

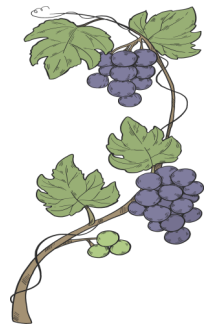


THE GRAPEVINE

Summer 2024

Term 1 Program

January—March



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:

Ph: 5672 3731 Email: reception@wonthaggineighbourhoodcentre.com

Wonthaggi Neighbourhood Centre, 6 Murray St, Wonthaggi 3995.

Open Mon to Fri 9.30 am - 4.00 pm, (Fri 1pm—4pm by appointment 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 custodianship and their continuing connections to the land, sea and community.

Always was, always will be



Come along to Apex Park 11am to 3pm on Saturday 17th February to help us celebrate our 40th birthday.

There will be free food & drinks, plus lots of activities for the whole family.

WNC acknowledges Bass Coast Shire's generous financial contribution to this event.

FROZEN MEALS & BREAD

Our new freezer continues to work over-time storing a significant quantity of donated bread as well as the frozen meals that are prepared in the Mitchell House kitchen. The meals and bread are available to those in need. Simply call in to Mitchell House during office hours, & our friendly staff and volunteers at the front counter will be happy to assist.



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 who arrived just over 12 months ago has their 4 children attending school and doing well. Parents—Khadija and Lukman—are also doing well learning English at Bass Coast Adult Learning. BCRSG has now been able to welcome a second family. This work has been generously supported by our 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 bcrsg2021@gmail.com



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 here to help. Our Free Food Shelf is kindly supported by local supermarkets, garden groups in the region and the generosity of many 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 from 12.30pm every Wednesday during school terms, for a communal lunch made from fresh & healthy seasonal produce. In fact—why not bring a friend or two? Every week at

Mitchell House, delicious vegetarian meals are prepared by our chefs Emma and Chris and their helpers. If you can manage it, we would appreciate a gold coin donation to help us offset costs. **PLEASE NOTE THAT WE CANNOT CATER FOR SPECIFIC DIETARY REQUIREMENTS.** To book your seat in advance, **JUST** call us on 5672 3731 or email: reception@wonthaggineighbourhoodcentre.com

THE WONTHAGGI FOOD COLLECTIVE is a local group that buys food in bulk and distributes it at a low mark up to their members. Distribution is from the Mitchell House multi purpose room, 11.00am-1.00pm, 2nd Saturday of each month. Stocklist & other information is available from Michael Nugent. Email: WonthaggiCoop@gmail.com or 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.
***NEW* Wednesday AA Group - 7.00—8.00pm**
Contact Sean for more information: 0425 707 480

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@wonthaggineighbourhoodcentre.com

FREE SUPPORTED PLAY GROUPS – Monday and Fridays

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. 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.

LearnShare *NEW* MONDAY MEDITATION GROUP

Mondays 1.00 pm - 2.00pm
Members: \$4, Non-Members: \$6
This Class is held at Mitchell House every Monday from 19th February . If you're looking for some quiet time, some space to let go of 'the noise', or maybe the time to just relax, feel your self breathe and gently start your week, then this is the group for you. Bring a floor mat or do the class sitting in a chair—whichever you find most comfortable. All are welcome so come along.

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@wonthaggineighbourhoodcentre.com

***NEW* PROGRAM — PEACE EDUCATION WORKSHOPS**

Come join our **free** Peace Workshops where you will discover the power of our innate qualities of choice, kindness, compassion, gratitude, simplicity & dignity. Each week the 1 hour workshops will focus on a different theme. **The program begins Tuesday 30th January and runs 12-1pm every Tuesday, through to the end of term.** The sessions are free & as each one is self contained, you can attend as few or as many as you like. **Call WNC on 5672 3731 to book.**

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 - 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: 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 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**



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 2024

Has your rent increased without notice? Are your repairs not being done? 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 in the first six months of 2024 are on Feb 8th, Mar 14th, Apr 11th, May 9th and Jun 13th. 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 the Wonthaggi Neighbourhood Centre

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 Coast Area. We work together to ensure we have the same rights, choices and opportunities as everyone else in the community. We meet every 2nd Thursday from 10.00am to 11.30am at Mitchell House. The meetings for first term are: 15th/29th Feb, 7th/21st Mar, 4th/ 18th Apr. To find out more please contact Paul Drew, Peer Worker for New wave Gippsland Bass Coast phone 0439 425 238. Email: nwbcpeerworker@gmail.com or email the New Wave Gippsland Bass Coast Project Worker at 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**.

Contact: Kate Harmon 0438730119



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

FIXIT CAFÉ

11.00 AM - 1.00 PM on the third Sunday of the month is a program of the Wonthaggi Men's Shed.

The ever popular Fixit Cafe aims to Reduce, Recycle, Repair, Restore, Repurpose or Refer. If you have an item to be fixed and it can be carried, make an appointment to see the fixers. 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. Basically, **they need you!**

If you have a skill to share, and would like to help, email them to set up a chat - fixitwonthaggi@gmail.com **During 2024 the Fixit Cafe is on these Sundays: 18/2, 17/3, 21/4, 19/5, 16/6, 21/7, 18/8, 15/9, 20/10, 17/11, 15/12**

Bookings are essential, please call 5672 3731 or email: reception@wonthaggineighbourhoodcentre.com to make an appointment time for your repair.



LearnShare

CRAFT & 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



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 from 1:00pm

M:\$4 NM:\$6

Come & 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. Our trained volunteer mentors are matched with a young person to assist them gain their 120 hours of required supervised driving before undertaking their probationary licence test. New mentors are always needed and during Term 1, the program is open Mondays, Tuesdays and Thursdays.

For all enquiries, contact the L2P Co-Ordinator: **Melanie Mumford** on 0467 590 679 or email: basscoastl2p@wonthaggineighbourhoodcentre.com (Mondays, Tuesdays and Thursdays)



Timetable of weekly activities...

		WED	THURS	FRI
MON	TUES	BCH Family daycare (Private) 10am - 11:45pm	Ukulele Group 9:30am - 12:00pm	Playgroup 10am - 11:45am
Quilting Group 9:30am - 12:30pm Playgroup	YOGA with Linda 10:30am - 11:45	Community Lunch 12:30pm - 1:30pm	L2P Program 10:30am —5:00pm	Craft and a Cuppa 10:00am - 12:30pm
Meditation 1:00pm—2:00pm	L2P Program 10:30 am- 5:00pm	Circle Dancing 2:00pm — 3.00pm	Multi-cultural Women's Group 11:00am - 1:00pm	Al Anon Support 10:30am - 12:00pm
L2P Program 10:30am - 5:00pm	Peace Education Program 12.00pm —1.00pm	AA Wednesday 7:00pm—8:00pm	Seated Yoga 2:00pm - 3:00pm	SAT
Chess Group 1:00 pm - 4:00pm	Weight Management Group 5:00pm - 6:00pm			Food Collective Dates Term 1: - 10th February - 9th March - 13th April (school holidays)
Narcotics Anonymous 7:00pm				



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 you can download from the website. Members have access to the **LearnShare** activities for a reduced rate (\$4.00) and receive a copy of the Grapevine & 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 call LearnShare. LearnShare recognises that throughout our lives whether working with our hands, our head or our heart, 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. If you'd 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 the availability of our **LearnShare** facilitators & other tutors. Bookings are required for all activities unless otherwise 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 - a number of our activities will only proceed if there are sufficient enrolments and facilitators need to be informed. Your contact details are required so we can advise you of cancellation/postponement of an activity.