

environmental workshops

Growing Your Own Produce in a Small Garden

Learn some practical tips for growing your own food in small spaces, such as balcony gardens, in pots or in courtyards. Ideal for the Kensington home! Workshop will include a tour of local residential and community gardens and a practical activity designed to satisfy your green thumb. A light lunch using seasonal produce will follow the workshop. Childcare provided upon request when booking.

Childcare available on request.

Sunday 16th March 10am – 1pm no cost

Green Purchasing

Do your bit for climate change by reducing the embodied water and greenhouse gases associated with household purchasing. Workshop will include a tour of local shops so you can learn where to find 'green' products locally in order to reduce your food miles and wastage. Workshop will be followed by a light lunch. Childcare provided upon request when booking.

Childcare available on request.

Sunday 25 May 10am – 1pm no cost

Community Learning Project at Kensington Housing Estate

The purpose of the project is to offer Community Learning in an informal setting so that people can develop interest groups and a social network. The development of a Community Kitchen and Community Gardens will assist and support community and civic participants. Four learning blocks will be offered:

- > Community Cooking
- > Community Safety
- > Community Gardening
- > Community Health

The project will run from March 2008 to December 2008.

Phone 9376 6366 for more information on how to join these activities.

Put in all partner logos.

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.

Kensington Neighbourhood House is funded by:

- Department of Human Services
- Department of Planning and Community Development
- 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.

Contact Details

Telephone: 9376 6366 Fax: 9376 8444

Office Hours: 9.00am – 4.30pm

Email: kwgp@vicnet.net.au

ABN: 74 489 791 023

Christ Church Hall Hire

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

Enrolment details

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



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

Kensington Neighbourhood House
89 McCracken Street, Kensington



Activities & Courses 2008

Term 1 3 14 July - 19 Sept
~~29 January – 20 March~~

Term 2 4 6 Oct - 19 Dec
~~7 April – 27 June~~

**Bookings are essential for all of our courses
and activities.**

**Bookings can be made by telephoning the
House on 9376 6366 or emailing
kwgp@vicnet.net.au**

the arts workshops

Writing Workshop – Character Creation

Using a combination of improvisation, drama and writing techniques, this intensive workshop guides you through developing a unique character (or characters) for stories or live performance. Come with an idea or come with a blank slate. This fun and stimulating workshop will rejuvenate your creative spark.

Tutor Emilie Collyer (playwright and performer with many years experience improvising and writing her own work)
Saturday 1 March 10am – 4pm (BYO lunch)
Sunday 2 March 10am – 1pm (finishing with a reading/showing) \$50/\$40 (conc)

Wood & Simple Carpentry Workshops

Learn all the skills that will take your ideas from the design through to the manufacture stage. Begin with simple projects such as planter or storage boxes, speaker boxes, book binders and move on to making larger more complex projects such as cubby houses, doll's houses, tables etc. Work with a range of tools (both hand and powered) and with wood and plastics together.

Tutor Neil Benham
 (Carpenter & Certificate IV and Dip. Ed In Technology)
Thursdays every fortnight 4.30pm – 6pm
 Class limited to 6 participants only.
 Phone 9376 6366 to register interest.

morning childcare

Mixed-age group (from 18 months to 5 years) in a homey, caring environment. Range of indoor and outdoor activities and play. Children bring own small lunch snack. No shared food. Anaphylactic aware and trained service. Maximum 2 sessions per week per child (depending on availability).
Monday – Thursday 9.30am – 12.30pm
 \$20 (full) / \$10 (conc) / \$6 (if parent/guardian is attending an ACFE funded class at the House and is concession eligible)

social groups

Vietnamese/Indochinese Elderly Group

The group meets every fortnight on a Thursday. Information meetings with guest speakers alternate every fortnight with a trip outside Melbourne. Bookings are essential for meetings and outings for catering purposes and for buses for trips. Fees are kept to a minimum.

Wednesday Social Group

Enjoy a two course meal and the company of this friendly social group. Weekly lunches alternate with the occasional bus trip. A detailed program is available from the office. Bookings are essential.

Wednesday 1pm – 3pm (Except for outings).
Lunches start at \$5
Bus Trips \$5 plus entry or lunch costs

Sing-a-Long, Ukulele & Lunch

Join in this fun social event with songs you'll know and some you may not with the accompaniment of the ukulele. BYO ukulele (if you have one) and voice. A light and nutritious lunch beforehand.

Singer Jeannie Van deVelde
Friday February 22nd & April 18th 1pm – 2.30 pm \$5

*Weekend Away
for older people*

adult education

English as a Second Language

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

Tuesdays & Thursdays 9.30am-12.30pm
 \$1.37 per class hour or \$14 per term (conc).



adult education

Introduction to Computer & Internet

Term 1: Friday 1 February – 14 March 10am-12.30pm & **Monday 17 March** 1pm – 3.30pm

Term 2: 18 April – 6 June

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.

Friday 10am - 12.30pm \$80/\$55 (conc)

Computers Level 2

Term 1: 4th February – 17th March

Term 2: 14th April – 2nd June

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.

Monday 10am - 12.30pm \$80/\$55 (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 \$3.00 per session

ESL Computers

Use the internet and computer programs to improve your reading and writing skills.

Thursday 1.00pm – 3.30pm
 \$1.37 per class hour or \$14 per term (conc)

ESL in The Community

Improve your English while studying environmental issues, citizenship responsibilities and community involvement.

Tuesday 1.00pm – 3.30pm
 \$1.37 per class hour or \$14 per term (conc).

Certificate III in Children's Services CHC30402

Two courses in 2008

4 February 2008 – 31 October 2008

4 August 2008 – 6 June 2009

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.

health & fitness

Gentle Exercise & Light Weights

A fun class suitable for the over 50 age group. Great for developing co-ordination and bone density, combining low impact stretching and light weight work. This class is done to music, from a standing or seated position and has an emphasis on fun and fitness.

Tutor Carol Weiland-Monaghan
Tuesday 2pm - 3pm \$5 per class

Low Impact Exercise

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.

Tutor ~~Christine Berryman~~ *Cathy Conroy*
Friday ~~11.30 am - 12.30pm~~ *11am - 12pm* \$5 per class

Tai Chi for Health

Tai Chi to improve health, energy and mobility. The Sun style has smooth, gentle, loose movements which are also quite brisk. Beneficial for all and particularly those with arthritis, diabetes and back pain. Sun Style is very suitable for older practitioners.

Instructor Ron James
Tuesday 12.30pm - 1.30pm and/or
Wednesday 6pm - 7pm \$5 per class

community newspaper

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 0411 775 986 or Frankie 0419 422 123.

Walking Group

personal development & well-being

Counselling/Companioning Using the Creative Arts

One on one companioning for those who wish to examine and explore their life, experience and any particular concerns. An experiential process using a range of arts for a one hour session. No artistic skills are required.

Phone 9376 6366 for an appointment
Companioner Karyn Down Grad. Dip. (MIECAT) &
 Current Masters course \$40/\$10 (conc)

Life Coaching

Learn the basic skills to help you achieve your short-term and long-term goals for a balanced and stress-less lifestyle. These Life Coaching workshops will provide you with the practical skills to map your future goals and to undertake the actions to reach them in a supportive environment. Sessions are consecutive.

Coach Kealy Smith
Saturdays: 16, 23 February, 1, 5 March
 1pm - 2.30pm or
Mondays: 18, 25 February, 3, 17 March
 7pm - 8.30pm \$80/\$40 (conc) for course

Reflexology

Reflexology is a type of massage that 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.

Practitioner Jill Snowdon
Saturdays (3rd of month): ~~16 February, 15 March, 19 April,~~
~~17 May, 21 June~~ 2pm - 5pm by appointment
 1 hour: \$40/\$25 (conc) 1/2 hour: \$25/\$15 (conc)

Relaxation Hour

Guided visualisations inspired to bring about relaxation. Various breathing techniques to calm and soothe the body and mind. Short meditation practice.

Wednesday 4pm - 4.45pm No cost

personal development & well-being workshops

Healing Workshops with Jill Snowdon

These workshops focus on mindfulness and provide an opportunity for people to change their relationship with whatever appears to be holding them back from embracing life, including tension, pain or symptoms of illness.

- **Introduction to Being Your Own Healer**
Saturday 1 March 2pm - 5pm \$60/\$30 (conc)
- **Introduction to Relaxation**
Saturday 12 April 2pm - 5pm \$60/\$30 (conc)
- **Introduction to Healing Meditation**
 No experience of meditation is required.
Saturday 10 May 2pm - 5pm \$60/\$30 (conc)

Physical Body Detox

Learn how to cleanse your liver, kidneys, bowel, skin, lung and nervous system. A practical, hands-on session involving a cooking demonstration and sampling of juicings etc.

Practitioner Mary Hollingsworth (Naturopath & Homeopath)
Saturday 16 February 1pm - 4pm \$25/\$15 (conc)

Spiritual Healing & Meditation

This is a follow-up session to the *Physical Body Detox* and completes a comprehensive and wholistic cleansing of the body and soul. (Anyone can attend)

Practitioner Mary Hollingsworth (Naturopath & Homeopath)
Sunday 20 April 1pm - 4pm \$25/\$15 (conc)

children

Creative Arts for Kidz

Explore the creative arts and use your imagination to discover and experiment with new ways of making art in a fun and relaxed space.

Tutor Veronica Passmore
Thursday 3.45pm - 4.45pm \$8/\$5 (conc)

Wednesday

School Holiday Activities

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.

Wednesday 2 April and **Wednesday 2 July** *24th Sept.*

*19th July, 16th August, 20th Sept, 18th Oct
 22nd Nov, 20th Dec.*

the arts

Mosaics

Join this exciting group and make beautiful mosaic designs on items of your choice. A contemplative or chatty class depending on your disposition. Purchase your own materials but Ann is a great guide for imaginative and inexpensive ways for you to achieve your final product.

Tutor Ann Hood

~~Tuesday or Wednesday~~ 7pm – 9pm \$8 per class

Monday or Tuesday

Painting & Drawing

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.

Tutor Alex Rowland

~~Wednesday~~ 3pm – 5pm 1pm – 3pm \$15/\$10 (Conc.)

Initial materials supplied.

DIY Correspondence Art ~~Painting & Drawing~~

This 8 week course is designed for those who want the experience of drawing and painting but can't make regular classes. In an inventive and fun way you will be introduced to drawing from life, shading, perspective and composition, colour & colour mixing, brushes and objectivity. The course will be interspersed with programmed tutorials with the artist.

Tutor Alex Rowland

Expressions of Interest phone 9376 6366

Knitting

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.

Tutor Carolyn Webster

~~Monday~~ 2.30pm – 3.30pm no cost

Creative Writing

An exciting introduction to the potential of writing for yourself and others. Explore a different aspect of writing each month including, character, story and dialogue.

Tutor Emilie Collyer (Dip. Prof. Editing & Writing)

First Wednesday of the month 10am – 12 noon

\$10/\$7 (conc) per class.

Dates: 2 July, 6th Aug, 3rd Sept, 1st Oct

5th Nov, 3rd Dec

the arts workshops

Community Photography

Learn the principals of good photography and then put them into practice around the neighbourhood. Frame your developed photographs using pre-cut mattes and frames in session 2. Disposable cameras and materials supplied. Participants can also use their own cameras.

Tutor Sarah Lausberg (Previous winner of Melbourne Camera Club Portrait of the Year)

Saturday 17 May 1pm – 4pm, and

Saturday 24 May 11am – 1pm \$50/\$20 (conc)

Recycling & Revamping Old Clothes

Recycle your old and second hand clothes to create contemporary original fashion. Sewing machines and tools provided. Bring your own clothes. Basic sewing skills required.

Tutor Meg Dunley

~~Saturday 19 April~~ and ~~Saturday 3 May~~ 1pm – 5pm

2pm – 4pm
\$40/\$20 (per session)

Screen Printing

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.

Tutor Alex Rowland

Saturday 16 February 1pm – 4pm \$30/\$15 (conc)

Writing Weekend Retreat

Had something in the bottom drawer for years? A collection of work you would like to refine? Or just a desire to have the time and space to sit and create in a quiet, scenic spot? This weekend retreat in the country will focus on ideas generation, pushing through the 'stuck' moments, writing in and out of your comfort zone and enjoying the creative process.

Tutor Emilie Collyer

Saturday 24 May & Sunday 25 May

Self-catered stay in the country outside Kyneton on property with historic gardens. BYO food and drink. Weekend itinerary on application.

\$150.00/\$130.00 (conc)

*Non-refundable deposit of \$75 required 12 March.

the arts workshops

Felting

Learn how to make felt – simple, versatile and possibly the world's oldest known textile. Make a cosy scarf or small shawl and beanie for winter. Once you have learnt the basic techniques, felting is a skill you can practice easily and cheaply at home. Materials supplied. On booking please indicate your two preferred fleece colours plus 1 back-up colour eg. 1) Forest Green 2) Cherry Red 3) Burnt Orange.

Tutor Andrea Main & Melissa Buckley

Saturday 14 June 10am – 1pm

\$25/\$20 (conc) plus \$15 for materials

Heeblestone Sculpture

Come and work on a sculpture for your house or garden using files, rasps and chisels. All materials and tools provided.

Tutor Ann Hood

Saturday 19 April 10am – 4pm \$55/\$40 (conc)

*Weather permitting as will be held outdoors.

Brooch Making

Make an eye-catching brooch, necklace or pair of ear-rings using a round or square piece of shell, covered with colourful Japanese origami paper and lacquered to produce a striking piece of wearable art. Three pieces will be made in the session.

Tutor Andrea Main

Saturday 15 March 11.30am – 2.30pm \$25/\$20 (conc)

Lino-Cut Printing

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.

Tutor Alex Rowland

Saturday 15 March 1pm – 4pm \$30/\$15 (conc)

Button Making

Learn the centuries-old techniques of thread buttonmaking. The first workshop introduces the four stages of constructing a Dorset crosswheel button. Learn how to cast, slick, lay and round. Explore in the second workshop the possibilities of embellishment such as beading and variation in stitches to create unique and beautiful buttons and brooches. All materials included.

Tutor Fiona Roberts

Saturday 17 & 24 May 2pm – 4pm \$35 / \$20 (conc)