wyndham.vic.gov.au/services/libraries/early-years/early-years-events-and-activities">https://www.wyndham.vic.gov.au/services/libraries/early-years/early-years-events-and-activities</a> Programs during school term only

**If you would like to receive updates about our programs and services, please contact us via phone or email on the details below**

Arndell Park Community Centre	<a href="mailto:arndellparkcc@wyndham.vic.gov.au">arndellparkcc@wyndham.vic.gov.au</a>	Phone: (03) 8734 8911
Dianella Community Centre	<a href="mailto:DianellaCC@wyndham.vic.gov.au">DianellaCC@wyndham.vic.gov.au</a>	Phone: (03) 8742 8300
Penrose Promenade Community Centre	<a href="mailto:PenrosePromenadeCC@wyndham.vic.gov.au">PenrosePromenadeCC@wyndham.vic.gov.au</a>	Phone: (03) 8734 4500
The Grange Community Centre	<a href="mailto:enquiries@grangecommunity.org.au">enquiries@grangecommunity.org.au</a>	Phone: (03) 8742 8000
Tarneit Community Learning Centre	<a href="mailto:tarneitclc@wyndham.vic.gov.au">tarneitclc@wyndham.vic.gov.au</a>	Phone: (03) 8734 6040

# Education & Training Kids & Adults

ARNDELL PARK	DAY & TIME	COST	INFORMATION
<b>Abacus 4 Kids</b> <b>Ages: 4 - 12yrs</b> Fun and innovative way for kids to learn mathematic skills mental arithmetic skills using abacus (soroban). <b>Free trial class available</b>	Wednesdays 4:30pm-7:30pm	Fees apply	Jaslyn Toh ☎ 0406 946 069 ✉ admin@abacus4kids.com.au www.abacus4kids.com.au
<b>Wyndham Community &amp; Education Centre</b> Sewing Classes for Beginner and Intermediate. Each course runs for 10 weeks.	Various	\$40 for permanent residents.	To enrol, go to 'short courses' at <a href="http://www.wyndhamcec.org.au">www.wyndhamcec.org.au</a> Or contact for more information ☎ 9742 4013
<b>Wyndham Community &amp; Education Centre</b> Computer Courses for all levels. Each course runs for 10 weeks.	Various	\$30 for Permanent Residents.	To enrol, go to 'short courses' at <a href="http://www.wyndhamcec.org.au">www.wyndhamcec.org.au</a> Or contact for more information ☎ 9742 4013
<b>Youth Services – Drop-In Program &amp; Barber</b> <b>Ages: 12 - 25yrs</b> Youth Services are excited to come to Arndell Park as we begin to deliver programs for young people.	Wednesdays 3:30pm-5:30pm	No cost	✉ youthinwyndham@wyndham.vic.gov.au
<b>DIANELLA</b>			
<b>Fun and Art Pty Ltd (KK Art)</b> <b>Ages: 5yrs - 8yrs</b> Art, drawing and craft classes for kids.	Mondays 4.30pm-5.30pm	Fees apply	Edmund 0420 948 140 Kkart.classes@gmail.com
<b>Mini Movers</b> <b>Ages: 3yrs - 7yrs</b> Physical literacy based program that uses different sports to increase motor skills of children. Ensuring they have the suitable skills heading into primary school and to give them the tools to stay physically active for years to come.	Thursdays 4.00pm-5.00pm	FREE	Register your interest <a href="https://www.Wyndham.vic.gov.au/activetarneit">https://www.Wyndham.vic.gov.au/activetarneit</a>
<b>Story Time - Wyndham City Libraries</b> Drop in, Rhyme Time with the library team. Pop Up Library Van— allowing borrowing.	Wednesdays 2 sessions 10.00am-10.30am 10.30am-11.00am	FREE	Drop in. Registrations aren't required.
THE GRANGE	DAY & TIME	COST	INFORMATION
<b>First Aid Training</b> Choose from several First Aid certificate classes including Provide First Aid, Basic Emergency Life Support, CPR, Children's Services, Anaphylaxis, Asthma training and more	Alternating Wednesdays & Saturdays 9am—4pm	Contact provider	☎ 9998 6188 🌐 <a href="http://www.accreditedfirstaidcourses.com.au">www.accreditedfirstaidcourses.com.au</a>
<b>Kumon</b> Kumon helps your children reach their potential through English & Math enrichment classes.	Monday and Thursdays 3:30pm—7:00pm	Contact Provider	Contact Priyanka ☎ 0476 034 193 ✉ kumonhopperscrossing@gmail.com
<b>Triscott Education Services</b> CHC30213 Certificate III in Education Support	Thursday 9am—3pm	Contact Provider	Contact: <a href="https://www.triscott.com.au/">https://www.triscott.com.au/</a> Or ✉ info@triscott.com.au

# Education & Training Kids & Adults

PENROSE PROMENADE			
<b>Abacus 4 Kids</b> <b>Ages: 4 - 12yrs</b> Fun and innovative way for kids to learn mathematic skills mental arithmetic skills using abacus (soroban).	Various—Contact for further information	Fees apply	Jaslyn Toh ☎ 0406 946 069 ✉ <a href="mailto:admin@abacus4kids.com.au">admin@abacus4kids.com.au</a> <i>Free trial class available</i>
<b>Star Reading Hub</b> <b>Ages: 3– 7yrs</b> Star Reading Hub is an enhanced learning program for 3 to 7-year-olds who want a headstart on school or need extra help learning to read and spell.	Thursdays 4:30pm-5:30pm	Fees apply	☎ 0422 716 757 ✉ <a href="mailto:starreadinghub@gmail.com">starreadinghub@gmail.com</a>
<b>System@Tech Learning Solutions</b> <b>Ages: 4 - 15yrs</b> A unique workshop for kids. We offer a range of skill development courses on high speed mental maths like ABACUS, Vedic Maths, handwriting, robotics & coding, calligraphy & Rubik's cube solving.	Saturdays 1:30pm-4pm	Fees Apply	Gururaj Hosur ☎ 0427 624 362 ✉ <a href="mailto:hello@systematech.com.au">hello@systematech.com.au</a> 🌐 <a href="http://www.systematechedu.com.au">www.systematechedu.com.au</a>
<b>Conversational English</b> 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.	Thursdays 11:30am-1:00pm	No cost	Penrose Promenade Community Centre ☎ 8734 4500
<b>Yarraville Community Centre</b> <b>Beginners Computers</b> This pre-accredited program introduces the learner to beginners level computer studies. Students learn how to use a number of Microsoft Office programs as well as learning how to set up and manage email accounts, create word documents, save documents, transfer documents.	Mondays 10:00am-2.30pm	No cost	Melissa Giffard ☎ 0450 544 369 ✉ <a href="mailto:education_manager@ycc.net.au">education_manager@ycc.net.au</a> 🌐 <a href="https://www.ycc.net.au">https://www.ycc.net.au</a>
<b>Yarraville Community Centre</b> <b>Certificate III in Individual Support (Ageing &amp; Disability)</b> This qualification prepares you for roles as a Personal Care Attendant, Carer, Individual Support Worker or Community Support Worker. This qualification enables you to work across the aged care and disability sectors.	Thursdays 10:00am-2.30pm	No cost	Melissa Giffard ☎ 0450 544 369 ✉ <a href="mailto:education_manager@ycc.net.au">education_manager@ycc.net.au</a> 🌐 <a href="https://www.ycc.net.au">https://www.ycc.net.au</a>
<b>All Sewn Up</b> All Sewn Up is an advanced course. Learners will already know how to use a basic sewing machine and overlocker.	Wednesday 9:00am– 12:00pm	\$40 (permanent residents)	🌐 To enroll online go to the short courses section of <a href="http://www.wyndhamcec.org.au">www.wyndhamcec.org.au</a>
<b>Pattern Draping</b> Pattern Draping is an advanced level course which follows on from Garment and Pattern Alterations. Those enrolling in this course will need to understand pattern construction, and are looking to learn additional techniques in a fun and engaging environment.	Thursday 12:30pm– 3:30pm	\$40 (permanent residents)	🌐 To enroll online go to the short courses section of <a href="http://www.wyndhamcec.org.au">www.wyndhamcec.org.au</a>
<b>Brainworks</b> Scholarship exam preparation for years 3-8, selective entry exam preparation for years 3-10 foundational English and math programs for years 1-10.	Monday 4:30pm-7:30pm Wednesday 4:30pm-7:30pm Saturday 9:30am-12.30pm	Fees Apply	Pooja ☎ 0419 777 498 ✉ <a href="mailto:werrabee@brainworks.com.au">werrabee@brainworks.com.au</a>



# Education & Training Kids & Adults

PENROSE	DAY & TIME	COST	CONTACT INFORMATION
<b>Edmund Rice Homework Club</b> Primary and Secondary school students are mentored by Volunteers. Activities include; homework support, fun art, games, fresh fruit, snacks, and excursions during school holidays.	Tuesday 3:30pm - 5:00pm	No Cost for eligible students	Program Coordinator ☎ 0451 753 813 ✉ <a href="mailto:programcoordinator1@edmundrice.org">programcoordinator1@edmundrice.org</a> 🌐 <a href="https://ercrs.org/">https://ercrs.org/</a>
<b>Advanced Personnel Management</b> APM provide employment, vocational rehabilitation, assessment, allied health intervention and community care (Aged Care & Disability Care to clients in order to place them in employment.	Monday, Tuesday & Wednesday 9am—5pm	No Cost	☎ 1800 276 276 ✉ <a href="mailto:support@apm.net.au">support@apm.net.au</a>
<b>Mini Movers</b> <b>Ages: 3yrs - 7yrs ( starts 13th of October)</b> Physical literacy based program that uses different sports to increase motor skills of children. Ensuring they have the suitable skills heading into primary school and to give them the tools to stay physically active for years to come.	Friday 11:30am—12:30pm	No Cost	Register your interest <a href="https://www.Wyndham.vic.gov.au/activetarneit">https://www.Wyndham.vic.gov.au/activetarneit</a>
TARNEIT	DAY & TIME	COST	INFORMATION
<b>Abacus 4 Kids</b> <b>Ages: 4 - 15yrs</b> Fun and innovative way for kids to learn mathematic skills mental arithmetic skills using abacus (soroban). <b>Free trial class available</b>	Tuesday 4:30pm—7.30pm  Wednesdays 4:30pm—8.00pm	Fees Apply	Contact: Jaslyn Toh ☎ 0406 946 069 ✉ <a href="mailto:admin@abacus4kids.com.au">admin@abacus4kids.com.au</a> <a href="http://www.abacus4kids.com.au">www.abacus4kids.com.au</a>
<b>AMEP</b> Adult Migrant English Program Learning English can help you get a job, meet new friends, talk to other people in your community	Wednesdays and Thursdays 9am—2:30pm	No Cost	☎ 9742 4013 ✉ <a href="mailto:enquiries@wyndhamcec.org.au">enquiries@wyndhamcec.org.au</a> 🌐 <a href="http://wyndhamcec.org.au/">http://wyndhamcec.org.au/</a>
<b>Help Develop Your Child's Speech—Parents with Children Ages 0-3</b> Learn how to support your child's language and literacy development at home with the resources available at the library. In person and on-line Bookings essential	Refer to website for current timetable	No Cost	Julia Gillard Library Tarneit ☎ 8734 8999 🌐 <a href="https://www.wyndham.vic.gov.au/whats-on/help-develop-your-childs-speech-ages-0-3-0">https://www.wyndham.vic.gov.au/whats-on/help-develop-your-childs-speech-ages-0-3-0</a>
<b>Computer Classes</b> <b>Wyndham Community and Education Centre</b> Computer Skills—First Steps (Beginners Level) <b>Starts 4th October</b>	Wednesdays 1.00pm—4.00pm	\$30 (permanent residents)	☎ 9742 4013 🌐 <a href="http://www.wyndhamcec.org.au">www.wyndhamcec.org.au</a> and click on the Short Courses tab
<b>Computer Classes</b> <b>Wyndham Community and Education Centre</b> Computer Skills—Advanced <b>Starts 3rd October</b>	Tuesdays 12.30pm—3.30pm	\$30 (permanent residents)	☎ 9742 4013 🌐 <a href="http://www.wyndhamcec.org.au">www.wyndhamcec.org.au</a> and click on the Short Courses tab
<b>Skills for Work</b> <b>Wyndham Community and Education Centre</b> A program designed for people interested in finding work. <b>Starts 3rd October</b>	Tuesdays 9am—12pm	\$30 (permanent residents)	☎ 9742 4013 🌐 <a href="http://www.wyndhamcec.org.au">www.wyndhamcec.org.au</a> and click on the Short Courses tab
<b>Introduction to Cake Decorating</b> <b>Wyndham Community and Education Centre</b> <b>Starts 2nd October</b>	Mondays 6pm—9pm	\$30 (permanent residents)	☎ 9742 4013 🌐 <a href="http://www.wyndhamcec.org.au">www.wyndhamcec.org.au</a> and click on the Short Courses tab

## Education & Training Kids & Adults

TARNEIT	DAY & TIME	COST	INFORMATION
<b>English Conversation Cafe</b> At English Conversation Café you can practice 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.	Refer to website for current timetable	No Cost	Julia Gillard Library Tarneit ☎ 8734 8999 🌐 <a href="https://www.wyndham.vic.gov.au/adult-events-and-activities">https://www.wyndham.vic.gov.au/adult-events-and-activities</a> Programs during school term only
<b>Young Storytellers—Ages 7 – 12</b> Do you enjoy making up stories? Are you looking for some inspiration to create stories? Use your imagination to create stories and practise your story sharing skills, whether that's through writing or through illustrations.	Refer to website for current timetable	No Cost	Julia Gillard Library Tarneit ☎ 8734 8999 🌐 <a href="http://www.wyndham.vic.gov.au/kids-events-activities">www.wyndham.vic.gov.au/kids-events-activities</a>
<b>Kumon Tarneit</b> English and mathematics tutoring programmes help children master fundamental skills essential to their overall academic performance.	Monday & Friday 4pm—7pm	Fees Apply	Contact: Ruchi ☎ 0468 310 097
<b>VCE Tutoring—Accounting</b> Accounting is no more boring, a teacher with 12 years' experience in preparing students for the VCE examination, and has achieved excellent results. Utilising a step-by-step approach, I assist students with learning accounting from scratch (prior knowledge is not required). Weekly notes, SAC practice and trial exams are provided.	Saturdays 1.30pm—3.30pm	Fees Apply	Contact : Dr Dimuthu Ekanayake ☎ 0433 872 345 ✉ <a href="mailto:dimuthu.ekanake@gmail.com">dimuthu.ekanake@gmail.com</a> Google Classroom <a href="https://classroom.google.com/u/2/c/NTqwMjUzMjYxMzU3">https://classroom.google.com/u/2/c/NTqwMjUzMjYxMzU3</a>
<b>VCE Tutoring College</b> Tutoring by registered teachers from prep to VCE. Subjects covered: Maths, Science, English and selective school entrance exams	Saturdays 11am—1pm	Fees Apply	Contact Nidhi Sidhu ☎ 0469 219 576 ✉ <a href="mailto:thevcecollege@gmail.com">thevcecollege@gmail.com</a>
<b>Wyndham Chess</b> Learn to play chess or improve your skills. <b>All levels welcome</b>	Thursday 5pm—8pm	Fees Apply	Contact Phil Minichelli ☎ 0478 604 601 ✉ <a href="mailto:admin@wyndhamchess.club">admin@wyndhamchess.club</a>



### TARNEIT TEDDIES PLAYGROUP

This is a community run playgroup that provides great play and social opportunity to young children, carers and families. Come join in some fun activities which include rhymes, stories and songs, and also meet other parents in your local area!

**When: Tuesday's 9.30am-11.30am**

**Where: Tarneit Community Learning Centre  
150 Sunset Views Blvd, Tarneit**

Contact:  
[tarneitteddies@yahoo.com](mailto:tarneitteddies@yahoo.com)  
**Face Book Page - Tarneit Teddies**

# Recreation & Wellbeing Kids & Adults

ARNDELL PARK	DAY & TIME	COST	CONTACT INFORMATION
<b>Hump Day Walk with Me</b> All ages and abilities are welcome to come and walk along the Federation Trail with me. Come when you can	Wednesdays 10—11am	No Cost	Marie ☎ 8734 1344 ✉ arndellparkcc@wyndham.vic.gov.au
<b>The Skate Studio</b> Kids Roller Skating Classes. Our classes are run by experienced and accredited coaches. All Levels Welcome. Skate Hire Available.	Thursdays 3:15pm-4:15pm 4:15pm-5:15pm	Fees Apply	Victoria Reynolds ✉ skate_studio@outlook.com 🌐 www.theskatestudio.com.au
<b>Bhangra Roots</b> Learn to dance with Bhangra— a traditional folk dance of Punjab. Bhangra is an energetic and high intensity dance that is great for fitness and is a complete body workout. Childrens classes: 5:30pm-6:30pm Adult classes: 6:30pm-7:30pm	Thursdays 5:30pm-7:30pm	Fees Apply	Jass Mann ☎ 0410 898 234 ✉ bhangraroots19@gmail.com
<b>Girl Guides - Truganina</b> Guiding helps girls to gain new skills, make a difference in the community, and explore a world of possibilities. Girls aged 5-17 are invited to come to our Unit meetings.	Thursday 5.30pm-7pm	Fees Apply	Cara Marinaro ☎ 0475 203 332 ✉ cara.marinaro@guidesvic.org.au
<b>DIANELLA</b>			
<b>Come and Play, It's Friday</b> Table Tennis program for everyone. Are you looking for a fun way to get fit? Then table tennis is for you. Everyone is welcome.	Fridays 6.00pm-7.00pm	Free	Message Adnan 0416 949 316
<b>Sri Sri Yoga - Art of Living</b> Time to relax and rejuvenate, destress and detox. Desktop yoga, meditation, destress techniques, tips for healthy living, a forum to share and care.	Tuesdays 5.30pm-7.00pm Thursdays 6.00pm-7.30pm Saturdays 8.00am-10.00am	Free	Sanitha Sanjeev 0469 545 723 <a href="mailto:sanitha@artofliving.org.au">sanitha@artofliving.org.au</a> or Chandan 0449 030 616
<b>Family Games Nights</b> Join family and friends and meet new neighbours at the Family Games Night. Bring a game or choose from the many that is available.	1 <sup>st</sup> Friday of month 5.00pm-8.00pm	Free	Contact for more information <a href="mailto:Buildingculturalconnections22@gmail.com">Buildingculturalconnections22@gmail.com</a> Search <b>Building Cultural Connections Australia Inc</b> on Facebook
<b>Wyndham Community &amp; Education Centre</b> Advanced computer skills classes  (Australia Citizens/Permanent residents only)	Mondays 9.00am-12.00pm	\$30	03 9742 4013 To enrol go to the webpage and click on Short Courses <a href="https://wyndhamcec.org.au/enquiries@wyndhamcec.org.au">https://wyndhamcec.org.au/enquiries@wyndhamcec.org.au</a>
<b>Harmony Dance Melbourne</b> Dance fitness sessions for all ages (children 9yrs +), that combine, body stretching, cardio, balance, flexibility, and toning.	Mondays 6.00pm-6.45pm	Fees apply	Neelam 0493 781 866 <a href="mailto:Harmonydance.melbourne@gmail.com">Harmonydance.melbourne@gmail.com</a>



# Recreation & Wellbeing Kids & Adults

DIANELLA	DAY & TIME	COST	INFORMATION
<b>With One Voice Wyndham Choir</b> With One Voice Wyndham is a choir that celebrates the joy of music, community, fun and friendship. Every voice and story is welcome, from seasoned singers to people who have never sung before. No auditions or previous musical experience required – we encourage you to simply come along and have a go, and be swept up by the power of singing together!	Tuesdays 7.00pm-8.30pm	\$10 per month	Chris Blain 8679 6088 <a href="mailto:withonevoice@creativityaustralia.org.au">withonevoice@creativityaustralia.org.au</a> creativityaustralia.org.au
<b>Ukulele Club - Beginners Class</b> Learn playing skills with a professional Ukulele teacher, Steph Payne. <b>8 weeks \$80 – Thursdays 6.00pm-7.00pm</b> <b>Wyndukes Ukestra – Intermediate Group</b> Wyndukes Ukestra plays contemporary songs with chords, riffs, and vocal harmonies. All levels included. Bari and Bass welcome too. <b>10 weeks \$180 Thursdays 7.15pm-8.45pm</b>	See details  Classes start in February, get in touch for more information	Fees apply	For bookings and more information <a href="https://unstrungmusic.com.au">https://unstrungmusic.com.au</a> <a href="mailto:unstrungmusic@gmail.com">unstrungmusic@gmail.com</a>
<b>Cultural Cuisine Nights</b> An opportunity to meet local neighbours, make new friends, and share a cultural meal with family. Food helps to bring people together – join us in celebrating diversity of cultures and stories in our monthly food sharing, potluck and cultural discovering evening.	4.30pm-7.30pm, 3 <sup>rd</sup> Saturday of the month – March, April, June, August, Sept and Nov	Gold coin donation	Get in contact to confirm your attendance <a href="mailto:Buildingculturalconnections22@gmail.com">Buildingculturalconnections22@gmail.com</a> Search <b>Building Cultural Connections Australia Inc</b> on Facebook
<b>Women's only exercise—Reclink</b> Women's only group fitness sessions started at women to build with confidence while getting fit and most importantly having fun. Beginner friendly.	Mondays 10.00am-11.00am	FREE	<a href="https://www.wyndham.vic.gov.au/activetarneit">https://www.wyndham.vic.gov.au/activetarneit</a>
<b>Social Brown—Youth Services</b> Enjoy a refreshing afternoon filled with exercise, beauty treatments, relaxation and getting your eyebrows shaped and waxed for free.	Fridays 4.00pm-6.00pm	FREE	8754 4956 0428 428 326 Candace.lobow@wyndham.vic.gov.au
<b>Workout Wednesdays for Teens—Youth Services</b> FREE exercise program for young women (12-17years)	Wednesdays 4.00pm-6.00pm	FREE	8754 4956 0428 428 326 Candace.lobow@wyndham.vic.gov.au
<b>Mini Movers</b> <b>Ages: 3 - 7yrs</b> Physical literacy based program that uses different sports to increase the motor skills of children, ensuring they have the suitable skills heading into primary school and to give them the tools to stay physically active for years to come.	Wednesdays 4.00pm-4.30pm 4.30pm-5.00pm	FREE	<a href="https://www.wyndham.vic.gov.au/activetarneit">https://www.wyndham.vic.gov.au/activetarneit</a>
THE GRANGE	DAY & TIME	COST	CONTACT INFORMATION
<b>Yoga</b> Improve flexibility, balance and overall wellbeing. Join this 45min class.	Tuesdays 19.30am-10.15am	\$15 per class	Register on website or upon arrival.
<b>Balance, Flex, Fun</b> Join us for a fun 45min exercise class to improve your strength and flexibility. Bring your BFF along with you!	Thursday 9:30am—10.15am	\$15 per class	☎ 8742 8000 🌐 <a href="http://www.grangecommunity.org.au/classes">www.grangecommunity.org.au/classes</a>

# Recreation & Wellbeing Kids & Adults

THE GRANGE	DAY & TIME	COST	CONTACT INFORMATION
<b>Chair Fitness</b> Join us for a fitness class held on chairs suitable for all ages, seniors, all abilities and for rehabilitation	Wednesday 10:00am—10:45am	\$10 per class	📞 8742 8000 • <a href="http://www.grangecommunity.org.au/classes">www.grangecommunity.org.au/classes</a> Register on website or upon arrival.
<b>Chatty Café</b> Join the lovely Nola every Wednesday morning to a hot cuppa and a chit chat.	Wednesday 10am—11:30am	Free	The Grange 260-280 Hogans Road, Hoppers Crossing 📞 8742 8000
<b>Melbourne Moves—Dance Academy</b> Learn Bollywood, Hip Hop, Semi-Classical & Contemporary dance forms	Thursdays 6pm—8pm	Contact provider	Contact Asha 📞 0432 277 359 ✉ <a href="mailto:contact@msquaredance.com">contact@msquaredance.com</a>
<b>Qian Li Dao</b> Martial Arts with Blitz Hall of Fame Kung Fu Instructor of the Year, Sifu Dana Wong.	Tuesday, Wednesday & Saturday	Contact provider	📞 9731 1789 ✉ <a href="mailto:info@qianlidao.com.au">info@qianlidao.com.au</a>
<b>Seniors House of Fun</b> Join us for a variety of activities such as arts & crafts, games, sing-a-longs and so much more	Friday 11:00-am—12:30pm	No cost	📞 8742 8000 🌐 <a href="http://www.grangecommunity.org.au/classes">www.grangecommunity.org.au/classes</a>
<b>Twisted Stitches Knitting Group</b> Join our lovely knitting Group as they knit items to be donated to charity.	Monday 12:30pm—2:30pm	FREE	📞 8742 8000 ✉ <a href="http://www.grangecommunity.org.au/classes">www.grangecommunity.org.au/classes</a>
<b>Yoga</b> Do you want to improve your flexibility, balance and overall wellbeing? Look no further! Join us for a 45 minute yoga class.	Tuesday 9:30am-10:15am	Discounted Term fee or \$15—Casual	📞 8742 8000 🌐 <a href="http://www.grangecommunity.org.au/classes">www.grangecommunity.org.au/classes</a>
<b>Walking Group</b> Join us for a 45 minute walk around our local surroundings. <i>All fitness levels welcome</i>	Wednesday 9:15am-10:00am	No Cost	📞 8742 8000 🌐 <a href="http://www.grangecommunity.org.au/classes">www.grangecommunity.org.au/classes</a>
<b>Wing Chun Kung Fu</b> Using Wing Chun Kung Fu as the path to find your hidden talents. Kung Fu classes for adults of all levels available.	Friday 7pm—9pm	Contact provider	📞 0432 489 762 ✉ <a href="mailto:admin@xiquwingchun.com.au">admin@xiquwingchun.com.au</a>
<b>Wyndham TOWN club</b> Receive support in your journey to lose weight. We encourage you as you take the steps needed to make a change in your lifestyle, to eat sensibly, exercise, attain and maintain a healthy goal weight.	Friday 9am—11:30am	Contact provider	📞 0413 444 083 🌐 <a href="http://www.townclubs.com.au">www.townclubs.com.au</a>
PENROSE	DAY & TIME	COST	CONTACT INFORMATION
<b>ABCD Bollywood Dance School</b> A Bollywood Dance School for all age groups from kids to adults to seniors. We have something to offer for everyone, bigger dance class, advanced classes and fitness classes.	Sunday 12:00pm—2:30pm	Fees Apply	Shweta Pandya 📞 0433 346 672 ✉ <a href="mailto:shwetayana13@gmail.com">shwetayana13@gmail.com</a>
<b>Burnout Bhangra</b> Come and join fitness through Bhangra which is a North Indian high intensity dance fitness class.	Tuesday 7:00pm-8:00pm	\$12	Sandeep 📞 0433 012 214 ✉ <a href="mailto:burnoutbhanga@yahoo.com">burnoutbhanga@yahoo.com</a>
<b>Kalakshetra Art &amp; Music School</b> Art classes with artist Sedu. He teaches portrait, landscape, still life and creative contemporary art in oil, acrylic, watercolour and pastel.	Sunday 5:00pm—6:00pm	Contact provider	Sedu 📞 0478 681 130 0469 825 765 0469 942 734

# Recreation & Wellbeing Kids & Adults

PENROSE	DAY & TIME	COST	CONTACT INFORMATION
<b>Edmund Rice Homework Club Mother's Group</b> This group is a fortnightly safe and nurturing space for mothers from diverse backgrounds who have children attending our homework club. The group will facilitate activities including English conversation, practical workshops, and the opportunity to connect with other women.	Tuesday 3:30pm-5:00pm	No charge	Program Coordinator ☎ 0451 753 813 ✉ <a href="mailto:programcoordinator1@edmundrice.org">programcoordinator1@edmundrice.org</a> 🌐 <a href="https://ercrs.org/">https://ercrs.org/</a>
<b>Twins Martial Arts</b> <b>Ages: 4 - 15yrs</b> Traditional Shotokan Karate for kids. Classes are taught by qualified NCAS Dojo Coaches, holding Senior First Aid and Working with Children Checks.	Thursday 3:30pm-8pm	Fees apply	Sensei Lay ☎ 0416 333 113 ✉ <a href="mailto:info@twinsmartialarts.com.au">info@twinsmartialarts.com.au</a> 🌐 <a href="http://www.facebook.com/twinsmartialarts">www.facebook.com/twinsmartialarts</a> 🌐 <a href="http://www.twinsmartialarts.com.au">www.twinsmartialarts.com.au</a>
<b>WW Australia and New Zealand</b> We provide community wellness, weight loss and maintenance support workshops focusing on food, sleep, fitness and mindset. Our Personal Points is the most individualized program yet.	Friday 9.30am—10.30am	Fees apply	Kate Habgood ☎ 0417 434 614 ✉ <a href="mailto:Kate.habgood@ww.com">Kate.habgood@ww.com</a> 🌐 <a href="https://www.weightwatchers.com.au">https://www.weightwatchers.com.au</a>
<b>Nrityaarpana Dance Academy</b> (Indian Classical Dance) Join Nrityaarpana and get trained in both theory and practical details and intricacies of Bharatanatyam	Monday 6pm-7:30pm	\$15 per hour	Rekha ☎ 0451 327 719 ✉ <a href="mailto:nrityaarpana@outlook.com">nrityaarpana@outlook.com</a> 🌐 <a href="https://www.facebook.com/nrityaarpanadanceacademy/">https://www.facebook.com/nrityaarpanadanceacademy/</a>
<b>The Skate Studio</b> Roller-skating lessons for the local community with fully accredited coaches. Skate hire is available for all our classes.	Mondays 4pm—5pm	Fees Apply	Victoria ✉ <a href="mailto:Skate_studio@outlook.com">Skate_studio@outlook.com</a> 🌐 <a href="http://www.theskatestudio.com.au">www.theskatestudio.com.au</a>
<b>Kangatraining Tarneit &amp; Hoppers</b> Dance/aerobics style fitness class focussing on mums post natal needs. Bring baby along in a suitable carrier where we will dance, focus on pelvic floor and have fun.	Fridays 11:15am-12.15pm	Fees Apply	Naomi Cash ☎ 0413 965 090 ✉ <a href="mailto:naomikanga21@gmail.com">naomikanga21@gmail.com</a> 🌐 <a href="https://www.kangtraning.info/at_de/instructor/naomicash/booking/2525">https://www.kangtraning.info/at_de/instructor/naomicash/booking/2525</a>
<b>Yoga Healing Hub</b> Clinical application of yoga in a group which is suitable to all people. Boost your immunity with Yoga Healing Hub.	Thursdays (free) 9.30am-10.30am Fridays 6pm-7pm	Fees Apply	Vijaya Kedla ☎ 0490 041 644 ✉ <a href="mailto:Vijaya@yogahealinghub.com.au">Vijaya@yogahealinghub.com.au</a> 🌐 <a href="http://www.yogahealinghub.com.au">www.yogahealinghub.com.au</a>
<b>Sonam Jain—Kids Bollywood Dance</b> <b>Ages: 4 - 8yrs</b> Dance is the best medicine for both mental and physical health. This class will help keep you fit and energised, make new friends, have fun and boost your confidence! <b>Ask us for a free trial class today!</b>	Wednesday 5pm—6pm	Fees Apply	Sonam Jain ☎ 0470 302 468 ✉ <a href="mailto:sonamijain@gmail.com">sonamijain@gmail.com</a>
TARNEIT	DAY & TIME	COST	INFORMATION
<b>Book Chat</b> <b>Ages: 18+ yrs</b> Join our monthly book chat to talk about the books you love. Share reading recommendations and meet new friends over a cuppa in the Library. <b>No Bookings required</b>	Refer to website for current timetable	No Cost	Julia Gillard Library Tarneit ☎ 8734 8999 🌐 <a href="http://www.wyndham.vic.gov.au/adult-events-and-activities">www.wyndham.vic.gov.au/adult-events-and-activities</a> Programs during school term only



# Recreation & Wellbeing Kids & Adults

TARNEIT	DAY & TIME	COST	INFORMATION
<b>Craft with D</b> Monthly craft sessions. October — Ribbon Making Workshop November—Festive Season Decorations <b>Bookings Essential</b>	Thursday 19th October & 16th November 10am—11.30am	No Cost	Tarneit Community Learning Centre ☎ 8734 6040 📧 tarneitclc@wyndham.vic.gov.au
<b>Craft Group</b> Craft, Chat and a Cuppa. Come and join! Bring along your own craft project and materials and spend time crafting with others. <b>Everyone welcome</b>	Wednesday 9am—12pm	No Cost	Tarneit Community Learning Centre ☎ 8734 6040 📧 tarneitclc@wyndham.vic.gov.au
<b>Craft and Conversation</b> <b>Ages: 18+ yrs</b> 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. <b>Bookings required</b>	Refer to website for current timetable	No Cost	Julia Gillard Library Tarneit ☎ 8734 8999 🌐 www.wyndham.vic.gov.au/adult-events-and-activities Programs during school term only
<b>Kids Club</b> <b>Ages: 5+ yrs</b> Come and join in a different activity every week. Make new friends and have lots of fun. <b>No bookings required</b>	Refer to website for current timetable	No Cost	Julia Gillard Library Tarneit ☎ 8734 8999 🌐 www.wyndham.vic.gov.au/adult-events-and-activities Programs during school term only
<b>Lego Club</b> <b>Ages: 5+ yrs</b> Come along to your library every week to design, build and imagine with Lego. Hang out with other kids who enjoy Lego!	Refer to website for current timetable	No Cost	Julia Gillard Library Tarneit ☎ 8734 8999 🌐 www.wyndham.vic.gov.au/adult-events-and-activities Programs during school term only
<b>Family History Group</b> Join a Family History Group to learn about new resources, share your knowledge and meet others who are researching their family history. <b>Bookings Required</b>	Refer to website for current timetable	No Cost	Julia Gillard Library Tarneit ☎ 8734 8999 🌐 www.wyndham.vic.gov.au/family-local-history
<b>GenWest Wyndham Sunrise Group</b> A social group for women, gender diverse people and/or non binary folk, who have a disability, chronic health issue and/or mental health challenges, from all backgrounds who want to build friendships and confidence, get to know their local community and services, try new things and have fun!	Every Second Wednesdays 12:30pm—3pm	No Cost	Fofi Christou & Beth Jaworski ☎ 0407 061 702 ✉ sunrise@genwest.org.au 🌐 <a href="https://genwest.org.au/what-we-do/health-wellbeing-programs/">https://genwest.org.au/what-we-do/health-wellbeing-programs/</a>
<b>Girls and Women's Only Boxing</b> These beginner friendly sessions are run by former Australian boxing champion Emily Jans. In these sessions participants will learn real technique from a real boxing champ, whilst having fun, gaining confidence, building community, and keeping active. Everyone is welcome. No virtual platform	Wednesdays 6pm –7pm	No Cost	Contact: Jasmine Griffiths ☎ 0423316993 ✉ jasmine.griffiths@reclink.org 🌐 <a href="https://www.wyndham.vic.gov.au/activetarneit">https://www.wyndham.vic.gov.au/activetarneit</a>
<b>Sahaja Yoga</b> Teaches a unique method of meditation. You can achieve a state of balance in 10 min. Sahaja Yoga meditation can improve physical and mental health plus reduce stress.	Mondays 7pm—8pm	No Cost	Annie ☎ 0423 110 875 ✉ annie.sarani@gmail.com 🌐 https://www.sahajayoga.com.au
<b>Shriraam Theiventhiram</b> Bharatanatyam classes	Wednesdays 6pm—7pm	Contact Provider	Shriram ☎ 0431 137 495 ✉ shrinrityam@gmail.com
<b>Sinna Mentor</b> Mentoring young people and providing tuition in a homework club like style	Every Second Saturday 3pm—7pm	No Cost	Yirol ☎ 0428 789 084 ✉ yirol_maker@hotmail.com 🌐 https://www.junubiwyndham.org.au

# Recreation & Wellbeing Kids & Adults

TARNEIT	DAY & TIME	COST	INFORMATION
<b>Tatkaar Kathak Institute</b> Tatkaar Kathak is a classical Indian dance, better known as Indian Ballet. Come along and join in the fun	Saturday 9am—11:30pm	Contact Provider	Shika ☎ 0450 228 954 ✉ schhangau.sc@gmail.com Virtual Platform also available
<b>Tarneit—Youth Services Drop In</b> Youth Services are running Drop In's every Tuesday and Thursday nights for young people aged 12-25 years.  Enjoy a safe space to hang out, unwind, make some new friends, have a bite to eat and meet some of your local Youth Workers. We have lots of fun games, activities, arts and crafts, ping pong tournaments and more!	Tuesday s and Thursdays 3.30pm 5.30pm (only on School Term)	No Cost	🌐 <a href="https://www.wyndham.vic.gov.au/whats-on/tarneitdropin">https://www.wyndham.vic.gov.au/whats-on/tarneitdropin</a>
<b>U3A Werribee Region Tai Chi Classes</b> Tai Chi classes provide light physical and mental wellbeing to retired and semi-retired residents of Wyndham. Physical benefits include balance and flexibility, mental wellbeing and stress reduction	Mondays 10.30am—11.30am	Contact provider	Rick Conn ☎ 0402 299 220 ✉ courses.u3awbee@hotmail.com 🌐 <a href="https://www.u3awbee.net.au/courses-activities">https://www.u3awbee.net.au/courses-activities</a>
<b>Victorian Bangladeshi Community Foundation (VBCF)</b> Dance, drama, arts and music classes for the 2nd generation Bangladeshi born school kids living in Victoria especially in the Western suburbs	Friday 7pm—9pm	Contact provider	Qumrul Hassan Milky ☎ 0430 081 433 ✉ info@vbcf.com.au 🌐 www.vbcf.org.au
<b>Women and Girls Fitness Classes</b> These fun and friendly sessions will consist of strength, core, flexibility and cardio exercises to help women and girls of all fitness levels. All sessions will be delivered by female instructor. Everyone is welcome. No virtual platform.	Mondays 8pm –9pm Wednesdays 7:30pm—8:30pm	No cost	Contact: Jasmine Griffiths ☎ 0423316993 ✉ <a href="mailto:jasmine.griffiths@reclink.org">jasmine.griffiths@reclink.org</a> 🌐 <a href="https://www.wyndham.vic.gov.au/activetarneit">https://www.wyndham.vic.gov.au/activetarneit</a>

## Community, Cultural & Faith Groups

DIANELLA	DAY & TIME	COST	CONTACT INFORMATION
<b>Hosanna Kingdom Praise Centre</b> Faith group, praise and worship, children's ministry, prayer meetings and leadership training.	Wednesdays 7.00pm-9.00pm Sundays 9.00am-1.00pm	Free	Tabitha 0431 244 752 tabcri2@gmail.com
<b>Young Peoples Club</b> Not for profit group, predominantly consisting of African immigrants and refugees. This program empowers people through knowledge, wisdom, counselling and social activities.	Fridays 7-10pm, 1st Friday of month 5-8.30pm every other Friday	Free	<a href="https://www.wyndham.vic.gov.au/whats-on/young-peoples-club">https://www.wyndham.vic.gov.au/whats-on/young-peoples-club</a>
<b>Sunshine Arabic Language School</b> <b>Ages: 5 - 7yrs</b> Cultural activities for the youth and adults. Arabic language classes for children.	Sundays 2pm-5.00pm	Contact for more info	Afrah Mohamed 0422 178 062
<b>Afterschool program – Junior Program (National Spiritual Assembly of the Baha'is of Aust Inc)</b> Build a strong sense of morality identity, get involved in local community projects, develop the capacity to express your thoughts, gain a deep understanding of world. Our team consists of dedicated volunteers who are accredited to work with children passionate about serving the community.	Mondays 3.30pm-5.00pm  Saturdays 2.30pm-4.30pm	TBC  Limited spots available	Call for more info Tara - 0423 191 990 Sana - 0423 336 534
<b>Khoja Shia Ithna-Ashari Jamaat of Melbourne Inc. (KSJIM)</b> The main purpose of this group is to provide facilities conducive to educational, economic, support - seniors and vulnerable, sports and social welfare of the community and to lead to greater understanding and cooperation amongst all people in Australia.	Sundays 9.00am-1.00pm	Free	<a href="mailto:VicePresident@ksijmelbourne.org.au">VicePresident@ksijmelbourne.org.au</a> <a href="mailto:President@ksijmelbourne.org.au">President@ksijmelbourne.org.au</a>

# Community, Cultural & Faith Groups

DIANELLA	DAY & TIME	COST	CONTACT INFORMATION
<b>Church of Christ (Iglesia Ni Cristo)</b> Church gathering and choir practice.	Saturdays 6.00pm-10.00pm	Free	Alfonso 0451 041 711 <a href="mailto:Alfonso.ocon@gmail.com">Alfonso.ocon@gmail.com</a>
<b>Families for Christ</b> Faith based community gathering once a month. Christian families meeting together to pray and worship. Bible study, religious teachings and marriage courses.	2 <sup>nd</sup> Saturday of month 1.30pm-4.30pm	Free	Henry <a href="mailto:Ethanry090457@yahoo.com.ph">Ethanry090457@yahoo.com.ph</a> 0431 437 961
<b>Nepalese Association of Victoria</b> Bal Chautari (Children's School in Nepali) is a weekly Nepali language class for 4-14yrs. Classes help to improve mental and physical wellbeing.	Saturdays 11.00am-1.00pm	\$50 per term	Dr Tilak Pokharel 0450 092 041 <a href="mailto:pokharetilak@gmail.com">pokharetilak@gmail.com</a> <a href="https://www.nav.org.au/chautari/baalchautari">https://www.nav.org.au/chautari/baalchautari</a>
<b>Sant Niramkari Mandal Australia Inc</b> Congregation and prayer as per Sant Nirankari Missions ideology.	Fortnightly—Tuesdays 5.30pm-7.30pm	Free	Dharamveer Jit 0401 922 717 <a href="mailto:Dharamveer@live.com.au">Dharamveer@live.com.au</a>
<b>Harari Womens Friendship Café</b> Connecting Harari women with each other and providing support to one another.	Tuesdays 11.00am-2.00pm	Free	Samya <a href="mailto:amalkirat@yahoo.com.au">amalkirat@yahoo.com.au</a>
THE GRANGE			
<b>At Work</b> Provides employment services for people living with disability and disadvantage looking for work, and employers to get the right people into the right jobs.	Tuesday and Thursday 9am—5pm	Contact Provider	☎ 1300 192 641
<b>Relationship Matters</b> Relationship Matters is a not-for-profit organisation that promotes healthy, respectful and fulfilling relationships within the Victorian community.	Monday, Tuesday, Wednesday 4pm—7:30pm	Contact provider	Contact Guy Penna ☎ 0432 544 611 ✉ <a href="mailto:gpenna@relationshipmatters.com.au">gpenna@relationshipmatters.com.au</a>
ARNDELL PARK	DAY & TIME	COST	CONTACT INFORMATION
<b>Life Community Kitchen</b> Gathering around a meal to provide families & individuals support and relief. <b>All welcome ! Free Hot Dinner</b> <b>Bookings Essential</b>	Mondays 6pm-8pm	No Cost	Please email to RSVP ✉ <a href="mailto:communitykitchen@lifeau.org">communitykitchen@lifeau.org</a>
<b>Club 60</b> Provides a social gathering for men and women of Indian origin	Thursdays 12.30pm-2:30pm	Fees Apply	Sunil Abbott ☎ 0449 101 455
<b>Melbourne Shwetambar Jain Sangh Inc</b> MSJS promotes Jainism and its core principal of 'no violence'.	Sundays Fortnightly 8am-12pm	Fees Apply	Nimit ☎ 0433 074 461
<b>Bhartiya Seniors Melbourne Inc</b> Indian Seniors Friendship Group	Tuesdays 12pm-2pm Fridays 11am-2pm	Fees Apply	Ashok Mehta ☎ 0434 929 429 ✉ <a href="mailto:ashokmehta1958@gmail.com">ashokmehta1958@gmail.com</a>
<b>United Pentecostal Holy Spirit Church of Australia</b> Worship Services for children and adults.	Saturdays 10m-2pm	Contact for more information.	Fils Munyemana ☎ 0469 924 109 ✉ <a href="mailto:uphsc@outlook.com">uphsc@outlook.com</a>
<b>Australian Malayalee Islamic Association Cultural Group</b> Arabic & Malayalam language classes, faith based activities.	Saturday 5 – 9pm	Fees Apply	Zameel Arif ☎ 0406 074 185 ✉ <a href="mailto:zameelarif@gmail.com">zameelarif@gmail.com</a>



# Community, Cultural & Faith Groups

PENROSE PROMENADE			
<b>Global Kitchen</b> We bring together local multicultural women who are feeling isolated and disengaged for our Global Kitchen and Women's Circle.	Monday 10am—2pm	No Cost	Sudha ☎ 0432 489 584 ✉ Shudha-Narayan@hotmail.com 🌐 <a href="https://virwc.org.au/">https://virwc.org.au/</a>
<b>Assembly of God Church of Samoa</b> A dynamic Church Service for all the family.	Sunday 8am-12pm Saturday 6:30pm-10pm	No Cost	Sani Faoagali ☎ 0491 965 687 ✉ eliezrahsalina@gmail.com
<b>Hindu Dharma Community of Melbourne</b> An Indian community from South India, Kerala, conducting various cultural activities, training kids, ladies group activities, family activities and more!	Saturday 4:30pm—6:30pm Last Sunday of the month 6pm—9pm	No Cost	Venugopalan Nair ☎ 0415 444 901 ✉ venucn@yahoo.com
<b>Aussie Punjabi Cultural Association</b> Group of Seniors to meet each other for socialisation and adjustment in a multi-cultural society.	Saturday 10am—12pm	No Cost	Balwinder Chahal ☎ 0480 109 156 ✉ chahal_nz@yahoo.com.au
<b>Legends International of Seniors Inc</b> Recreational meeting sharing coffee and snacks, prayer, guest speakers from different fields. We also organise picnics and outdoor activities.	Thursday 12:30pm—2:30pm	\$10 joining fee	Jiwan Lal Sharma ☎ 0480 109 156 ✉ legendsinternational2022@gmail.com
<b>Anoopam Mission Limited</b> Promote Hindu arts, crafts, dance, music, performing arts, literature & youth development. Educate young children and teenagers to live a positive and peaceful life.	Fortnightly on Saturday 6pm—9pm	No Cost	☎ Vipul Patel—0433 185 138 ☎ Sandip Patel—0450 873 099 ✉ vipul9800@gmail.com 🌐 <a href="http://www.anoopam.org">www.anoopam.org</a>
<b>Tarneit Bharati Club</b> Older Gujarati speakers will feel right at home in this relaxed social get-together environment.	Tuesday 12:30pm—2:30pm Friday 12:30pm—2:30pm	No Cost	Arun ☎ 0425 032 022 ✉ siddhpura.arun@gmail.com
<b>Tarneit Harmony Club</b> Join other Punjabi speaking retirees to enjoy indoor games share some sweets and cup of tea.	Tuesday 12:00pm—2:00pm Friday 12.30pm—2:30pm	No Cost	Mohinder Bassi ☎ 0470 214 268 ✉ nivarnbassi@gmail.com
<b>United Seniors Club Incorporated</b> This group is celebrated with worshipping and praying to God along with singing and dancing and sharing food.	Wednesday 12pm—2pm	\$10	Mahendra Patel ☎ 0466 920 881 ✉ mahendra195424@gmail.com
<b>Ladies Club 60</b> Social gathering for local ladies of Indian origin. Make new friends, enjoy a cup of tea and chat.	Monday 12pm-2:30pm	No Cost	Nina ☎ 0488 251 459
<b>Iglesia Ni Cristo</b> Church Of Christ Worship service and meetings on a weekly basis.	Wednesday 5am-7am Wednesday 7:30pm-10pm Thursday 8pm—10pm Saturday 6am—9:00am	No Cost	Alfonso Ocon ☎ 0451 041 711 ✉ Alfonso.ocon@gmail.com
<b>Mayanmar Revival Church</b> Worship service, singing and preaching gospel.	Sundays 12pm—5pm	No Cost	Jayshee Jay ☎ 0449 677 569 ✉ jshee8012@gmail.com Facebook/Myanmar Revival Church
<b>Islamic Circle of Australia &amp; New Zealand</b> Informal meetings with our team members and volunteers—organise lectures, workshops and discussion based events for personal and professional development. For women only.	Once per month on Wednesday 12pm—2pm	No Cost	Nousheen Mazhar ☎ 0484 234 800 ✉ noshenyasir@gmail.com 🌐 <a href="https://www.icandawah.org">https://www.icandawah.org</a>

## Community, Cultural & Faith Groups

TARNEIT	DAY & TIME	COST	CONTACT INFORMATION
<b>Assembly of God Church of Samoa</b> We aim to help and equip people about the value and wisdom of life. We focus on families. If we create better families, we will be a better community. We also reach out to broken families and homeless people. We provide a safe haven for youth.	Friday 7pm—9pm	No Cost	Sani Faoagali ☎ 0491 965 687 ✉ eliezrahsalina@gmail.com
<b>Church of Christ</b> Church gathering	3rd Saturday of the month 7pm—10pm	See Provider	Contact: Alfonso Ocon ☎ 0422 560 945 ✉ Alfonso.ocon@gmail.com 🌐 incmedia.org
<b>Club 60</b> Club 60 provides a social gathering for men and women of Indian origin.	Monday 12.30pm—3pm	See Provider	Contact: Sunil ☎ 0449 101 455
<b>Jesus is the Cornerstone</b> Church services on Sundays	Sunday 8am—12pm	No Cost	Pastor Freddy Soalo ☎ 0498 689 760 ✉ freddysooalo@gmail.com
<b>Life Community Kitchen</b> Providing hot meals to individuals and families. Supporting food relief and social connection. <i>No Bookings Required</i>	Tuesdays 6pm—8pm (except Public Holidays)	No Cost	Merapi Gabriel ✉ communitykitchen@lifeau.org. 🌐 www.lifeau.org
<b>Sri Lankan Planned Activity Group</b> (Delivered by Migrant Resource Centre) Social Support group for the Sri Lankan Community in Wyndham which includes gentle exercise, art, craft, excursions and outdoor activities	Fridays 10am—3pm	Fees apply	Contact: Shyaam Rodrigo ☎ 9637 6044 ✉ hakshyaam-alekhoa@mrcnorthwest.org.au
<b>Vision Pentecostal Church of Community</b> A faith based organisation which runs weekly Church Services in which different activities take place including preaching, singing, dancing, youth bible studies	Sunday 12pm—4pm	No Cost	Pastor Alex Hakizimana ☎ 0410 017 971 ✉ visionpentecostalchurchvic@gmail.com 🌐 www.visionpentecostalchurch.org.au
<b>Wolfpack Connect Group</b> Church community that meets together on a monthly basis to connect, enjoy each other's company, share food and have fun. <i>Everyone welcome</i>	4th Friday of the month 6:30pm—9:30pm	No Cost	Merapi Gabriel ☎ 0433 824 080 ✉ merapi.gabriel@gmail.com 🌐 www.lifeau.org

## Support Groups & Services

TARNEIT	DAY & TIME	COST	INFORMATION
<b>Community Collective Victoria Community Psychologist</b> Provisional one on one psychology and counselling services to community members	Mondays and Thursdays	No Cost (some exclusions apply)	☎ 4250 8134 ✉ admin@ccvic.community
<b>Community Connector</b> Wyndham City Council has a dedicated team who can help you find and connect with local service options. We can help if you need support, but are unsure of where to start	Onsite at Tarneit Community Learning Centre Wednesdays	No Cost	☎ 8734 4514 🌐 https://www.wyndham.vic.gov.au/communityconnector
<b>Life Community Kitchen</b> Providing hot meals to individuals and families supporting food relief and social connection. <i>No Bookings Required All welcome!</i>	Tuesdays 6pm—8pm	No Cost	✉ <a href="mailto:communitykitchen@lifeau.org">communitykitchen@lifeau.org</a> 🌐 <a href="https://lifeau.org/communitykitchen/">https://lifeau.org/communitykitchen/</a>
<b>Justice of Peace Service</b> JP Service to witness a person making a statutory declaration or affidavit, and to certify copies of original document. <i>No Bookings Required All welcome!</i>	Mondays 11am—1pm 3pm—5pm	No Cost	Tarneit Community Learning Centre ☎ 8734 6040 🌐 tarneitclc@wyndham.vic.gov.au

# Local Support Groups & Services

## Community Connectors

Wyndham City Council has a dedicated team who can help you find and connect with local service options. If you need support, but are unsure of where to start, email us at [communityconnector@wyndham.vic.gov.au](mailto:communityconnector@wyndham.vic.gov.au) or call Wyndham Council on **(03) 8734 4514** and ask to speak to the **Community Connector**.

## Central Park Community Foodbank – Run by Project Juan

Community food bank

**Day/Time:** Tuesdays 10am-12pm **Address:** Central Park Community Centre, 80 Lonsdale Circuit, Hoppers Crossing

**Phone or text:** 0481 316 477 or contact through **Facebook** <https://www.facebook.com/ProjectJuan.org/>

**Community Breakfast Program - Drop in** FREE breakfast (toast, cereal, fruits) for all community members. Drop in and join us for breakfast. (Children must be supervised and attend with an adult). Operating during school terms only.

**Day/Time:** Thursdays 8am-9:30am (during school term only) **Address:** Dianella Community Centre, 6 Congo Drive, Tarneit

**Phone:** 8742 8300 **Email:** [dianellacc@wyndham.vic.gov.au](mailto:dianellacc@wyndham.vic.gov.au)

## Food Bank Manor Lakes

Providing food items to people in need. **Day/Time:** Wednesdays (during school term only) 12pm -1:30pm

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

**Email:** [foodbank@newstart.org.au](mailto:foodbank@newstart.org.au) **Facebook:** <https://www.facebook.com/community.food.assistance/>

## Food Pantries – The Pataka Movement

Residents around all areas of Wyndham who have a food pantry out the front of their house that any person can access without judgement. "Take what you need, give what you can".

Facebook page: <https://www.facebook.com/ThePatakaMovement/>

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

## Hoppers Crossing Equip Church

Food Bank provides fresh & non-perishable food items to individuals and families from all walks of life.

**Day/Time:** Wednesday only 9am until stock lasts. **Address:** 147-155 Hogans Road, Hoppers Crossing

**Phone:** 9748 9177. **Email:** [equipcommunityservices@swcc.org.au](mailto:equipcommunityservices@swcc.org.au)

## Jamieson Way Food Relief Program

Food relief runs weekly to community members in need. Bookings essential, no walk ups.

Contact us directly to make special requests around dietary requirements **Day/Time:** Tuesday 11:30am-1:30pm

**Address:** Jamieson Way Community Centre, 59 Jamieson Way, Point Cook **Phone:** 93953 777 **Email:** [admin@jamiesonwaycc.org.au](mailto:admin@jamiesonwaycc.org.au)

## Life Community Kitchen

**Email:** [communitykitchen@lifeau.org](mailto:communitykitchen@lifeau.org)

All Welcome gathering around a meal to provide families and individual support and relief. Free Hot Dinner, Bookings not required

**Day/Time:** Monday 6.00pm – 8.00pm **Address:** **Arndell Park Community Centre** 29 – 49 Federation Blvd, Truganina

**Day/Time:** Tuesday 6.00pm – 8.00pm **Address:** **Tarneit Community Learning Centre** 150 Sunset Views Blvd, Tarneit

## Point Cook Food Bank

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

**Day/Time:** Sundays 1-pm recommencing 5 Feb

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

**Email:** [foodpantry@crossculturepointcook.net.au](mailto:foodpantry@crossculturepointcook.net.au) or contact via **Facebook:** <https://www.facebook.com/pointcookfoodbank/>

## Pulse With Purpose Dianella Community Centre

Halal friendly meals for vulnerable families, BYO containers. Pre orders welcomed

**Day/Time:** Tuesday 1--3pm **Address:** 6 Congo Drive, Tarneit

**Phone:** Musarrat 0404 548 254 **Email:** [pulsewithpurpose@gmail.com](mailto:pulsewithpurpose@gmail.com)

## At Work

Employment services for people with a disability and disadvantage looking for work and employers to get the right people into the right jobs.

**Day/Time:** Tuesday and Thursday 9.00am-5.00pm **Phone:** 1300 192 641

## Relationship Matters

Not for profit organisation that promote healthy respectful and fulfilling relationships within the Victorian community.

**Day/Time:** Mondays, Tuesdays, Wednesdays 4.00pm-7.30pm

**Phone:** Guy Penna 0432 544 611 **Email:** [gpenna@relationshipmatters.com.au](mailto:gpenna@relationshipmatters.com.au)

# Support Groups & Services

## **Restoration Outreach – International Ministries Inc.**

Free food for struggling families and people in need. Fresh food, Frozen food, Dry food, Food Hampers, Fresh Fruit, vegetables

**Day/Time:** Saturday 9:00am – 12:00pm **Address:** 5/13 – 19 Tariff Court, Werribee

**Phone:** 0411 757 174, 0470 571 109, 0492 425 473.

## **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 page: <https://www.facebook.com./TarneitFoodBank/>

**Salvation Army** - Community Support and Emergency relief programs. **Address:** 211 Watton St Werribee **Phone:** 9731 1344

**Emergency Relief** - If you find yourself in difficult circumstances, access short-term financial assistance in the form of food parcels & vouchers. Phone assessment required.

**Day/Time:** Monday, Tuesday & Wednesday 9:30am-2pm. Thursday from 9:30am– 1.45pm

**Drop in service** - Offer free Tea and Coffee, hot showers and clothes washing facilities for people experiencing homelessness

**Day/Time:** Monday to Friday from 9am- 2pm

**Café Agape** - Share good food and great company at our regular community meals. Two-course community lunch (fee but gold coin donation gratefully accepted) **Day/Time:** Tuesday and Wednesday 12-2pm all are welcome,

**Salvos on the move Bus** - Free BBQ tea (gold coin gratefully accepted).

**Day/Time:** Weekly on Friday Nights at 6pm. **Address:** Werribee Railway Station (Bus Side)

**Men's Breakfast** - Come and be challenged and inspired by great speakers, have breakfast, chat and meet new people.

**Day/Time:** 1st & 3rd Saturday of the month 8am

## **Sikh Community of Western Victoria.**

Cooked vegetarian Meals. Call to arrange.

**Day/Time:** Everyday 10.00am – 8.00pm **Address:** 560 Davis Road, Tarneit

**Phone:** Gurpreet Singh 0422 025 217 Sandeep Singh 0433 003 309 Pritam Singh 0421 138 113

**SUDD Foundation** Working predominately with South Sudanese community, offering food relief and other supports.

**Phone:** 9021 2029

**Email:** [info@sudd.org.au](mailto:info@sudd.org.au)

## **Wyndham Park Community Centre Foodbank**

Has culturally appropriate food for the Karen, Indian, African and Muslim communities. Very important to advise residents that they must call beforehand.

**Day/Time:** Every Thursday 9.30 - 12.30pm, please call beforehand

**Address:** 55/57 Kookaburra Avenue, Werribee

**Phone:** 03 9742 7298 **Email:** [admin@wyndhamparkcc.com.au](mailto:admin@wyndhamparkcc.com.au)

**Werribee Baptist Church – Food Hampers** Contact to book for interview appointment. If you don't have transport, an interview can be made by phone and the food hamper can be dropped off at your home.

**Day/Time:** Tuesday or Friday afternoon, between 1pm – 3pm **Address:** 225 Heaths Road, Werribee **Phone:** 9749 3166

## **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:** 19 Duncans Rd, Werribee

**Phone:** 9742 6452

**Email:** [wyndham.reception@vt.uniting.org](mailto:wyndham.reception@vt.uniting.org)

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

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

**Address:** Youth Resource Centre 86 Derrimut Rd, Hoppers Crossing

**Phone:** 8734 1355



# 16 Days of Activism

25th Nov - 10th Dec

## Join the movement to prevent violence against women

The 16 Days of Activism against Gender-Based Violence is an international campaign led annually by UN Women. Communities around the world participate to join the call for the prevention and elimination of violence against women and girls. It occurs every year from 25 November (the International Day for the Elimination of Violence Against Women) to 10 December (Human Rights Day). In 2023, Respect Victoria is funding community organisations to join the campaign in local areas across the state.



**This 16 Days of Activism and beyond, let's change the story and create a future where we are all safe, equal and respected.**





## Justice of Peace Service

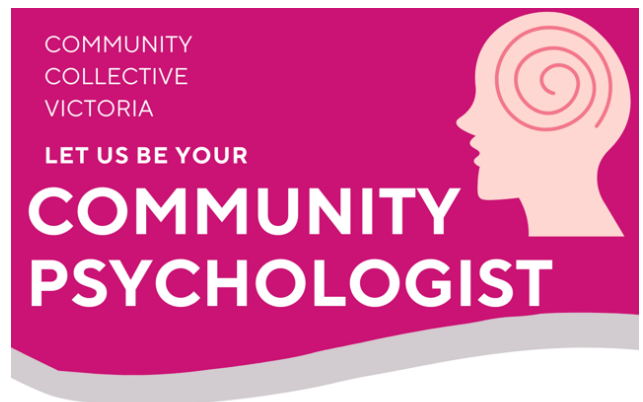
**WHEN:** Mondays

**Drop In Sessions**

**WHERE:** Tarneit Community Learning

**Centre, 150 Sunset Views Blvd**

**TIME:** 11.00am – 1pm & 3pm – 5pm



### WHO WE ARE?

Community Collective/ Support Pathways is a community focussed organisation providing provisional psychology services to community members with no out of pockets fees for non NDIS clients.

### WHAT WE DO?

We work in partnership with Neighbourhood Houses and Community Hubs to offer our Provisional Psychologists services to all community members, NDIS funded participants, as well as, but not limited to TAC, Workcover and Victims of Crime.

**CALL US FOR MORE INFO OR REFERRAL FORM**

**03 4250 8134**

**admin@ccvic.community**



### MENTAL HEALTH

We have psychologists and counsellors undertaking one on one sessions



### ASSESSMENTS

We conduct assessments for;

- ADHD
- Autism
- OCD
- PTSD
- And other cognitive assessment



## Free Youth & Family Counselling

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

### WE OFFER:

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

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

### WE OFFER:

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



**For more information visit our website**  
**[www.wyndham.vic.gov.au/counsellingsupport](http://www.wyndham.vic.gov.au/counsellingsupport)**  
**or call 8734 1355**

wyndhamcity  
**Youth**  
ServiceS



# COMMUNITY CONNECTOR

### Support – Inform – Connect

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

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



Community Connectors will be available at these Community Learning Centres:

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

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

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