

community

Cultural Awareness: Do you mean what I mean?

A workshop that looks at strategies for communicating effectively with people from diverse cultural backgrounds.

- Cross Cultural Communities
- Working with interpreters
- Understanding difference

Useful for agencies, service providers and community groups and anyone interested in learning about different cultures.

Facilitator Sandra McCarthy

Monday 16th March 1pm - 3pm

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. During term 1 a Community Kitchen will be trialled plus other activities offered.

This project is being jointly facilitated by the Kensington Neighbourhood House, Urban Communities, Doula Galla Community Health Services, AMES and ACFE.

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



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.

certificate III in children's services

Certificate III in Children's Services CHC30402

Two courses in 2009

February 2009

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.

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 1

28 January - 3 April

Term 2

20 April - 26 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

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computers

Introduction to Computer & Internet

Term 1: 13 February - 3 April

Term 2: 1 May - 19 June

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 1: 9 February - 30 March

Term 2: 27 April - 15 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

Cost \$80 / \$55 (conc)

Introduction to Email

This four week 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 6th - 27th March 1.30pm - 3.30pm

Cost \$30 / \$15 conc

Introduction to Publisher

This workshop will give you an overview of Microsoft Publisher and its features.

Tutor Peter Rooke

Saturday 4 April 10am - 2.30pm

Cost \$15 / \$10 conc

Introduction to PowerPoint

This workshop will give you an overview of Microsoft PowerPoint and its features.

Tutor Peter Rooke

Saturday 9 May 10am - 2.30pm

Cost \$15 / \$10 conc

Can We Help?

Do you ever need help with filling out forms or performing a particular task on the computer? If so drop in and one of our staff will be able to assist.

Mondays 1pm—3pm

No cost

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 10.30am – 12.00pm

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

\$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

\$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

\$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

Tuesdays 10am – 12pm

\$5 / \$3 (conc) per week

environmental workshops

Water Wise Gardens

Become more water wise in your garden. You will learn how to create a luscious oasis that is both water efficient, pleasing to the eye and a welcome haven to native birds and insects.

Facilitator Justin Calverley, CERES

Saturday 30th May 2pm - 4pm

No cost

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)

Childcare for Pre-Schoolers

This session is for children aged 3 years and above. A range of tailored indoor and outdoor activities and play will be on offer to cater for this particular age group. Children bring own snack. No shared food. Anaphylactic aware and trained service.

Tuesdays 1.30pm - 3.30pm

Cost \$14 (full) / \$7 (conc) / \$4 (if parent/guardian is attending an ACFE funded class at the House and is concession eligible)

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

\$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, otherwise keep an eye out in your child's school newsletter.

Wednesday 8 April and Wednesday 1 July 2009

health & fitness

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.

Instructor Cathy Connop

Friday 11am – 12pm

Term Rate \$40

Casual Rate \$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 12.30 – 1.30pm and/or **Wednesday** 6 – 7pm

Term Rate \$58 / \$36 (conc) - Tues (Term 1)

\$64 / \$40 (conc) - Tues (Term 2) & Wednesdays

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 9.30am-10.30am

No cost

personal development & wellbeing

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 21 February and 16 May

1.30pm – 5.30pm by appointment

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

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

Introduction to Reflexology Workshop

This session provides an opportunity for participants to be introduced to some basic reflexology techniques which they can use to assist family and friends to reduce body tension.

Facilitator Jill Snowdon (Qualified Reflexology Practitioner)

Saturday 18 April 2pm – 5pm

Cost \$60 / \$30 (conc)

personal development & wellbeing

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) **18 February, 18 March, 15 April, 20 May, 17 June, 15 July** 10am – 12pm

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

Community Meditation Gatherings

These sessions provide an opportunity for participants to gather together for guided meditation focusing on mindfulness.

Facilitator Jill Snowdon

Saturday 21 March and 20 June 2pm – 5pm

Cost \$60 / \$30 (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)

Thursdays 5pm - 6.30pm

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

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

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

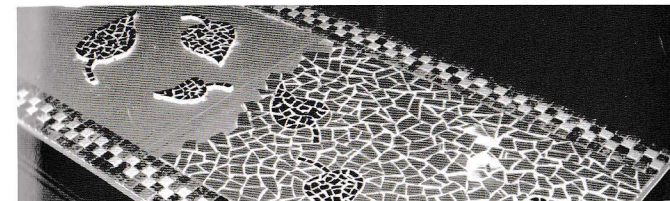
Term Rate \$76 / \$51 (conc) - Monday (Term 1)

\$86 / \$58 (conc) - Monday (Term 2)

\$86 / \$58 (conc) - Tuesday (Term 2)

\$96 / \$64 (conc) - Tuesday (Term 2)

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

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) **4 February, 4 March, 1 April, 6 May, 3 June, 1 July** 10am – 12 noon

Term Rate \$72 / \$48 (conc) - (6 sessions)

Casual Rate \$15 / \$10 per class

Art and Craft

Work on a different craft project each week. This class will cover such things as card making, pot painting, stencilling, scrap booking plus more. Materials supplied.

Tutor Ann Hood

Monday 1pm – 2.30pm

Term Rate \$76 / \$51 (conc) - Term 1

\$86 / \$58 (conc) - Term 2

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

the arts

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

Tuesday 7pm – 9pm

Term Rate \$76 / \$51 (conc) - Term 1

\$86 / \$58 (conc) - Term 2

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

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 March 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 16 May 1pm – 4pm

Cost \$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 16 May 10am – 4pm (BYO lunch)

Cost \$50 / \$30 (conc) per session

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.

Tutor Andrea Main

Saturday 13 June 10am – 2pm

Cost \$45 / \$20

food and wine

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 14 February 10am – 1pm

Cost \$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 28 February 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

Sunday 3 May 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 9 May 10am – 1pm

Cost \$40/\$30 conc

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 5 March 2pm – 4pm

Cost \$30 / \$15 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) **10 February, 10 March, 14 April,**

12 May, 9 June 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