ACTIVITIES& COURSES

TERMS 1/2

2020



Kensington Neighbourhood House

Acknowledgement of Country

Kensington Neighbourhood House acknowledges the Traditional Owners of the lands on which our centre is situated. We pay our respects to their Elders, past and present, and extend that respect to all Aboriginal and Torres Strait Islander Australians.

89 MCCRACKEN 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.





LANGUAGE CLASSES

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

English and 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 and Work Skills - Level 2

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

(Government funded)

Date Mondays and Tuesdays
Time 9.30am–12.30pm
Cost \$12.50 per term

Reading and Writing for Work

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

Date Tuesdays

Time 9.30am-12.30pm

No cost





English for Chinese Seniors

Build confidence with your English language conversation skills and improve fluency, pronunciation and vocabulary.

Date Tuesdays
Time 1.30–3.30pm

No cost

请来参加免费英语學習班

特为華族长者的您安排機會:

- 建立英语對話 信心
- 增加词汇,改进发音,加强流 利度
- 認識澳洲式生活與探讨事
- 增进與他人来往的信心

學習班将于Kensington

Neighbourhood House星期二下午 两点到四点開课。名额有限,请速来 電: 9376 6366报名。谢谢

Italian for Beginners

CIS (Centre of Italian Studies) has been running Italian classes in Melbourne for 40 years and it is now glad to run Italian classes for beginners at Kensington Neighbourhood House. Our 10 week course will start on Monday 3 February.

Date Mondays
Time 6–7.30pm

Cost \$319 (early bird ends Friday

17 January)

\$349 (standard price)

To book call CIS at

9347 9144

or enrol directly online at cis2.typeform.com/to/v3oDdv?id=xxxxx

For more information go to italian studies.com.au

DIGITAL LITERACY

Seniors Internet Cafe

Reconnect with family, do some online shopping, read newspapers in your own language or grab one of our iPads to do some brain training. Our friendly volunteers will be on hand to help you with this and more. Bring your own device or use one of ours. We'll also supply the tea and coffee if you want to have a cuppa and chat.

Date Fridays
Time 1.30–3.30pm

No Cost

Improve your Xero Knowhow

Do you have trouble keeping up with the changes to Xero? If so, this workshop will help you to get up to speed and optimise your use of Xero. There will also be an opportunity at the end for participants to ask specific questions on Xero's functionality. This workshop is suitable for existing users of Xero.

Date Thursday 7 May

Time 1-3pm

or

Date Tuesday 12 May

Time 6.30-8.30pm

Tutor Bev Wyburn of Bev's Books
Bev is an experienced
bookkeeper and expert Xero
user and trainer

Cost \$50 / \$30 (conc)



SERVICES

#WorkNOW

This program in partnership with Wingate Avenue Community Centre, Farnham St Neighbourhood Learning Centre and North Melbourne Language & Learning is part of the Victorian Government's Jobs Victoria Employment Network, 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:

- Assists jobseekers to gain employment
- Actively engages with employers to identify job opportunities
- Offers 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 information

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.

No cost



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

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:

kensingtonneighbourhoodheroes.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 led programs, including:

- Family Literacy Program Mondays 3.30–5.30pm
- Study Support Program
 Mondays or Wednesdays
 5.30–7.30pm
- Community bus driving Various days/times
- Help with Form Filling 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.



THE ARTS

Painting and Drawing for Beginners

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 \$180 / \$135 (conc) Term 2 \$220 / \$165 (conc)



Painting and 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.

Date Wednesdays
Time 10.30am–12.30pm
or

1–3pm

Tutor Veronica Passmore
Veronica has a BA Hons in
Art, Design and Media and
a Masters in Creative Arts
Therapy

Cost Term 1* \$160 / \$120 (conc) Term 2 \$220 / \$165 (conc) (* no class on 26 February)

Watercolours for Beginners

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

Date Thursdays

7 May-11 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 the
Watercolour Society of
Queensland and her paintings
have been commended for
nicely capturing the subject's
character, essence and light.

Cost \$150 / \$100 (conc)

Watercolours for Intermediates

The intermediate watercolour class is intended to be a relaxing environment, and perfect for students with previous watercolour experience. This class aims to provide series of exercises designed to extend students' understanding at every step. New information will be added progressively so that previous techniques are retained and improved through continuous exercise.

Date Tuesdays

5 May-9 June (inclusive)

Time 6.30-9pm

Tutor Yasaman Dehghan Cost \$150 / \$100 (conc)

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 class for you. In this workshop, Yasaman will demonstrate and guide you through various techniques step by step.

Date Saturday 22 February

Time 1-5pm

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



Creative Writing

An introduction to the potential of writing for yourself and others. Explore a different aspect of writing monthly including character, story and dialogue. Work on your own pieces of writing in a structured and supportive group.

Date Wednesdays

(first of the month)

5 February, 4 March, 1 April,

6 May, 3 June Time 10am–12pm

Tutor Bella Ellwood-Clayton

Bella has been a professional writer for 20 years and has written for newspapers, magazines as well as published short stories, poems and a creative nonfiction book

Cost \$100 / \$75 (conc) per semester

'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 Ruth Kennedy

Cost Term 1 \$81 / \$45 (conc) Term 2 \$99 / \$55 (conc)



Mosaics

Join this fun class and learn how to make beautiful mosaic designs on items of your choice. You will need to source your own materials, but Ann is a great guide for imaginative and inexpensive ways for you to achieve your final product.

Date Thursdays
Time 6.30–8.30pm
Tutor Ann Hood

Cost Term 1 \$180 / \$135 (conc) Term 2 \$220 / \$165 (conc)

Knitting and 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 Term 2 Tuesdays
Time 6.30–8.30pm
Tutor Anne Douglas
Cost \$220 / \$165 (conc)

Women's Storytelling Workshops

This 10 week course will explore ways of telling stories from your family history using treasured mementos or letters from family members. We will explore the stories these family objects hold through a variety of media, including text, movement, sound and objects. The focus will be on fun, creativity and working together to create something new.

No experience necessary, just an interest in working creatively with a group, exploring family stories and bringing some to life.

Date Term 2 Fridays
Time 10.30am–12pm

Tutor Cas Anderson

Cas has 30 years of experience in running workshops and creating performance in community settings. Her sessions facilitate the creation of work based on ideas and stories that are meaningful to participants

Cost \$220 / \$165 (conc)



SOCIAL GROUPS

Basket Making

Learn how to make a small colourful coiled basket using recycled fabric, hand dyed raffia and trim. Using a tapestry needle and simple blanket stitch you can create a beautiful work of art. No experience is required. Materials and equipment are supplied. BYO lunch.

Date Saturday 9 May Time 11am-4pm Tutor Vicki Fowler

Cost \$65 / \$40 (conc)

Japanese Boro

Boro is a traditional Japanese mending technique that was developed to extend the lives of clothes, often over generations. Using this simple hand sewing technique you can create a patchwork of fabric that can be used to make a stunning purse or tote bag. No experience is required. Materials and equipment are supplied.

Date Saturday 14 March Time 2–4.30pm

Tutor Anne Douglas

Cost \$50 / \$30 (conc)

Macramé

Like all good things macrame has made a comeback. Good news for those who are nostalgic or hipsters discovering it for the first time. This workshop will teach you to make your own macramé pot plant holder so you don't have to scour the op shops for an original.

Date Saturday 18 April

Time 2-4pm

Tutor Anne Douglas

Cost \$45 / \$25 (conc)





Vietnamese/ Indochinese Elderly 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 year. 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, Kensington and North
Melbourne. 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

Cost \$7 (purchase own dinner)



Wednesday Social Group

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

Date Wednesdays
Time 12.30–2pm

(Except for outings)

Cost Lunches \$8

Bus trips \$6 plus entry

and lunch costs

Tuesday Book Group

Join this brand new Book Group and help determine its purpose and tone. A facilitated discussion at the February meeting will help shape the format for future meetings. Details of books chosen each month can be found on our website.

Date Tuesdays

4 February, 3 March, 7 April, 5

May, 2 June.

Time 7–9pm

No Cost

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

10 February, 16 March, 20 April, 11 May, 15 June.

Time 7-9pm

No Cost



PRE-SCHOOLERS

Morning Childcare

KNH is a licenced childcare provider. Our sessions cater for a mixed-age group (from 18 months to 5 years) in a homely, caring environment. We provide a range of indoor and outdoor activities and play. Children bring own morning tea snack.

Date Monday, Tuesday & Thursday

Time 9.30am–12.30pm

Date Wednesdays

Time 9am-12pm

Cost \$33

KNH is an approved Child Care Subsidy Provider. Eligible families can claim a fee subsidy.

Three Year Old Childcare Session

This session caters specifically for children aged 3 and above. Age appropriate activities are designed to provide fun and engaging experiences for this group. Children bring own morning tea snack.

Date Fridays

Time 9.15am-1.15pm

Cost \$44

KNH is an approved Child Care Subsidy Provider. Eligible families

can claim a fee subsidy.

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.

Contact Suzanne Anderson on 0403

914 545 or

suzanneanders@hotmail.com

for more information.

Date Tuesdays, during school terms

Time 9.30-11.30am

Venue Christ Church Kensington Hall. 76 McCracken Street

Kensington (behind the church)

No Cost



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 3.45–4.30pm 5–8 year olds 4.45–5.45pm 9–12 year olds

Tutor Laura Stevenson

Date Wednesdays

Time 3.45–4.30pm 5–8 year olds 4.45–5.45pm 9–12 year olds

Tutor Veronica Passmore

Cost 5–8 year olds Term 1 \$108 / \$72 (conc) Term 2 \$132 / \$88 (conc)

> 9–12 year olds Term 1 \$135 / \$90 (conc) Term 2 \$165 / \$110 (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. Code Club is about fun, creativity, and learning through exploring.

Date Mondays, Beginners

Date Wednesdays, Intermediate

Time 3.45-4.45pm

Time 3.45-4.45pm

No Cost

Date Thursdays Time 4–5pm

Tutor Alejandra Giraldo

Cost Term 1 \$108 / \$90 (conc) Term 2 \$132 / \$110 (conc)

Spanish for Niños

classes for children, or niños.

mental flexibility, creativity,

reasoning and problem-solving.

Suitable for children aged 5-12.

Hola, we are now offering Spanish

Learning a language is not only a

great skill to have, it also increases

Study Support

Volunteers help students from Foundation to Year 10 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.

Date Mondays and Wednesdays

Time 5.30-7.30pm

Venue The Hub, 94 Ormond Street

No cost





FOOD

Claymation Workshops

Are you a fan of Wallace and Gromit or Shaun the sheep? Want to know how it's done? Our claymation classes are specially designed for you to learn everything you need to know in a fun, creative environment catering to all skill and experience levels.

Our after school classes are designed as a term long project, with the outcome being a finished claymation short film, approx 3-5 minutes long. Cost includes all materials and students receive a copy of their finished film and can take home their clay creations. We can also organise pickup from Kensington Primary at 3:30 for an additional fee. Recommended for children aged 8 and above.

9 Week Claymation Workshop Bookings and Information:

animachin.com

Date Tuesdays

28 January – 24 March (nine weeks)

21 April – 16 June (nine weeks)

Time 4-5.30pm

Cost \$280 per term

What's your Superpower?

If you could have a super power, what would it be? Would you fly with the birds? Talk to animals? Or would you make people walk backwards? These classes will focus on fun, creativity and working together to create something new. They will explore movement, acting, writing, simple prop making and music. These classes build confidence, communication and social skills and are a terrific emotional outlet. Suitable for children aged 9-12.

Date Thursdays Term 2
Time 3.45–5.15pm

Tutor Cas Anderson

Cost \$220 / \$165 (conc)



Indian Vegetarian Cooking

According to Wikipedia, India has the largest number of vegetarians which explains why they make some of the world's best vegetarian food. In this hands-on workshop Parul will teach you how to make popular dishes such as palak paneer and other accompaniments.

Date Saturday 22 February

Time 3–5pm

Presenter Parul Sen

Cost \$45 / \$25 (conc)

Gozleme and Baklava

With Turkish music in the background Arzu will teach you how to make gozleme and baklava from scratch. It's easier than you think. Turkish coffee will be served to complete the workshop.

Date Saturday 21 March Time 2–4.30pm Presenter Arzu Yilmaz

Cost \$50 / \$30 (conc)

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 9 May
Time 2.30–5pm
Presenter Anne Douglas
Cost \$50 / \$30 (conc)

Introduction to **Bulgarian Cuisine**

Bulgarian cuisine has similarities with other Balkan countries, including Greece and Turkey, but it has its own traditions and some unique twists on familiar dishes. In this workshop you'll learn how to make a traditional cheese and egg filo pie (Banitsa), roast peppers and tomato relish (Lutenitsa) with side salad and dip. You'll also learn about cultural traditions that surround Bulgarian cuisine.

Date Saturday 29 February

Time 2-5pm

Presenter Sonya Chukovska Cost \$60 / \$35 (conc)



THE ENVIRONMENT

Men in the Kitchen

This workshop is for men who want to improve their knowledge and confidence in kitchen. We will cook four delicious dishes in two hours. BYO apron and 4 containers.

Date Saturday 30 May
Time 3–5pm

Presenter Arzu Yilmaz
Cost \$50 / \$30 (conc)

Winter in Bulgaria

Winters are cold and snowy in Bulgaria so dishes served at this time of the year are rich, hearty and delicious. In this workshop you'll learn how to make a Bulgarian Moussaka and traditional accompaniments. Perfect comfort food for you to replicate at home in the Melbourne winter.

Date Saturday 20 June

Time 2-5pm

Presenter Sonya Chukovska Cost \$60 / \$35 (conc)



Food Share Garden in McCracken St

Do you want to be part of a community garden group? 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 the site.

Terrariums

Come to our workshop and join in the terrarium boom without spending a fortune. Get your hands dirty and create your own mini ecosystem whilst learning about plant selection and care. You will leave with you own terrarium and all the know how to make more!

Date Saturday 30 May
Time 3.30–5pm
Presenter Anne Douglas
Cost \$45 / \$25 (conc)

Kensington Town Hall 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



HEALTH + WELLBEING

Introduction to Meditation

Meditation is an ancient practice to energise your body and still the mind. Join us for an eight week course where you will be introduced to a variety of meditation styles from mindfulness to body scans and from breathing to sound meditation along with weekly emails, so you can continue with a practice that resonates with you.

Date Mondays

5 February–25 March and

22 April–10 June Time 6–7pm

Practitioner Mohit Rathi
Cost \$120 / \$90 (conc)

Bollyrobics

Tired of gyms, 10k runs and army-style fitness clubs? Here's an alternative way to get fit. Bollywood aerobics - a fitness-centric dance class with Bollywood dance moves and upbeat Masala music. The dance workout will start with simple yoga warm up and end with cool down for all levels so bring a mat.

Date Wednesdays
Time 7.30–8.30pm

Instructor Mohit Rathi

Cost Term 1 \$153 / \$108 (conc) Term 2 \$187 / \$132 (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 9.30–10.30am

Instructor Samantha Flanagan

Cost \$20 per month

Walking Group

Join this friendly group to explore Kensington and its surrounds. Walks start at the Kensington Neighbourhood House.

Date Tuesdays

Time 10.30-11.30am

No cost

Healthy Living and Learning

Come join our weekly cooking program at the Community Hub, 94 Ormond Street, Kensington, aimed at residents. Come along and share a healthy meal with others. We also have gentle exercise classes, tips on healthy eating, creative and gardening activities.

This program is supported by Hotham Mission, Unison Housing and CoHealth.

Date Thursdays
Time 11.30am-2pm

No cost

Chanting, Singing and Vibration Awareness

Come together once a month to chant and sing. Use your voice to move and stir the body, mind and spirit. Feel the life force flowing, growing and healing in a safe and secure environment. Use a drum or just sing out loud and enjoy. No previous experience required.

Date Mondays

(fourth of the month) 24 February, 23 March, 27 April, 25 May, 22 June

Time 7-9pm

Facilitator Bev Wyburn

No cost

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

(second of the month) 10 February, 16 March, 20 April, 11 May, 15 June

Time 7-9pm

Facilitator Bev Wyburn

No cost

Intro to Kundalini Yoga

It's yoga, but not as you know it. Kundalini yoga develops our inner awareness and creates a path for the smooth flow of energy in the body, enabling us to live a conscious and harmonious life in this hectic age. Incorporating asana (posture), pranayama (breath), mantra (sound) and meditation, kundalini yoga is suitable for all regardless of age, fitness or experience. Come and discover your inner radiance.

Date Saturday 21 March

Time 9-10am

Facilitator Dhyan Adi

Cost \$20 / \$12 (conc)



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EVENTS

Kensington **Community Festival**

The Kensington Neighbourhood House is once again excited to be involved in this year's Festival. The Kensington Community Festival has something for the whole family. There'll be live music, children's activities, food and fun, the Sustainability Expo and lots lots more. Come and celebrate with your family and neighbours.

Date Sunday 29 March Time 10am-4pm

Venue JJ Holland Park, Kensington

No cost



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.

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
- 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

74 489 791 023 ABN

Kensington Neighbourhood House is funded by

- Department of Education and Training
- Department of Health and Human Services
- City of Melbourne
- Our members by donation

This organisation respects your right to information privacy.

Information which we collect and hold on participants is kept in accordance with information privacy laws.









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