

Activities & Courses

Term 3&4 2024



**Kensington
Neighbourhood
House** EST 1975

kensingtonneighbourhoodhouse.com

Acknowledgement of Country

In the spirit of reconciliation Kensington Neighbourhood House acknowledges the Traditional Owners, the Wurundjeri Woi 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 all 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.

Kensington Neighbourhood House

EST 1975

Our Purpose

We work within a community development framework, looking to create community connections, advance mental health outcomes and prevent social isolation of people living and working in our area. We provide opportunities for social connection through a range of regular, low-cost activities and groups, volunteering roles, adult education, children's programs and more. Our purpose is to advance social and public welfare by improving mental health and preventing social isolation. We provide a physical location where we support individuals to undertake activities, or work on projects, in the company of others.



89 McCracken St Kensington VIC 3031
9376 6366
kensingtonneighbourhoodhouse.com

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Term 4: 7 October—19 December

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Vocational Education



Boost your Micro Business

This 10 week course focuses on the skills and knowledge needed to run and manage a micro-business at a local market. It includes business planning, small business finance, rules and regulations, marketing, selling, customer service and social media. Gain practical experience in running a market stall at The Community Grocer's Flemington Market as part of this course.

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

Community Canteen

Build work readiness skills for the hospitality industry by joining our community canteen course. This program runs from the Debney Meadows Community Hub at Debney Meadows Primary School, Flemington.

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

Language Classes ▲

English courses run all year. Students can enrol at any time by attending an interview with our 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 *and* 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 *and* 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/carers can concentrate on study.

Date Tuesdays

Time 10am–12pm

Cost Free!

Sew & Grow: Project Based Learning

Have you already mastered sewing basics? This could be the course for you. Extend your sewing expertise while working on your own projects under the guidance of experienced teachers.

Date Tuesdays

Time 12–2pm

Cost Free!

Italian Language Classes

Connect with Italian culture through fun, addictive and entertaining language classes with the Centre of Italian Studies.

Post-beginner levels offered.

Contact the Centre of Italian Studies for more information and to enrol:

cis@italianstudies.com.au

Phone: 9347 9144

Date Mondays

Term 3: (8 Jul–9 Sep)

Term 4: (30 Sep–2 Dec)

Time 6–7.45pm

Cost \$399 per term
(Books purchased separately)

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–1pm

Cost Free!



Computers & Internet



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 an appointment.

Date Various days and times

Cost Free!

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

Cost Free!

People Helping People

Help with Forms & 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.

Telephone **9376 6366** to book an appointment.

Cost Free!

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 go to:

kensingtonneighbourhoodheroes.com

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.

Check here for more details:
northmelbourne.toastmastersclubs.org

Al-Anon Family Group

Do you need help to cope with the effects of someone else's drinking or addiction? Is the drinking/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:
al-anon.org.au/meetings



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
5.30pm–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



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
*Bachelor of Fine Art
(with Honours) VCA*

Cost **Term 3:** \$200 / \$150 (conc)
Term 4: \$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 1–4pm

Tutor Rohan Schwartz

Cost **Term 3:** \$250 / \$175 (conc)
Term 4: \$275 / \$193 (conc)

Sunday Sessions

Join Lily O'Connell for an afternoon of art-making. Participants are welcome to bring along any works in progress and receive guidance from Lily. Each session will also focus on a particular topic or medium which you are welcome to join in with or continue with your own pieces. Check our website for each month's topic.

Suitable for anyone over 10 years

Date Sundays

25 Aug: Drawing

20 Oct: WaterColours

24 Nov: Printmaking

Time 2–5pm

Tutor Lily O'Connell

Cost \$50 / \$30 (conc)

Introduction to Clay Sculpture

If you have ever wanted to experiment with clay, this is your chance! Join our tutor Ilona to learn the art of forming clay by hand. You will learn the basic nature of clay and how to manipulate, shape and decorate it to bring a sculpture to life. All materials and tools provided. No previous experience necessary and beginners are very welcome.

Date Saturday 31 August

Time 1.30–5.30pm

Tutor Ilona Herreiner

Cost \$80 / \$40 (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 Tuesdays

Term 3: 28 August–18 September (Inclusive)

Term 4: 9 October–18 December (Inclusive)

Time 7.30–9pm

Tutor John Howard

Cost **Term 3:** \$48 / \$24 (conc)

Term 4: \$132 / \$66 (conc)

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!

Suitable for anyone over 10 years

Date Saturday 24 August

Time 2–4pm

Tutor Manjari Singh

Cost \$60 / \$40 (conc)

Creative Writing

Develop creative writing skills that can be applied to poetry, short stories, novel writing, narrative or creative non-fiction and memoir; build confidence as a writer and receive feedback on your writing. Learn about the different aspects of the writing craft and learn how to prepare writing for submissions.

For writers at all stages

Date 16 July–17 September
(Inclusive)

Time 2–4pm

Tutor Meg Dunley
*Writer, Coach,
Facilitator & Editor*

Cost \$200 / \$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 up to four items from home (eg. Old pillow slips, scraps of fabric, tote bag, t-shirt).

Date Saturday 10 August

Time 1–5pm

Tutor Lily O’Connell

Cost \$100 / \$65 (conc)

Tissue Transfer Ceramics

Last chance to attend this very popular workshop for this year! Learn how to create dishes using the slab building technique and Japanese wooden press moulds. Then choose from a beautiful array of decorative tissue papers to and transfer the designs to your clay (check our website for photos). You will create 2 or 3 unique dishes and your work will be fired and glazed by the tutor, ready for collection 2-3 weeks after the workshop.

Date Saturday 24 August

Time 1–4pm

Tutor Anna Kulusniewski

Cost \$100 / \$65 (conc)

Hand Built Ceramics

Learn the basics of hand building with clay to create plates and bowls. You will learn how to roll a slab and create patterns using embedded pigments and how to design your own shape, cut and finish each piece. Japanese wooden push moulds will be used to create professional looking plates and bowls. Finished pieces will be painted with a clear glaze and fired by the tutor for collection 2-3 weeks after the workshop.

Date Saturday 26 October

Time 2–5.30pm

Tutor Anna Kulusniewski

Cost \$100 / \$65 (conc)

Social Groups



Book & 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 August, 9 September,
14 October, 11 November,
9 December)

Time 7–9pm

Cost Free!

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 members will provide ideas and materials to get you started. Sewing machines and basic supplies available, plus tea, coffee and lots of chats.

Date Thursdays

Time 1.30–4pm

Cost Free!

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.

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 / Outings \$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 Thursday

Time 10am–12pm
(Except for outings)

Cost \$25 per year

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 *or* 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)

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.

New Monday group starting in Term 1 2025—Join the waiting list!

New Wednesday group starting in Term 3 2024

Date Mondays *or* Wednesdays

Time 3.45–4.45pm

Cost Free!

Strong Foundations

A literacy specialist provides small group intervention for Foundation–Grade 2 students. Volunteer tutors support the students as they rotate through additional literacy, math and craft activities. Parents are welcome to stay and join in.

This program runs during school terms at 94 Ormond Street, Kensington

Date Mondays *or* Wednesdays

Time 5.30–7.30pm

Cost Free!

Community Playgroups

Facilitated playgroups for parents/ carers and children under 4 years old. A variety of indoor and outdoor learning activities are set up each week and participants also enjoy songs and stories.

BYO drink bottle and snack.

Date Mondays *and* Tuesdays

Time 10am–12pm

Hosts Rawia Bid, Nahed Abdo & Maryam Bid

Cost Free!

Study Support

Volunteers help students in Years 3–12 with numeracy, literacy and general school studies. Get help with your homework, assignments, revision and test preparation. We can print and photocopy on site and stationery and learning materials are provided. Bring your own text books.

This program runs at 94 Ormond Street, Kensington

Date Mondays *and* Wednesdays

Time 5.30–7.30pm

Cost Free!

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. Mothers Groups welcome.

Date Fridays

Time 10am–12pm

Cost Free!

Food



Gozleme & Baklava

This workshop is incredibly popular for a reason! Arzu will teach you how to make gozleme and baklava from scratch, while sharing stories from her culture. You will go home with 3 to 4 gozlemes and about 1.2kg of baklava. (Please bring oven tray approx 30 x 20cm, a rolling pin and two large containers).

Date Saturday 31 August

Time 10.30am–1pm

Tutor Arzu Yilmaz

Cost \$60 / \$40 (conc)

Kebab & Meze

Learn how to make unique, traditional Turkish kebabs at home. Create, shape and cook kebab sticks along with two vegetarian mezes (small appetiser dishes). Enjoy lunch while hearing stories and history about Turkey and surrounding countries. Take home any left overs! Arzu will provide clear recipes so that you can easily repeat the process at home. (Please bring a couple of containers).

Date Saturday 12 October

Time 10am–1pm

Tutor Arzu Yilmaz

Cost \$60 / \$40 (conc)

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

Tutor Sally Ford

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.

Date Fridays

Time 10–11am

Tutor Samantha Flanagan

Cost \$20 per month

Healthy Living & 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 12–1.30pm

Cost Free!

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.

Date Wednesdays

Time 10–11am

Tutor Samantha Flanagan

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.

Date Mondays
(8 July, 12 August,
9 September, 14 October,
11 November, 9 December)

Time 7–9pm

Host Bev Wyburn & Pauline Galvin

Cost Free!

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

M^cCracken 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 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 between 11–3pm on set dates. 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

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

Cost Free!

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

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
& complete the Membership Registration Form

Cost Free!

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**

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

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

Kensington Neighbourhood House is funded by

- ▲ Department of Jobs SKills Industry & Regions
- ▲ 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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