

SOCIAL GROUPS

VIETNAMESE/INDOCHINESE ELDERLY GROUP

The group meets every fortnight on a Thursday in the Church Hall opposite the Neighbourhood House. Information meetings to which guest speakers are invited alternate every fortnight with a trip and an outing often outside Melbourne. Bookings are essential for these meetings and outings for catering purposes and for buses for trips. Fees are kept to a minimum.

WEDNESDAY SOCIAL GROUP - ALL WELCOME

Enjoy a two course meal and the company of this friendly social group. Lunches at the House are held every week during school terms except for when the group goes out on its' monthly bus outings. A detailed program is available from the office.

WEDNESDAY: 1pm -3pm (Except for outings).

COST: Lunches start at \$5.

BUS OUTINGS: \$5 plus entry or lunch costs.

Bookings are essential. Phone: 9376 6366

OTHER GROUPS

WOMEN'S SPIRITUALITY GROUP

A women's discussion group providing a comfortable space to share stories and ideas about spiritual experiences. Facilitated by psychologist Robyn Tokahe and occasionally with women from diverse spiritual traditions. For further information phone Robyn on 0431 123746.

MONDAYS: 7pm -9pm (Except for outings).

NO COST

FLEMINGTON KENSINGTON NEWS

The Flemington Kensington News is a community newspaper put out by a collective for the community. If you would like to make a contribution by way of writing, photography, layout, graphic design or delivery, please contact Mary on 0411 775 986 or Frankie on 0419 422 123.

CHRIST CHURCH HALL HIRE

One-off hire of the Christ Church hall can be organised through the Neighbourhood House.

ABOUT US

The Kensington Neighbourhood House has been established in Kensington since 1975 to provide a space for the community and its various groups and interests to meet, share information, develop skills and break down isolation or other community barriers.

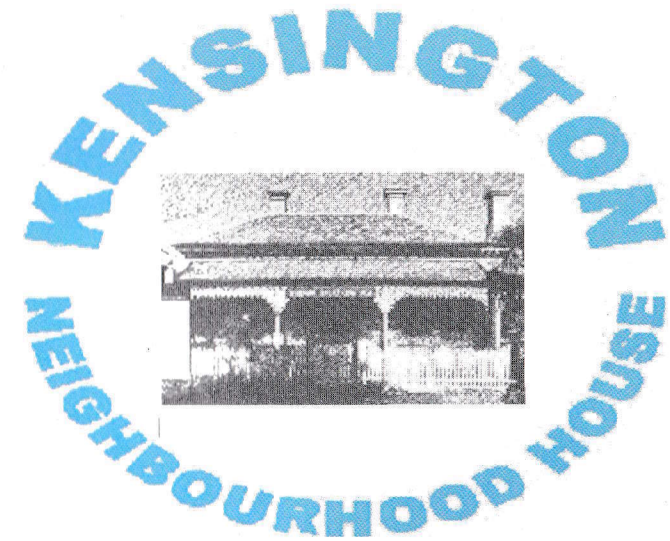
- Full term fees to be paid in advance
- Classes may need to be cancelled if numbers are insufficient
- Refunds will apply when a class is cancelled through insufficient numbers
- Where no start date is given, the program will be on-going from the date class numbers are sufficient to start
- Bring a friend to any class and get 50% off that class
- We are a Companion Card Holder Supplier
- Adult & Community Further Education (ACFE) funded courses comply with the Ministerial policy on fees and charges.

Kensington Neighbourhood House is funded by:

- Department of Human Services
- Department of Victorian Communities
- City of Moonee Valley
- City of Melbourne
- Our members by donation.
- Adult Community Further Education

This organisation respects your right to information privacy. Information which we collect and hold on participants is kept in accordance with information privacy laws.

Produced by Kensington Neighbourhood House with funds provided by the City of Melbourne.



ACTIVITIES and COURSES 2007

TERM 3

Monday 16 July - Friday 21 September

TERM 4

Monday 8 October - Friday 21 December

**Kensington Neighbourhood House
89 McCracken Street, Kensington 3031**

Tel: 9376 6366 Fax: 9376 8444

Office Hours: 9.00am - 4.30pm

Email: kwgp@vicnet.net.au

ABN: 74 489 791 023

HEALTH & FITNESS

GENTLE EXERCISE & LIGHT WEIGHTS

with **Carol Weiland Monaghan**

This is a fun class suitable for the over 50 age group and for those who are beginning exercise after an injury or fall and post rehabilitation. Great for developing co-ordination and bone density, combining low impact stretching and light weight work. This class is done to music with an emphasis on fun and fitness.

TUESDAYS: 2.30pm - 3.30pm

COST: \$5 per class

LOW IMPACT EXERCISE with **Chrissie Williams**

Low impact exercise class using therabands and light weights with a focus on home based maintenance exercises. Good for muscle strength and flexibility with associated cardiovascular benefits. Suitable for all ages and abilities.

FRIDAYS: 11.30am - 12.30pm

COST: \$5 per class

INTRODUCTION TO HEALING MEDITATION

with **Jill Snowdon**

Starting Term 4

During this 6 week course participants will obtain an overview of different meditation techniques that can be used to manage body tension, pain and illness in order to find out which technique suits them best. Jill is a qualified reflexology practitioner and energy worker and has been assisting people to manage illness, stress and pain for over 8 years.

TUESDAYS: 3.45pm - 5.00pm or 5.45pm - 7.00pm

Cost: \$100/\$70 (conc)

REFLEXOLOGY with **Jill Snowdon**

Reflexology is a type of massage which works by applying pressure to reflexes and pressure points on the hands and feet. These points relate to organs and glands in the body. Reflexology can bring relief from pain and tension in the body. Jill is a qualified reflexology practitioner.

FRIDAYS: 2pm - 4pm by appointment.

COST: 1 hour - \$40/\$25 (conc)/½ hour - \$25/\$15 (conc)

HEALTH & FITNESS

RELAXATION HOUR

Drop in and join us for guided visualisations inspired to bring about relaxation. Various breathing techniques to calm and soothe the body and mind. Short meditation practice.

WEDNESDAYS: 4pm - 4.45pm

NO COST

MYOTHERAPY with **Pamela MacPherson**

Myotherapy treats muscle and soft tissue injuries that cause pain or affect movement. It helps relieve muscular tension, spasm and cramps caused by stress, exercise, trauma, overuse or the effects of surgery.

THURSDAYS & FRIDAYS: 2pm - 4pm by appointment.

COST: 1 hour - \$50/\$45 (conc)/½ hour - \$35/\$30 (conc)

HEALTH & FITNESS WORKSHOP

To secure your workshop booking, payment must be made in full prior to the date of the workshop.

IMMERSE YOURSELF IN A SPRING CLEAN

In this workshop you will learn how to cleanse your liver, kidneys, bowel, skin, lung and central nervous system. Meditation and exercise will also be incorporated.

SATURDAY 15th September: 10.00am - 4.00pm

COST: \$40/\$20 (conc)

INTRODUCTION TO BEING YOUR OWN

HEALER with **Jill Snowdon**

An opportunity for people who find tension, pain and/or symptoms of illness are holding them back from embracing life, and have decided they would like to do something about it for themselves.

This session introduces participants to changing their relationship with their health to reduce tension, pain and symptoms of illness.

SATURDAY 28th July: 10am - 1pm

COST: \$60/\$20 (conc)

HEALTH & FITNESS WORKSHOP

INTRODUCTION HEALING MEDITATION with

Jill Snowdon

An opportunity for people to get a taste of what healing and meditation are about, and how these can assist them in reducing tension, pain and symptoms of illness. No experience of meditation is required.

SATURDAY 22nd September: 10am - 1pm

COST: \$60/\$20 (conc)

COOKING WORKSHOPS

ASIAN COOKING DEMONSTRATION - PART

2 with **Lu Tu Binh**

Come and find out how to make three delicious main course dishes from the following cuisines: Vietnamese, Chinese and Japanese (Tonkazu or Tempura). Suitable for both those that came in term 2 and newcomers.

Saturday 12th August 2pm - 4pm

Cost: \$20/\$10(conc)

LOW BUDGET COOKING with **Lee Smith**

Learn how to cook nutritious and tasty meals on a budget. An entree, main and dessert will be prepared using seasonal Spring produce. After the cooking is complete participants will sit down and enjoy the meal prepared.

Saturday 20th October 2pm - 5.30pm

Cost: \$15/\$5 (conc)

CHRISTMAS COOKERY with **Jacqui Byard**

Come along and learn how to make real mince pies and other Christmas goodies. Watch and learn how to make your own Christmas Puddings. Some samples available to take home on the day. The puddings will be available at an additional cost from the Neighbourhood House during the following week.

Saturday 1st December 12pm - 2.30pm

Cost: \$8/\$5 (conc)

GUEST SPEAKERS

From time to time the House invites guest speakers to come and talk to the community about topical issues. Details of speakers for term 3 & 4 will be advertised in local newspapers once they have been confirmed.

ART

CREATIVE WRITING with Emilie Collyer

This is an exciting introduction to the potential of writing for yourself and others. Explore a different aspect of writing each week including, character, story and dialogue. Work on your own pieces of writing in a structured and supportive environment. Emilie is an accomplished playwright and has a Dip. in Prof. Writing and Editing (RMIT).

TUESSDAYS: 7pm - 9pm

COST: \$10/\$7 (concession) per class.

MOSAICS with Ann Hood

Come along and join in this exciting group and make beautiful mosaic designs on items of your choice. This class can be a contemplative or chatty class depending on your disposition. Either way it's fun. You will need to purchase your own materials but Ann is a great guide for imaginative and inexpensive ways for you to achieve your final product.

MONDAYS: 7pm - 9pm Advanced Class

TUESDAYS: 7pm - 9pm Beginners Class

COST: \$8 per class

KNITTING FOR FUN

Knitting isn't just about baby booties. Be creative, make cushion covers, a funky bag or a new coat for your dog. This class is suitable for all abilities from beginners to experienced knitters.

MONDAYS: 2.30pm - 3.30pm

Gold coin donation

COUNSELLING/COMPANIONING USING THE CREATIVE ARTS with Karyn Down

This one on one companioning is available for those who wish to examine and explore their life and experience using a creative art approach. It can be of benefit to those who have particular issues and concerns as much as for those who are approaching their lived experience with a sense of curiosity and enquiry but with no particular need. Karyn Down has a Graduate Diploma from the Melbourne Institute of Creative Art Therapy (MIECAT) and will be undertaking her Masters by Supervision in 2007. This companioning process can be arranged by appointment only. Sessions tend to be for 2 hours. Cost covers room rental and art material supply.

Phone: 9376 6366 for an appointment

COST: \$20/\$7

ART

PAINTING & DRAWING with Alex Rowland

Learn the quiet and joy of painting and/or drawing skills with Alex who is an accomplished artist and has worked in both Australia and the U.K.

WEDNESDAYS: 3pm - 5pm or 6pm - 8pm

Cost: \$15/\$10 conc (initial materials supplied)

ARTS WORKSHOPS

To secure your workshop booking, payment must be made in full prior to the date of the workshop.

THE ARTS AND SELF EXPLORATION with Karyn Down

Explore your creativity and world through a range of creative art approaches using visualisations, painting, poetry, movement, clay work and more. The emphasis is on fun and connection to self and others. You do not need any particular artistic skill to be involved.

SATURDAY 4th August & 3rd November 10am - 1pm

COST: \$10/\$5

SCREEN PRINTING with Alex Rowland

Screen print your own design onto an item of your choice eg. t-shirt, tea-towel, cushion cover etc. Screens and paints provided. BYO item to print on.

Saturday 22nd September & 10th November

1pm - 4pm

Cost: \$30/\$15 conc (maximum 5 in class)

LINO-CUT PRINTING with Alex Rowland

Design and cut out a print using lino and then print it onto paper or card. Great for making your own greeting cards. All materials and tools provided.

Saturday 15th September & 3rd November

1pm - 4pm

Cost: \$30/\$15 (concession)

CHILDREN'S CLASSES

CREATIVE MOVEMENT FOR CHILDREN with Naomi Martin

With an emphasis on the imagination and having fun, these classes use simple, enjoyable movements adapted from Kinesiology, Yoga and Tai Chi. Naomi has previously taught creative movement at Mangala Studios in Carlton and is a holistic children's counsellor.

THURSDAYS: 12.30pm - 1.15pm

COST: \$8/\$5(conc) per session

CREATIVE ARTS FOR KIDS with Veronica Passmore

Explore the creative arts and use your imagination to discover and experiment with new ways of making art. In a fun and relaxed space your individuality and unique way of creating will be honored and nurtured. Suitable for 6 - 10 year olds.

WEDNESDAYS: 3.45pm - 5pm

COST: \$8/\$5(conc) per session

ENVIRONMENTAL WORKSHOPS

INDIGENOUS PLANTS & THEIR PROPOGATION

Judy Allen, Victorian Indigenous Nursery Co-operative, will explore indigenous plants and their role in biodiversity and habitat creation, especially in an urban context. A demonstration will be given on plant propagation techniques. Participants will learn cutting techniques and how to 'pot on' rooted material, and get to take home their own *Goodenia ovata* cuttings! All plants and tools will be provided. Workshop will be followed by light refreshments. Childcare provided

SUNDAY 2nd September: 10am - 12pm
NO COST

WATER CONSERVATION

Indy Lingam from Habitat Interactive Education will be providing tips for conserving water, demonstrating water saving appliances and providing information about water use in your home, both inside and out - plus loads more. Childcare provided.

SUNDAY 21st October: 10am - 12pm

NO COST

COMMUNITY EDUCATION

CERTIFICATE III IN CHILDREN'S SERVICES CHC30402

5th February - 30th November

This is a full-time accredited childcare training course that runs for 4 to 5 days weekly. It involves a mix of class-room teaching and training in a childcare centre. Phone 9376 6366 for more information and a course brochure.

CERTIFICATE III IN CHILDREN'S SERVICES CHC30402 - PART TIME

23rd July 2007 - 30 June 2008

Part time accredited childcare training course running one day per week, with training in a childcare centre, and occasional Friday seminars.

MONDAYS: 9.30am-3.00pm and practical placement
Cost: \$500/\$200 concession
(2007 - \$90/\$75 and 2008 \$410/\$125)

INTRODUCTION TO COMPUTER & INTERNET

Term 3: 5th August - 21st September

Term 4: 19th October - 7th December

An 8 week beginner course which will introduce people who have little or no experience to the basics of computer and internet. It will include Microsoft Word, formatting, saving files, surfing the internet and emailing.

FRIDAYS: 10am - 12.30pm
Cost: \$80/\$53 concession

COMPUTERS LEVEL 2

Term 3: 30th July - 17th September

This 8 week course is ideal for those that want to expand on their basic knowledge of computers. The course will cover email attachments, Excel, Publisher and internet searches.

MONDAYS: 10am - 12.30pm
Cost: \$80/\$53 concession

Adult & Community Further Education (ACFE)
funded courses comply with the Ministerial policy on fees and charges.



Adult Education
in the Community

COMMUNITY EDUCATION

ENGLISH AS A SECOND LANGUAGE

New students need to phone 9376 6366 to make an interview time to assess language skills.

Basic Course:

Tuesdays & Thursdays 9.15am-12.15pm

Intermediate Course:

Tuesdays & Thursdays 1pm - 3.30pm

Cost: \$1.34 per class hour or \$14 per term (conc).

ENGLISH CONVERSATION

Practise social English with a tutor in a small, informal group. A great way to make friends and improve your English speaking and listening skills. Best for post-beginners.

MONDAYS: 10.30am - 12.00pm

Cost: \$3.00 per session

ESL READING AND WRITING

For people who speak a language other than English and who want to improve their reading and writing skills for employment, further study or every day life.

Basic Course:

Fridays 10am - 12pm

Intermediate Course:

Tuesdays 1.15pm - 3.15pm

Cost: \$1.34 per class hour or \$14 per term (conc).

RETURN TO WORK

Starting Term 4

A course designed for people who are ready to explore their next steps and learn about:

- ♦ Personal development issues in career transition
- ♦ The role of values, learning style, career motivation and occupational interests to person - job fit
- ♦ Exploring occupational day-dreams and options
- ♦ Possible future directions
- ♦ Current job-market requirements
- ♦ Relevant job-search skills
- ♦ Returning to work
- ♦ Strategies for success

And who are motivated to learn and pick up new skills in a fun, creative and supportive environment.

MONDAYS: 9.30am - 1pm

Cost: \$80/\$53 concession

MORNING CHILDCARE

**MONDAYS, TUESDAYS
WEDNESDAYS & THURSDAYS**

9.30am until 12.30pm

We have experienced and excellent qualified childcare staff who ensure your child's time is both educational and enjoyable. We take a small number of children (12 maximum) in a residential house setting.

Activities include: Water play, Painting, Singing, Books, Music, Playdough and Paper Construction. Outdoor play also takes place in our back garden area.

Children come with a small lunch snack provided by their parent/guardian. Sunhats in summer.

Our fees are very reasonable and we require payment to be made whether or not your child attends a session. This is in the interest of retaining highly qualified and committed staff.

Fees are: \$17.00 (full)

\$8.00 (conc)

\$6.00 (if the parent/guardian is attending an ACFE funded class at the House and is concession eligible)

Children do not attend childcare if they are ill, and should have up-to-date immunisation. Any child who is not immunised will not attend any sessions where there is an outbreak of disease for which they are not immunised.

*** Bookings for Child Care are essential ***

SCHOOL HOLIDAY ACTIVITIES

**Thursday 5th July and
Wednesday 26th September**

A full program of activities will be available in the second last week of each term. Email us to join our electronic mailing list on kwgp@vicnet.net.au, otherwise keep an eye out in your child's school newsletter.