### Kensington Neighbourhood House 11 1775



#### The only certainty is change!

This program has been developed to take into account the Covid environment. These courses and activities can be run with social density of four square metres per person and with health and safety processes in place. We have planned with optimism, but of course, it may not be possible to offer all of the courses and activities at the time. We continue to follow all Government regulations and advice and have Covid Safe plans in place for all programs. These symbols let you know the delivery options for each program:







Face-to-face Activity

Online Activity

Usually face-to-face but will move online if required

#### **Vaccination Requirements**

All participants in Kensington Neighbourhood House Programs who are over 16 years old are required to be fully vaccinated against Covid-19 (or hold a medical exemption). The only exceptions to this rule are for essential support services such as the McCracken Street Food Pantry. This information was correct at the time of printing but please check our website or call us on 9376 6366 for the latest updates

#### **Acknowledgement of Country**

In the spirit of reconciliation Kensington Neighbourhood House acknowledges the Traditional Owners, the Wurundjeri and Boon Wurrung people of the Kulin Nation, on whose land we meet, share and work. We pay our respects to Elders past and present and acknowledge that we benefit from the rich teaching and learning that has been taking place on this land for thousands of years.

89 m°cracken st

kensington vic 3031

ph: 9376 6366

kensingtonneighbourhoodhouse.com

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### **Vocational Education**

#### **Service Stars**



Want to work in hospitality or other service industries? Learn about different types of employment. workplace culture and laws and how to find and apply for jobs during this 2 week program. This course is run in partnership with Service Stars Community Jobs Alliance and, when possible, includes paid work at major Melbourne events.

Contact us on 9376 6366 for more details.



### **English for Food Processing Work**

We offer specialist language, literacy and numeracy classes for work. Learn the vocabulary, pronunciation and key concepts needed for work in the food processing sector or to study in this field.

Contact us on 9376 6366 for more details.

### **English Classes**

English courses run for the whole year. Students can enrol at any time by attending an interview with our Community Education Coordinator.

#### **English & Work** Skills - Level 1







General English class for preintermediate students, helping you to take the next step into further education or employment.

**Date** Wednesdays and Thursdays

Time 9.30am-12.30pm Cost \$12.50 per term

(Government funded)

### **English & Work** Skills - Level 2

General English class for intermediate students, helping you to take the next step into further education or employment.

**Date** Mondays and Tuesdays

Time 9.30am-12.30pm

Cost \$12.50 per term (Government funded)

### Reading & Writing for Work

This class focuses on improving your reading and writing for work or further study.

**Date** Tuesdays

Time 9.30am-12.30pm





### **Computers & Internet**

## **Getting Started** with Computers



Digital essentials for beginners, helping you learn or develop your skills for using a computer and the internet.

Date Fridays
Time 10am–2pm

No Cost

### **Internet Café**



Reconnect with family, get MyGov set up, find your digital COVID certificate, do some online shopping or some brain training. Our friendly volunteer can help you with this and more. BYO device or use one of ours. Tea and coffee supplied. If we can't meet in in person we will connect on Zoom and help you set up if you need support.

Date Fridays
Time 1.30–3.30pm
No Cost



### Job Services

#### **#WorkNOW**

This program in partnership with Wingate Avenue Community Centre, and North Melbourne Language & Learning is part of the Victorian Governments Jobs Victoria Employment Service - a major activity to help Victorian jobseekers gain employment. #WorkNOW employs Community Employment Consultants to work closely with employers to identify job opportunities and prepare job seekers for those roles.

#WorkNOW provides services that:

- Assist jobseekers to gain employment
- Actively engage with employers to identify job opportunities
- Offer flexible services designed to meet the needs of jobseekers
- Link to community support services to meet the needs of jobseekers and maximise employment outcomes
- Address gaps in, and complement, existing services, including Commonwealth services

Call us on 9376 6366 for more info

No Cost

### Skills First RECONNECT

Are you interested in updating your skills? Are you looking to study? Are you looking to work?

Our Reconnect Worker provides individual support to find a job, or do a course, that suits your strengths and aspirations.

Eligibility: Unemployed for six months or more. Not engaged in education for six months or more. An AUS or NZ citizen, or holder of a permanent visa OR seeking asylum with Bridging Visa E, SHEV or TPV

Call us on 9376 6366 for more info





### **Helping People**

### Kensington Neighbourhood Heroes

This website posts our current volunteering opportunities plus those from other Kensington organisations.

If you want to be a Kensington Neighbourhood Hero by volunteering in our great community then go to:

kensingtonneighbourhood heroes.com

## **Volunteering Opportunities**

Volunteers play an integral part in several of the House's programs and operations. If you would like to get involved as a volunteer we are regularly looking for help in our various volunteer lead programs, including:

- Family Literacy Program (Mondays 3.30pm – 5.30pm)
- Study Support Program (Mondays or Wednesdays 5.30pm – 7.30pm)
- Community bus driving (various days/times)
- Help with Form Filling (various days/times)
- Conversations over the Front Fence (various days/times)
- Food Share Pantry (various days/times)

Alternatively if you have particular skills to offer, don't hesitate to pick up the phone or drop in for a chat.



"I love volunteering at the house because it means I meet people I wouldn't normally meet during my day to day life. I also live away from my family, and I miss hanging out with my cousins and their kids - the programs I volunteer with make me miss home that little bit less"

- I illi

## Resume Support Program

This is a free program for job seekers who need help in preparing a resume. Participants will work one on one with an experienced volunteer to develop or refine their resume. Telephone 9376 6366 to book an appointment.

No Cost

# Get Help with your Forms and Other Documents

This is a free program for people who need help with filling out forms (Housing Forms, Passport Applications, Centrelink forms etc). Our pool of friendly volunteers are keen to help where they can. Telephone 9376 6366 to book an appointment.





### The Arts



"The art classes have been a beacon of light, which transport me to another place. Because of the art, I never feel bored and it brings me joy"

- Pam



This class will start with the basics of drawing and the use of colour then build to using paints and other mediums. No previous skills or experience required. Participants will need to supply a basic art kit, details of which will be provided upon enrolment.

**Date** Tuesdays Time 1-3pm

**Tutor** Laura Stevenson

has a Diploma of Education and works in the area of community arts. Her personal drawing practice combines her interest in folklore, symbolism and mythology.

Cost Term 1 \$200 / \$150 (conc) Term 2 \$180 / \$135 (conc)

### **Painting & Drawing: Expanding your** Approach to making Art

With an expanded approach to painting and drawing, this program gives you space to discover and refine your own expression, as well as to explore various methods for thinking about and making your personal art works.

**Date** Wednesdays

Time 10.30am-12.30pm

or 1-3pm

#### **Tutor** Rohan Schwartz

is a Naarm-based (Melbourne) artist and educator with a Bachelor of Fine Arts. Honours in Painting from the Victorian College of Arts, as well as a Graduate Diploma of Teaching from the University of Melbourne

Cost Term 1 \$200 / \$150 (conc) Term 2 \$180 / \$135 (conc)

### **VCE Art & Studio Arts Folio Development**



**Date** Mondays Time 6.30-9pm

Tutor Rohan Schwartz

Cost Term 1 \$200 / \$150 (conc) Term 2 \$180 / \$135 (conc)

### Suminagashi



Suminagashi or 'floating ink' is the process of marbling plain paper with water and ink to transform it into something vibrant and colourful. It originated in Japan as early as the 12th century. In this workshop you will practice this technique of floating ink on water to create patterns. It is very relaxing and no experience is necessary. Come and make wrapping paper, cards, or artwork.

Date Saturday 19 March

Time 2.30-5pm

Tutor Rohan Schwartz Cost \$50 / \$30 (conc)





## Watercolours for Beginners

This six week beginner watercolour class is intended to be a relaxing environment, and perfect for students with limited to no watercolour experience. This class aims to teach students basic watercolour techniques step by step.

Date Thursdays 5 May-9 June

(inclusive)

**Time** 6.30–9pm

Tutor Yasaman Dehghan
is an award-wining,
professional artist who
has exhibited her works in
Australia and overseas. She
has taught at Watercolour
Society of Queensland and
her paintings have been
commended for nicely
capturing subject's character,
essence and light

Cost \$150 / \$100 (conc)



"Yasaman is an excellent tutor. Encouraging and very knowledgeable. I'd do this course again!" – 2020 participant

### Watercolour Workshop



Whether you've never painted before, want to brush up on your techniques or want to learn more about watercolour, this is the workshop for you. In this workshop you will learn Yasaman's techniques as she demonstrates and you will be guided to apply those techniques to your work step by step.

Date Saturday 5 March

Time 1-5pm

Tutor Yasaman Dehghan Cost \$65 / \$40 (conc)

### **Stitching Time**

Bring your latest sewing, quilting, knitting, crochet or craft project and enjoy the company of other local crafters while you work. If you don't have a project, our friendly group leaders will provide ideas and some materials to get you started. Sewing machines and basic supplies available. Plus tea, coffee and lots of chat!

Call 9376 6366 for more details.

No Cost

# 'KenSingers' The Kensington Community Choir

Kensingers is a great social outlet for locals to meet, gather and sing to their hearts' content.

Being part of a community is at the heart of everything we do, and singing at community events and settings is part of the choir calendar. Kensingers is a no-audition community choir. Reading music is not a prerequisite. Everyone is welcome.

Date Wednesdays

**Time** 7.30-9pm

**Choir Leader John Howard** 

Cost Term 1 \$100 / \$50 (conc) Term 2 \$90 / \$45 (conc)

### Polymer Clay Dishes



Make your own little oven baked clay dishes using a variety of decorating techniques. Participants will be able to make up to four little dishes each. Have fun playing with colour and design.

Date Saturday 5 March

Time 2-4pm

Tutor Anne Douglas

Cost \$45 / \$25 (conc)

## Knitting & Crochet



Whether you're a complete beginner or know a few basics, our wonderfully versatile teacher Anne will accommodate your learning needs. Initial materials and equipment supplied.

Date Thursdays
Time 6.30–8.30pm
Tutor Anne Douglas

Cost Term 2 \$180 / \$135 (conc)





### Social Groups

### **Vietnamese** & Indochinese **Elders Social Group**

The group meets every fortnight on a Thursday. Meetings include gentle exercise, information sessions with guest speakers and lunch. The group also go on outings throughout the vear. Bookings are essential. Fees are kept to a minimum. A detailed program is available from the House.

**Date** Fortnightly Thursday

Time 10am-12pm

(Except for outings)

Cost \$25 per year

### **Tuesday Movie Social Night**



Come and join us for a night out dinner and a movie every month at the Sun Theatre in Yarraville. Free community transport is available for those living in Flemington and Kensington. Contact the Kensington Neighbourhood House for a detailed program. This program is aimed at older women wanting to socialise in the evening.

**Date** Tuesdays

(occurs once a month)

Time 5-9.30pm

Wednesday

**Social Group** 

Cost \$15 (purchase own dinner)

Enjoy a two course meal and bingo

social group of seniors. The program

available from the house. Bookings

in the company of this friendly

includes lunch outings every 4 -

6 weeks. A detailed program is

### **Book and Movie** Group



Participants take turns in choosing books and movies and leading the discussion. Ring, email or check our website for information on the latest book, movie and meeting date.

**Date** Mondays

14 February, 14 March. 11 April, 9 May, 13 June

Time 7-9pm

No Cost

### Conversations Over the Front **Fence**



This is a new community program where locals are matched with volunteers to have a chat on the phone. It is a chance to meet someone new and share stories. This is a bit like talking to neighbours over the front fence, but over the phone. Participants are matched with a volunteer who will make the calls regularly for a friendly chat, to provide company and check in to see how participants are feeling.

Call 9376 6366 to find out more.

No Cost

## **Threading**



This is a creative and social program taking place on the Kensington Estate on Thursday afternoons. Aimed at residents over 55, this program is an opportunity to learn or practice creative skills such as forming connections and exchanging ideas and stories.

No Cost

## **Stories**

knitting, sewing, craft, painting, while

### Sister Circle

A monthly gathering for African Australian women. The Sister Circle provides the space and time to talk about things that matter in a safe, supportive environment.

Call 9376 6366 for further details No Cost

### **Tuesday Book Group**



Join our casual and chill Kensington Book Group. Details of books chosen each month can be found on our website or you can participate in conversations and find out more by joining the Book Club Facebook Group:

**Kensington Tuesday Book Group** 

Date Tuesday 1 February, 1 March, 5 April, 3 May, 7 June

Time 7-9pm No Cost

**Date** Wednesdays

are essential.

Time 12.45-2.15pm

(Except for outings) Cost Lunches \$8 / Bus trips \$6 plus entry and lunch costs



### Children



## **Creative Arts** for Kids



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

**Date** Tuesdays

Time 3.30–4.15pm 5–8 year olds 4.30–5.30pm 9–12 year olds

Tutor Laura Stevenson

Or

**Date** Wednesdays

Time 3.30–4.15pm 5–8 year olds 4.30–5.30pm 9–12 year olds

Tutor Brenda Sharpe

Cost 5–8 year olds Term 1 \$120 / \$80 (conc) Term 2 \$108 / \$72 (conc)

> 9–12 year olds Term 1 \$150 / \$100 (conc) Term 2 \$135 / \$90 (conc)

## Family Literacy Program



This is a 20 week program that helps children from Foundation to Grade 4 improve their reading. Our pool of trained volunteers work closely with both the child and parent to improve literacy skills as well as gain strategies to use at home to support children with their reading.

It is a requirement of the program that a parent or guardian attend each session with their child.

Date Mondays
Time 3.30-4.30pm

Or

4.30-5.30pm

No Cost

#### **Code Club**



Code Club Australia is a nationwide network of free, volunteer-led, after-school coding clubs for children aged 9-11. Each session children undertake a project that teaches computer programing in a fun interactive way using computer games, animations and websites. This is a 12 month curriculum starting in Term 1. Code Club is about fun, creativity, and learning through exploring.

**Date** Mondays or Wednesdays

Time 3.45-4.45pm

No Cost

### **Study Support**



Volunteers help students from Foundation to Year 12 with numeracy, literacy and general school studies. Get help with your homework, assignments, revision and preparing for tests and exams. Subject specialists (Maths, Sciences, English) available. Bring your own text books and stationery.

#### Call 9376 6366 for further details

Date Mondays and Wednesdays
Time 5.30–7.30pm





### Fur Kids

#### **Basic Manners**



"I went to Basic Manners puppy

class with Nicole and I'm a very

aood airl"

- Rosa, Staffy-cross

Life with dogs is joyful! But only if they are well trained. In this hourlong online workshop, Nicole Beasley of PlanetK9, will teach you a gentle, reward-based training method for getting the best behaviour from your dog or puppy. This session is suitable for family members of all ages. It will include how to teach your dog to greet people (no more jumping up), how to stop your dog pulling on their lead; and reliable recall when off lead. There will also be tips to help stop digging and chewing. Participants can send in specific questions in advance and Nicole will do her best to answer them.

Term 1:

Date Saturday 19 February

Time 10am

Term 2:

Date Thursday 5 May

Time 7pm

**Presenter** Nicole Beasley

is an experienced Behavioural Rehabilitation Trainer. Nicole's life purpose is to empower people to experience loving a dog and to decrease the suffering of dogs

No Cost

### Food

#### Mediterranean **Summer Feast**



Learn how to cool yourself down with food this summer. The Mediterranean diet is one of the healthiest in the world. Join Arzu and learn to cook a delicious Mediterranean summer feast. This workshop will also explain the health benefits of using olive oil, garlic and fresh herbs

Date Sunday 6 February Time 10.30am-1pm Presenter Arzu Yilmaz Cost \$50 / \$30 (conc)

### **Vegetarian** Mediterranean Cooking



Join Arzu to taste something different, simple and healthy, Arzu will teach you 4 yummy dishes in 2 hours and will talk about her experiences as an Istanbul girl. Ingredients, recipes and clear instructions provided.

Date Saturday 7 May Time 2.30am-5pm Presenter Arzu Yilmaz Cost \$50 / \$30 (conc)



"Arzu is one of the great ambassadors for Turkish cooking and culture... Get your friends together and don't miss out on Arzu's teaching and cooking. Highly recommended"





### The Environment

#### **Fermented Foods**



One of the hot topics in food and nutrition circles is fermented food. It's easy to digest and provides a great source of good bacteria. Learn about the benefits associated with fermented food whilst making sauerkraut and kimchi.

Date Saturday 2 April Time 10am-12pm **Presenter** Anne Douglas Cost \$50 / \$30 (conc)

### **Bulgarian Brunch**



Ever wanted to try a Bulgarian style grilled cheese (baked egg and cheese toast)? This is your chance! You will also learn how to make Princess toast (toast with minced pork/beef and herbs), Lutenitsa relish (roast pepper and tomato), and a fresh stewed fruit compote drink.

Date Saturday 19 March Time 10am-1pm

Presenter Sonya Chukovska

Cost \$50 / \$30 (conc)



#### Beeswax **Wraps**



Beeswax wraps are a sustainable alternative to clingwrap and can be used for covering dishes, wrapping sandwiches and just about everything else that clingwrap does. This hands on workshop will show you how easy it is to make them. Participants will get to take home handmade wraps ready for use.

Date Saturday 19 February

Time 10am-12pm **Presenter** Anne Douglas Cost \$45 / \$25 (conc)



"This was really well taught and the teacher was so knowledgeable and friendly. Great to go home with finished wraps ready to use."

- 2020 participant



### Kensington Town Hall Food Share Garden **Compost Hub**

Kensington Town Hall Compost Hub provides space for local residents to compost their organic food scraps, reduce landfill and create compost.

To join go to

facebook.com

/KensingtonCompostHub

and complete the Membership Registration Form.

No Cost

## in McCracken Street

Come and take care of a community garden and access organic, nutrient rich herbs, fruit and vegetables while supporting the environment too! Membership requires participating in working bees held approximately every two months and helping water the garden over the course of the year. Come and help grow more food in Kensington. Currently 16 garden beds and looking to expand into more garden areas across Kensington.

Call to find out more.



### **Health + Wellbeing**

### **Creating Calm**



Come and explore your connection with yourself through gentle, creative processes. Increase your self-awareness, and connect to your inner flow through intuitive mark making, guided exploration, play and letting go of judgment.

This is not an art class dedicated to learning an art technique or developing a 'finished' piece of work. No previous art experience required and all art materials are provided, although you may like to bring a journal for notes (optional).

**Date** Saturdays

Term 1: 12, 19, 26 February and 5 March

Term 2: 7, 14, 21 and 28 May

Time 3.30-5pm

Instructor: Brenda Sharpe
is a lifelong creative with
qualifications in art therapy,
art/design and
training/facilitating. She has
over 10 years experience
delivering art programs in
the community. She connects
people with their inner

creative selves in order to

enhance mood and foster

greater wellbeing

Cost Term 1 \$100/\$50 (conc)

Term 2 \$100/\$50 (conc)

#### **Gentle Movement**

This is a mindful movement class that combines yoga, relaxation and exercise for peace of mind and body. Suitable for people aged 55 and up of all abilities.

Date Mondays

Time 10-11am

**Instructor** Rhonda Weatherby

Cost \$20 per month

#### **Gentle Exercise**

Improve your stamina, strength, flexibility and balance in our low impact gentle exercise class.
Suitable for people aged 55 and up of all abilities.

Date Fridays

Time 10-11am

**Instructor** Samantha Flanagan

Cost \$20 per month



## **Healthy Living** and Learning

Join our weekly program at the Community Hub, 94 Ormond Street, Kensington, aimed at residents. Come along to take away fresh food and groceries or share a healthy meal with others (when possible. We also have gentle exercise classes, tips on healthy eating and creative and gardening activities.

This program is supported by Hotham Mission, Unison Housing and coHealth, 78 Seniors Club and the Kensington Chinese Friendship Group

Date Thursdays
Time 12–2pm

**No Cost** 

# Women's Self Defence Basics & Boxing Workshop

Come and learn boxing moves and practical, basic self-defence techniques in a safe and empowering environment. You will learn various punching techniques that can be used to exercise and also for self-defence.

Date Saturday 26 March

Time 10-11am

Facilitator Samantha Flanagan Cost

\$30 / \$20 (conc)

## **Women Dance** and Celebrate

This monthly movement session brings women together to celebrate movement and being in the body. Explore and learn various circle dances and styles from across the globe. No previous experience required. Come and meet others and enjoy the music.

**Date** Mondays

Time 7-9pm

14 Feb, 21 Mar, 11 April, 9 May, 20 June

Facilitators Bev Wyburn

& Pauline Galvin

No Cost

### **Mother's Day Moves!**

A fun hour of fitness for mums and kids of all ages. Come along to move, laugh and exercise together. Sam will even throw in cupcakes and a cuppa afterwards.

Date Saturday 7 May

Time 10-11am

**Instructor** Samantha Flanagan

Cost \$30 / \$20 (conc) per family group



### **Community Initiatives**



### The Kensington Community Bike workshop

Occurring on the same days as the Kensington Repair Hub the workshops aim to to educate and empower local community members to learn to mend and build their own bicycles, making use of the workshop's tool bank, spare parts library and facilitators training and help. The workshop will run as a supervised workshop space out of a hired shipping container located at the Kensington Town Hall.

### Kensington Repair Hub

The Kensington Neighbourhood House is part of a group of organisations that have established this initiative. Pop up repair hub sessions occur at the Kensington Town Hall on Sundays between 11-3pm on set dates. Bring down items to be repaired such as clothing, jewellery and small wood items, and small electronic goods and computers (when repairers are available).

For more information go to the Kensington Repair Hub Facebook page.

### McCracken Street Food Share Pantry

The concept is simple: give what you can and take what you need. This is a free food pantry for the community. Non-perishable, unopened, items within the expiry date are accepted. Simply place donated items in the pantry. Open 24/7. This pantry has been established with the hope that it will be loved and respected by the Kensington community and become a source of much needed food.

For more information go to the McCracken Street Food Share Pantry Facebook page.

## Reconciliation Action Plan

We are collaborating with Farnham St Neighbourhood Learning Centre (in Flemington) in developing a Reconciliation Action Plan (RAP) that consists of numerous processes and activities. Our aim is to build meaningful, collaborative relationships with First Nations people and our local communities through this work. Get in touch if you would like to work with us or have ideas.

## **Kensington Seed Savers**

Kensington Seed Savers have a Seed Swap and Share at the front of the neighbourhood house. Drop off excess seeds that you have collected from your garden at the Seed Swap. If you are looking for seeds to grow in your garden check what is available in the Seed Swap. Our aim is to collect, share, swap and store seeds from Kensington Gardeners.

For more information go to the Kensington Seed Savers Facebook page.

## **Kensington Farm Collective**

The Kensington Community Farm Collective is a program focused on actively "farming" about 60m of local land available to relocalise and decarbonise our food. A collection of local organisations including Kensington Neighbourhood House are collaborating to share resources, knowledge and skills to bring our food source closer to us. This program is in response to the industrialised, land degradation. chemical pollution and high carbon footprint of our current food system.

Call 9376 6366 for more information.

#### **Community Events**

We run a number of free events throughout the year to celebrate our community. Come and join us to celebrate Cultural Diversity Week in March, National Reconciliation Week in May and Refugee Week in June.



### **About Us**

Kensington Neighbourhood House is a place where people of all abilities, backgrounds and ages come to participate in inclusive social, educational, vocational and recreational programs. Every year we welcome over 1000 people from 70 counties through our doors to connect, learn and create. KNH is a community owned and managed organisation. It has supported the Kensington community since 1975.

#### **Enrolment Details**

- Full term fees to be paid in advance where possible
- Classes may need to be canceled if numbers are insufficient
- Refunds will apply when a class is canceled through insufficient numbers
- Adult & Community Further Education (ACFE) funded courses comply with the Ministerial policy on fees and charges.

#### **Contact Details**

Kensingtonneighbourhoodhouse.com

Phone 9376 6366

Email info@kenhouse.org.au

Office Hours Monday to Friday

9am – 5pm

ABN 74 489 791 023

## **Kensington Neighbourhood House** is funded by

- Department of Education and Training
- Department of Families Fairness and Housing
- City of Melbourne
- Our Users
- Grant Funding

This organisation respects your right to information privacy. Information which we collect and hold on participants is kept in accordance with information privacy laws.









# Kensington Neighbourhood House 1 1975

# 89 m cracken st kensington vic 3031

kensingtonneighbourhoodhouse.com