

Activities & Courses Term 3&4 2022



**Kensington
Neighbourhood
House** EST 1975

kensingtonneighbourhoodhouse.com

The only certainty is change!

This program has been developed to take into account the Covid environment. These courses and activities will run with social distancing and with health and safety processes in place. We have planned with optimism, but of course, it may not be possible to offer all of the courses and activities at the time. We continue to follow all Government regulations and advice and have Covid Safe plans in place for all programs.

Acknowledgement of Country

In the spirit of reconciliation Kensington Neighbourhood House acknowledges the Traditional Owners, the Wurundjeri and Boon Wurrung people of the Kulin Nation, on whose land we meet, share and work. We pay our respects to Elders past and present and acknowledge that we benefit from the rich teaching and learning that has been taking place on this land for thousands of years.

Welcome to our house!

Kensington Neighbourhood House is a place where people of all abilities, backgrounds and ages come to participate in inclusive social, educational, vocational and recreational programs. Every year we welcome over 1000 people from 70 countries through our doors to connect, learn and create. KNH is a community owned and managed organisation. It has supported the Kensington community since 1975.

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Contents

Term 3: 11 July – 16 September
Term 4: 3 October – 16 December

Vocational Education	5
English Classes	6
Computers & Internet	7
Job Services.....	8
People Helping People	9
The Arts	11
Social Groups.....	16
Children	18
Food	20
The Environment.....	22
Health & Wellbeing.....	23
Community Initiatives	24
About Us.....	26

Vocational Education

Service Stars

Want to work in hospitality or other service industries? Learn about different types of employment, workplace culture and laws and how to find and apply for jobs during this 2 week program. This course is run in partnership with Service Stars Community Jobs Alliance and, when possible, includes paid work experience.

Contact us on [9376 6366](tel:93766366) for more details.



A Trio of Small Bowls (Traditional Japanese Pottery)

In this hands-on workshop, talented ceramicist – Shoko Mafune – will help you to design and create a nest of 3 small bowls. You will learn how to hand build with clay and pinching and coiling methods. All materials provided. You can choose a glaze in class and Shoko will glaze and fire your bowls for collection a couple of weeks later.

Date Thursday 11 August

Time 6–8pm

Tutor Shoko Mafune

Cost \$75 / \$55 (conc)

Polymer Clay Beads

Polymer clay is an oven baked modelling clay which can be formed into any shape imaginable. In this 3 hour workshop you'll learn how to mould polymer clay to create different bead shapes and how to make multi coloured and patterned beads from scratch using a variety of different techniques including applying gold leaf. You will then bake and assemble finished pieces – taking home 2 bead necklaces, 1 pair of drop earrings and 1 pair of stud earrings or a ring. All materials provided.

Date Saturday 8 October

Time 2–5pm

Tutor Anna Kulusniewski

Cost \$85 / \$65 (conc)

Resin Cheeseboards

Create your own unique cheeseboard using vibrantly coloured resin. You'll learn how to prepare the wood by taping, how to measure and mix pigment into resin and apply to the board, with a large selection of colour options available including metallic powders. Our tutor, Anna, will demonstrate how to create a sea water edge effect with cells using a hair dryer. You will be required to wear gloves and please bring an apron. Suitable for complete beginners. All materials provided, including wooden cheeseboard. Resin cheeseboards can be collected 48 hours after the class.

Date Saturday 13 August

Time 2.30–5pm

Tutor Anna Kulusniewski

Cost \$90 / \$65 (conc)

Pressed Tin Christmas Decorations

Learn how to design a variety of pressed tin ornaments, how to draw designs on tin, cut out, emboss using a variety of different tools and finally how to colour using ink. Create your own designs or use our reference materials to create Mexican folk art inspired, retro, contemporary, kitsch or gothic Christmas decorations. Make up to 20 ornaments, depending on your pace. All materials provided, no experience necessary.

Date Saturday 12 November

Time 2–5pm

Tutor Anna Kulusniewski

Cost \$85 / \$65 (conc)



Social Groups

Vietnamese & Indochinese Elders Social Group

This group meets every fortnight on a Thursday. Meetings include gentle exercise, information sessions with guest speakers and lunch. The group also go on outings throughout the year. Bookings are essential. Fees are kept to a minimum. A detailed program is available from the House.

Date Fortnightly Thursday

Time 10am–12pm
(Except for outings)

Cost \$25 per year

Tuesday Book Group

Join our casual and chill Kensington Book Group. Details of books chosen each month can be found on our website or you can participate in conversations and find out more by joining the Facebook Group: [Kensington Tuesday Book Group](#)

Date Tuesday 5 July, 2 August, 6 September, 4 October, 8 November, 6 December

Time 7–9pm

No Cost

Tuesday Movie Social Night

Come and join us for a night out - dinner and a movie every month at the Sun Theatre in Yarraville. Free community transport is available for those living in Flemington, Kensington and North Melbourne. Contact for the next dates. This program is for older women wanting to socialise in the evening.

Date Tuesdays
(occurs once a month)

Time 5–9.30pm

Cost \$15 (purchase own dinner)

Wednesday Social Group

Enjoy a two course meal and bingo in the company of this friendly social group of seniors. The program includes lunch outings every 4 – 6 weeks. A detailed program is available from the house. Bookings are essential.

Date Wednesdays

Time 12.30–2pm
(Except for outings)

Cost Lunches \$8 / Bus trips \$5 plus entry and lunch costs

Sister Circle

A monthly gathering for African Australian women. The Sister Circle provides the space and time to talk about things that matter in a safe, supportive environment.

Call [9376 6366](tel:93766366) for further details

No Cost

Threading Stories

This is a creative and social program taking place on the Kensington Estate on Thursday afternoons for residents over 55. This program is an opportunity to learn or practice creative skills (such as knitting, sewing, craft), while forming connections and exchanging ideas and stories.

Call [9376 6366](tel:93766366) for further details

No Cost

Book and Movie Group

Participants follow a book list provided by the Melbourne Library Service. Ring, email or check our website for information on the latest book, movie and meeting date.

Date Mondays
11 July, 8 August, 12 September, 10 October, 14 November, 12 December

Time 7–9pm

No Cost



Children

Creative Arts for Kids

Explore the creative arts and use your imagination. Discover and experiment with new ways of making art in a fun and relaxed space.

Date Tuesdays

Time 3.30–4.15pm 5–8 year olds
4.30–5.30pm 9–12 year olds

Cost 5–8 year olds
Term 3 \$120 / \$80 (conc)
Term 4 \$120 / \$80 (conc)

9–12 year olds
Term 3 \$150 / \$100 (conc)
Term 4 \$150 / \$100 (conc)

Or

Date Wednesdays

Time 3.30–4.15pm 5–8 year olds
4.30–5.30pm 9–12 year olds

Tutor Lily O’Connell

Cost 5–8 year olds
Term 3 \$120 / \$80 (conc)
Term 4 \$132 / \$88 (conc)

9–12 year olds
Term 3 \$150 / \$100 (conc)
Term 4 \$165 / \$110 (conc)

Tuesday Morning Playgroup

A facilitated playgroup for parents/ carers and children under 4 years old. A variety of learning activities are set up each week and participants also enjoy songs and stories. BYO drink bottle and snack.

Date Tuesdays

Time 10am–12pm

Facilitators Amran Guleid
& Rawia Bid

No Cost

Code Club

Code Club Australia is a nationwide network of free, volunteer-led, after-school coding clubs for children aged 8-13. Each session children undertake a project that teaches computer programming in a fun interactive way using computer games, animations and websites. Code Club is about fun, creativity, and learning through exploring.

Date Mondays or Wednesdays

Time 3.45–4.45pm

No Cost

Study Support

Volunteers help students from Prep to Year 12 with numeracy, literacy and general school studies. Get help with your homework, assignments, revision and preparing for tests and exams. Subject specialists (Maths, Sciences, English) available. Bring your own text books and stationery.

This program runs at 94 Ormond Street, Kensington

Date Mondays and Wednesdays

Time 5.30–7.30pm

No Cost



Food

Devonshire Tea Masterclass

It all starts with a scone! Come and join us for a fun afternoon of baking and enjoying scones fresh from the oven. Devonshire tea devotee, Therese Slee, will teach you everything you need to know about creating perfect scones at home. This workshop includes time to enjoy a traditional Devonshire Tea complete with pretty china, jam, cream and pots of tea.

Date Saturday 30 July
Time 1–4pm
Presenter Therese Slee
Cost \$50 / \$30 (conc)

Make Your Own Jams and Chutneys

Learn the basics of preserving starting from scratch including the use of sugar, salt and vinegar. During this class you will make pear and vanilla jam, strawberry and rhubarb jam, and apple chutney as well as learn lots of tips and tricks to help you on your way to preserving at home. Therese will teach you preserving basics including sterilizing jars and setting jams. You will receive a jar each of jam and chutney to take home.

Date Saturday 10 September
Time 1–4pm
Presenter Therese Slee
Cost \$50 / \$30 (conc)

Colombian Empanadas

The larger than life owner and head chef of Donde Mama, Verena Puello, is back to share her love of Colombian cooking. She'll show you how Colombians make empanadas using corn flour and a variety of fillings. You'll also get to make a delicious dessert and join your fellow classmates for a 2 course meal.

Date Saturday 13 August
Time 10am–1pm
Presenter Verena Puello
Cost \$60 / \$40 (conc)

Vegetarian Mediterranean Cooking

Join Arzu to taste something different, simple and healthy. Arzu will teach you 4 yummy dishes in 2 hours and will talk about her experiences as an Istanbul girl. Ingredients, recipes and clear instructions provided.

Date Saturday 8 October
Time 10am–12.30pm
Presenter Arzu Yilmaz
Cost \$50 / \$30 (conc)

Fermented Foods for Good Gut Health

Fermented foods are easy to digest and provide heaps of beneficial bacteria for good gut health. In this hands-on workshop you will learn about the benefits of fermented foods while making your own jars of sauerkraut and kimchi to take home. All ingredients and recipes provided.

Date Saturday 8 October
Time 2–4pm
Presenter Anne Douglas
Cost \$50 / \$30 (conc)

Sourdough 101

Our tutor, Michael Slee, started making sourdough bread 15 years ago and is still using the same live culture that he will share with you in class. This interactive workshop covers sourdough culture care, sourdough fermentation and baking. You will receive your own sourdough culture (starter) and will make dough to take home for baking. You'll also get to sample fresh baked sourdough in class! All ingredients and recipes will be provided.

Date Saturday 22 October
Time 2–5pm
Presenter Michael Slee
Cost \$60 / \$40 (conc)



The Environment

Wildlife Friendly Gardening

Whether you have a big backyard, a community garden plot, a green rooftop or pot plants on your balcony, everyone can create space for nature in our City! Come and learn about the importance of planting indigenous plants to celebrate the character of the local environment and enhance our local biodiversity. You'll meet other like-minded gardeners and have a chance to look, feel and smell some of our favourite indigenous plants for Kensington gardens during this session.

Date 22 October

Time 2–4pm

Presenter Gardens for Wildlife - Melbourne

No Cost

Food Share Garden in M^cCracken Street

Come and be a part of a community garden group who take care of this food garden, consisting of 16 raised garden beds growing herbs and vegetables. Membership takes the form of participating in working bees held approximately every three months and helping water the garden over the course of the year. Come and help grow more food in Kensington.

Call to find out more.

No Cost

Kensington Town Hall Compost Hub

Kensington Town Hall Compost Hub provides space for local residents to compost their organic food scraps, reduce landfill and create compost.

To join go to [facebook.com](https://www.facebook.com/KensingtonCompostHub)

[/KensingtonCompostHub](https://www.facebook.com/KensingtonCompostHub)

and complete the Membership Registration Form.

No Cost

Health + Wellbeing

Gentle Movement

This is a mindful movement class that combines yoga, relaxation and exercise for peace of mind and body. Suitable for people aged 55 and up of all abilities.

Date Mondays

Time 10–11am

Instructor Rhonda Weatherby

Cost \$20 per month

Healthy Living and Learning

Join our weekly program at the Community Hub, 94 Ormond Street, Kensington, for residents. Come along and share a healthy meal with others. We also have gentle exercise classes and creative and gardening activities when possible.

This program is supported by Hotham Mission, Unison Housing, coHealth, 78 Seniors Club and the Kensington Chinese Friendship Group.

Date Thursdays

Time 12–2pm

No Cost

Gentle Exercise

Improve your stamina, strength, flexibility and balance in our low impact gentle exercise class. Suitable for people aged 55 and up of all abilities.

Date Fridays

Time 10–11am

Instructor Samantha Flanagan

Cost \$20 per month

Women Dance and Celebrate

This monthly movement session brings women together to celebrate movement and being in the body. Explore and learn various circle dances and styles from across the globe. No previous experience required. Come and meet others and enjoy the music.

Date Mondays
(second of the month)

11 July, 8 August,

12 September, 10 October,

14 November, 12 December

Time 7–9pm

Facilitators Bev Wyburn
& Pauline Galvin

No Cost

Community Initiatives

Kensington Repair Hub

The Kensington Neighbourhood House is part of a group of organisations that have established this initiative. Pop up repair hub sessions occur at Christ Church Kensington Hall on Sundays. Bring down items to be repaired such as clothing, jewellery and small wood items, and small electronic goods and computers (when repairers are available).

Check our Kensington Repair Hub on Facebook for up to date details.

Date 26 June, 24 July, 21 August, 18 September, 16 October, 20 November, 18 December

Time 1–4pm

McCracken Street Food Share Pantry

The concept is simple: give what you can and take what you need. This is a free food pantry for the community. Non-perishable, unopened, items within the expiry date are accepted. Simply place donated items in the pantry. Open 24/7. This pantry has been established with the hope that it will be loved and respected by the Kensington community and become a source of much needed food.



Reconciliation Action Plan

We are developing a Reconciliation Action Plan (RAP) that consists of numerous processes and activities. Our aim is to build meaningful, collaborative relationships with First Nations people and our local communities through this work. Get in touch if you would like to work with us or have ideas.

Kensington Seed Savers

Kensington Seed Savers have a Seed Swap and Share at the Neighbourhood House and at Eastwood St Community Gardens. Drop off excess seeds that you have collected from your garden at the Seed Swap. If you are looking for seeds to grow in your garden check what is available in the Seed Swap. Our aim is to collect, share, swap and store seeds from Kensington Gardeners.

For more information go to the Kensington Seed Savers Facebook page.

Kensington Farm Collective

The Kensington Community Farm Collective is program focused on actively "farming" about 60m of local land available to relocalise and decarbonise our food. A collection of local organisations including Kensington Neighbourhood House are collaborating to share resources, knowledge and skills to bring our food source closer to us. This program is in response to the industrialised, land degradation, chemical pollution and high carbon footprint of our current food system.

Contact Esther on 9376 6366 for more information.

Community Events

We run a number of free events throughout the year to celebrate our community. Come and join us to celebrate Social Inclusion Week in November.

Check our website and Facebook page for details.

About Us

Kensington Neighbourhood House is a place where people of all abilities, backgrounds and ages come to participate in inclusive social, educational, vocational and recreational programs. Every year we welcome over 1000 people from 70 countries through our doors to connect, learn and create. KNH is a community owned and managed organisation. It has supported the Kensington community since 1975.

Enrolment Details

- Full term fees to be paid in advance where possible
- Refunds will apply when a class is cancelled through insufficient numbers
- Adult & Community Further Education (ACFE) funded courses comply with the Ministerial policy on fees and charges

Contact Details

Kensingtonneighbourhoodhouse.com

Phone 9376 6366
Email info@kenhouse.org.au
Office Hours Monday to Friday
9am – 5pm
ABN 74 489 791 023

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- Department of Education and Training
- Department of Families Fairness and Housing
- City of Melbourne
- Our Users
- Grant Funding

This organisation respects your right to information privacy. Information which we collect and hold on participants is kept in accordance with information privacy laws.



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