

environmental workshops

Eco Crafting 101

This workshop teaches you mending skills through the traditional craft of darning and demonstrates how you can make useful household items using materials which would otherwise end up in landfill.

Presenter Cate Lawrence, Green Renters

Saturday 22nd October 3pm – 4.30pm

Entry by donation

health & wellbeing

Group Meditation

Meditation is a simple and powerful tool that can make tangible positive differences in your life. Through these seven and 14 week courses you will explore various forms, techniques and tools of meditation that will assist you in finding better health and wellbeing on your path to peacefulness.

Instructor Jacqui van Heerden

Mondays 3.30pm - 4.30pm or **Wednesdays** 7pm – 8pm

7 week course: Starts July (for beginners and existing practitioners)

Cost \$70 / \$50 (conc)

14 week course: Starts September (for existing practitioners)

Cost \$140 / \$100 (conc)

Ladies Only Exercise Group

Sessions offer a variety of cardio work (with some boxing to get rid of that extra tension!) and strength and conditioning work using hand weights and swiss balls to get you toned and terrific. Sessions are held either at the Neighbourhood House or JJ Holland Park depending on the weather. Bookings and enquiries can be made by telephoning Samantha on 0406 066 106.

Instructor Samantha Flanagan

Wednesday 6.30pm-7.30pm and **Saturday** 8am - 9am

Cost \$12 / \$10 (per session)

local history

How to Tell the Story of your House

This two part workshop will provide you with the tools and know how to research and record the history of your House, using a variety of on-line resources. Suitable for students and adults.

Facilitators Sheila Byard and others

Saturday 27 August and 3 September April 10am - 1pm

Cost \$20 / \$10 (conc)

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 Human Services
- 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 – 5.00pm Monday to Thursday
9.00am – 4pm Fridays

Email: kwgp@vicnet.net.au

Website: www.kensingtonneighbourhoodhouse.com

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) and Skills Victoria funded courses comply with the Ministerial policy on fees and charges.



Kensington Neighbourhood House
89 McCracken Street, Kensington



Activities & Courses 2011

Term 3

18 July - 23 September

Term 4

10 October - 16 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**

www.kensingtonneighbourhoodhouse.com

for pre-schoolers

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)

CCK Playgroup

Come and join us for fun and friendship each Tuesday during school terms. All babies and pre-school children with their carers welcome. Bring a piece of fruit to share for morning tea. Tea and coffee provided. For further information contact Suzanne Anderson on 0403 914 545 or suzanneanders@hotmail.com

Tuesdays 10am – 11.30am

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. We are now offering two classes to choose from dependant on your child's age.

Tutor Veronica Passmore

Wednesday 3.45pm – 4.45pm (for 6-8 year olds)

5pm – 6pm (9 – 12 year olds)

Cost \$70 / \$50 (conc)

Kids in the Kitchen

Learn to prepare simple and delicious recipes each week. Suitable for children aged 8 and up.

Tutor Frances McInerney

Thursdays 3.45pm – 5pm

Cost \$95 / \$55 (conc)

School Holiday Activities

The Kensington Neighbourhood House is running two days of school holiday activities each term break. A full program of activities will be available two weeks prior to the date. 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 6 July and Thursday 7 July

Wednesday 28 September and Thursday 29 September

for children

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. Some machines are available for those that don't have one. Suitable for children aged 10 and up.

Tutor Alison Dew

Mondays 3.45pm – 5pm

Cost \$95 / \$55 (conc)



environmental workshops

Shopping with a Conscience

This presentation is designed to introduce the everyday consumer to sustainable and ethical purchasing practices. Get information on products, companies, issues and alternatives that can help you make better shopping choices.

Presenter Nick Ray, Ethical Consumer Group

Saturday 10th September 3pm – 4pm

Entry by donation

Green Cleaning

Reduce the amount of toxic products and chemicals in your home by using some DIY alternatives. This is a fun interactive workshop. You'll be given the chance to make some cleaning products to take home.

Presenter Cate Lawrence, Green Renters

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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. 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.

Tutor Ann Hood
Monday or Tuesday 7pm – 9pm
Cost \$125 / \$80 (conc)



Creative Writing

An exciting introduction to the potential of writing for yourself and others. Explore a different aspect of writing on the first Wednesday of each month including, character, story and dialogue. Work on your own pieces of writing in a structured and supportive environment.

Tutor Emilie Collyer (Dip Prof Editing & Writing)
Wednesday 10am-12pm **3 August, 7 September, 5 October, 2 November, 7 December**
Wednesday 7pm - 9pm **20 July, 17 August, 21 September, 19 October, 16 November**
Cost \$15 / \$10 per session

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
Cost \$140 / \$90 (conc)

Learn to Sew

Learn pattern making, dress making and how to re-fashion garments. 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 machine sewing.

Tutor Alison Dew
Thursday 7pm - 9pm
Cost \$150 / \$100 (conc)

the arts

Kensington Community Choir - 'KenSingers'

'KenSingers' is a no-audition choir open to all ages and all abilities. We're a small, but growing, group of locals who enjoy the laughter and camaraderie of singing in a group. We love to perform, and will experiment with any type of music including classical, aboriginal, world music, gospel, and Australian. **Wednesdays** 8pm - 9.30pm
Cost \$2 per session (for photocopying & tea/coffee)
Contacts Laura Sheridan (choir leader) 0404889613 or laus.sheridan@gmail.com, Kym Raverty (secretary) raverty.kymray@gmail.com or contact the House.

arts workshops

Tote Bags

This workshop will teach you the basics of machine sewing whilst creating a lined tote bag. BYO 1m of cotton drill fabric or 2 x 50cm pieces of contrasting fabric and thread. Equipment and other materials will be supplied.

Tutor Jan Wonnocott from Onabee
Saturday 6th August 2pm – 5pm
Cost \$30 / \$15 (conc)

Advent Calendars

Make your own advent calendar ready to stuff with goodies for the weeks ahead. Bring your own materials – a materials list will be supplied upon booking.

Tutor Jan Wonnocott from Onabee
Saturday 5th & 12th November 2pm – 5pm
Cost \$40 / \$30 (conc)

(The Kensington Neighbourhood House is a proud partner of Onabee at 200 Bellair Street, Kensington. For details of their other classes drop into the shop or look online at www.onabee.com.)

cooking workshops

Thai Cooking

In this workshop you will help prepare several dishes using the fresh herbs and spices that are essential in creating the hot, sour, salty and sweet flavours of Thai cooking.

Tutor James Larking
Saturday 27th August 10am – 1pm
Cost \$45 / 30 (conc)

cooking workshops

Indian Cooking

This hands-on workshop will guide you through how to create several simple mouth-watering dishes that have the distinct flavours and aromas of Indian cuisine.

Tutor James Larking
Saturday 22nd October 10am – 1pm
Cost \$45 / \$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)
Cost Lunches - \$5
 Bus trips \$5 plus entry and 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?

Tuesdays (2nd of month) **12 July, 9 August, 13 September, 11 October, 8 November, 13 December** 7pm - 9pm
Cost \$4 / \$3 (conc) (includes supper)

Book and Movie Group

New members are always welcome to join this group at the House. Participants take turns in choosing books and movies for the group and leading the discussion. Ring, email or check our website to find out the latest book, movie and meeting date.

Mondays 7pm - 9pm
No cost

vocational education

Certificate III in Children's Services CHC30708

New course starts 18 July

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.



Victorian Registration & Qualifications Authority



Return to Work

Develop skills and knowledge to improve your employability. Find out what jobs or training would suit you and prepare for your work future. Ring for an enrolment interview.

(22012VIC Certificate I in Vocational Preparation)

Thursdays and Fridays 9.30am - 3.30pm

Our vocational education training programs are delivered with Victorian and Commonwealth Government funding. People with disabilities are encouraged to access funded training.

english classes

Telephone 9376 6366 to arrange an interview

ESL Employability Skills

Learn presentation skills for interviews, features of the Australian workplace, workplace communication skills and teamwork.

Fridays 12.30pm - 2.30pm

Cost \$1.08 per class hour or \$50 (conc)
+ \$10 Amenities and service fee

english classes

Telephone 9376 6366 to arrange an interview

English Steps Two

General English class for pre-intermediate/ intermediate students, helping them to take the next step into further education or employment.

Tuesdays & Thursdays 9.30am - 1.00pm

Cost \$1.08 per class hour or \$50 (conc)
+ \$10 Amenities and service fee

ESL for Day Carers

Improve your writing and spelling skills. Practise report, letter and personal writing. Spell more accurately and understand how to write for further study or employment opportunities.

Fridays 10am - 12.00pm

Cost \$1.08 per class hour or \$50 (conc)
+ \$10 Amenities and service fee

ESL in the Workforce

An evening class to increase your fluency and accuracy in spoken and written English. Improve your English for work and community life.

Tuesdays & Thursdays 6.30pm - 8.30pm

Cost \$1.08 per class hour or \$50 (conc)
+ \$10 Amenities and service fee

Adult Literacy and Basic Education

For adults who speak English as their first language and who need to improve their reading and writing skills.

Tuesday 1.30pm - 3.30pm

Cost \$1.08 per class hour or \$50 (conc)
+ \$10 Amenities and service fee

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.

Mondays 1pm - 2.30pm

Cost \$60 / \$40 (conc) per term

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 10am - 12.00pm

Cost \$60 / \$40 (conc) per term

computers

Introduction to Computer & Internet

Term 3: 29 July - 16 September

Term 4: 21 October - 9 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 / \$50 (conc)
plus \$10 Amenities and service fee

Computers Level 2

Term 3: 25 July - 12 September

Term 4: 17 October - 5 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.

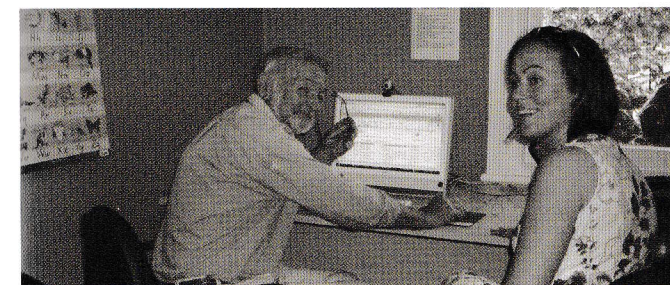
Monday 10am - 12.30pm

Cost \$80 / \$50 (conc)
plus \$10 Amenities and service fee

Broadband Kiosk for Seniors

Broadband for Seniors is part of an Australian Government initiative and aims to provide support to seniors by offering free computer and broadband access and training. If you would like to attend the kiosk please telephone 9376 6366 to book a session with one of our volunteer tutors.

Thursdays & Fridays 10am - 12pm and 1pm - 3pm



Do you want help to fulfil your potential?

Interested in new skills?

Learn Local organisations offer opportunities for everyone ... just around the corner.