

THE BUZZ

Term 1 2024

Wyndham West

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



NEST - NUTRITION EDUCATION SKILLS TRAINING PROGRAM

Recently we completed the OzHarvest NEST Program at Manor Lakes Community Learning Centre funded by a grant from Wyndham City Council. NEST (Nutrition Education Skills Training) is a six-week nutrition and health education program where participants learn essential life skills on healthy eating and easy, affordable cooking in a friendly, fun, and supportive environment.

It was fantastic to see this community group of Wyndham residents come together to enjoy the experience of cooking healthy food and sharing a delicious communal meal. Over the course of the 6-week NEST program, participants learnt about the importance of eating a variety of foods from the 5 main food groups, how to store food safely and tips and tricks for eating healthily on a budget. The participants the opportunity to gain valuable life-skills, share knowledge and be socially connected.



CHRISTMAS HAMPER DONATIONS - FEED A FAMILY PROJECT



Christmas, a season synonymous with generosity, provides a perfect occasion for giving, extending beyond our immediate circles to those facing challenges in the community. Julie and her team crafted 15 heart-warming Christmas hampers, each containing small tins of food, packaged edibles, hygiene products, non-perishables, toys, candy canes, and a uniquely handcrafted toy by an elderly Wyndham resident. These thoughtful bundles brought extra cheer to families in need during the festive period.

The "Feed a Family Project," initiated by a dedicated group of 20 individuals in 2022, orchestrates this charitable effort. The positive impact on the community is evident, with grateful families expressing heartfelt thanks to the broader community for this act of kindness. Through such initiatives, Christmas transforms into a season of shared joy and support, embodying the true spirit of giving.



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



Next Stitch is an intermediate level sewing course, which assumes some basic knowledge of using sewing machines. **All Sewn Up** is an advanced course. Learners will already know how to use a basic sewing machine & overlocker. Both classes are designed for people wishing to expand their sewing skills in a fun and engaging way, with like-minded learners. 8 Weeks of practical, hands on activities!

Term 1 Starts begins January 29 2024

Day & Time: So & Sew - Next Stich Monday 9am-12pm
So & Sew—All Sewn Up Mondays 12.30pm – 3.30pm

Place: Manor Lakes Community Learning Centre.

Contact: Wyndham Community and Education Centre
9742 4013

Enrol online: www.wyndhamcec.org.au—Look for 'Short Courses'



COMPUTER SKILLS CLASSES

First Steps is for absolute beginners. The course will cover basic computer skills to get you started. You will master creating folders, saving documents, using emails, searching on the internet and much more! All while enjoying the company of like-minded adult learners, in a relaxed environment. 8 weeks of practical, hands on activities!

Term 1 Starts begins January 30 2024

Day & Time: Tuesday 9am-12pm

Place: Manor Lakes Community Learning Centre.

Contact: Wyndham Community and Education Centre

Phone: 9742 4013

Enrol online: www.wyndhamcec.org.au—Look for 'Short Courses'

**Bookings
Essential!**



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 Term 1. If you are keen in enrolling your child please register using the contact details below.

For Registrations :

Contact: Phil

Mobile: 0478 604 601

Email: info@wyndhamchess.club

Website: www.wyndhamchess.club

THE MANOR LAKES CAFE

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

Each meal cost.... \$7.00

Coffee \$3.00



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



CLUB 60 WYNDHAM VALE

Club 60, a vibrant seniors group, convenes at the center weekly for enriching social interactions. With a five-year history at the center, the group primarily caters to senior parents temporarily residing with their children. Engaging in a variety of activities, the members bond over card games, Carrom, and shared moments over a cup of tea. Beyond their regular gatherings, Club 60 actively participates in community-centric initiatives, including environmental awareness events like Clean Up Australia Day, community gardening projects, and celebrations of cultural festivals. The group extends its reach into the broader community fabric. Recently, they marked the festive season by joyously celebrating Christmas and New Year's festivities right at the center.

Celebrated 6th consecutive Guru Nanak Jayanti (Gurpurab) is one of the most prominent Sikh Festival by Club 60 Wyndham Vale on Saturday ie 2nd December 2023 observed as the birthday of the first of their Gurus. Guru Nanak Dev the founder of Sikhism. Guru Nanak Dev ji played an important role in shaping and strengthening the sikh community. This day is celebrated with utmost enthusiasm among the Sikhs and Hindus throughout the country and Abroad. This festival is the celebration of the teaching given by Guru Nanak Dev ji. Three principles that are according to Guru Nanak Dev ji found the essence of life.(1) Naam Japna, remembering God through meditation, (2) Vand Chakko, selflessly serving others,(3) Kirat Karo, earning an honest living.



IRAMOO COMMUNITY CENTRE

END OF YEAR CHRISTMAS LUNCH

With the sound of Christmas tunes in the air on the 19th of December Iramoo Community Centre held their end of year Christmas BBQ. It was a wonderful day for our community to be able to come together and connect with others over a delicious Christmas lunch.

We also provided members with the supplies to make a "Cookie in the jar" gift that they could either keep or pass on as a gift to someone else. It was wonderful to have the sound of joyous chatting and laughter ringing through the Centre.



MORNING MELODIES

Join for a morning sing-along! A light morning tea will be provided.

Cost \$5 Please call 8742 3688 to book your place.

19 Feb Steven Simpson
18 Mar Rockin Rick Charles
15 Apr Sandie Dodd
20 May Adam Spicer
17 Jun Brendan Scott

15 Jul Andrew Portelli
19 Aug Arnie Grieves
16 Sep Marcia Rae
21 Oct Seniors Event

COMMUNITY SPACES AVAILABLE FOR HIRE AT IRAMOO COMMUNITY CENTRE

Meeting Rooms, Community Room and a community Hall is available for hire. Ample amenities are attached. For more information on our programs and workshops or to speak to us about hiring our space/ to arrange a viewing, please contact admin@iramoocc.com.au or call on 8742 3688 . For more information visit www.iramoocc.org.au

MEETINGS | WORKSHOPS | TRAINING | CLASSES | PRIVATE FUNCTIONS | COMMUNITY GROUPS | PARTIES

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 BOOKINGS REQUIRED Playgroups are a great way for your child to interact with other children in a fun and safe environment.	Mondays 9am - 11am & 11.30am - 1.30pm Tuesdays 9am - 11am	\$60 per family per term	Contact: Iramoo Community Centre ☎ 8742 3688 ✉ admin@iramoooc.com.au Follow us on Facebook!
Pre-school garden group : This is a FREE session and places are limited.	Fortnightly Thursdays October 12th 10am – 11.00am	Free	Contact: Iramoo Community Centre ☎ 8742 3688 ✉ admin@iramoooc.com.au Follow us on Facebook!

MANOR LAKES LIBRARY



For more information contact 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
Sunday	Closed

COUNCIL SERVICES AT MANOR LAKES

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

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

**Please note—Cash payments are NOT accepted*

Contact: Manor Lakes Community Learning Centre

Phone: 8734 8934

Email: manorlakesclc@wyndham.vic.gov.au



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: ✉ 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>	Refer to website for current timetable	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>			
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>			
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>			
Rhyme Time and Pop-Up Library Ages 1–5 years Join us for Rhyme Time and a special Pop-Up Library every week.			☎ 8734 8999 🌐 For session dates and times visit: www.wyndham.vic.gov.au/pop-up-library Programs during school term only
Quantin Binnah	DAY & TIME	COST	CONTACT INFORMATION
3 Yr Old Kindergarten & 4Yr Old Kindergarten QB 61 Thames Boulevard Werribee 3030 Woodville 82 Woodville Park Drive Hoppers Crossing 3029 Our 3-year and 4 year 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. https://www.qbcc.org.au/3yr-old-kindergarten https://www.qbcc.org.au/4-yr-old-kindergarten	Day's & Time's vary dependant on group		Contact: Quantin Binnah Community Centre ☎ 9742 5040 ✉ admin@qbcc.org.au 🌐 www.qbcc.org.au For more information please visit: https://www.qbcc.org.au/enrolments To Enrol in our Kindergarten Services apply via Wyndham City Council Enrolment Registrations portal: https://www.wyndham.vic.gov.au/services/childrens-services/kindergarten/kindergarten-registration-process
Ooey gooey Messy Play - Starting 7th February 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 7th February, 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
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
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 - 13 61 50 www.childcaresubsidycalculator.com.au	Contact: Quantin Binnah Community Centre ☎ 9742 5040 ✉ admin@qbcc.org.au 🌐 www.qbcc.org.au
Storytime with JoJo - Starting 13 February 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) 10 am. Recommencing 13 th February 2024	Free Half price hot drinks for parents and carers in Café QB	Contact: Quantin Binnah Community Centre ☎ 9742 5040 ✉ admin@qbcc.org.au 🌐 www.qbcc.org.au Walk-in's Welcome Parents are required to stay in attendance (your caffeine needs can be met in the Café)



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!

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. <i>\$60 per year to borrow 2 toys/fortnight</i> <i>\$90 per year to borrow 4 toys/fortnight</i>	Mondays 9am - 12pm Fridays 9am - 12pm Saturdays 9am - 1pm	Fees apply	☎ 0432 361 126
Rhyme Time - Ages 1 - 5years These 30-minute sessions include stories, songs and rhymes designed to develop early language, literacy and numeracy skills.	Refer to website for current timetable Wyndham Park, West Lawn	Free	☎ 8734 8999 🌐 For session dates and times visit: www.wyndham.vic.gov.au/pop-up-library Programs during school term only
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

Come and join us in an exciting class that explores the various skills and techniques involved in ceramics and pottery.

SATURDAY MORNING OR MONDAY EVENINGS

Term 1 2024

Saturday 10th February – Saturday 23rd March (9:30am -11:30am)

or Monday 12th February – Monday 25th March (6:45pm-8:45pm)

(No classes running on Saturday 9th March and Monday 11th March)

Cost: \$220 for 6 weeks (2 hour sessions)

Includes basic materials and up to 2.5 kg of firing. Any extra materials and firing can be purchased during classes

Manor Lakes Community
Learning Centre

86 Manor Lakes Blvd, Manor Lakes.

| For more info & bookings email
melissa.ceramics@outlook.com

WHAT'S ON @ QUANTIN BINNAH COMMUNITY CENTRE

Are you due for a breast screen?

Breast Screen Victoria (BSV) is a free breast screening service for women, including eligible trans and gender diverse people with no breast symptoms. Breast screens are performed by woman radiographers and do not require a Medicare card or doctor's referral. There are over 45 clinics and 2 mobile screening services across the state. Breast screening is known to be most effective in reducing breast cancer deaths and the impact of treatment among women in the 50-74 age group. Breast Screen Victoria actively promote breast screening awareness through information sessions in many different languages. To book a breast screen, call 13 20 50 or visit breastscreen.org.au.

In 2024, Breast Screen Victoria will work with Quantin Binnah Community Centre to deliver information sessions in different languages to promote breast screening awareness. In-language screening sessions will be available for residents from multicultural background.

Date: Tuesday 19th March

Cost: FREE

CHINESE Session with Cantonese & Mandarin Interpreters: 10am

INDIAN Session with Punjabi Interpreter: 11am

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

Phone: 9742 5040

Email: community@qbcc.org.au

Please RSVP for capacity purposes



GLOW—Inclusive Disco for 18+

Café QB will be open from 6.30pm if you'd like to have dinner beforehand. Additional purchases can be made throughout evening.

Carer's FREE entry includes drink

Date: Friday 22nd March

Time: 7.00pm

Cost: \$10 per person includes entry, entertainment, snack & drink

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

Phone: 9742 5040

Email: community@qbcc.org.au

Please RSVP for capacity purposes

HIGH TEA & CRAFT

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

- Summer Crafts and Easter Crafts

Dates: Monday 26th February and/or Monday 25th March

Time: 10.30am

Cost: \$15 per person includes craft, morning tea and barista made hot drink

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

Phone: 9742 5040

Email: community@qbcc.org.au

Please RSVP for capacity purposes



BREAKFAST CLUB

Start the day off right! Before dropping the kid's off at kinder/childcare/ 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

WHAT'S ON @ QUANTIN BINNAH COMMUNITY CENTRE

CARERS WEEK 13TH – 21ST OCTOBER

CHILDREN'S WEEK 21ST – 29TH OCTOBER

This 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. Quantin Binnah is an official Carer Friendly Place as recognised by Carers Victoria; and we recognise the important work that unpaid carers provide to family and friends. During Carer's Week we encouraged you to take some time out for yourself and recharge at some of our activities and invited unpaid carers to join us for a FREE hot drink in Café QB; a Bunnings Craft session and a MIND Mental Health & Wellbeing Workshop. We also welcome carers to all of our regular activities during term.



During Children's Week all of our little friends received a FREE yummy mini cupcake in Café QB; enjoyed Storytime with JoJo and took home a new book; OOey gooey messy play allowed children to explore different sensory sensations & get a gooey goody and Tweddle ran a play and connect session making play doh. Not only during Children's Week but everyday QB Create Connection and Nurture a Sense of Belonging

MORNING MELODIES WITH TRISH SIMPSON AT QB

Those of us here at QB love any reason to get dressed up and decorate a space and our Morning Melodies allow us to do that in style. In term 4 we ran a Halloween session and a Christmas session and everyone got into the spirit of the themes.

Trish Simpson kept us entertained with tunes that we can sing and dance along to. The Creating Villages team in Café QB filled our bellies with delicious treats and Barista made hot drinks and our guests made us smile from ear to ear with their enthusiasm to join in.

You don't want to miss out our next Morning Melodies; join us in celebrating St. Patrick's Day and come dressed to impress!

Date: Thursday 14th March

Time: 10.00am

Cost: \$10 per person includes morning tea with 1 barista made hot drink.

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

Phone: 9742 5040

Email: community@qbcc.org.au . Please RSVP for catering purposes



COMMUNITY SPACE OF HIRE

We are always keen to introduce new activities, support groups and bring others together so please get in touch if you'd like to deliver something at QB or participate in something different, contact community@qbcc.org.au or 9742 5040.

Like the Quantin Binnah Facebook page www.facebook.com/quantinbinnah and keep an eye on our pop-up events or check out www.qbcc.org.au. To discuss anything in detail email community@qbcc.org.au or call Emma or Penny on 9742 5040.

Please get in touch with the Community Development Team on community@qbcc.org.au should you have any requests for programs and activities or if you have any special skills you'd like to share with others. We can't be a community without you!



YOUTH SERVICES

FREE COUNSELLING

Youth and Family

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

WE OFFER:

- Up to 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

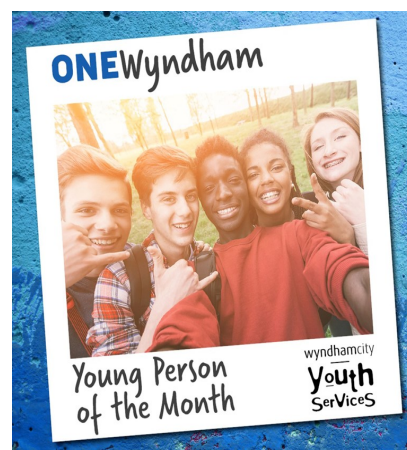
Young person of the month....

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

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

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

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



Manor Lakes - Drop In program on 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

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

- March 15

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

Registrations
required



ON THE BALL WITH YOUTH SERVICES



ON THE BALL!
Sports program

Calling on all young people who love sport! Come and join our 'On The Ball' program. We will have basketball and soccer activities available as well as trying out any other sports that you'd like!

WATER AND SNACKS PROVIDED

12-25 YEARS

wyndhamcity 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**.

MAKEOVER MONDAYS WITH YOUTH SERVICES

Treat yourself with facial waxing and get your brows shaped, tinted and waxed for free! We're offering **FREE** facial and eyebrow shaping, tinting and waxing to boost self-care and wellbeing!

Mondays - 3.30pm-5.30pm at Manor Lakes Community Learning Centre

- 5 February
- 12 February
- 19 February
- 26 February
- 4 March

To find out more visit:

www.wyndham.vic.gov.au/whats-on/makeover-mondays



wyndhamcity
Youth Services



SENIORS EXERCISE PARK AT HOPPERS CROSSING



CENTRAL PARK SENIORS EXERCISE PARK COME AND TRY SESSIONS

BE ACTIVE, BE SOCIAL

FOR DETAILS AND TO SIGN UP GO TO WWW.WYNDHAM.VIC.GOV.AU/SENIORSEP

NARI NATIONAL AGE RESEARCH INSTITUTE
ENJOY IMPACT

wyndhamcity **ACTIVE WYNDHAM**

Come and try out the Seniors Exercise Park at Hoppers Crossing.

Our Volunteer Buddies are running 3 mornings a week across February from 10 to 10.45am!!

Come and find out how to use the Seniors Exercise Park equipment and meet others who are interested in being active. This equipment has been designed for Seniors to help with mobility, strength and coordination. Our Buddies are trained to help others learn how to enjoy the benefits of the equipment. Registrations essential – Find out more and register at www.wyndham.vic.gov.au/seniorsep

Education & Training for Kids & Adults

MANOR LAKES	DAY & TIME	COST	CONTACT INFORMATION
Lynn's Learning Maths and English Tuition developed by Australian Teachers (Kinder to Year 10) covering: <ul style="list-style-type: none"> * 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@lynnlearning.com 🌐 www.lynnlearning.com.au

Education & Training for Kids & Adults

MANOR LAKES	DAY & TIME	COST	CONTACT INFORMATION
Ceramics Classes The Course teaches students the fundamental techniques and skills associated with the medium clay. Students will be introduced to the key hand building techniques and explore various surface decorating techniques. Students will have the opportunity to try their hand at the pottery wheel.	Mondays 6:45pm - 8:45pm Saturdays 9:30am - 11.30am	Fees Apply	Contact: Melissa Murphy Vella ✉ Melissa.ceramics@outlook.com
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
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
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 9.30am—10.00am Session 2 10am—10.30am	Free	Contact: Tori ☎ 03 52249972
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
System@Tech (Learning) Solutions Pty Ltd Offer unique skills development courses for children Age 4—15 years.	Tuesdays 5.30pm –7pm	Fees Apply	✉ hello@systematechedu.com.au
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. 1st Tuesday of the month, 2pm – 3.30pm	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
IT Help One on One Do you need some focused support with computers or technology? Free digital training is available. Book a One on One IT help session, and our friendly staff will help you.			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. Thursdays, 1pm – 2pm			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. Wednesdays, 10am – 11am			For session dates and times please visit: www.wyndham.vic.gov.au/family-local-history

Education & Training for Kids & Adults

Quantin Binnah	DAY & TIME	COST	CONTACT INFORMATION
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 7th February 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	\$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+	Dates TBC 9.30am to 2.30pm	Free Eligibility criteria may apply.	☎ 9742 5040 ✉ community@qbcc.org.au 🌐 www.qbcc.org.au Please keep an eye out www.qbcc.org.au or www.facebook.com/quantinbinnah for more information
			<div>Bookings Required</div>
Wyndham Park	DAY & TIME	COST	CONTACT INFORMATION
All Sewn Up—Advanced Sewing class Sewing program available to all permanent residents with some sewing skills	Mondays 6pm - 9pm Starts 29th January	\$40	Contact: Wyndham Community and Education centre ☎ 9742 4013 🌐 www.wyndhamcec.org.au
IRAMOO	DAY & TIME	COST	CONTACT INFORMATION
Yoga Come join us to move, stretch, work, sweat, breathe and be still. NEW TIME	Wednesdays 7.30-8.30pm & Saturdays 9am—10am	Fees apply	Contact: Catherine ☎ 0416 009 024 FB: Yoga Moves West
Keep Fit with Karate Children and adult classes	Mondays & Wednesdays 5-6pm & 6pm-7pm	Fees apply	Contact: Tyrone ☎ 0402 593 393
Rhapsody School of Ballet Children and adult classes	Tuesdays 4pm-8:15pm Thursdays 4pm –8pm Fridays 4pm-7.45pm	Fees apply	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 7:30om—8:30pm	Fees apply	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	Fees apply	Contact: Cathy ☎ 0413 527 102 ✉ Cathy Mackay@artizzons
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

Recreation & Leisure for Kids & Adults

IRAMOO	DAY & TIME	COST	CONTACT INFORMATION
Community Garden Group Come and join us as we start to rejuvenate our community garden	Tuesday 10am-11.30am	FREE	Contact: Iramoo Community Centre ☎ 8742 3688 ✉ admin@iramoooc.com.au Follow us on Facebook
NEW Supported Art Class	Tuesday 1pm-2pm	\$5	
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 6.00pm - 7.00pm	Fees apply	Contact: Lalitha Narayanan ☎ 0429 313 826 ✉ nrithyolalitha@gmail.com
JK Natyalaya Kathak Indian Classical Format for all age groups	Tuesdays 5pm– 9pm	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

VCAI + NURTURELAND NOT FOR PROFIT ORGANISATION

Simply V Cooking Class

LET'S LEARN VARIOUS RECIPES FOR HEALTHY FOOD! A PERFECT SKILL TO MASTER WHEN YOU WANT TO START LIVING A HEALTHY LIFESTYLE AND PLAY A GENUINE GREEN AND SUSTAINABLE ROLE.

RECIPES YOU WILL LEARN: (2 PER CLASS)

- APPLE STRUDEL
- VEG CURRY MUTTON
- MANGO PARFAITS
- ALMOND PINEAPPLE CAKE
- STRAWBERRY CREPES
- ETC

\$10/ CLASS & PERSON

SCAN QR CODE TO REGISTER

NEW PROGRAM

FOR MORE INFORMATION: ✉ [INFO@NURTURELAND.COM.AU](mailto:info@nurtureland.com.au) [WWW.NURTURELAND.COM.AU](http://www.nurtureland.com.au)

[WWW.VCAI.COM.AU](http://www.vcai.com.au)

PRAM WALKING SESSIONS

An informal catchup for families with children under 18 months. All walks will run for approximately 1 hour and will be led by a Child and family Resource Officer. Walks will be weather dependent and will not run if the weather is not suitable. Join us in one of the following sessions:

- **Arndell Park- Truganina WEDNESDAY 10.30AM**
- **Presidents Park- Werribee WEDNESDAY 10.30AM**
- **Tarneit Lakes- Tarneit FRIDAY 1.00PM**

For more information, please use the QR code to visit the webpage



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 New 4pm—5pm -Kids 5pm—6pm—Teens Saturdays 8.30am—9.30am (Adults)	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 Bookings Required	Free	① 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. Bookings Required.			
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.			① 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.			① Werribee Library ☎ 8734 8999 🌐 For session dates and times visit: www.wyndham.vic.gov.au/kids-events-activities <i>Programs during school term only</i>
Imagination Creation Young Writers Group Ages 5+ Do you love to get creative with words? Come along to Imagination Creation Writers' Group. Share inspiration and creativity with other young writers in a relaxed, social environment and get writing tips from published author Margaret Campbell.			
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.			
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.	Refer to website for current timetable		① Little River Mechanics Institute Hall ☎ 8734 8999 🌐 For session dates and times visit: www.wyndham.vic.gov.au/pop-up-library

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 22nd March 7pm to 9.30pm	\$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”	Mondays 10.00am (School term only)	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 8th February 2024 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	
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> Recommencing 6 th February 2024	\$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 17 Feb 16 March 10am to 2pm	BYO crochet/ craft project and supplies	
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.	
Crafternoon Be imaginative! Be inventive! Come and create a themed masterpiece. Adults invited to join in; why should the kids have all the fun?? Parents are to remain onsite during session.	Tuesday’s, 3.30pm to 4.30pm in Café QB (School term only)	FREE – gold coin donation appreciated	

Recreation & Leisure for Kids & Adults

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
Te Roopu Aatawhai Maori cultural performing dance group	Saturdays (fortnightly) 12:30pm – 6:30pm	Fees apply	Aiden Jensen-Mahu ☎ 0403 620 306
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
Assembly of Saints Church activities	Sundays 9am - 12pm	Free	Contact: Fiston ☎ 0410 145 596
Church Universal of Jesus Christ Incorporated Church Service	Sundays 1.00pm—4.00pm	Free	Contact: Magmumu Hatari Eli ☎ 0466 076 803
Church of Christ - (Iglesia Ni Cristo) Church gathering and Choir	Mondays 7pm—10pm Saturdays 6pm—10pm	Free	Contact: Alfonso Ocon ☎ 0451 041 711
Forerunner INTL Melbourne Incorporated Church Service	Sunday 4pm—8pm	Free	Contact: Dennis Butingan ☎ 0481 865 411
Quantin Binnah	DAY & TIME	COST	CONTACT INFORMATION
Tai Chi - Starting from 09th Feb 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 26th Feb & or 25th March 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 14 March 10am - Morning tea 10.30am - Showtime	\$10.00 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
Nga Matai Purua Maori cultural performing dance group	Sundays (fortnightly) 10am –3pm	Fees apply	Berne-Lee Edwards ☎ 0477 888 310

Social & Support Groups

IRAMOO	DAY & TIME	COST	CONTACT NFORMATION
AA Wednesday Night	Wednesdays 7pm – 9pm	Contact Anthony	Contact: Anthony ☎ 0466 501 058
AA Werribee Group	Fridays 7pm - 9pm	Contact Pam	Contact: Pam ☎ 0413 277 824
Food Swap Meet near the BBQ area. Fruit and vegetable growers bring their excess produce along and place it on a common table and swap it for other home grown produce on the table.	3rd Saturday of the month 11am—12pm	Free <i>fruit and vegetable swap</i>	Contact: Coralee ☎ 9734 3322
Cook Around the World Learn how to make delicious meals from around the world. <i>During school terms</i>	Wednesday 10am - 12pm	\$10	Iramoo Community Centre ☎ 8742 3688 ✉ admin@iramoooc.com.au Follow us on Facebook!
Art/Painting/Drawing Group Self lead, bring in your current project and work on it in a social setting	Thursdays 10am – 2pm	Free	
Native Pollinator Workshop Join Carmel as she talks about the native pollinators that are good for your garden	Wednesday 6th March 10am-12pm	Cost \$5	
International Women's Day Join us for morning tea to celebrate International woman's day	Friday 8th March 10.30am-11.30am	Free	
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 Join us and sew hearts to give to people struggling with a wide variety of challenges like loneliness, mental illness, sickness and bereavement.	Contact centre https://www.1000hearts.com.au/	Free All material will be supplied by the Centre.	

YOGA CLASSES FOR KIDS AND TEENS

Yoga Meditation and Healing

Kids

Age: 6 - 11 Yrs
Day: Tuesday 4 pm - 5 pm
Begins: 30-Jan-2024
Fee: \$80 for 4 classes
Casual class: \$25

Teens

Age: 12 - 18 Yrs
Day: Tuesday 5 pm - 6 pm
Begins: 30-Jan-2024
Fee: \$80 for 4 classes
Casual class: \$25

Adults

Day: Saturday 8:30 am - 9.30 am
Begins: 03-Feb-2024
Fee: \$80 for 4 classes
Casual class: \$25

Classes @ Manor Lakes Community Learning Centre
in line with school term dates.

Email: Yogameditationandhealing365@gmail.com

MANOR LAKES HARMONY PLAYGROUP




WHEN: Fridays
DATES: 3 Feb – 31 March
WHERE: Manor Lakes Community Learning Centre,
86 Manor Lakes Blvd
TIME: 9:30am – 11:30am
COST: \$60 per term
CONTACT: mlharmonyplaygroup@gmail.com

Social & Support Groups

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 ✉ theecoffeetable2021@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
Breast Screen Victoria In 2024, BreastScreen Victoria will work with Quantin Binnah Community Centre to deliver information sessions in different languages to promote breast screening awareness. In-language screening sessions will be available for residents from multicultural background. Other Languages & Target Audiences will be presented in Term 2,3 & 4	Tuesday 19th March CHINESE Session with Cantonese & Mandarin Interpreters: 10am INDIAN Session with Punjabi Interpreter: 11am	Free	Contact: Quantin Binnah Community Centre ☎ 9742 5040 ✉ admin@qbcc.org.au 🌐 www.qbcc.org.au

Social & Support Groups

Quantin Binnah	DAY & TIME	COST	CONTACT INFORMATION
JoJo & Puppet Pals 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 During term @ 11.00am.	Free	☎ 9742 5040 ✉ community@qbcc.org.au 🌐 www.qbcc.org.au
Women's Clothes Swap—International Women's Day. Has your style, shape or size changed? Too good to throw away? Bring your old good condition clothing along to swap for other sizes and/or styles. Clothes are also available to those who have nothing to swap.	Tuesday 12 th Mar Wednesday 13 th Mar 9.00am to 2.30pm	BYO Clothes to swap	
Wyndham Women Support Group – Sewing Project Do you like sewing? Do you like chatting? Come & along and join the ladies. Pop by to see what the group does.	Thursday's 10am to 1pm (School Term only)	Bring along your own sewing projects or complete community projects	Tania Kelaart Wyndham Women's Support Group Mobile 0423 051686 Email wyndwomens.sg18@gmail.com
Walks for Carers Info Session Inviting carers of people with disability, mental illness or aged person to the launch of our free carers walking group. We are committed to making our sessions accessible and inclusive, contact us for accessibility requirements. SCAN THE QR CODE TO FIND OUT MORE! www.nhvic.org.au/walks-for-carers-ncc	Tuesday 13 th February 10.00am— 12 noon	Free	Email community@qbcc.org.au Phone 9742 5040 
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.</i> <i>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
Community Connector The Community Connector team can provide specific information and referral/s to local supports & services tailored to meet the needs of the individual.	Wednesday's 8.00am to 5.00pm Drop in or make an appointment.	Free	Please call 8734 4514, if you need to speak with a Community Connector directly or email communityconnector@wyndham.vic.gov.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 –7.45pm

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



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 us

Address: 19 Communal Road, Wyndham Vale
Phone: 8734 0288
Email: WunggurrwilDhurrung@wyndham.vic.gov.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
- **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 Activities

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 - 2.30pm	Contact Harbans Sodhi	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

WINTER SPORT IS COMING WHAT ARE YOU GOING TO PLAY?



FIND ACTIVITIES TO TRY AT WWW.WYNDHAM.VIC.GOV.AU/WINTERSPORT

Are you looking to try a new sport this Winter, or maybe return to an activity you did a while ago? Joining in an activity is a great way to keep motivated and find new friends. Being active makes us feel better – they say it's the best medicine – it lifts our mood, can help us de-stress, improves sleep and gives us more energy. Over February and March you can join in free sessions and try out different activities to help you work out what you would like to do. Find out what's available here: www.wyndham.vic.gov.au/wintersport

RSPCA PET VACCINATION EVENT AT MANOR LAKES COMMUNITY LEARNING CENTRE



LOW COST

Pet Vaccine & Health Clinic



When: 15 Feb 2024 Thursday

Time: 9.30am -4.30pm

Venue: Manor Lakes Community Learning Centre

Cost: Low cost fee involved. Please click the below link to get your tickets

Get your tickets at [RSPCA Pet Vaccination](#)

RSPCA Victoria is thrilled to be hosting a low-cost pet vaccination and health clinic in Wyndham, making veterinary care more accessible for people and their pets. For only \$59, you can get your dog or cat health checked by one of RSPCA's dedicated and experienced shelter veterinarians. Staff can also provide professional advice on how to keep your pet healthy now and into the future, for a low fee.

We are offering the C5 vaccination for dogs at our clinics. Due to statewide shortages of the F3 vaccine, we are currently unable to vaccinate cats. We apologise for the inconvenience this may cause. What you need to know:

- Appointments must be booked online in advance and spaces are limited
- One ticket must be booked for **each individual animal** to allow adequate time for health checks - Maximum 2 animals per person
- Please ensure pets are secure with a lead or carrier
- Only attend the event if you and your pet are healthy and well
- Humanitix booking fees are non-refundable

Please ensure 48 hours notice for appointment cancellation. Refunds will not be issued for failing to attend appointments without appropriate notice. **If you have any enquires, please contact us at outreach@rspcavic.org.au or 1300 020 040.**

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/>