



**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 chat to the Centre Manager. For updates follow us on Facebook@WNCatMitchellHouse or visit our website: [www.wonthaggi-neighbourhoodcentre.com](http://www.wonthaggi-neighbourhoodcentre.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@wonthaggi-neighbourhoodcentre.com](mailto:reception@wonthaggi-neighbourhoodcentre.com)

**WNC is on the land of the Bunurong Boonwurrung people of the Kulin Nation. We acknowledge and pay our respects to the traditional owners of this land where we gather to learn, work and play. We thank the elders past, present and emerging for their custodianship and their continuing connections to the land, sea and community.**

**Always was, always will be**

**MEMBERSHIP RENEWAL TIME!**

If you've not yet had a chance to renew your WNC membership, fear not! A renewal form is available on the website or from Mitchell House. We ask everyone to renew their membership, your contribution assists the Centre to continue its important work. Annual membership of WNC gives you:

- access to a reduced rate for LearnShare activities
- copies of the Grapevine and Connections newsletter emailed or posted and
- the right to vote at the Annual General Meeting in September.

Your participation as a member is genuinely appreciated.

**FROZEN MEALS & BREAD**

The 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 community members in need. Simply call in to Mitchell House during office hours and ask.



**COMMUNITY PANTRY**

Lots of families and individuals are doing it tough and sometimes need a little hand. Our Community Pantry or Free Food Shelf is there to help community members feed themselves & their family. Our Free Food Shelf is kindly supported by local supermarkets, garden groups in the region and the generosity of individual community members and volunteers. We very much welcome donations of unopened, non-perishable items, so please feel free to buy a couple of extra cans of food when you do your weekly shop and drop them off to Mitchell House



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@wonthaggi-neighbourhoodcentre.com](mailto:reception@wonthaggi-neighbourhoodcentre.com)

**BASS COAST REFUGEE SPONSORSHIP GROUP**

Our group is committed to welcoming and supporting refugees to become part of our local community. We provide support through a Commonwealth Government program: the Community Refugees Integration and Settlement Pilot (CRISP). Our first family arrived nearly 12 months ago and is already feeling part of the community. Their 4 children are going well at school and kinder and parents—Khadija and Lukman—are learning English at BCAL. We are now preparing to welcome a second family. Our work has been generously supported by the community and we trust that this support will continue. People can make financial or material donations, join our Group or subscribe to our newsletter mailing list. Contact us on [bcrrsg2021@gmail.com](mailto:bcrrsg2021@gmail.com)

**NO HATE.  
NO FEAR.  
REFUGEES  
ARE  
WELCOME  
HERE.**

**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](mailto: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: 0456 000 844

**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 700 085

## LearnShare **WEIGHT MANAGEMENT GROUP**

**Tuesday evenings 5:00-6:00pm.**  
Members: \$4, Non-Members: \$6  
What is the best weight management tool, accountability? We hold a friendly, informal weekly meeting, discuss how our week has been and support to one another. We share our experiences and resources. Email to express your interest: [reception@wonthagginneighbourhoodcentre.com](mailto:reception@wonthagginneighbourhoodcentre.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 0427 729 695 to enrol.  
**FRIDAY GROUP:**  
Call Janine 0457 834 960 to enrol

## 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. If you would like to find out more, look us up on Facebook, go to [www.housingmattersbasscoast.weebly.com](http://www.housingmattersbasscoast.weebly.com) or e-mail us at [HousingMattersBC@gmail.com](mailto: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.** During school terms.  
\$10.00 per class, \$8.00 for WNC Members.  
Pre-enrolment is required, please call 5672 3731 or email: [reception@wonthagginneighbourhoodcentre.com](mailto:reception@wonthagginneighbourhoodcentre.com)

## 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**  
**Members:\$4 Non Members:\$6**  
Bookings required: 5672 3731 or email: [reception@wonthagginneighbourhoodcentre.com](mailto:reception@wonthagginneighbourhoodcentre.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@wonthagginneighbourhoodcentre.com](mailto:reception@wonthagginneighbourhoodcentre.com)

## Learnshare **CIRCLE DANCING: Wednesdays 2 - 3.00 pm**

A small group who dance weekly. Come along and join in and have some fun with others.  
Members: \$4, Non members: \$6  
**NOTE: this group is full. Please call 5672 3731 to express interest in getting on the waitlist or discuss other options**

## MULTICULTURAL WOMEN'S GROUP

**Thursdays 11.00 am - 1.00pm** during school terms. A social group for culturally diverse women in our community, providing friendship and social connection. Members gain self-confidence and better understanding of their rights and responsibilities as citizens, together with opportunities to develop practical life skills.  
Members: \$4, Non Members: \$6

## BASS COAST PARKINSONS PEER SUPPORT GROUP

**1.00pm – 2.30pm Friday Oct 13th & Nov 10th**  
Parkinsons is a neurological disorder with a complex range of symptoms unique to each individual. Living with Parkinson's can be extremely isolating and challenging for both individuals and their families. While the Parkinson's journey is a deeply personal experience, it doesn't have to be undertaken alone.  
**To enrol contact:**  
**Fight Parkinsons Vic.**  
**1800 644 189**





# 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:\$4 NM:\$6 **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

## LearnShare UKULELE GROUP

**Thursday's 9.30 am - 12.00 noon** M:\$4 NM:\$6  
Play the Uke with a group, learn some new tunes and meet some new people.  
Bookings preferred. Ph. 5672 3731.

**NEW WAVE GIPPSLAND BASS COAST** is a self advocacy group that is run by and for people with an intellectual disability and acquired brain injury living in the Bass Coas Area. We work together to make sure we have the same rights, choices and opportunities as everyone else in the community. **We meet every second Thursday from 10.00am to 11.30am at Mitchell House (12 & 26 Oct, 9 & 23 Nov, 7 Dec)**

To find out more please contact Paul Drew, Peer Worker for New wave Gippsland Bass Coast phone 0439 425 238. Email: [nwbcpeerworker@gmail.com](mailto:nwbcpeerworker@gmail.com) or you can email the New Wave Gippsland Bass Coast Project Worker at [bclnewwave@gmail.com](mailto:bclnewwave@gmail.com)

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.

## ALOTS Adults Living on the Spectrum Social Group

**1:30 - 2:30pm on the fourth Saturday of each month. (30 Sept)**  
Contact: Kate Harmon 0438730119



Supported by AMAZE - the peak body for Autistic people and their supporters in Victoria

## 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:**  
**15 Oct, 19 Nov—restarts in February 2024**

Bookings are essential, please call 5672 3731 or email: [reception@wonthaggi.neighbourhoodcentre.com](mailto:reception@wonthaggi.neighbourhoodcentre.com) to book a spot for your repair.

## LearnShare

### CRAFT & CUPPA GROUP

**Fridays 10.00am - 12 noon**  
M:\$4 NM:\$6

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 HOW TO MAKE A QUILT FROM START TO FINISH

**Mondays 9.30am - 12.30pm**  
Learn with the best! This group shares their skills and can provide advice and guidance. Bring along your supplies and work on how to make a beautiful Quilt using basic quilting techniques - hand or machine. You will also view some lovely examples. M:\$4, NM:\$6 per session.

## LearnShare CHESS GROUP

**Mondays 2:00 pm**  
M:\$4 NM:\$6

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
MON		BCH Family daycare (Private) 9:30 - 12:00	Men's Shed - Harvest Centre 9:00 - 3:00	Playgroup 9:30 - 1:00
		Garden Group - Harvest Centre 9:30 - 12:00	Ukulele Group 9:30 - 12:00	Craft and Cuppa 10:00 - 12:30
	Playgroup 9:30 - 1:00	L2P Program 10:30 - 5:00	Multi-cultural Women's Group 11:00 - 1:00pm	AlAnon Support 10:30 - 12:00
	Quilting Group 9:30 - 12:30	Community Lunch 12:30 - 1:30	Seated Yoga 2:00-3:00	
	L2P Program 10:30 - 5:00	Circle Dancing 2:00—3.00		SAT
	Chess Group 2:00 - 4:00			
	Narcotics Anonymous 7:00pm			
				Saturday AA Support Group 11:00 - 12:30



## MEMBERSHIP:

We encourage everyone to become Members: the annual fee is \$20.00 (individual) and \$30.00 (family) Concession (\$15, \$20) is available. Membership forms are available at the Centre or download from the website. Members have access to **LearnShare** activities for a reduced rate (\$4.00) and receive a copy of the Grapevine and Connections newsletter via email or post.

## 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.  
**Need a space to rent – call us!**