

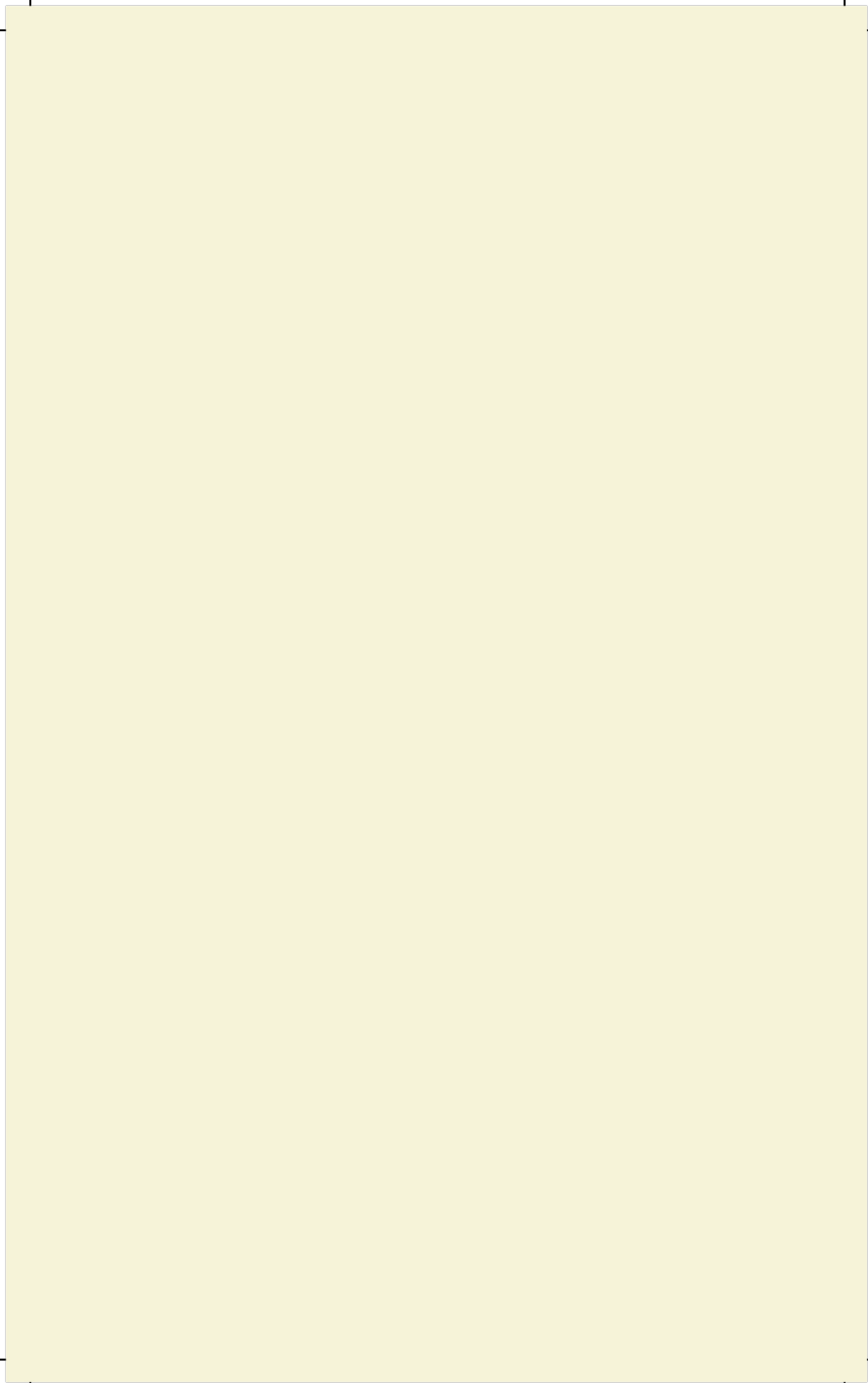
# Activities and courses

Term 1 & 2 2024



**Kensington  
Neighbourhood  
House** EST 1975

[kensingtonneighbourhoodhouse.com](http://kensingtonneighbourhoodhouse.com)



## **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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**Term 2: 15 April - 28 June**

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# Vocational Education

## Community Canteen

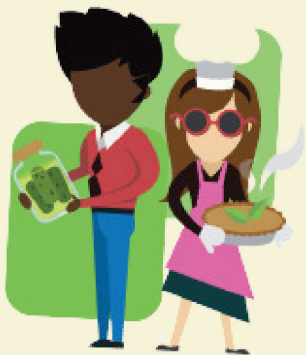
Build work ready skills for the hospitality industry through joining our community canteen course.

**Contact us on 9376 6366 for more details**

## Boost Your Micro Business

This 10 week course focuses on the skills and knowledge needed to run and manage a micro-business. It includes business planning, small business finance, rules and regulations, marketing, selling, customer service and social media. This course is perfect for people who want to explore their own business idea.

**Contact us on 9376 6366 for more details**



# Job Services

## Skills First RECONNECT

Are you interested in updating your skills? Are you looking to study? Are you looking to work?

Our Reconnect Worker provides individual support to find a job, or do a course, that suits your strengths and aspirations.

**Eligibility:** Unemployed for six months or more. Not engaged in education for six months or more. An Australian or NZ citizen, or holder of a permanent resident visa OR seeking asylum with Bridging Visa E, SHEV or TPV.

**Call us on 9376 6366 for more info**  
**No Cost**

# Language Classes

**English courses run all year. Students can enrol at any time by attending an interview with our Community Education Manager**

## English & Work Skills - Level 1

General English class for pre-intermediate students, helping you to take the next step into further education or employment.

**Date** Wednesdays & Thursdays

**Time** 9.30am-12.30pm

**Cost** \$12.50 per term  
(Government funded)

## English & Work Skills - Level 2

General English class for intermediate students, helping you to take the next step into further education or employment.

**Date** Mondays & Tuesdays

**Time** 9.30am-12.30pm

**Cost** \$12.50 per term  
(Government funded)

## Sew & Grow

Learn the basics of hand and machine sewing while building your English language skills. This course also includes excursions and micro-business skills. A playgroup for pre-schoolers runs at the same time so that parents and carers can concentrate on study.

**Date** Tuesdays

**Time** 10am-12pm

**No Cost**

## Sew & Grow - Project Based Learning

Extend your sewing expertise while working on your own projects under the guidance of experienced teachers.

**Date** Tuesdays

**Time** 1pm -3pm

**No Cost**

## French Conversation Group

An informal weekly meetup for people with an intermediate level of French or above, with a good grasp of grammar and reasonable vocabulary.

**Date** Fridays

**Time** 11.30am - 1.00pm

**No Cost**

# Computers & Internet

## Getting Started with Computers

Digital essentials for beginners, helping you learn or develop your skills for using a computer and the internet.

**Date** Fridays

**Time** 10am-12pm

**No Cost**



## Digital Mentoring

With more and more life admin moving online, life is difficult if you don't have a computer or digital skills. We can assist you to manage essential tasks online. Call 9376 6366 to book in.

**Various dates and times**

**No Cost**



# People Helping People

## Get Help with your Forms and Other Documents

This is a free program for people who need help with filling out forms (Housing Forms, Passport Applications, Centrelink forms etc). Our pool of friendly volunteers are keen to help where they can.

**Call us on 9376 6366 to book an appointment.**

**No Cost**

## Kensington Neighbourhood Heroes

This website posts our current volunteering opportunities plus those from other Kensington organisations.

**If you want to be a Kensington Neighbourhood Hero by volunteering in our great community then visit:**

**[kensingtonneighbourhoodheroes.com](http://kensingtonneighbourhoodheroes.com)**

## Volunteering Opportunities

Volunteers play an integral part in several of the House's programs and operations. If you would like to get involved as a volunteer we are regularly looking for help in our various volunteer-lead programs, including:

- Study Support Program (Mondays or Wednesdays 5.30-7.30pm)
- Seniors programs (various days/times)
- Help with Form Filling (various days/times)
- Food Share Pantry (various days/times)

**Alternatively if you have particular skills to offer, don't hesitate to pick up the phone or drop in for a chat.**



## GROW Mental Wellbeing Program

If you need support for your mental wellbeing, GROW can help. This is a weekly peer support group. New members are encouraged to come along and see if it's for them. There's no obligation to continue if you feel it's not for you. Call **1800 558 268** and a GROW Australia member will help you take the next steps.

You may bring a support person (friend, family member) with you to your first three meetings.

**Date** Tuesdays

**Time** 7-9pm

## Al-Anon Family Group

Do you need help to cope with the effects of someone else's drinking or addiction? Is the drinking or addiction of your partner, family member, child or friend worrying you? You are not alone and there is always help. The Kensington Al-Anon Family Group meets regularly.

Check here for times:

<https://www.al-anon.org.au/meetings>

## North Melbourne Toastmasters

North Melbourne Toastmasters is a not-for-profit community group concentrating on public speaking, communication and leadership. The club is cheap to join, friendly, fun and open to anyone who would like to gain more confidence and experience to speak in front of other people.

More details here:

<https://northmelbourne.toastmastersclubs.org/>



# The Arts

## Painting & Drawing: Expanding your Approach to Making Art

Learn a range of creative art techniques suited to your personal preferences. A chance to explore and discover your artistic talents in a relaxed and informal setting.

**Date** Wednesdays

**Time** 10.30am-12.30pm or 1-3pm

**Tutor** Rohan Schwartz

**Cost** Term 1 \$180 / \$135 (conc)  
Term 2 \$220 / \$165 (conc)

## The Artist Life

What does it mean to be an artist? This structured program will help you develop methods and approaches to find your own self-sustaining creative practice. This course encompasses art history, research, design and gallery visits, as well as plenty of time to develop your own self-directed artistic projects. Contemporary, non-traditional forms of art will be explored. No previous experience necessary.

**Date** Fridays

**Time** 1pm-4pm

**Tutor** Rohan Schwartz

**Cost** Term 1 \$250 / \$175 (conc)  
Term 2 \$250 / \$175 (conc)

## 'KenSingers' – The Kensington Community Choir

Kensingers is a great social outlet for locals to meet, gather and sing to their hearts' content. Being part of a community is at the heart of everything we do, and singing at community events and settings is part of the choir calendar. Kensingers is a no-audition community choir. Reading music is not a prerequisite. Everyone is welcome.

**Date** Wednesdays

**Time** 7.30-9pm

**Tutor** John Howard

**Cost** Term 1 \$108 / \$54 (conc)  
Term 2 \$132 / \$66 (conc)

## Sunday Sessions

No alcohol involved! Join Lily O'Connell once a month for an afternoon of art-making. Each session will focus on a particular topic or medium. Students engaging in weekly art classes at KNH are also welcome to bring along any works in progress. Check our website for topics.

**Suitable for anyone over 10 years.**

**Date** Sundays - 17 Mar, 21 Apr,  
19 May, 16 June

**Time** 2pm-5pm

**Tutor** Lily O'Connell

**Cost** \$50 / \$30 (conc/child)

## Oil Painting for Beginners

Professional artist Lily O'Connell will guide you through the many facets of oil painting from surface preparation to colour mixing and paint application. There'll be lots of time to practice techniques and hone your skills. You will complete a finished piece over the duration of the course. Materials provided.

**Tutor** Lily O'Connell

**Date** Mondays 15 April - 17 June (inclusive, no class 10 Jun)

**Time** 6.30-8.30pm

**Cost** \$200 / \$125 (con)

## Make Your Own Piñata

Learn the traditional way to make a piñata using newspaper, colored paper and various decorations. Your tutors will guide you through the process while sharing aspects of their Latin American culture.

**All ages welcome!**

**Tutors** Katherine & Irma from Colibri Stories

**Date** Saturday 25 May

**Time** 2-4pm

**Cost** \$60 / \$40 (child or conc)



## Skeleton Catrina

"La Calavera Catrina" is known worldwide as the symbol of Mexico's Day of The Dead. Come and create your own stylish skeleton with a fabulous hat and glamorous outfit, while learning about La Catrina and Mexican cultural history.

**All ages welcome!**

**Tutors** Katherine & Irma from Colibri Stories

**Date** Saturday 22 June

**Time** 2-4pm

**Cost** \$60 / \$40 (child or conc)

## Film Making For Beginners - Sharing Your Story

Everyone has a story and everyone loves films - this course will give you a chance to explore taking your story to screen. Over 10 weeks, you will learn how to make your very own short film, including developing your idea into a script, filming and editing.

**Ages 12 and up**

**Tutor** Gavin Ingham

**Date** Wednesdays 17 April - 19 June (inclusive)

**Time** 6.30pm - 8.30pm

**Cost** \$250 / \$175 (conc)

Gavin holds a Masters of Screenwriting from the Victorian College of the Arts and a Advanced Diploma of Professional Screenwriting from RMIT. He has been a filmmaker, professional actor, comedian, and content-creator for over 20 years.

## Kantha Quilting & Embroidery

Kantha sewing originated in the West Bengal region of India and is now popular all over the world. This form of quilting comes from rural India, where resources were few, but imagination and skills were in abundance. Kantha is the simplest of sewing techniques which provides a lot of scope for exploration, creativity and expression. Learn new ways of using fabric scraps combined with embroidery to make your own composition. Block printed fabrics and embroidery threads will be supplied to create a fabric collage which can be converted into a purse, applique, centrepiece of a quilt or framed to hang on the wall. No sewing experience required!

**Tutor** Manjari Singh  
**Date** Saturday 23 March  
**Time** 2-4pm  
**Cost** \$60 / \$40 (conc)

## Tissue Transfer Ceramics

Learn how to create dishes using the slab building technique and Japanese wooden press moulds, then cut and apply tissue transfer paper with a variety of different patterns to choose from (see our website for photos). You'll create 2 or 3 beautiful dishes and your work will be fired and glazed by the tutor and ready to collect 2 weeks after the workshop.

**Tutor** Anna Kolusniewski  
**Date** Saturday 25 May  
**Time** 1-4pm  
**Cost** \$100 / \$65 (conc)

## Mixed Media Acrylic Stencils

Learn how to design beautiful mixed media stencil acrylic paintings beginning with creating a stencil background and layering plant, flower and leaf stencils over the top. Then use a brush to layer paint, and embellish with paint pens to give the painting depth. Artwork will be set into an A3 frame for you to take home. Suitable for complete beginners, no drawing skills required.

**Tutor** Anna Kolusniewski  
**Date** Saturday 20 April  
**Time** 1 - 4.30pm  
**Cost** \$100/ \$65 (conc)

## Knitting & Crochet

Whether you're a complete beginner or know a few basics, our wonderfully versatile teacher Anne will accommodate your learning needs. Initial materials and equipment supplied.

**Tutor** Anne Douglas  
**Date** Thursdays 2 May - 27 June  
**Time** 6.30pm-8.30pm  
**Cost** \$150 / \$100 (conc)

## Screen Printing

Create a basic stencil design to apply to a screen and print. You will leave with your unique design hand-printed onto products of your choice. Students are required to bring along up to four items from home (eg old pillowcases, scraps of fabric, tote bag, t-shirts).

**Tutor** Lily O'Connell  
**Date** Saturday 4 May  
**Time** 1-5pm  
**Cost** \$100 / \$65 (conc)

# Social Groups

## 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 and Kensington. Contact the Kensington Neighbourhood House for a detailed program. Designed for older women wanting to socialise in the evening. Limited spaces.

**Date** Tuesdays (once a month)

**Time** 5–9.30pm

**Cost** \$15 (plus 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

## 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 Thursdays

**Time** 10am–12pm

**Cost** \$25 per year

## Healthy Living and Learning

Join our weekly program for residents at the Community Hub, 94 Ormond Street, Kensington. 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**

## 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 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 12 February, 18 March, 15 April, 13 May, 17 June  
**Time** 7–9pm  
**No Cost**

## Stitching Time

Bring your latest sewing, quilting, knitting, crochet or craft project and enjoy the company of other local crafters while you work. If you don't have a project, our friendly group leaders will provide ideas and some materials to get you started. Sewing machines and basic supplies available. Plus tea, coffee and lots of chat!

**Date** Thursdays  
**Time** 1.30–4pm  
**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.

**Tutor** Lily O'Connell

**Date** Tuesdays or Wednesdays

### Times

3.30-4.15pm 5-8 year olds

4.30-5.30pm 9-12 year olds

### Cost

5-8 year olds

Term 1 \$108 / \$80 (conc)

Term 2 \$132 / \$99 (conc)

9-12 year olds

Term 1 \$135 / \$90 (conc)

Term 2 \$165 / \$110 (conc)

### Also suitable for children:

Make Your Own Pinata

Skeleton Catrina

Sunday Sessions

(See pages 11 and 12)

## Community Play Groups

Facilitated playgroups 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.

### Facilitators

Thursday: To be determined

Tuesday: Rawia & Maryam Bid

**Date** Mondays and Tuesdays

**Time** 10am-12pm

**No Cost**





## Friday Play Space

Bring your pre-schooler and settle in for a play with our toys, books and equipment. Inside and outside play available.  
Self-directed

**Date** Fridays

**Time** 10am–12pm

**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 Grade 3 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**

## Strong Foundations

Intensive literacy support for 5 to 7 year olds. This program runs at 94 Ormond Street, Kensington.

**Date** Wednesdays

**Time** 5.30–7.00pm

**No Cost**



# Food

## Gozleme & Baklava

Back by popular demand! Arzu will teach you how to make gozleme and baklava from scratch. Turkish coffee will be served at the end of class while you enjoy the results of your labours. BYO containers - you will be going home with what you cook, usually about 1.2 kg of baklava and 3-4 gozlemes.

**Presenter** Arzu Yilmaz  
**Date** Saturday 2 March  
**Time** 10am-1pm  
**Cost** \$75 / \$50 (conc)

## “Ku Kueh” (Traditional South Asian sweets)

“Ku kueh” are delicious glutinous rice cakes similar to Japanese Mochi. Beautiful wrappers enclose sweet fillings, traditionally crunchy peanuts, smooth and creamy sesame, red bean or mung bean pastes. This workshop is perfect for food enthusiasts and anyone interested in traditional desserts in Singapore, Malaysia and beyond. No prior cooking experience is necessary. Suitable for gluten-free diets.

**Presenter** Zaneta Mok  
**Date** Saturday 23 March  
**Time** 10am-12.30pm  
**Cost** \$75 / \$50 (conc)

## Arepas

Arepas are delicious. Learn how to make ground maize dough and various fillings before sitting down to feast! Venezuelan-born Reveka will share tips and tricks for making the perfect Arepas, while sharing stories of her homeland.

**Presenter** Reveka Hurtado  
**Date** Saturday 20 April  
**Time** 10am-1pm  
**Cost** \$75 / \$50 (conc)



# The Environment

## Food Share Garden in McCracken 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/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.

**Instructor** Sally Ford

**Date** Mondays

**Time** 10-11am

**Cost** \$20 per month

## Stretch & Strengthen

A class for women of all fitness levels and abilities. This floor-based workout is a gentle and low-impact class, aimed at improving flexibility, balance, co-ordination and spinal mobility by way of stretching and strengthening the whole body. By using a mixture of body weight and/or resistance bands, participants can work within their own parameters in a fun and supportive environment. Each session ends with a few minutes of mindfulness and relaxation. Please BYO mat.

**Instructor** Samantha Flanagan

**Date** Wednesdays

**Time** 10-11am

**Cost** \$20 per month

## 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.

**Instructor** Samantha Flanagan

**Date** Fridays

**Time** 10-11am

**Cost** \$20 per month

## Women Dance & 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.

**Facilitators** Bev Wyburn & Pauline Galvin

**Date** Mondays 12 February, 18 March, 15 April, 13 May, 17 June

**Time** 7-9pm

**No Cost**



# Community Initiatives

## Kensington Reconciliation Group

What does reconciliation mean for Kensington? This group consists of local community members plus staff from KNH, Unison, KCCC and The Venny. Our aim is to build meaningful, collaborative relationships with First Nations people and our local communities through this work. The group meets once a month. Get in touch if you would like to work with us or have ideas.

[kensingtonreconciliation@gmail.com](mailto:kensingtonreconciliation@gmail.com)

## 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 a 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.

**Check our website and Facebook page for details**

## 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, un-opened, 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.

## Kensington Fresh Food Market

Our Kensington community is relocalising food production, creating a space for local residents, urban farmers and community gardeners to bring their locally grown fresh food produce and offer it for sale, by donation or share it.

**Venue** Skinny Park, Bellair Street

**Date** Saturdays 6 Jan, 3 Feb, 2 Mar, 4 May, 1 Jun

**Time** 10am-12pm

## 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 1pm-3 pm on set dates. Bring down items to be repaired such as clothing, jewellery, small wood items, small electronic goods and computers (when repairers are available).

**Check out Kensington Repair Hub on Facebook for up-to-date 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](http://kensingtonneighbourhoodhouse.com)**

**Phone** 9376 6366

**Email** [info@kenhouse.org.au](mailto:info@kenhouse.org.au)

**Office Hours** Monday to Friday 9am–5pm

**ABN** 74 489 791 023

## Kensington Neighbourhood House is funded by

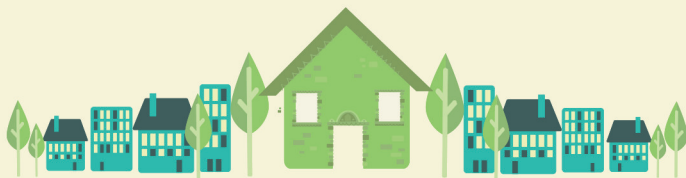
- Department of Education and Training
- Department of Families Fairness and Housing
- City of Melbourne
- Our Users
- Grant Funding



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

# Kensington Neighbourhood House EST 1975

**89 mccracken st**  
**kensington vic 3031**



[kensingtonneighbourhoodhouse.com](http://kensingtonneighbourhoodhouse.com)