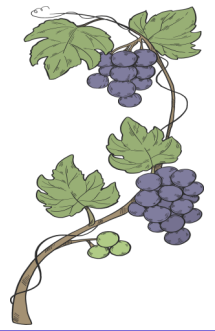




THE GRAPEVINE
Spring/Summer2024
Term 4 Program
October—December



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 Thur 9.30 am - 4.00 pm,

Fri 9.30—1pm, after 1 pm 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



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. Every week at Mitchell House, delicious vegetarian meals are prepared by our talented chef Emma and her trusty crew. To book your seat in advance call 5672 3731 or email: reception@wonthaggineighbourhoodcentre.com

If possible, we do appreciate a gold coin donation.

Please note we cannot cater to specific dietary requirements.

FROZEN MEALS & BREAD

Our freezer continues to work overtime 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.



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.



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 multi-purpose room at Mitchell House, 11.00am-1.00pm, 2nd Saturday of each month. Stocklist & other information is available from Michael Nugent, Email: WonthaggiCoop@gmail.com or Ph. 0416039933



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.



Thanks for your support. You can contact us at: bcrsg2021@gmail.com



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



FREE SUPPORTED PLAY GROUPS – Tuesdays & Fridays

Families with a Health Care Card (or equivalent) can enrol via Bass Coast Health for our BCH facilitated playgroups. During school terms the **Tuesday group runs 12.30—2.30pm** and the **Friday group is 10.00am to 11.30am each week**.
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.

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

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;

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 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**



MITCHELL HOUSE COMMUNITY MARKET 3RD NOVEMBER 9.00am—2.00pm ***

Come along to Mitchell House on the first Sunday in November for our next Community Market. At this Cup Weekend Market we will have a range of stalls providing yummy food, plants and arts & crafts — to mention just a few. We've ordered perfect weather but either way, we're gearing up for a repeat of our wonderful first market. This will be our last market for 2024 after which we will be planning for our return in 2025.

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 second half of 2024 are on August 8th, September 12th, October 10th, November 14th and December 12th. **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 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 phone 0439 425 238. Email: nwbcpeerworker@gmail.com or 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

HOW TO MAKE A QUILT FROM START TO FINISH

Mondays 9.30am – 12.30pm

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

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 have the opportunity to view some lovely examples from your fellow quilters.

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 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 this second half of 2024 the WMS Fixit Cafe is on these Sundays: 21/7, 18/8, 15/9, 20/10 and 17/11

Bookings are essential. Please call 5672 3731 or email: reception@wonthaggineighbourhoodcentre.com to book 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 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 highly effective 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, 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! Our talented L2P Program coordinator, Melanie Mumford is conducting a Mentor training course on Sat. 3rd of August, here at Mitchell House. There are places still available and all you need to do is contact Melanie via the details below to get all the information you'll need to take your first steps towards making a real difference in the life of a young learner driver.

For all enquiries 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 - 11:45pm	Ukulele Group 9:30am - 12:00pm	BCH Supported Play Group 10:00am-11:30pm
Quilting Group 9:30am - 12:30pm	YOGA with Linda 10:30am - 11:45	Community Lunch 12:30pm - 1:30pm	Multicultural Women's Group 10.30am-12.30pm	Craft and a Cuppa 10:00am - 12:30pm
L2P Program 10:30am - 5:00pm	L2P Program 10:30 am - 5:00pm	Art Group 1.45pm - 3.30pm	L2P Program 10:30am - 5:00pm	AI Anon Support 10:30am - 12:00pm
		Circle Dancing 2:00pm — 3.00pm		SAT
Chess Group 1:00 pm - 4:00pm	BCH Supported Play Group 12:30pm– 2.30pm		Seated Yoga 2:00pm - 3:00pm	Food Collective Dates Term 4: <ul style="list-style-type: none"> • 12th October • 9th November • 14th December • 11th January '25
Narcotics Anonymous 7:00pm - 8:00pm		AA Wednesday 7:00pm—8:00pm		



MEMBERSHIP: We encourage everyone to become Members. The annual 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 a copy of the Grapevine & Connections newsletter via email or you can pick them up at Mitchell House.

VOLUNTEERING WITH US:

It takes a team of volunteers to sustain a vibrant and friendly Neighbourhood Centre. We rely on the generous donations of time and care that our volunteers bring to tasks such as 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 the wonderful meals we 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 would be joining a great team of people as well as gaining experience working in our wonderful local community.

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. Being a LearnShare facilitator is another way to volunteer at WNC. If you'd like to share a skill or experience give us a call and let's see what we can create...

Whatever type of volunteering you undertake with us, we can provide training and ongoing support. 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.

Need a space to rent? Email: reception@wonthagginneighbourhoodcentre.com or call us on 5672 3731