

## the arts workshops

### 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 16 August & Saturday 30 August** 2pm – 4pm

\$20/\$10 (conc) per session

### 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 18 & 25 October** 2pm – 4pm \$35/\$20 (conc)

### Impro Inspiration

This fun and friendly workshop takes you through the basics of theatre improvisation. The skills you learn are valuable in any area of your life. Have you seen shows such as Thank God You're Here, Theatresports™, or Whose Line is it Anyway? The workshop will cover the foundation skills used in those formats.

Emilie Collyer performs and teaches with Impro Melbourne – Australia's leading theatre improvisation company

**Tutor** Emilie Collyer

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

### Creative Writing Intensive

This workshop will cover topics such as: generating ideas, getting started, structure, style/voice, language, how to re-inspire yourself and the ongoing creative process.

**Tutor** Emilie Collyer (playwright and performer with many years experience improvising and writing her own work)

**Saturday 19 July** 10am – 4pm (BYO lunch)

**Saturday 25 October** 10am – 4pm (BYO lunch)

\$40/\$20 (conc) per session

## 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](mailto: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 3

14 July – 19 September

### Term 4

6 October – 19 December

**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](mailto:kwgp@vicnet.net.au)**



## adult education

### ESL Reading and Writing

Improve your English reading and writing skills in a small, supportive class. Ring for an assessment

**Fridays** 10am – 12pm  
\$1.37 per class hour or \$14 per term (conc)

### Certificate III in Children's Services CHC30402 14 July 2008 – 30 April 2009

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

## 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. Accredited training will be offered for those interested in obtaining their Food Handling Certificate or First Aid Certificate. The development of a Community Kitchen will assist and support community and civic participants. Two learning blocks will be offered in term 3 & 4:

> Community Nutrition > Community Health  
Phone 9376 6366 for more information on how to join these activities.



## 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. 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

### Weekend Away for Seniors

**Friday 24 October – Sunday 26 October**

Enjoy a weekend away staying at the Koala Park Resort on Phillip Island in shared motel style accommodation. Transport and accommodation included in cost. BYO meals and entry costs. Telephone 9376 6366 for a full itinerary.  
\$100 per person

## cooking workshops

### Baking Flatbreads

Learn to prepare leavened and unleavened flat breads from India, the Balkans, Turkey and Tunisia. Filled with seasonal herbs and vegetables, spices and nuts, these breads are delicious and healthy.

**Tutor** Sandie Hernandez  
**Saturday 6 September** 10am – 1pm \$40/\$30 conc

### Middle Eastern Feast

A world of fragrant spices, nuts, honey, warm flat breads, fresh herbs, vegetable purees and aromatic sweets, the food from the Middle East is truly magical. Learn to cook a simple and delicious feast using seasonal produce.

**Tutor** Sandie Hernandez  
**Saturday 22 November** 10am – 1pm \$40/\$30 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  
**Wednesday** 3.45pm – 4.45pm \$8/\$5(conc)

### 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](mailto:kwgp@vicnet.net.au), otherwise keep an eye out in your child's school newsletter.

**Wednesday 9 July and Wednesday 24 September**

## environmental workshops

### Solar Energy

What are the options? This workshop will provide you with answers to all your questions including cost, government rebates and types of products available.

**Presenter** (CERES)  
**Saturday 2 August** 2pm-4pm No Cost

### Ethical Shopping

Come along and hear about sustainable and ethical purchasing practices for the everyday consumer. This workshop may well change your purchasing habits by providing information on products, companies, issues and alternatives to assist in making better choices. A trip to the local supermarket will be part of this workshop followed by a light meal from the purchases.

**Presenter** Nick Ray (Ethical Consumer Group)  
**Saturday 29 November** 2pm – 4.30pm No Cost



## 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

**Monday or Tuesday** 7pm – 9pm \$8 per class

### Painting & Drawing

Learn a range of creative art techniques suited to your personal preferences. A chance to explore and discover your artistic talents in a relaxed and informal setting. Veronica has a fine arts background and many years of experience.

**Tutor** Veronica Passmore

**Wednesday** 1pm - 3pm \$15/\$10 (conc)

Initial materials supplied.

### 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)

**Wednesday** (1<sup>st</sup> of month) **2 July, 6 August, 3 September, 1 October, 5 November, 3 December** 10am – 12 noon

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

### 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.

## the arts workshops

### Introduction to Sewing

This workshops will teach some basic sewing techniques using both hand-stitching and machine sewing. Learn how to mend holes, stitch hems and make basic alterations. All materials provided.

**Tutor** Andrea Main

**Saturday 8 November** 2pm - 4.30pm \$30/\$15 (conc)

## for seniors

### Introduction to Email

This course will teach you how to keep in touch easily with family and friends, particularly those that live interstate or overseas, via email. It will also cover internet searches, email attachments and setting up an email account.

**Tutor** Basil Theophilos

**Fridays** 18 July – 8 August 1.30pm-3.30pm \$15 for course

### Digital Photography Basics

This five week course will teach you how to transfer photos from your camera to your computer, compose better pictures, editing, manipulation and printing of photos.

**Tutor** Garth Richards

**Saturdays** 8 November – 6 December 2pm – 4pm  
\$20 for course



## adult education

### Introduction to Computer & Internet

**Term 3: 25 July – 12 September**

**Term 4: 17 October – 5 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.

**Friday** 10am - 12.30pm

\$80/\$55 (conc)

### Computers Level 2

**Term 3: 21 July – 8 September**

**Term 4: 13 October – 1 December**

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 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)

### 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 per session

### ESL in The Community

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

**Tuesday & Thursdays**

1.00pm – 3.30pm

\$1.37 per class hour or \$14 per term (conc)

### Preparation for Australian Citizenship

**13 October – 8 December**

Understand the system of Government in Australia and learn about Australian history and customs. Prepare for Australian citizenship.

**Mondays** 1pm – 3pm

No cost



## 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** Cathy Connop  
**Friday** 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. Sun Style is suitable for all, including older practitioners, and especially those with arthritis, diabetes and back pain.

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

### Walking Group

Come and join this new walking group and explore Kensington and its surrounds. Great exercise. Suitable for all ages and abilities. Prams and dogs on lead welcome.

**Wednesday** 9.30am-10.30am No cost

## 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.

## 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 1 ½ hour session. No artistic skills 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 in a supportive environment to map your future goals and to undertake the actions to reach them. Sessions are consecutive.

**Coach** Kealy Smith

**Thursdays: 16, 23, 30 October, 6 November**

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  
(Qualified Reflexology Practitioner)

**Saturdays** (3<sup>rd</sup> of month): **19 July, 16 August, 20 September, 18 October,**

**15 November** 2pm - 5pm by appointment  
1 hour: \$40/\$25 (conc) 1/2 hour: \$25/\$15 (conc)

### Self Exploration Using the Arts

In a small group setting explore different themes and life issues over 4 weeks. A range of art processes will be used depending on choice i.e. painting, clay, sand-tray, drama, movement, journaling. Work with others to find a new perspective or depth the one you have. No artistic skills needed and all art materials supplied.

**Tuesdays** 7pm - 9pm \$80/\$40 (conc) for course

## personal development & well-being workshops

### Healing Meditation with Jill Snowdon

These sessions provide an opportunity for people to gather together in a small group for guided meditation practice focusing on mindfulness.

\$60/\$30 (conc) per session

- Introduction to Healing Meditation**

These sessions introduce participants to meditation practice and its importance in embracing being their own healers. No experience of meditation required.

**Saturday 9 August** 2pm - 5pm

**Saturday 11 October** 2pm - 5pm

- Community Meditation Sessions**

These sessions provide opportunities for people with some experience of meditation to gather together for guided meditation practice.

**Saturday 13 September** 2pm - 5pm

**Saturday 8 November** 2pm - 5pm

**Saturday 13 December**

### Successful Job Interviews

This workshop will cover everything you need to know when applying for a job. It covers letter and resume writing, key selection criteria and job interview skills.

**Tutor** Sam Harrison  
(Employment Training Consultant)

**Saturday 26 July** 9am - 1pm \$60/\$30 (conc)

## 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 morning tea 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)