



Wonthaggi Neighbourhood Centre at Mitchell House 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.wonthaggineighbourhoodcentre.com



WNC Contact Details:

Email: reception@wonthaggineighbourhoodcentre.com

Ph: 5672 3731, Address: 6 Murray St, Wonthaggi 3995.

Mitchell House is open:

Mon to Thur 9.30 am - 4.00 pm, Fri 9.30—1pm, with access to the centre after 1 pm being by prior arrangement only.

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 continuing custodianship. We acknowledge the value, diversity and integrity of the Aboriginal culture that surrounds us.

Always was, always will be



On Wednesdays during school terms, we invite you to join us at 12.30 for a free communal lunch. Every week at Mitchell House, delicious vegetarian meals

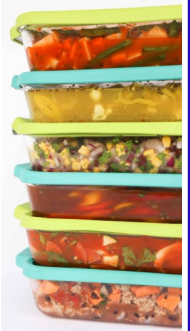
made from fresh & healthy seasonal produce are prepared by our talented chef Emma. To book your seat call 5672 3731 or email us at: reception@wonthaggineighbourhoodcentre.com If possible, we do appreciate a gold coin donation.

Please note we cannot cater to specific dietary requirements.

FROZEN MEALS & BREAD

Whilst we have ceased the front verandah food program, our freezers continue to work overtime storing donated bread as well as the frozen meals we prepare in the Mitchell House kitchen.

Our current food program consists of the weekly, Wednesday, community lunches (during school terms) and our 'take away' frozen meals program. The meals and bread are freely available to those in need. We can also provide you with an up-to-date list of the current food relief agencies servicing Wonthaggi. Simply call in to Mitchell House during office hours and our friendly staff and volunteers at the front counter will be happy to assist.



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

BASS COAST REFUGEE SPONSORSHIP GROUP

Our group is committed to welcoming UNHCR refugees to become part of our local community. We provide support through a Commonwealth Government program; the Community Refugee Integration and Settlement Pilot (CRISP). Under the CRISP program we have now sponsored three Syrian families to come to Wonthaggi. Our welcoming community has helped these refugee families successfully settle in Wonthaggi and begin rebuilding their lives. More information is available on our Web-site

bcrsg.com.au We are very appreciative of the generous support in our community. If you would like to help, you can make a financial donation, join our group, or subscribe to our newsletter mailing list.

HOME IS WHERE THE HEART IS

Free information session: how to live at home for longer.

2pm, Second of September at Mitchell House

This approximately 1 hour long, free information session is designed to help older community members to stay informed, confident and independent in their own homes. Come along to find out about the latest changes to aged care services:-

- * Understanding My Aged Care: What it is, how to get started
- * Eligibility Criteria: Who qualifies for support
- * Navigating the System: How to register & what to expect
- * Commonwealth Home Support Program: Updated services & access
- * Support at Home Program: Key updates & choosing the right provider
- * Other Resources: Additional support available for older Australians

Brought to you by Latrobe Community Health Services, Call Mitchell House on 5672 3731 to book your place.

Health and Well-being...

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 to achieve sobriety. We currently have a group that meets here at Mitchell House on Wednesday evenings.

Wednesday AA Group - 7.00—8.00pm
Contact Mark for more information on:
0425 707 480

FREE SUPPORTED PLAY GROUPS

Monday & Friday mornings

Families with a Health Care Card (or equivalent) can enrol via Bass Coast Health for our BCH facilitated playgroups. The groups run from 10.00 to 11.30am each Monday & Friday during the school terms. Just call Janine on 0457 834 960 to enrol for either group.

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. To find out more, look us up on Facebook, go to:

www.housingmattersbasscoast.weebly.com
or email us at HousingMattersBC@gmail.com.

Qi Gong: Tuesdays: 12.30-1.30pm 29th July and 5th, 12th, 19th of August,

Pronounced chee-gong, this program is a moving meditation that comes from Ancient China and is connected to traditional Chinese Medicine. It is a mind/body exercise and meditation that promotes slow and precise body movements. With controlled breathing and mental focus, Qigong aims to improve balance, posture, flexibility, muscle strength and overall health.

Casual rate is \$20 per session or less if you can book the series - call Nicky on 0488 331 139



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@wonthaggieneighbourhoodcentre.com to obtain enrolment forms.

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

LearnShare CIRCLE DANCING: Wednesdays 2 - 3.00 pm

This is a small group who dance weekly. Come along and join in and have some fun with others.

Members: \$4, Non members: \$6

NOTE: For the first time in ages this group has a few vacancies so if you'd like to give this a go, now is the time!

MULTICULTURAL WOMEN'S GROUP

Thursdays 10.30 am - 12.30pm 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 2nd Friday of the month

Parkinson's 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 Parkinson's Vic.
1800 644 189**



LearnShare WEIGHT MANAGEMENT GROUP

Thursday 2.15—3.15pm

WNC Members: \$4, Non-Members: \$6

What is the best weight management tool?

Accountability. We hold a friendly, informal weekly meeting, to discuss how our week has been & provide support to one another. We share our experiences and resources. Email to express your interest: reception@wonthaggieneighbourhoodcentre.com

Connecting and Sharing...

LearnShare **UKULELE GROUP**

Thursdays 9.30 am - 12.00pm

Members:\$4 Non Members:\$6 Play the Uke with a group, learn some new tunes and meet some new people. Bookings preferred. Ph. 5672 3731.



Renters' Rights 2025

Has your rent increased without notice? Are your repairs not being done? Is mould a problem? Are there delays in getting your bond returned?

Find out your rights as a tenant from the qualified lawyers at Gippsland Community Legal Service. Come along to Mitchell House, 3.00 to 4.00pm, on the second Thursday of the month to get free and confidential advice.

Sessions during term 3 are: 14th of August & the 11th of September. Bookings are essential so call us at WNC on 5672 3731 to book your appointment.

These sessions are brought to you by Housing Matters Bass Coast, in conjunction with Gippsland Legal Service & WNC.

NEW WAVE GIPPSLAND BASS COAST

is a self advocacy group that is run by and for people with an intellectual disability & acquired brain injury living in the Bass Coas Area. We work together to ensure we have the same rights, choices and opportunities as everyone else in the community. *We meet on Thursdays from 9.00am at Mitchell House.* To find out more please contact Paul Drew, Peer Worker for New wave Gippsland Bass Coast on: 0439 425 238 or nwbcpeerworker@gmail.com Alternatively you can email the New Wave Gippsland Bass Coast Project Worker at: bclnewwave@gmail.com

LearnShare **Art Group**

Wednesdays 1.45pm - 3.30pm

M:\$4 NM:\$6

No Experience is needed.

Just bring your paints and a canvas, or maybe some rocks or something else you might like to paint. Whether you are an experienced or 'budding' artist, share the space with others while you create—maybe even have a cuppa and a chat. The aim is to have fun!



LearnShare **Monday Needleworking Group**

Mondays 10.00am – 12.30pm

M:\$4, NM:\$6 per session.

Learn with the best! This group can provide advice and guidance, so bring along your supplies, your ideas and your project work - anything from embroidery, cross stitch, patchworking etc. Whether hand craft or machine based, you will benefit from your fellow crafters' knowledge and skills as well as having the opportunity to view some lovely examples from group more broadly.

WMS FIXIT CAFÉ

10.00 AM - 12.00 PM on the third Sunday of the month is a program of the Wonthaggi Men's Shed.

The Fixit Cafe is run by volunteers and although there is no fee, they welcome a donation to cover the costs. They are always looking for more tradespeople, handy persons, welders, sewers, electricians, mechanics etc. During Term 3 of 2025, the WMS Fixit Cafe is happening on Sunday the 17/8 and Sunday 21/09. Bookings are essential, click the QR Code above to book in or use the weblink below:

<https://events.humanitix.com/wonthaggi-fixit-cafe-wonthaggi-men-s-shed-inc>



Wonthaggi Food Co-op—THEY'RE BACK!

10.30 am Second Sunday of the month -13/9 and 11/10

This is a local group that buys food in bulk and distributes it at a low mark up to their members. Distribution is from the multi-purpose room at Mitchell House, 10.30am to 12.30pm, 2nd Saturday of each month.

Stocklist & other information is available from:

LearnShare

CRAFT & A CUPPA GROUP

Fridays 10.00am – 12 noon

M:\$4 NM:\$6

You will be warmly welcomed into this group of friendly, craft loving folk. They are very willing share their ideas & skills so all you need to do is turn up with your latest project and be ready for a chat!



BASS COAST TAC L2P DRIVER EDUCATION PROGRAM

This highly effective program helps young people aged 16 – 23 years who have a learner's permit but no access to a supervising driver. Our trained volunteer mentors are matched with a young person to assist them to gain the required 120 hours of supervised driving before undertaking their probationary licence test.

New mentors are always needed, so if you have ever thought about helping a young person to get their driver's licence but weren't sure how to go about it, then you're in luck!

All you need to do is contact our L2P Program co-ordinator Melanie Mumford. Mel will make sure you have all the information you need to take your first steps towards making a real difference in the life of a young learner driver.

You can contact L2P Co-Ordinator Melanie Mumford on 0467 590 679 or email:

basscoastl2p@wonthaggineighbourhoodcentre.com



Timetable of weekly activities...

		WED	THURS	FRI
MON	TUES	BCH Family daycare (Private) 10am - 11:45am	Ukulele Group 9:30am - 12:00pm	BCH Supported Play Group 10:00am-11:30am
BCH Supported Play Group 10:00am–11.30am	YOGA with Linda 10:30am - 11:45am	Community Lunch 12:30pm - 1:30pm (during school terms)	Multicultural Women's Group 10.30am-12.30pm	Craft and a Cuppa 10:00am - 12:30pm
Needleworking Group 9:30am - 12:30pm	L2P Program 10:30 am - 5:00pm	Art Group 1.45pm - 3.30pm	L2P Program 10:30am - 5:00pm	SAT Wonthaggi Food Coop 10.30am second Saturday of the of the month: 13/9 , 11/10
L2P Program 10:30am - 5:00pm		Circle Dancing 2:00pm — 3.00pm	Seated Yoga 2:00pm - 3:00pm	SUN
Narcotics Anonymous 7:00pm - 8:00pm		AA Wednesday 7:00pm—8:00pm	Weight Management Group 2.15pm—3.15pm	

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 call **LearnShare**. LearnShare recognises that whether working with our hands, our head or our heart, throughout our lives we all acquire valuable knowledge & skills. As part of the ongoing process of lifelong learning, we can all learn something new as well as share what we know - through LearnShare.

WNC MEMBERSHIP: We encourage everyone to become **Members**. Your membership fee helps us to ensure Mitchell House stays open and contributing to our community. The annual (financial year) fee is \$20.00 for an individual or \$30.00 for family membership. If you have a Centrelink concession card the cost is \$15 (individual) or \$20 (family). Membership forms are available at the Centre or you can download one from the website. **Members have access to the LearnShare activities for a reduced rate (\$4.00) and also receive, via email, a copy of our program Grapevine & our Connections newsletter- both published each term. Of course you can also pick them both up at Mitchell House.**

VOLUNTEERING WITH US:

It takes a team of volunteers to sustain a vibrant & friendly Neighbourhood Centre. We rely on the generous donations of time and care that our volunteers bring to tasks such as being a LearnShare facilitator, a mentor to young learner drivers or working on the front desk answering the phones, providing customer service and other general office duties. We also have people who keep our gardens in good shape, who cook wonderful meals for us to provide and those who assist with any and all of the tasks it takes to maintain a warm and welcoming community space. **We need people 9.30 am - 4.00pm for half or full day shifts. You'd be joining a team of great people as well as gaining experience working in our wonderful local community.**

Whatever type of volunteering you undertake with us, we will provide training and ongoing support. You can call or drop in and speak with the Manager or visit our website and follow the link to 'volunteer-with-us'. Just complete the online volunteer application form and we will be in touch.