

for children

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 8 July and 23 September 2009

childcare

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

Cost \$20 (full) / \$10 (conc) / \$6 (if parent/guardian is attending an ACFE funded class at the House and is concession eligible)

community

Cultural Awareness 2

Getting the Message Across and Effective Presentations

A workshop to explore ways of presenting information to people from culturally and linguistically diverse (CALD) backgrounds. Useful for practitioners who present information to people from CALD backgrounds: teachers, community workers, community agency staff and for anyone interested in cross-cultural communication.

Facilitator Sandra McCarthy

Monday 31 August 1pm – 3pm

No Cost

Teaching ESL Learners

A professional development session for teachers, tutors and trainers to look at:

- modifying written and spoken information
- checking for understanding
- using models and giving feedback
- deciding on resources

Develop techniques to make information more manageable for students.

Facilitator Sandra McCarthy

Friday 7 August 1pm – 3pm

No Cost

community

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.

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 Education and Early Childhood Development
- Department of Planning and Community Development
- 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 Monday to Friday

Email: kwgp@vicnet.net.au

ABN: 74 489 791 023

Enrolment details

- Full term fees to be paid in advance where possible
- 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.



Kensington Neighbourhood House
89 McCracken Street, Kensington



Activities & Courses 2009

Term 3

13 July - 18 September

Term 4

5 October - 18 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

social groups

Book Group

Join this new book group at the Kensington Neighbourhood House. Participants will take turns in choosing books for the group. The first book for discussion will be *A Curious Incident of a Dog in the Night* by Mark Haddon, so register your interest and start reading now.

Monday 3rd August 7pm - 9pm
(Future dates will be set by the group.)

No cost

certificate III in children's services

Certificate III in Children's Services CHC30402

Commences 13 July 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.

computers

Introduction to Computer & Internet

Term 3: 24 July - 11 September

Term 4: 16 October - 4 December

An eight 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

Cost \$80 / \$55 (conc)

Computers Level 2

Term 3: 20 July - 7 September

Term 4: 12 October - 30 November

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

Cost \$80 / \$55 (conc)

english classes

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 10.00am - 11.30pm

Cost \$3 per class

English as a Second Language (Basic)

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

Tuesdays & Thursdays 9.30am - 12.30pm

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



English as a Second Language (Intermediate)

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

Tuesday & Thursdays 1.00pm - 3.30pm

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

ESL Reading and Writing

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

Fridays 10am - 12pm

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

Beginning English

English right from the start. If you know someone who has little or no English language tell them they can start to speak, read and write in a small group of learners. Suitable for older people who have no chance to practise English. Ring for an assessment

Mondays 1pm - 3pm

Cost \$5 / \$3 (conc) per class

environmental workshops

Growing 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!

Facilitator Bronwyn Riddell

Saturday 1st August 2pm - 4pm

No cost

Sustainable Living for Renters

Learn what you can do as a renter to make changes at home which will make it more comfortable, save money and reduce your environmental impact.

Facilitator ATA - Alternative Technology Association

Saturday 22nd August 2pm - 4pm

No cost

Reducing your Ecological Footprint

How much does your lifestyle impact on the environment? Learn simple and cost effective ways you can reduce your ecological footprint.

Facilitator Bronwyn Riddell

Saturday 14 November 2pm - 4pm

No cost

for 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

Term Rate \$64 / \$40

Casual Rate \$8 / \$5 (conc) per class

Kids Only! Come and Learn to Sew

Bring your sewing machine and learn how to use it by sewing a simple project over the term. A materials list will be given after enrolment.

Tutor Meg Dunley

Tuesday 3.45pm - 5pm

Term Rate \$64 / \$40

Casual Rate \$8 / \$5 (conc) per class

health & wellbeing

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 12.30 – 1.30pm and/or **Wednesday** 6 – 7pm

Term Rate \$64 / \$40

Casual Rate \$8 / \$5 (conc) 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 10am – 11am

No cost

Reflexology

Reflexology is a type of massage that works by applying pressure to reflexes and pressure points on the feet or hands, which relate to different parts of the body. Reflexology can help to reduce tension and sometimes reduce symptoms of illness.

Practitioner Jill Snowdon (Qualified Reflexology Practitioner)

Saturday 18 July, 15 August, 19 September, 17 October,

and **21 November** 1.30pm – 5.30pm by appointment

1 hour: \$40/\$25 (conc)

1/2 hour: \$25/\$15 (conc)

Art for Wellbeing and Self Discovery (Individual Sessions)

In a safe and non-judgmental space you are invited to explore and discover your creative self, through the arts. This might include experiences such as drawing, painting, collage, clay, poetry and storytelling.

Facilitator Veronica Passmore

Veronica believes that the arts are a gateway to our beings, and that in using the arts we can become closer to the worlds that we live in and come to understand them with more clarity.

Wednesday 10am – 12pm by appointment

1 hour: \$50 / \$40 (conc)

Art for Wellbeing and Self Discovery (Group Sessions)

As part of a small group you are invited to explore and discover creative self through the arts. No artistic skills required.

Facilitator Veronica Passmore

Wednesday (3rd of month) 15 July, 19 August, 16 September,

21 October, 18 November, 16 December 10am – 12pm

2 hour session: \$30 / \$20 (conc)

the arts

Wood & Simple Carpentry

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. Work with a range of tools (both hand and powered) and materials. All tools and materials provided.

Tutor Neil Benham

(Carpenter & Certificate IV and Dip. Ed In Technology)

Tuesdays 5pm – 6.30pm

Term Rate \$80 / \$40 (conc)

Casual Rate \$10 / \$5 (conc) per class

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, Tuesday or Wednesday 7pm – 9pm

Term Rate \$96 / \$64 (conc)

Casual Rate \$12 / \$8 (conc) 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

Term Rate \$120 / \$80 (conc)

Casual Rate \$15 / \$10 per class

Crochet

Learn how to crochet. This weekly class for beginners will take you step by step from the basic chain stitch through to making granny squares. Initial materials and hooks supplied.

Tutor Fiona Burnes

Monday 7pm – 9pm

Term Rate \$96 / \$64 (conc)

Casual Rate \$12 / \$8 (conc) per class



the arts

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 (1st of month) 5 August, 2 September, 7 October, 4 November, 2 December 10am – 12 noon

Term Rate \$60 / \$40 (conc) - (5 sessions)

Casual Rate \$15 / \$10 per class

Learn to Sew

Term 3 - Beginners

Term 4 - Intermediate

Come and make a basic garment. This is for beginners and for those who have not sewn for a very long time and would like to relearn the basic skills of sewing. BYO machine and sewing kit (a list will be given after enrolment).

Tutor Meg Dunley

Tuesday 1pm – 3pm or **Thursday** 7pm – 9pm

Term Rate \$120 / \$80 (conc)

Casual Rate \$15 / \$10 per class

the arts workshops

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 24 October 10am – 4pm (BYO lunch)

Cost \$50 / \$30 (conc)

UFO Workshops

Bring your **UnFinished Object** and stuck sewing projects and work on them in a creative environment.

Tutor Meg Dunley

Saturday 25 July, 29 August, 7 Nov and 5 Dec 2pm – 4pm

Cost \$15 / \$10 (conc) per session

Basic Mending

This workshop will teach you everyday basic sewing tasks such as mending a hem, sewing on a button and darning socks. Bring items from home that need mending.

Tutor Meg Dunley

Saturday 5 September 2.30pm – 4pm

Cost \$10 / \$8 (conc)

the arts workshops

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 Julie Bilby

Saturday 21 November 1pm - 4pm

Cost \$30 / \$15 (conc)

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 Julie Bilby

Saturday 17 October 1pm - 4pm

Cost \$30 / \$15 (conc)



food and wine

Wine Appreciation Palate Training Session

During this two hour tutored wine appreciation session you will taste six different wines (three whites and three reds). This is a great chance to try some premium wines, learn some background information to them whilst learning the art of wine appreciation. Gill has been running wine courses in Australia and the UK for the last seven years and is a qualified Sommelier. This session is heavily discounted especially for the good people of Kensington!

Tutor Gill Sykes

Sunday 18 October 2pm - 4pm

Cost \$30 / \$15 conc

food and wine

Beer Appreciation

The workshop will include the tasting of six styles of beer, such as a Bohemian Pilsner, a German Wheat Beer, a Belgian Trappist Beer, a Stout and a Pale Ale. As in wine tasting, aroma, appearance and flavour are the key to judging the quality of the beer. Shelley is a recognized BJCP Judge (Beer Judging Certification Program) and has judged at numerous state and regional home brewing competitions.

Tutor Shelley Hosking

Saturday 28 November 2pm - 4pm

Cost \$30 / \$15 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

Sunday 20 September 10am - 1pm

Cost \$40/\$30 conc

Mexican Cooking

Discover the beautiful traditional cooking of this culturally rich and diverse country. Deep red smoked chiles, pure cacao, maize plus squashes, corn, beans, tomatoes all combine in various ways to create exotic, unusual dishes.

Tutor Sandie Hernandez

Saturday 14 November 10am - 1pm

Cost \$40/\$30 conc

Spanish Cooking

Experience the earthy and delicious dishes of Spain using chickpeas, saffron, smoked paprika, fresh herbs & garlic - essential ingredients in the Spanish kitchen. Learn to prepare traditional regional dishes with these basic ingredients and more.

Tutor Sandie Hernandez

Saturday 26 September 10am - 1pm

Cost \$40/\$30 conc

Greek Cooking

Simple, vibrant and delicious, Greek cooking is bursting with the flavours of the Eastern Mediterranean. Lemon, oregano, honey, tomatoes and garlic all enjoy a place in this lovely cuisine. Learn to prepare traditional dishes with these ingredients and more...

Tutor Sandie Hernandez

Saturday 19 September 10am - 1pm

Cost \$40/\$30 conc

social groups

Vietnamese/Indochinese Elderly Group

The group meets every fortnight on a Thursday. Information sessions with guest speakers and a meal alternate with a trip outside Melbourne every six weeks. Bookings are essential for meetings and outings for catering purposes and buses. Fees are kept to a minimum. A detailed program is available from the House.

Fortnightly Thursday 10am-12pm (Except for outings)



Wednesday Social Group

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

Wednesday 1pm - 3pm (Except for outings)

Lunches \$5

Bus Trips \$5 plus entry or lunch costs

Everyday Philosophy Supper Club

Come along and join in an informal philosophical discussion on topics themed around everyday occurrences: How do I make decisions? How can I be happy? What is ethics? How can philosophy help me handle conflict?

Margaret is currently researching ethics in higher education but is also interested in philosophy in every day lives.

Facilitator Margaret Purdey

Tuesdays (2nd of month) **11 August, 8 September, 13 October, 10 November, 8 December** 7pm - 9pm

Cost \$4 / \$3 conc (includes supper)

Playgroup

This playgroup is open to all newcomers. Suitable for babies, toddlers and pre-schoolers. Parent or guardian must stay and supervise their own child/children. Great way to make new friends in your local community.

Monday 3pm - 5pm

Cost \$1 per session