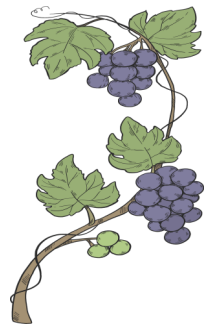




THE GRAPEVINE

Autumn 2023
Term Program
APRIL—JUNE



Wonthaggi Neighbourhood Centre at Mitchell House and the Harvest Centre

is run by a community based Committee of Management. We aim to provide a positive, welcoming environment where you can meet new friends, learn or share skills, ideas and information. If you are interested in being more involved in your Neighbourhood Centre call in and have a chat to the Centre Manager.

For updates follow us on Facebook@WNCatMitchellHouse or visit our website: www.wonthaggineighbourhoodcentre.com.

Contact Details:

Wonthaggi Neighbourhood Centre and Harvest Centre,
Mitchell House, 6 Murray St. Wonthaggi 3995.
Open Mon to Fri 9.30 am - 4.00 pm. Ph: 5672 3731
Email; reception@wonthaggineighbourhoodcentre.com



Serving the local community...

COMMUNITY PANTRY

Our Community Pantry or Free Food Shelf is there to help community members feed themselves and their family. Lots of families and individuals are doing it tough and sometimes need a little hand. Our Free Food Shelf is kindly supported by local supermarkets, garden groups in the region and the generosity of individual community members and volunteers. If you have some spare non-perishable items in your pantry, or you buy a couple of extra cans of food, please feel free to drop them off.



You are invited to come and join us for a communal lunch made from fresh seasonal produce **every Wednesday**. Delicious vegetarian meals prepared by our chef Emma and her helpers are available each week from 12:30 on Wednesdays at Mitchell House, except during school holidays. A gold coin donation if manageable, will be appreciated and help to offset costs.



PLEASE NOTE THAT WE CANNOT CATER FOR SPECIFIC DIETARY REQUIREMENTS

Please book a seat in advance on 56723731 or email: reception@wonthaggineighbourhoodcentre.com

The recent purchase of a freezer through a grant received from the Bass Coast Shire, has enabled the Centre to safely preserve a significant quantity of bread, donated each week by local traders and frozen meals prepared in our own kitchen. The meals and bread are available on request to members of the community in need.

Simply call in to Mitchell House during office hours and ask!



BASS COAST REFUGEE SPONSORSHIP GROUP

Our group supports the new model for Community Sponsorship of Refugees. The Community Sponsorship Program enables members of the community to sponsor refugees, from around the world, helping them rebuild their lives in Australia. Our group is excited to have welcomed a Syrian family to Wonthaggi in November 2022 and will provide friendship and support to this family over the next 12 months. Please show your support by making a donation, joining our Refugee Sponsorship Group, or joining our news-letter mailing list.

Contact our group on bcrsg2021@gmail.com



SUPPORTING COMMUNITY GROUPS:

We want to support grassroots community groups to develop and flourish. We are offering to provide meeting space at WNC, access to Wi-Fi, support with finding funding and grant writing. WNC may be willing to auspice the group if it wants to apply for grants, enter contracts, etc. News about the group's activities will be included in WNC communications. Groups need to be consistent with the mission of WNC. Speak with the Manager if interested in getting further information.

THE WONTHAGGI FOOD COLLECTIVE comprises a local group that buys food in bulk and distributes it at a low mark up to members.

Distribution from the Harvest Centre 11.00 -1.00, 2nd Saturday of each month. Stocklist and other information from Michael Nugent.

Email: WonthaggiCoop@gmail.com Ph. 0416039933



Health and Well-being...

AL-ANON Meet Fri 10:30am - 12:00

AL-ANON helps families and friends of alcoholics, whether partner, child, parent or friend recover from the effects of living with a person whose drinking is a problem. Call Karen 0409 354 038 for more information

NARCOTICS ANONYMOUS

Share your experience of narcotic addiction in a supportive group. Mondays 7:00-8:00pm
Contact Peter for more information:
0456000844

ALCOHOLICS ANONYMOUS is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others achieve sobriety.

AA Saturday Group
11.00 am - 12.30 pm
Call Steve on 0431 700085

LearnShare WEIGHT MANAGEMENT GROUP

Thursday evenings 7:00-8:00pm.
Members: Gold coin, Non-Members: \$6
What is the best weight management tool, accountability? We hold a friendly, informal weekly meeting and discuss how our week has been and provide support to one another. We share our experiences and resources. Email to express your interest: reception@wonthaggineighbourhoodcentre.com

FREE SUPPORTED PLAY GROUPS

Each Monday and Friday during the school terms 10.00 - 11:30am
Facilitated by Bass Coast Health for families with a Health Care Card (or equivalent).

MONDAY GROUP:
Call Cath 0427729695 to enrol.
FRIDAY GROUP:
Call Janine



BASS COAST HOUSING MATTERS: AFFORDABLE HOUSING FOR ALL!

Are you concerned about the housing crisis? Bass Coast Housing Matters, a group auspiced by WNC, is creating local solutions. We meet monthly, and work with and lobby Council, State Government and others for more and better public, social and other affordable housing. We also hold public meetings, have an outreach program, and are looking at more hands-on projects to directly help locals affected by the housing crisis. If you would like to find out more, look us up on Facebook, go to www.housingmattersbasscoast.weebly.com or e-mail us at HousingMattersBC@gmail.com.

YOGA CLASS WITH LINDA:

Come and try the transformative power of YOGA in a safe and supportive space. Linda trained as a yoga teacher in 1978 and has extensive further training in yoga, meditation, philosophy and yoga therapy. She teaches classical yoga including postures (asanas), breathing, (Pranavama), relaxation and meditation (Dharana & Dhyana) aiming to create a wholistic yoga experience of body/mind integration. Please bring a yoga mat and light blanket/shawl.

Tuesday's 10.30 - 11.45am. Except during school holidays and on public holidays.

\$10.00 per class, \$8.00 for WNC Members.

Pre-enrolment is required, please call 5672 3731 or email: reception@wonthaggineighbourhoodcentre.com to obtain enrolment forms.

LearnShare MEDITATION WITH MARION

Meditation: Learning to relax and meditate just requires gentle practice. Join in a small, informal group with Marion Bowes. This lovely weekly practice incorporates guided meditation and visualization to relax and quieten the mind.

Tuesdays during school terms 2.00pm - 4.00pm

M:Gold coin NM:\$6.00

Bookings required: 5672 3731 or email:

reception@wonthaggineighbourhoodcentre.com

SEATED YOGA WITH MAREE

Seated yoga is suitable for all abilities. It can be done seated or standing using the chair for support. Improve flexibility, movement, concentration, strength. Thursdays 2.00 - 3.15 \$10.00

Pre-enrolment is required. Call 5672 3731 or email: reception@wonthaggineighbourhoodcentre.com

Learnshare CIRCLE DANCING:

Wednesdays 2.00 - 3.00 pm

A small group who dance weekly.

Come along and join in and have some fun with others. Members gold coin, Non members \$6

MULTICULTURAL WOMEN'S GROUP

Thursdays 10.00 am - 12.00 noon during school terms. A social group for culturally diverse women in our community, providing friendship and social connection. Members gain self-confidence and a better understanding of their rights and responsibilities as citizens, together with opportunities to develop practical life skills. Members: Gold Coin, Non Members: \$6.00

Connecting and Sharing...

HARVEST CENTRE GARDEN ACTIVITIES GARDEN GROUP

If you're interested in growing your own fresh, healthy food and sharing gardening ideas and skills with others, join the Garden Group's weekly gatherings.

Every Wednesday, 9:30am -12noon
M:Gold Coin NM:\$6.00

LearnShare



LearnShare

SEED & VEGGIE/PRODUCE SWAP

10.00am - 11.00am every Second Saturday of the month at the Harvest Centre. Try new seeds for your veggie garden or swap any excess produce you may have at our monthly swap. No cost for WNC members, non members \$6.00

LearnShare UKULELE GROUP

Thursday's 9.30 am - 12.00 noon M:Gold coin NM:\$6.00 Play the Uke with a group, learn some new tunes and meet some new people. Bookings preferred. Ph. 5672 3731.

LearnShare WRITER'S CAFÉ

Provides a venue for writers of all styles and genres to meet and mix, share writing passions and work on their own projects. In each session there will be a designated quiet time for writing. Feel free to join or leave at any time during the session. Writer's Café will run at Mitchell House on the first Saturday of each month from 1:30 - 4:00 pm

BYO computer or paper & pen. M: Gold Coin NM: \$6.00
Apr 1, May 6, Jun 3



WNC@Mitchell House has joined the **Chatty Café Scheme**.

The scheme aims to help people stay connected to their community by choosing to "Have a Chat" to others in safe comfortable settings.

Designated "Have a Chat" tables will be available at Mitchell House on the first Tuesday each month from 10:30am. "Have a Chat" tables are for everyone, anyone can join in, all are welcome to enjoy the company of others and a friendly chat over a cuppa.



FIXIT CAFE

11.00 AM - 1.00 PM on the third Sunday of the month at the Harvest Centre. The Fixit Cafe aims to Reduce, Recycle, Repair, Restore, Repurpose or Refer. If you have an item to be fixed, that can be carried, drop in and see our fixers. The Fixit Cafe is being run by volunteers and there is no cost but we welcome a donation to cover our costs. We are looking for more tradespeople, handy people, welders, sewers, electricians, mechanics.

We need you! If you have a skill to share, call us and have a chat - 5672 3731.

The Fixit Cafe will be held on these Sundays: Apr 16, May 21, Jun 18

Bookings are essential, please call 5672 3731 or email: reception@wonthagginneighbourhoodcentre.com to book a spot for your repair.

LearnShare

CRAFT & CUPPA GROUP

Fridays 10.00am – 12 noon
M:Gold coin NM:\$6.00

A warm welcome is assured for those attending this weekly group of friendly folk who love their craft and are willing share ideas and their skills with one another.



LearnShare TRADITIONAL SAMPLER QUILT

Mondays 9.30am – 12.30pm

Learn how to make a beautiful 'Sampler Quilt' using basic quilting techniques – hand or machine. First session will cover material required (matching or not), cottons, needles, pattern and you will also view some lovely examples.

Please book. M:Gold coin, NM:\$6.00 per session.

LearnShare CHESS GROUP

Mondays 2:00 pm M:Gold Coin NM:\$6.00

Come and play chess with others, you may pick up a few tips and learn some new skills?

BASS COAST TAC L2P DRIVER EDUCATION PROGRAM



This amazing program helps young people aged 16 – 23 years who have a learners permit but no access to a supervising driver. The young people are matched to trained volunteer mentors to assist them gain their 120 hours of required supervised driving before undertaking their probationary licence test. New mentors are always needed.

For all enquiries, contact the L2P Co-Ordinator: **Melanie Mumford** on 0467590679 (Mondays, Tuesdays and Wednesdays)

Timetable of weekly activities...

		WED	THURS	FRI
		BCH Family daycare (Private) 9:30 - 12:00	Men's Shed - Harvest Centre 9:00 - 3:00	Men's Shed - Harvest Centre 9:00 - 3:00
		Garden Group - Harvest Centre 9:30 - 12:00	Ukulele Group 9:30 - 12:00	Playgroup 9:30 - 1:00
MON	TUES	L2P Program 10:30 - 5:00	Multi-cultural Women's Group 10:00 - 12:00	Craft and Cuppa 10:00 - 12:30
Playgroup 9:30 - 1:00	YOGA with Linda 10:30 - 11:45	Community Lunch 12:30 - 1:30	Seated Yoga 2:00	AlAnon Support 10:30 - 12:00
Quilting Group 9:30 - 12:30	L2P Program 10:30 - 5:00	Circle Dancing 2:00	Weight Management Group 7:00 - 8:00pm	SAT
L2P Program 10:30 - 5:00	Meditation with Marion 2:00 - 4:00			Saturday AA Support Group 11:00 - 12:30
Chess Group 2:00 - 4:00				
Narcotics Anonymous 7:00pm				



MEMBERSHIP:

We encourage everyone to become Members: the annual fee is \$10.00 (individual) and \$15.00 (family). Membership forms are available at the Centre. Members have access to **LearnShare** activities for a gold coin donation and receive a copy of the newsletter via email or post. **Need a space to rent – call us!**

VOLUNTEER OPPORTUNITIES:

Wonthaggi Neighbourhood Centre relies on a team of volunteers to carry out a number of tasks including, working on the front desk answering the phone, providing customer service and general office duties. We have shifts available for 9.30 am - 4.00pm or half day shifts. Come and join a great team and gain experience working in your local community. Call or drop in and speak with the Manager or visit our website and follow the link to 'volunteer-with-us'. Complete the online volunteer application form and we will be in touch with you.

LearnShare - Neighbourhood Houses began in the 1970's with people coming together to share their knowledge and skills with each other at low or no cost in a process we have called LearnShare. LearnShare recognises that throughout our lives whether working with our hands, our head or our heart, we all acquire valuable knowledge and skills. As part of the ongoing process of lifelong learning we can all learn something new or share what we know - through LearnShare. If you would like to share a skill or experience call and let us know.

TO KEEP UP TO DATE BE OUR FACEBOOK 'Friend' @WNCatMitchell House. You can also keep up to date with information in our weekly column in *The Sentinel Times* and tune into 89.1 for South Coast FM's Local Focus Program every Saturday at 1.00pm.

BOOKINGS: All our activities are planned according to availability of our **LearnShare** facilitators and other tutors. Bookings are required for all activities unless specifically stated. We know that sometimes you can enrol for a future activity only to find that as the date nears you have another commitment. In this instance it's important to email and let us know of your cancellation as a number of our activities will only proceed if there are sufficient enrolments and facilitators need to be informed. Your contact details are required to advise of cancellation/postponement of an activity.

COMMUNITY INFORMATION...

POWER SAVINGS BONUS: The Victorian Government has announced a new round of the Power Saving Bonus program commencing on 24 March 2023. From this date, eligible Victorian households will be able to receive a new \$250 payment, including households that received a payment through the previous round. You can access the \$250 bonus by visiting the Victorian Energy Compare website (compare.energy.vic.gov.au) and submitting an application. Wonthaggi Neighbourhood Centre at Mitchell House can assist community members to access the Power Saving Bonus. Find out more at WNC, call in, email: reception@wonthaggi-neighbourhoodcentre.com or call 5672 3731 for appointment.