

# THE BUZZ

Term 3 2024

## Wyndham West

Iramoo Community Centre  
Manor Lakes Community Learning Centre  
Quantin Binnah Community Centre  
Wunggurrwil Dhurrung Community Centre  
Wyndham Park Community Centre



### YOGA CLASSES FOR ALL AGES

Yoga offers numerous benefits for both teens and adults, addressing physical, mental, and emotional health. Yoga Meditation and Healing 365 instructor provides weekly session at Manor Lakes Community Learning Centre. (Classes are on School terms only)

Class Details:

Kids Session (6-11yrs)	Teen Yoga ( 12 –16yrs)	Adults Yoga ( 16yrs and above)
Day : Tuesdays	Day : Tuesdays	Day : Saturdays
Time : 4pm –5pm	Time: 5pm –6pm	Time : 8:30am –9:30am

For booking enquiries

Contact: Anu

Phone: 0469822005

Email: Yogameditationandhealing365@gmail.com

[Join now!](#)



### STRENGTH AND CONDITIONING FITNESS CLASSES

[Register your interest](#)



The Manor Lakes Community Learning Centre is excited to host a dynamic Strength and Conditioning class led by the experienced instructor, Divya. This class is designed to offer a comprehensive full-body workout that caters to individuals of all fitness levels.

Join us and take the first step towards a healthier, stronger you! Classes will be held every Thursday 9:30 –10:30 am at the Manor Lakes Community Learning Centre.

For more information and to register your interest for Term 4 Classes :

Contact: Divya  
Phone: 0431 253 981  
Email: Divya.emmanuel@gmail.com



Wyndham City Council would like to pay respect and acknowledge the Bunurong and Wadawurrung People as the Traditional Custodians of the land on which Wyndham City Council is located.

Iramoo Community Centre:	84 Honour Ave, Wyndham Vale VIC 3024	Phone: (03) 8742 3688
Manor Lakes Community Learning Centre:	86 Manor Lakes Blvd, Manor Lakes VIC 3024	Phone: (03) 8734 8934
Quantin Binnah Community Centre:	61 Thames Boulevard Werribee VIC 3030	Phone: (03) 9742 5040
Wyndham Park Community Centre:	55 - 57 Kookaburra Ave Werribee VIC 3030	Phone: (03) 9742 7298
Wunggurrwil Dhurrung Centre:	19 Communal Road, Wyndham Vale VIC 3024	Phone: (03)8734 0288

## BIGGEST MORNING TEA BY PRAYAS



On June 29, Praya's organized the Biggest Morning Tea at Manor Lakes Community Learning Centre to raise awareness and support for people affected by cancer.

The event, themed "Supporting the FIGHTERS, admiring the SURVIVORS, honouring the TAKEN, and never, ever GIVING UP," brought the community together for a meaningful cause. Attendees enjoyed a variety of teas, homemade treats, and live entertainment, while guest speakers shared inspirational stories. The event successfully raised funds for cancer research and provided valuable information on prevention and early detection, reinforcing the importance of community support and resilience in the fight against cancer.

**For more information please visit the website:**

<https://www.biggestmorningtea.com.au/fundraisers/Prayas/biggest-morning-tea-vic>

# Prayas



## INTERNATIONAL YOGA DAY CELEBRATIONS

**'We celebrated International Yoga Day on June 21st with the theme of Humanity**

We came together to learn about the holistic nature of yoga. We began the class with a yogic game to warm up in the chilled weather. Then we did sun salutations and simple yoga poses. As the body began to loosen up with movements we quietly relaxed to the singing bowl vibrations towards the end of the class. We encouraged children and adults to incorporate yoga and meditation into their daily lives for enhanced wellbeing .

## CLUB 60 WYNDHAM VALE 9TH BIRTHDAY

Club celebrated the 9th anniversary on Friday dated 05.07.2024. As Club started the journey in Aug 2016 with the aim of Non-profitable Organisation to take care of the Senior migrants that they should not feel isolated, be involved in charity, to build social relations, to know about different religion with different communities and also participate in volunteering activities such as tree plantation and clean-up.

To celebrate the achievements of the past 9 years and plan new goals for the coming year. We have got together and celebrate.



## FAZ CREATIVE

Art and Craft classes for Kids! Join This class to explore your creativity. This program is suitable for ages between 5 –12 yrs.

**When:** Wednesdays ( 17 July— 25 September)  
**Where:** Manor Lakes Community Learning Centre  
**Time:** 5pm –6pm  
**Cost:** \$10 per session  
**Contact:** Farsana (SMS ONLY) - 0406 027 372

To register , please scan the QR code provided.



## COUNCIL SERVICES AT MANOR LAKES

Did you know a range of council enquiries and transactions are available.

You can now make:

- **Rates enquiries & payments**
- **Council payments**
- **Kinder enquiries**
- **Pet registrations**

**\*Please note—Cash payments are NOT accepted**

**Contact:** Manor Lakes Community Learning Centre  
**Phone:** 8734 8934  
**Email:** [manorlakesclc@wyndham.vic.gov.au](mailto:manorlakesclc@wyndham.vic.gov.au)



# IRAMOO COMMUNITY CENTRE SERVICES RELOCATED

Iramoo Community Centre services will temporarily relocate to Lollypop Creek Community Centre, from 8 July to 20 September 2024.



Iramoo Community Centre will soon undergo essential maintenance on our air conditioning and heating units.

To ensure that our community continues to enjoy all our events and activities without interruption, we will be temporarily relocating to Lollypop Creek Community Centre.

Commencing 8 July until 20 September 2024, for the duration of term 3, all scheduled events, activities, meetings, and bookings will be hosted at the Lollypop Creek Community Centre, conveniently located at **104 Shipwright Parade, Werribee.**

We appreciate your understanding and cooperation during this period.

*We're on the Move*



To keep up to date, scan the QR code or follow us on facebook.



@IramooCommunityCentre



## COMMUNITY CONNECTOR

Wyndham's City Community Connectors are available to assist all residents in our community to access the services they need and empower them to make informed decisions. The Community Connector team can provide specific information and referral/s to local supports & services tailored to meet the needs of the individual. Some of the services may include:

- Information and assistance accessing services for e.g. My Aged Care, NDIS, HACC PYP
- Links to social support and community groups/activities
- Information and referrals for emotional support, counselling, food relief and material aid
- Advocacy support and information

**Community Connectors will be available at the following Community Learning Centres:**

- **WEDNESDAY 8am to 5pm** Tarneit Community Learning Centre
- **THURSDAY 8am to 5pm** Point Cook Community Learning Centre
- **FRIDAY 8am to 5pm** Manor Lakes Community Learning Centre

We have specialist Ageing Well Connectors available to support older residents and their families. For more information please call **8734 4514** and ask for a Community Connector or email at [communityconnector@wyndham.vic.gov.au](mailto:communityconnector@wyndham.vic.gov.au).

***Interpreter Services can be organised on request.***



## SEWING CLASSES AT MANOR LAKES COMMUNITY LEARNING CENTRE



**Next Stich** is an intermediate level sewing course, which assumes some basic knowledge of using sewing machines. **All Sewn Up** is an advanced course. Learners will already know how to use a basic sewing machine & overlocker. Both classes are designed for people wishing to expand their sewing skills in a fun and engaging way, with like-minded learners. 8 Weeks of practical, hands on activities!

**Term 3 Starts begins 15 July 2024**

**When:** Next Stich Monday 9am -12pm  
Garment & pattern alteration 12.30pm – 3.30pm

**Where:** Manor Lakes Community Learning Centre

**Contact:** Wyndham Community and Education Centre

**Phone:** 9742 4013

**Enrol online:** [www.wyndhamcec.org.au](http://www.wyndhamcec.org.au)—Look for 'Short Courses'



## COMPUTER SKILLS CLASSES

**First Steps** is for absolute beginners. The course will cover basic computer skills to get you started. You will master creating folders, saving documents, using emails, searching on the internet and much more!

**Next step** This course is designed for people who have basic computer skills or as a follow on for students who have completed the "First Steps" course. All while enjoying the company of like-minded adult learners, in a relaxed environment. 8 weeks of practical, hands on activities!

**Term 2 Starts begins 16 July 2024** **Bookings Essential!**

**When:** Computer skills - Advanced Tuesday 09– 12 pm  
Computer skills - Next steps Tuesday 12.30 - 3.30pm

**Where:** Manor Lakes Community Learning Centre.

**Contact:** Wyndham Community and Education Centre

**Phone:** 9742 4013

**Enrol online:** [www.wyndhamcec.org.au](http://www.wyndhamcec.org.au)—Look for 'Short Courses'



## SCAN DOCUMENTS WITH A SMARTPHONE



As part of the Wyndham Learning Festival, many of our Short Course trainers will be offering 'Taster Courses' to the community. Our digital skills teacher, is going to offer a 'Scan documents with a Smartphone' 1-hour workshop

**When:** Wednesday 10 - 11am

**Date:** 4th, September 2024

**Where:** Manor Lakes Community Learning Centre.

**Contact:** Wyndham Community and Education Centre

**Phone:** 9742 4013

**Enrol online:** [www.wyndhamcec.org.au](http://www.wyndhamcec.org.au)—Look for "pre-accredited"

**Bookings  
Essential!**



## THE MANOR LAKES CAFE

Come down to the centre with your family and friends and enjoy and a coffee or a meal together. The Café at the Manor Lakes Community Learning Centre is open for coffee, breakfast and lunch on the below days.

- Mondays, Wednesdays and Fridays
- Tuesdays (during school terms only)

Each meal cost.... \$10.00

Coffee ..... \$4.00



## NEIGHBOURHOOD HOUSE WEEK

Neighbourhood House Week is a nationwide initiative to celebrate the role of over 1,000 Neighbourhood and Community Houses and Centres and is held in early May. This year's theme was 'Stronger Together'. Iramoo always enjoys offering a variety of free workshops during this week to celebrate the wonderful work Neighbourhood Houses do for their community. Our activities this year included:

- Community Breakfast
- Cookie Decorating with Julie
- Indian Donuts with Chai
- Pre-School Plaster painting
- Honey Tasting workshop



## BIGGEST MORNING TEA FUNDRAISER



Iramoo Community Centre and our community came together over a delicious morning tea to raise funds for the Cancer Council. With a combination of donations, raffle and entrance fee we proudly raised a total of \$1,487.59.

A big thank you to all who participated, we would like to recognise and thank our local businesses who supported our event.

*Cakes - Sweets In Bloom,  
Mel's Foodstore,  
Bakers Delight - Manor Lakes,  
Coles - Manor Lakes,  
The Pancake Parlour,  
AGES Pizza,  
Sister Story,  
Bunnings Werribee*



## MORNING MELODIES

Join for a morning sing-along! A light morning tea will be provided.  
Cost \$5 Please call 8742 3688 to book your place.

15 Jul Andrew Portelli  
19 Aug Arnie Grieves  
16 Sep Marcia Rae  
21 Oct Seniors Event  
21 Oct Seniors Event



## COMMUNITY SPACES AVAILABLE FOR HIRE AT IRAMOO COMMUNITY CENTRE

Meeting Rooms, Community Room and a community Hall is available for hire. Ample amenities are attached. For more information on our programs and workshops or to speak to us about hiring our space/ to arrange a viewing, please contact

**Email:** admin@iramoooc.com.au

**Phone:** 8742 3688

**Website:** www.iramoooc.org.au

# WHAT'S ON @ QUANTIN BINNAH COMMUNITY CENTRE

## Volunteering at QB

Quantin Binnah Community Centre was a recipient of a Medium Grant from Wyndham City Council. This grant allowed us to establish our Volunteers Program at QB and recruit Carol our (volunteer) Volunteers Coordinator. Carol has recently started with the team and is available every Wednesday. Carol has a wealth of experience, is brimming with positivity, enthusiasm and ideas; she is a Muslim lady, but a convert, born in England and raised in Australia. She has lived for 18 years in indigenous Communities in Arnhem Land and worked almost exclusively with CALD communities for the past 16 years and has now found her way to our QB community. Carol is keen to help you meet your volunteering potential and we have a wide range of roles available. If you have any special skills or would like to contribute to your community, please get in touch - YOU can make a difference. You can register your interest to volunteer directly through our website

<https://www.qbcc.org.au/volunteer> or by emailing Carol – [volunteers@qbcc.org.au](mailto:volunteers@qbcc.org.au)



## Craft ABILITY

Adults with Disabilities (and their carers) are invited to join us to complete a different art and craft activity each week. Come along and be creative, be social and maybe enjoy something to eat from the Café menu

**Date:** Tuesday's during term – recommencing 23rd July 2024

**Time:** 10.30am

**Cost:** \$8 per person for weekly art project or \$15 including a delicious morning tea

**At:** Café Qb, Quantin Binnah Community Centre  
61 Thames Boulevard, Werribee 3030

**Phone:** 9742 5040,

**Email:** [community@qbcc.org.au](mailto:community@qbcc.org.au)

Please RSVP for resourcing purposes

## HIGH TEA & CRAFT

Enjoy a delicious morning tea whilst you create a themed masterpiece to take home.

**Dates:** Monday 22<sup>nd</sup> July &/or Monday 12<sup>th</sup> August &/or Monday 9<sup>th</sup> Sept

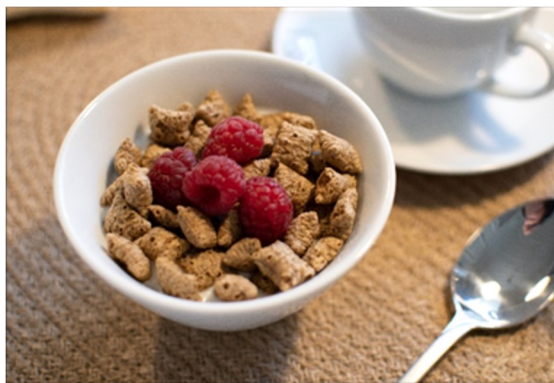
**Time:** 10.30am

**At:** Café Qb, Quantin Binnah Community Centre,  
61 Thames Boulevard, Werribee 3030

**Cost:** \$15 per person includes craft, morning tea & barista made hot drink

**Phone:** 9742 5040

**Email:** [community@qbcc.org.au](mailto:community@qbcc.org.au)



## BREAKFAST CLUB

Start the day off right! Before dropping the kid's off at kinder/childcare/school come in for some brekky together to help you fuel your day. Don't have any kid's, no problems, you're welcome too. No questions asked. Breakfast items include cereal, toast and fruit.

**Dates:** Monday's, Tuesday's & Wednesday's during Term

**Time:** 8am to 9am

**At:** Café Qb, Quantin Binnah Community Centre  
61 Thames Boulevard, Werribee 3030

**Cost:** FREE

## BEGINNERS ENGLISH

Carol will help you learn and practice English in a fun, informal manner. EAL *beginners* practise new words and build useful basic *English skills*. Learn and practice in a safe & inclusive environment. This is a pre-accredited course. You will receive a certificate of completion. Eligibility criteria may apply. **Students must be 18+ & Registrations are required.**

**Date:** Friday's from 26TH July for 8 weeks

**Time:** 9.30am to 11.30am

**Cost:** Free

**At:** Quantin Binnah Community Centre, 61 Thames Blvd, Werribee

**Phone:** 9742 5040

**Email:** [community@qbcc.org.au](mailto:community@qbcc.org.au)



## WHAT'S ON @ QUANTIN BINNAH COMMUNITY CENTRE

### Storytime With JoJo



Once upon a time at Café QB we met a fairy god mother, a unicorn and other magical beings

Brings the kids along to a fun, INCLUSIVE, interactive and educative story time. Books are read by QB's very own Creative Artist and Author in Residence JoJo.

There might even be the occasional special guest...

When you wish upon a star anything can happen...

### TUESDAY'S at 10.00am

Except 1<sup>st</sup> Tuesday of month & school and public holidays.

To assist with story selection and set-up, registrations are requested.

Walk-in's Welcome

Parents are required to stay in attendance (your caffeine needs can be met in the Café ☺)

#### Contact Information:



[www.qbcc.org.au](http://www.qbcc.org.au)



61 Thames Blvd, Werribee



[community@qbcc.org.au](mailto:community@qbcc.org.au)



### COMMUNITY SPACE FOR HIRE

We are always keen to introduce new activities, support groups and bring others together so please get in touch if you'd like to deliver something at QB or participate in something different, contact [community@qbcc.org.au](mailto:community@qbcc.org.au) or 9742 5040.

**Like the Quantin Binnah Facebook page**

[www.facebook.com/quantinbinnah](http://www.facebook.com/quantinbinnah) and keep an eye on our pop-up events or check out [www.qbcc.org.au](http://www.qbcc.org.au). To discuss anything in detail email [community@qbcc.org.au](mailto:community@qbcc.org.au) or call Emma or Penny on 9742 5040.

Please get in touch with the Community Development Team on [community@qbcc.org.au](mailto:community@qbcc.org.au) should you have any requests for programs and activities or if you have any special skills you'd like to share with others.

**At:** Quantin Binnah Community Centre  
61 Thames Boulevard,  
Werribee 3030

**Phone:** 9742 5040,

**Email:** [community@qbcc.org.au](mailto:community@qbcc.org.au)

**We can't be a community  
without you!**



## ARE YOU INTERESTED TO RUN A PROGRAM AT YOUR LOCAL CENTRE?

# Wyndham City Managed Community Centres and Halls

Connect

Create

Learn

Share

## Expressions of Interest 2025

Opens 1<sup>st</sup> August – 30<sup>th</sup> August 2024

Do you have a regular program or activity that you would like to host at a Community Centre or Hall that is managed by Wyndham City Council? Come and chat to us!

#### Who Should apply?

Facilitators and community groups who would like to hire a space for regular activities that provide a benefit for the community.

#### How to apply?

Call your local centre between 1st – 30th August to book an appointment

For more information email, [neighbourhoodhubs@wyndham.vic.gov.au](mailto:neighbourhoodhubs@wyndham.vic.gov.au)

#### Contact Us

To speak to our friendly team at a community centre near you.

**Arndell Park:** 03 8734 8911

**Dianella:** 03 8742 8300

**Diggers Hall:** 03 9742 0867

**Featherbrook:** 03 8353 4000

**Lollypop Creek:** 0455 625 749

**Manor Lakes CLC:** 03 8734 8934

**Penrose:** 8734 4500

**Point Cook CLC:** 03 8734 0205

**Saltwater:** 03 8376 5500

**Truganina:** 8742 8420

**Tarneit CLC:** 03 8734 6040

**Old Shire Offices:** 03 9742 0867

## Early Years Programs & Activities

VARIOUS LOCATIONS	VENUE, DAY & TIME	COST	CONTACT INFORMATION
<b>Maternal &amp; Child Health Appointments</b> Professional nursing support & advice for parents with children from birth to school age.	By Appointment Only	No cost	👤 Maternal & Child Health ☎ 1300 370 567 🌐 <a href="http://www.wyndham.vic.gov.au">www.wyndham.vic.gov.au</a> <i>select Maternal &amp; Child Health Services</i>
<b>Immunisations</b> The Wyndham City Immunisation Unit provides free public vaccinations against a range of childhood and adult diseases.	By Appointment Only		👤 Wyndham Immunisation Team ☎ 9742 0736 🌐 <a href="http://www.wyndham.vic.gov.au">www.wyndham.vic.gov.au</a> <i>select Children's Services &gt; Immunisations</i>
<b>First Time Parents Group</b> Meet friendly local families to talk about your kids and have fun! Come along to share experiences, find advice, give support and make new friends.	Weekly sessions		👤 Maternal & Child Health ☎ 1300 370 567 🌐 <a href="http://www.wyndham.vic.gov.au">www.wyndham.vic.gov.au</a> <i>select Maternal &amp; Child Health Services</i>
<b>Supported Playgroup</b> Referrals for this service can be made by community services or families can self-refer through the Wyndham City Council website:	Weekly sessions		👤 Child and Family Resource Team ☎ 1300 370 567 ✉ <a href="mailto:playgroup@wyndham.vic.gov.au">playgroup@wyndham.vic.gov.au</a> 🌐 <a href="https://www.wyndham.vic.gov.au/services/childrens-services/playgroups/supported-playgroups">https://www.wyndham.vic.gov.au/services/childrens-services/playgroups/supported-playgroups</a>
<b>Wyndham City Council - Kindergarten</b> 3 & 4 Year Old Kindergarten Services. Enrol your child online.	Weekly sessions		👤 Kindergarten Enrolment Officer ☎ 1300 370 567 🌐 <a href="http://www.wyndham.vic.gov.au">www.wyndham.vic.gov.au</a> <i>select Children's Services &gt; Kindergarten</i>
<b>Iramoo Playgroup</b> Playgroups are a great way for your child to interact with other children in a fun and safe environment.	<b>Mondays</b> 9am —11am & 11.30am - 1.30pm <b>Tuesdays</b> 9am —11am	\$60 per family per term	👤 Iramoo Community Centre ☎ 8742 3688 ✉ <a href="mailto:admin@iramoooc.com.au">admin@iramoooc.com.au</a> <b>Follow us on Facebook!</b>

**Bookings required**

## ACTIVE WYNDHAM



Are you looking to try a new sport this Winter, or maybe return to an activity you did a while ago?

Joining in an activity is a great way to keep motivated and find new friends. Being active makes us feel better – they say it's the best medicine – it lifts our mood, can help us de-stress, improves sleep and gives us more energy.

You can join in free sessions and try out different activities to help you work out what you would like to do.

**Find out what's available here:**

[www.wyndham.vic.gov.au/wintersport](http://www.wyndham.vic.gov.au/wintersport)

## PRAM WALKING SESSIONS

An informal catchup for families with children under 18 months. All walks will run for approximately 1 hour and will be led by a Child and family Resource Officer. Walks will be weather dependent and will not run if the weather is not suitable. For more information, please use the QR code to visit the webpage.


















**Join us in one of the following sessions:**

- **Arndell Park**      **Truganina WEDNESDAY 10.30AM**
- **Presidents Park**      **Werribee WEDNESDAY 10.30AM**
- **Tarneit Lakes**      **Tarneit FRIDAY 1.00PM**









## Early Years Programs & Activities

MANOR LAKES	DAY & TIME	COST	CONTACT INFORMATION
<p><b>VicSeg Playgroup - New Futures</b> This group is for South Sudanese mothers and children with the opportunity to talk &amp; support one another in the local community.</p>	<p><b>Wednesday</b> 12pm—3pm</p>	<p>Free</p>	<p> VicSeg  8754 0500  <a href="mailto:kdiacono@vicsegnewfutures.org.au">kdiacono@vicsegnewfutures.org.au</a></p>
<p><b>Manor Lakes Harmony Playgroup</b> <i>During school terms</i></p>	<p><b>Fridays</b> 9:30am—11:30am</p>	<p>\$60 per term</p>	<p> Sam  <a href="mailto:manorlakesplaygroup@outlook.com">manorlakesplaygroup@outlook.com</a></p>
<p><b>Rhyme Time - Ages 1 - 5years</b> These 30-minute sessions include stories, songs and rhymes designed to develop early language, literacy and numeracy skills. <i>During school terms</i></p>	<p>Refer to website for current timetable</p>	<p>No Cost</p>	<p>Contact: Werribee Library  8734 8999</p> <p>Contact: Manor Lakes Library  8734 8999</p> <p>For session dates and times please visit: <a href="http://www.wyndham.vic.gov.au/services/libraries/early-years/early-years-events-and-activities">www.wyndham.vic.gov.au/services/libraries/early-years/early-years-events-and-activities</a></p> <p> For session dates and times visit: <a href="http://www.wyndham.vic.gov.au/pop-up-library">www.wyndham.vic.gov.au/pop-up-library</a> <i>Programs during school term only</i></p>
<p><b>Baby Time - Ages 0 - 12months</b> Sing, move, and bond with your baby as we share some of our favourite songs and reading tips. <i>During school terms</i></p>			
<p><b>Story Time - Ages 3+</b> These 45-minute sessions include stories, songs and rhymes, &amp; a simple craft activity designed to develop early language, literacy &amp; numeracy skills. <i>During school terms</i></p>			
<p><b>Bilingual Story Time - Karen and English</b> <i>Ages - Children of all ages</i> Join us for 45 minutes of stories, songs and rhymes, and craft in Karen and English. Meet bilingual families, learn words in another language and help your child develop important language skills. <i>During school terms</i></p>			
<p><b>Rhyme Time and Pop-Up Library</b> <i>Ages 1–5 years</i> Join us for Rhyme Time and a special Pop-Up Library every week.</p>	<p>Refer to website for current timetable</p>	<p>No Cost</p>	<p> Club Mambourin  8734 8999</p> <p> For session dates and times visit: <a href="http://www.wyndham.vic.gov.au/pop-up-library">www.wyndham.vic.gov.au/pop-up-library</a> <b>Programs during school term only</b></p>
Quantin Binnah	DAY & TIME	COST	CONTACT INFORMATION
<p><b>3 Yr. Old Kindergarten &amp; 4Yr Old Kindergarten</b> <b>QB</b> <b>61 Thames Boulevard Werribee 3030</b> <b>Woodville</b> <b>82 Woodville Park Drive Hoppers Crossing 3029</b> Don't miss out on being part of our wonderful community! You will need to apply through Wyndham City Council Website first select Quantin Binnah Kindergarten.  <a href="https://www.qbcc.org.au/3yr-old-kindergarten">https://www.qbcc.org.au/3yr-old-kindergarten</a> <a href="https://www.qbcc.org.au/4-yr-old-kindergarten">https://www.qbcc.org.au/4-yr-old-kindergarten</a></p>	<p>Day's &amp; Time's vary dependant on group</p>		<p> Quantin Binnah Community Centre  9742 5040  <a href="mailto:admin@qbcc.org.au">admin@qbcc.org.au</a>  <a href="http://www.qbcc.org.au">www.qbcc.org.au</a></p> <p>For more information please visit: <a href="https://www.qbcc.org.au/enrolments">https://www.qbcc.org.au/enrolments</a></p> <p>To Enrol in our Kindergarten Services apply via Wyndham City Council Enrolment Registrations portal: <a href="https://www.wyndham.vic.gov.au/services/childrens-services/kindergarten/kindergarten-registration-process">https://www.wyndham.vic.gov.au/services/childrens-services/kindergarten/kindergarten-registration-process</a></p>
<p><b>Ooey gooey Messy Play - Starting 24th July</b> Come along and get messy with different sensory play, for any age. Parents to supervise children; children to wear clothes that can get messy.</p>	<p><b>Wednesday 's</b> fortnightly between 10.00am—11.00am</p>	<p>\$6 per child per session or \$10 for 2 siblings</p>	<p> Contact: Bianca at Creating Villages  <a href="mailto:creatingvillages@gmail.com">creatingvillages@gmail.com</a></p>

# Early Years Programs & Activities

Quantin Binnah	DAY & TIME	COST	CONTACT INFORMATION
<p><b>QB Childcare</b> 61 Thames Boulevard Werribee 3030</p> <p><b>Woodville Childcare</b> 82 Woodville Park Drive Hoppers Crossing 3029</p> <p>Our childcare provides a secure and happy environment where children can develop their intellectual, social, emotional, physical and aesthetic skills to become competent and confident individuals. Our aim is for you as the parents &amp; guardians to feel safe in the knowledge that your child is receiving the best possible care.</p>	<p><b>Monday—Friday</b> Centre Opens at 6.30am Centre Closes at 6.00pm</p> <p><b>Monday—Friday</b> Centre Opens at 6.30am Centre Closes at 6.00pm</p>	<p>Please refer to <a href="http://www.qbcc.org.au">www.qbcc.org.au</a> for prices</p> <p>Childcare Subsidy applies - <a href="http://136150www.childcaresubsidycalculator.com.au">13 61 50 www.childcaresubsidycalculator.com.au</a></p> <p><a href="http://www.qbcc.org.au/childcare">www.qbcc.org.au/childcare</a></p>	<p> Quantin Binnah Community Centre  9742 5040  <a href="mailto:admin@qbcc.org.au">admin@qbcc.org.au</a>  <a href="http://www.qbcc.org.au">www.qbcc.org.au</a></p>
<p><b>Playgroup QB</b> 61 Thames Boulevard Werribee 3030</p> <p>Our Playgroup is supported by a trained educator and all activities are planned to provide a supported experience. Our facilitator also encourages parents to build strong connections by building capacity in the group and by ensuring the group is parent led. <a href="http://www.qbcc.org.au/playgroup">www.qbcc.org.au/playgroup</a></p>	<p><b>Thursdays during Term</b> 10am—12pm</p>	<p>Please refer to <a href="http://www.qbcc.org.au">www.qbcc.org.au</a> for prices</p>	
<p><b>School Age Care</b> Quantin Binnah has programs at 4 Wyndham locations offering:</p> <ul style="list-style-type: none"> <li>• Before School Care</li> <li>• After School Care</li> <li>• Curriculum Day Care (dependant on numbers)</li> <li>• Vacation Care* (school holiday program offered at 2 locations)</li> </ul> <p><b>Wyndham Locations:</b> West grove PS and Bethany PS (West grove &amp; Bethany program held at Quantin Binnah*), Our Lady of the Southern Cross PS, Corpus Christi PS*, St John the Apostle PS. <a href="http://www.qbcc.org.au/school-aged-care-1">www.qbcc.org.au/school-aged-care-1</a> <a href="http://www.qbcc.org.au/vacation-care-1">www.qbcc.org.au/vacation-care-1</a></p>	<p><b>Before School Care</b> opens at 6.30am After School care closes at 6.00pm at QB, &amp; Corpus Christi</p> <p><b>After School care</b> closes at 6.30pm at Our Lady of the Southern Cross &amp; St John the Apostle.</p> <p><b>Vacation Care</b> program QB 6.30am to 6.00pm; Corpus Christi 6.30am to 6.30pm</p>	<p>Please refer to <a href="http://www.qbcc.org.au">www.qbcc.org.au</a> for prices</p> <p>Childcare Subsidy applies - <a href="http://136150www.childcaresubsidycalculator.com.au">13 61 50 www.childcaresubsidycalculator.com.au</a></p>	
<p><b>Storytime with JoJo</b> Once upon a time at Café QB we met a fairy god mother, a unicorn and every other magical being in the QB community. Brings the kids along to a fun, inclusive, interactive and educative story time. Books are read by QB's very own Creative Artist and Author in Residence JoJo. When you wish upon a star anything can happen... <b>During school terms</b></p>	<p><b>Each Tuesday (except 1<sup>st</sup> Tuesday of month during)</b> 10 am. Recommencing 24 July 2024</p> <p><b>Bookings required</b></p>	<p>Free Half price hot drinks for parents and carers in Café QB</p>	



## SETTLEMENT SERVICES

Eh Su from Wyndham Community and Education Centre is seeing clients who have arrived in Australia in the past five years, as refugees, at Manor Lakes Community Learning Centre. Clients seek support for all manner of things, including Centrelink payments, housing issues, family support, fines, family violence, insurance, utility issues & much more.

**Where:** Manor Lakes Community Learning Centre  
**When:** Mondays  
**Time:** 9am—1pm

**Walk in!**

## Early Years Programs & Activities

Wyndham Park	DAY & TIME	COST	CONTACT INFORMATION
<p><b>Little Buddies Toy Library</b></p> <p>An affordable and sustainable solution for local families. Rotate your toys on a fortnightly basis without having to buy new ones. Two toy and Four toy memberships available. Open Mondays, Fridays and Saturdays.</p> <p><b>Membership Fees:</b>                      \$70 per year to borrow 2 toys per fortnight                      \$100 per year to borrow 4 toys per fortnight</p>	<p><b>Mondays</b> 9am—12pm</p> <p><b>Fridays</b> 9am —12pm</p> <p><b>Saturdays</b> 10am—1pm</p> <p style="text-align: center; background-color: #e67e22; color: white; padding: 5px;"><b>Bookings Required</b></p>	Fee apply	<p>☎ 0432 361 126</p> <p>🌐 See website See website for 6-month memberships &amp; concession prices</p> <p><a href="https://littlebuddiestoylibrary.com.au/join/">https://littlebuddiestoylibrary.com.au/join/</a></p>
<p><b>Hungry Caterpillars Play Group</b></p> <p>Parents, carers, and kids come together for songs, stories, craft, and play. Links to parent and carer support also available.</p> <p><b>During school terms</b></p>	<p><b>Tuesdays</b> 10am—11.30am</p> <p style="text-align: center; background-color: #e67e22; color: white; padding: 5px;"><b>Bookings Required</b></p>	Free	<p>👤 IPC Health</p> <p>☎ 1300 472 432</p> <p>✉ IPC_wyndhamchildhealth@ipchealth.com.au</p> <p>Call or email to check eligibility</p>
<p><b>Wyndham Park Kindergarten</b></p> <p>Accessible early learning opportunity for children 5 years and under.</p>	<p><b>Mondays to Fridays</b> 9am—4pm</p>	Call to enquire	☎ 9741 6486
<p><b>Psychology Support</b></p> <p>No gap, confidential service provided by provisional psychologists.</p> <p><b>Booking and referral required Referral required</b></p>	Depending on individual booking	Free	☎ 03 4250 8134
<p><b>Sleep and Settling Sessions</b></p> <p>Wyndham MCH offers sleep and settling information sessions to support families experiencing sleep challenges. You can learn about how your child’s sleep changes over time and tips and strategies on how to settle your child as they grow</p>	<p><b>Mondays</b> 9:30am—11:30am</p>	Call to enquire	<p>✉ <a href="mailto:sleepsettling@wyndham.vic.gov.au">sleepsettling@wyndham.vic.gov.au</a></p> <p>🌐 <a href="https://www.wyndham.vic.gov.au/mcchildhealthservices">https://www.wyndham.vic.gov.au/mcchildhealthservices</a></p>
Wunggurrwil Dhurrung Centre	DAY & TIME	COST	CONTACT INFORMATION
<p><b>VACCA Koorie Kids Playgroup</b></p> <p>Supported playgroup for Aboriginal children</p>	<p><b>Thursdays</b> 12pm—2pm</p>	Contact Tayla	<p>👤 Tayla S</p> <p>☎ 0455 467 931</p> <p>✉ taylas@VACCA.org</p>

### JUSTICE OF PEACE SERVICE

We are delighted to have a JP service offered to the community from the our local community centre. A JP can assist you by attesting the execution of a document, witnessing a statutory declaration., witnessing an affidavit for use in court., certifying true copies of an original document.

**Where:** Manor Lakes Community Learning Centre, 86 Manor Lakes Blvd  
**Room :** Staff meeting room  
**Day :** Wednesdays  
**Time:** 6pm –7.45pm

**No appointments required**



### MANOR LAKES LIBRARY

For more information contact Manor Lakes Library on 8734 8930.

**Library Opening hours are:**

Monday	10am - 6pm
Tuesday	10am - 6pm
Wednesday	10am - 8pm
Thursday	10am - 6pm
Friday	10am - 6pm
Saturday	10am - 4pm
Sunday	Closed



# YOUTH SERVICES

## Free Counselling Youth and Family

A **FREE** counselling service for young people aged **12—25 years** who live, study, work and recreate in Wyndham. Youth focussed and family centred support is also available to parents and carers.

### WE OFFER:

- Up to 10 free counselling sessions inclusive of family consultation sessions
- Connect you to local services

## Middle Years and Family

A **FREE** counselling service for children aged **8—11 years** and their parents or carers who are seeking primary and early intervention counselling.

### WE OFFER:

- Up to 10 free individual counselling sessions
- Up to 2 free family consultation sessions to support your child's counselling plan
- Connect you to local services



Visit our website or call 8734 1355 for more information [www.wyndham.vic.gov.au/youthandfamilycounsellingsupport](http://www.wyndham.vic.gov.au/youthandfamilycounsellingsupport)

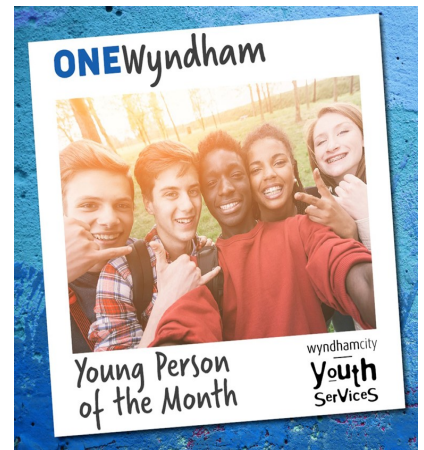
## Young person of the month....

Wyndham City Youth Services is committed to supporting and promoting the ingenuity and accomplishments of young people across the municipality. Therefore, each month Council will select a Wyndham resident aged between 12 – 25 to be awarded the 'Young Person of the Month'.

The award aims to build the profile of young people who are positively contributing to the Wyndham community and thank them for their dedication. The selected monthly candidate will be a positive role model to other young people in the community who may have similar aspirations and goals. We know that there are a lot of young people within our community doing amazing things and we would love for them to be supported and thanked for their amazing contributions at such a young age.

We encourage you to support a young person in nominating themselves for this award or you can nominate a young person on their behalf through the One Wyndham website:

<https://www.wyndham.vic.gov.au/services/youth-services/awards-competitions/one-wyndham>



## Manor Lakes - Drop In program on Tuesday & Wednesday

Every Tuesday and Wednesday during the school term from **3.30pm – 5:30 pm**, come hang out at the **Youth Space @ Manor Lakes Community Learning Centre**.

Join us at our youth space—hang out, eat snacks, play games, Uno, play table tennis, PS4 and more! Our friendly youth workers are always up for a chat. This program is for young people aged 12-17 years.

### Register below to join in on the fun.

Each young person needs to complete a registration form. Please follow this link to register your interest: <https://youthwyndham.com/pgm-reg>

**Contact:** Youth Services  
**Phone:** 8375 2346  
**Email:** [YouthInWyndham@wyndham.vic.gov.au](mailto:YouthInWyndham@wyndham.vic.gov.au)

## ON THE BALL WITH YOUTH SERVICES



Calling on all young people who love sport! Come and join our 'On The Ball' program which will run every **Thursdays at Eagle Stadium from 4pm - 5.30pm (During the school term)**.

We will have basketball and soccer activities available as well as trying out any other sports that you'd like! This program is for young people aged 12-25 years of age who live, work, study or recreate in Wyndham.

**Water and snacks are provided.**

For more information or to register for the program, please email [YouthInWyndham@wyndham.vic.gov.au](mailto:YouthInWyndham@wyndham.vic.gov.au) or call Youth Services on **8375 2346**.

# Education & Training for Kids & Adults

IRAMOO	DAY & TIME	COST	CONTACT INFORMATION
<b>Yoga</b> Come join us to move, stretch, work, sweat, breathe and be still. NEW TIME	<b>Wednesdays</b> 7.30—8.30pm	Fees apply	👤 Catherine ☎ 0416 009 024 FB: Yoga Moves West
<b>Keep Fit with Karate</b> Children and adult classes	<b>Mondays &amp; Wednesdays</b> 5-6pm & 6pm-7pm	Fees apply	👤 Tyrone ☎ 0402 593 393
<b>Rhapsody School of Ballet</b> Children and adult classes	<b>Tuesdays</b> 4pm—8:30pm <b>Thursdays</b> 4pm—8pm <b>Fridays</b> 4pm—7.45pm	Fees apply	👤 Cristelle ☎ 0433 872 263 ✉ rhapsodyschoolofballet@gmail.com
<b>Zumba</b> An interval workout. The Classes move between high and low intensity dance moves designed to get your heart rate up and boost cardio endurance.	<b>Mondays</b> 7:30am—8:30pm	Fees apply	👤 Angela ☎ 0431 577 679 🌐 <a href="http://angelashegog.zumba.com">http://angelashegog.zumba.com</a>
<b>Artizzons Art Classes</b> For children from 6 years. Classes focus on developing children's artistic skills and creativity. They will discover a variety of art materials through application and experimentation.	<b>Saturdays</b>	Fees apply	👤 Cathy ☎ 0413 527 102 ✉ Cathy Mackay@artizzons

MANOR LAKES	DAY & TIME	COST	CONTACT INFORMATION
<b>Lynn's Learning</b> Maths and English Tuition developed by Australian Teachers (Kinder to Year 10) covering: * Classwork and Homework * Individualised extension and remedial skills * Problem solving and mathematical skills * Creative writing techniques * Scholarship preparation * NAPLAN and ICAS preparation * Learning difficulties including disadvantaged kids	<b>Saturdays</b> 1pm—4pm	Fees Apply	👤 Bhumika ☎ 0434 190 266 ✉ wyndhamvale@lynnslearning.com 🌐 www.lynnslearning.com.au
<b>Ceramics Classes</b> The Course teaches students the fundamental techniques and skills associated with the medium clay. Students will be introduced to the key hand building techniques and explore various surface decorating techniques. Students will have the opportunity to try their hand at the pottery wheel.	<b>Mondays</b> 6:45pm—8:45pm <b>Saturdays</b> 9:30am—11.30am	Fees Apply	👤 Melissa Murphy Vella ✉ Melissa.ceramics@outlook.com
<b>The Lab South Barown</b> The lab is a technology club for young people who identify as being on the autism spectrum who like working with computers. We offer expert mentoring in programming, 3D, digital design and gaming—as well as the chance to meet other with similar interests	<b>Monday</b> 5pm—7pm	Fees Apply	👤 Justin ✉ barown@thelab.org.au

## SENIORS EXERCISE PARK AT HOPPERS CROSSING

**CENTRAL PARK SENIORS EXERCISE PARK**  
**COME AND TRY SESSIONS**



**BE ACTIVE. BE SOCIAL**



FOR DETAILS AND TO SIGN UP GO TO  
[WWW.WYNDHAM.VIC.GOV.AU/SENIORSEP](http://WWW.WYNDHAM.VIC.GOV.AU/SENIORSEP)

### Come and try out the Seniors Exercise Park at Hoppers Crossing

Our Volunteer Buddies are running 3 mornings a week across February from 10 to 10.45am!!

**Registrations required**












Come and find out how to use the Seniors Exercise Park equipment and meet others who are interested in being active. This equipment has been designed for Seniors to help with mobility, strength and coordination. Our Buddies are trained to help others learn how to enjoy the benefits of the equipment.

Find out more and register at [Www.wyndham.vic.gov.au/seniorsep](http://Www.wyndham.vic.gov.au/seniorsep)







# Education & Training for Kids & Adults

MANOR LAKES	DAY & TIME	COST	CONTACT INFORMATION
<p><b>Mini Movers</b> Mini Movers is a physical wellbeing-based program that uses different sports to increase the motor skills of children. Running weekly for 6 weeks from 29th of April till the 3rd of June.</p>	<p><b>Mondays</b> <b>Session 1</b> 9.30am—10.00am <b>Session 2</b> 10am—10.30am</p>	Free	<p>👤 <b>Tori</b> ☎ 03 52249972</p>
<p><b>Manor Lakes Home Schooling Club</b> Meet other home-schooled students and parents. Socialise &amp; learn through self-directed play and interaction.</p>	<p><b>Thursdays</b> 12.30pm –3.30pm</p>	Fees Apply	<p>👤 <b>Steph</b> ✉ stephanie.mohring@icloud.com</p>
<p><b>Sri Sathya Sai Global Council Australia Ltd</b> Human value classes for children and adults <b>Age: 5 to 8 Years</b></p>	<p><b>Fridays</b> <b>6.30pm—8.00pm</b></p>		<p>👤 <b>Rashmi</b> ☎ 0433 315 348 ✉ rashmi.r1301@gmail.com</p>
<p><b>Art classes with Irene</b> These classes are done over 3 sessions each. In the last class you transfer your drawing on to a canvas. We look forward to all the creativity happening.</p>	<p><b>Thursdays</b> 5pm—7pm</p>	Fees Apply	<p>👤 <b>Irene</b> ☎ 0452 493 207 ✉ artwithirene@hotmail.com</p>
<p><b>Family History Group</b> Join a Family History Group to learn about new resources, share your knowledge and meet others who are researching their family history.</p>	<p><b>1<sup>st</sup> Tuesday of the month,</b> 2pm – 3.30pm</p>		<p>👤 <b>Manor Lakes Library</b> ☎ 03 8734 8930 For session dates and times please visit: <a href="http://www.wyndham.vic.gov.au/family-local-history">www.wyndham.vic.gov.au/family-local-history</a></p>
<p><b>IT Help One on One</b> Do you need some focused support with computers or technology? Free digital training is available. Book a One on One IT help session, and our friendly staff will help you.</p>	<p><b>Tuesdays</b> 10am – 11am <b>Fridays</b> 2pm – 3pm <b>Thursdays</b> 2pm – 3pm <b>(Werribee Library)</b></p>		
<p><b>English Conversation</b> <b>Ages 18+</b> At English Conversation Café you can practise your English skills, meet new people, and learn from others. This is a great way for you to connect with the community and maybe even make new friends.</p>	<p><b>Thursdays</b> 1pm – 2pm <b>Fridays</b> 11am – 12pm <b>(Werribee Library)</b></p>	Free	
<p><b>Beginner's Computer Class</b> <b>Ages 18+</b> Join us for a fun and interactive 4-week program designed for beginners to learn all about computers. Whether you're a complete novice or just want to brush up on your skills, this in-person event is perfect for you!</p>	<p><b>Wednesday's</b> Starting 12th July 10am-2pm (4weeks)</p>		
<p><b>Introduction to Microsoft Word</b> <b>Ages 18+</b> Learn how to create documents comprising text and images using Microsoft Word in a one-off 1.5-hour program aimed at people with only basic knowledge of computers.</p>	<p><b>Wednesday</b> <b>4th September</b> 10.30am – 12pm</p>		
<p><b>Introduction to Microsoft Excel</b> <b>Ages 18+</b> Learn how to create spreadsheets to incorporate data and formulas using Microsoft Excel in a one-off 1.5-hour program aimed at people with only basic knowledge of computers.</p>	<p><b>Wednesday</b> 11 September 10.30am – 12pm</p>		<p>👤 <b>Werribee Library</b> ☎ 8734 8999</p> <p><b>For more information and bookings:</b> <a href="http://www.wyndham.vic.gov.au/adult-events-and-activities">www.wyndham.vic.gov.au/adult-events-and-activities</a></p> <p>🌐 <b>For bookings visit:</b> <a href="http://www.wyndham.vic.gov.au/services/libraries/adults/library-it-programs">www.wyndham.vic.gov.au/services/libraries/adults/library-it-programs</a></p> <div style="background-color: red; color: white; padding: 10px; text-align: center; border-radius: 10px; margin-top: 10px;"> <p><b>Bookings Required for all library programs</b></p> </div>
<p><b>Junubi Wyndham Homework Club</b> Junubi Wyndham will be running Homework Club at the nominated centres to support African Australian Students south Sudanese background.</p>	<p><b>Thursdays</b> 3.30pm—5.30pm</p>	Free	<p>👤 <b>Poly Kiyaga</b> ☎ 0434 178 753 ✉ poly.kiyaga@wyndhamcec.org.au</p>























## Education & Training for Kids & Adults

Quantin Binnah	DAY & TIME	COST	CONTACT INFORMATION
<p><b>CAPACITY BUILDING @ CAFÉ QB</b>                      Would you like to learn new skills, gain experience in a café and meet new people?                      Do you have Core supports in your NDIS plan?  <i>Participants are required to be self or plan managed</i></p>	<p><b>Monday, Tuesday or Wednesday</b> for 2-hour blocks</p>	<p>Supports provided at NDIS unit costs.</p>	<p> Quantin Binnah Community Centre   9742 5040   admin@qbcc.org.au   www.qbcc.org.au</p> <p><b>or</b></p> <p> Bianca at Creating Villages   creatingvillages@gmail.com</p> <p style="background-color: red; color: white; text-align: center; padding: 2px;"><b>Bookings required</b></p>
<p><b>Home Schooler Cooking Class</b>                      Learn some basic cooking, baking and healthy eating skills with other home schooled students.                      Numbers are capped per session and weekly registration required</p>	<p><b>Wednesday's</b> from 1.30pm in Café QB                      Recommencing 24th July 2024</p>	<p>\$10 per person or \$15 for 2 siblings</p>	
<p><b>Barista Essentials</b>                      Learn the skills of a Barista and increase your chance of employment opportunities. Course includes hands on experience in our own Café QB. This is a pre-accredited course. You will receive a certificate of completion. Students <b>must be 18+</b></p>	<p><b>Thursday and Friday</b>                      1st &amp; 2nd August 2024.                      9.30am—2.30pm</p>	<p>Free                      Eligibility criteria may apply</p>	<p> 9742 5040   <a href="mailto:community@qbcc.org.au">community@qbcc.org.au</a>   <a href="http://www.qbcc.org.au">www.qbcc.org.au</a></p> <p style="background-color: red; color: white; text-align: center; padding: 2px;"><b>Bookings required for all programs</b></p>
<p><b>English for Beginners</b>                      This free interactive fun 8 week course has been designed to help adult EAL beginners practice new words and build useful basic English skills. Learn and practice in a safe and inclusive environment. This is a pre-accredited course. You will receive a certificate of completion.</p>	<p><b>Friday's</b> during term                      9.30am—11.30am                      Commencing 26th July 2024</p>	<p>Free                      Eligibility criteria may apply</p>	
<p><b>Beginners Sewing for Life Class</b>                      WWSG are running classes for those wishing to learn new sewing skills. Children 10+ can participate with an adult. Materials provided but students are requested to BYO own sewing machine to learn on &amp; sewing kits.</p>	<p><b>Thursday's</b> during term.                      18th July                      25th July                      15th August                      12th September</p>	<p>Free</p>	
<p><b>Basic Car Care</b>                      An interactive workshop with a fully qualified mechanic. Learn how to check your oil, water, coolant, windscreen washer fluid and tyre pressure, change a tyre and replace a windscreen wiper.</p>	<p><b>Tuesday</b> 3rd September 10.30am</p>	<p>Free</p>	
<p><b>Making Fabric Rosettes</b>                      Adult Learners Week &amp; Wyndham Leaning Festival activity. The activity comprises of making Rosettes out of fabric. It involves simple hand sewing stitches. The Rosettes could be used to make a table centre piece, a rug or can also be used on clothing.</p>	<p><b>Thursday</b> 5th September at 10.30am</p>	<p>Free</p>	<p> Tania Kelaar                      Wyndham Women's Support Group   0423 051 686</p>

## Recreation & Leisure for Kids & Adults

IRAMOO	DAY & TIME	COST	CONTACT INFORMATION
<p><b>Seniors Craft Activity</b></p>	<p><b>1<sup>st</sup> Monday of the month</b>                      10.30am</p>	<p>FREE</p>	<p> Iramoo Community Centre   8742 3688   admin@iramoooc.com.au   <b>Follow us on Facebook</b></p>
<p><b>Supported Art Class</b></p>	<p><b>Tuesday</b>                      1pm—2pm</p>	<p>\$5</p>	
<p><b>Bingo Moves—Starting 17th July</b>                      Join us for fun interactive exercise program—combining gentle movement and stretches with a game of Bingo and music.</p>	<p><b>Wednesday Fortnightly of the month</b>                      10am—11.00am</p>	<p>Free</p>	
<p><b>Wyndham Vale Men's Shed</b>                      Located - Wyndham Vale Master's car park</p>	<p><b>Fridays</b>                      10am—3pm</p>	<p>Fees apply</p>	<p> Greg/Chris   0438 962 252/0419 820 140</p>




# Recreation & Leisure for Kids & Adults








MANOR LAKES	DAY & TIME	COST	CONTACT INFORMATION
<b>DK Alayam School of Music &amp; Dance</b>	<b>Monday</b> 6pm—7pm <b>Tuesday &amp; Thursday</b> 5:30—7:30pm	Fees apply	 Krithika  0424 517 021  krithikad.1989@gmail.com
<b>Nrithyopasana school of Bharatanatyam</b> <b>Ages: 5+ to adults</b> Bharatnatyam -Indian classical dance	<b>Fridays</b> 6.00pm—7.00pm	Fees apply	 Lalitha Narayanan  0429 313 826  nrithyolalitha@gmail.com
<b>JK Natyalaya</b> Kathak Indian Classical Format for all age groups	<b>Tuesdays</b> 5pm— 9pm	Fees apply	 Kanimozhi  0470 173 229
<b>Nrityaarpana Dance Academy</b> Join Nrityaarpana and get trained in both theory and practical details and intricacies of Bharatnatyam (Indian Classical dance)	<b>Wednesdays</b> 6pm—7.30pm	Fees apply	 Rekha jayaraman  0432 958 842  nrityaarpana@outlook.com
<b>Zumba with Angela</b> Latin inspired dance & Fitness Classes	<b>Thursdays fortnightly</b> 7.30pm—8.30pm	Fees apply	 Angela Joyce  0431 577 679  angelashegog.zumba@gmail.com
<b>Craft and Conversation and Pop-Up Library</b> <b>Ages 18+</b> Are you a craft lover? Join our monthly program to create a new craft each session. Materials are free, conversation is included, and you can take home your finished project.	<b>1<sup>st</sup> Thursday</b> of the month, 2pm – 4pm	Free	 Little River Mechanics Institute Hall 8734 8999  <b>For session dates and times visit:</b>  <a href="http://www.wyndham.vic.gov.au/pop-up-library">www.wyndham.vic.gov.au/pop-up-library</a>
<b>Yoga Meditation and Healing 365</b> Yoga is a mind and body practice. We provide Hatha yoga and Astanga Yoga styles of yoga which combine physical postures, breathing techniques. Meditation Leading to relaxation	<b>Tuesdays</b> 4pm—5pm- Kids 5pm –6pm - Teens <b>Saturdays</b> 8.30am—9.30am (Adults)	Fees apply	 Anu  yogameditationandhealing365@gmail.com
<b>Dungeons and Dragons Ages 12+</b> Come join us at the library to play popular Role Play Game (RPG), Dungeons & Dragons - an exciting campaign that plays out one epic encounter at a time. You will defeat enemies, solve puzzles, finish quests, and perform heroic deeds.	Refer to website for current timetable	Free	 Manor Lakes Library 8734 8999  <b>For session dates and times visit:</b>  <a href="http://www.wyndham.vic.gov.au/services/libraries/youth/youth-events-and-activities">www.wyndham.vic.gov.au/services/libraries/youth/youth-events-and-activities</a> <i>Programs during school term only</i>
<b>Lego Club Ages 5+</b> Come along to your library every week to design, build and imagine with Lego. Hang out with kids who enjoy Lego and check out our Lego books.			
<b>All Ages Chess All ages</b> Novices and experienced players are welcome. Enjoy a game with your friends or family and meet other Chess enthusiasts in the Library!			
<b>Games Club Ages 7+</b> Looking for something to do after school? Join us for console, PC Multiplayer gaming and more! Learn to play new games, show off your skills and hang out with your friends. No bookings required.			
<b>Kids Club Ages 5+</b> Come and join in a different activity every week. Make new friends & have lots of fun. No bookings required. <b>During school term only</b>			




Bookings required for all programs





















# Recreation & Leisure for Kids & Adults

MANOR LAKES	DAY & TIME	COST	CONTACT INFORMATION
<p><b>Imagination Creation Young Writers Group</b> Ages 5+</p> <p>Do you love to get creative with words? Come along to Imagination Creation Writers' Group. Share inspiration and creativity with other young writers in a relaxed, social environment and get writing tips from published author Margaret Campbell.</p>	Refer to website for current timetable	Free	<p> Werribee Library   8734 8999   <a href="http://www.wyndham.vic.gov.au/kids-events-activities">For session dates and times visit: www.wyndham.vic.gov.au/kids-events-activities</a></p> <p><i>Programs during school term only</i></p> <p style="text-align: center;"><b>Bookings required</b></p>
<p><b>Craft and Conversation</b> Ages 18+</p> <p>Are you a craft lover? Join our monthly program to create a new craft each session. Materials are free, conversation is included, and you can take home your finished project.</p>	4 <sup>th</sup> Tuesday of the month, 1pm – 3pm		
<p><b>Steam Lab</b> Ages 10-14</p> <p>Enjoy science, tech, engineering, art and maths experiments and experiences with STEAM Lab.</p>	2 <sup>nd</sup> Wednesday of the month		
<p><b>STEAM Builders</b> Ages 5+</p> <p>Come along to your library every week to design, build and imagine with Lego and other building materials.</p>	Refer to website for current timetable		




























Quantin Binnah	DAY & TIME	COST	CONTACT INFORMATION
<p><b>Chatty Café @ WPCC</b></p> <p>Stay connected with your community in a comfortable and safe social venue while sharing a delicious cuppa. Have a chat. Everyone is welcome!</p>	<p><b>Wednesdays</b> 9:30am -12:30pm</p>	<p>Free.</p> <p>Café food and drink additional</p>	<p> 03 9742 7298   admin@wyndhamparkcc.com.au</p>
<p><b>Werribeeks</b></p> <p>A group for beekeepers in and around Werribee and surrounding Suburbs to share information, tips, and ideas</p>	Contact for more information		<p> Werribeeks@gmail.com   <a href="https://www.facebook.com/groups/Werribeeks/">https://www.facebook.com/groups/Werribeeks/</a></p>
<p><b>Catholic Care Victoria Inc</b></p> <p>After school hour youth support group for Karen youth &amp; Health and Wellbeing group (Wyndham)</p>	Call to enquire	Call to enquire	<p> Lulu Johnny   03 9689 3888   lulu.johnny@catholiccarevic.org.au</p>

Wyndham Parkm Park	DAY & TIME	COST	CONTACT INFORMATION
<p><b>Ceramics</b></p> <p>Learn the fundamental techniques and skills associated with clay including key hand building techniques. Suitable for all levels of experience.</p>	<p><b>Mondays</b> 9:30am -12:30pm  <b>Tuesdays</b> 9:30am -12:30pm</p>	\$250 / term of classes on either Mondays or Tuesdays	<p> Wyndham Park Community Shed   03 8742 6448   <a href="mailto:Shed@wyndhamparkcc.com.au">Shed@wyndhamparkcc.com.au</a>            Online enrolment via Social Planet</p>
<p><b>Mosaics</b></p> <p>10 mins to learn, a lifetime to master. Come along and learn the basics of mosaics and start working on pieces straightaway.  <b>Additional fees for materials per term</b></p>	<p><b>Wednesdays</b> 9:30am -11:30am</p>	\$75/year (for Shed membership)	
<p><b>Men's Shed</b></p> <p>Learn new skills, lend a hand, or come for a cuppa with fellow guys. Includes woodwork, metalwork, the bike hub, gardening, and electronics</p>	<p><b>Tuesdays and Thursdays</b> 9.00am-3.00pm</p>	\$75/year (for Shed membership)	
<p><b>Kookaburra Girls</b></p> <p>Learn skills for woodwork and metalwork from knowledgeable people</p>	<p><b>Mondays</b> 9.00am-3.00pm</p>	\$75/year (for Shed membership)	

# Recreation & Leisure for Kids & Adults

Quantin Binnah	DAY & TIME	COST	CONTACT INFORMATION
<p><b>Scrabble</b> Scrabble, the classic word game that has stood the test of time, continues to captivate the word enthusiasts of all ages with its engaging gameplay and endless possibilities. Are you looking for somewhere to come and use your word skills against others? Scrabble Victoria has a set up at Wyndham Club at QB</p>	<p><b>Wednesday's</b> fortnightly during term at 11.00am  Recommencing Wednesday 17<sup>th</sup> July</p>	FREE	<p> Quantin Binnah Community Centre  community@qbcc.org.au  9742 5040  www.qbcc.org.au  www.facebook.com/quantinbinnah OR  www.facebook.com/craftandcaffeine</p> <p style="text-align: center;"><b>Bookings required</b></p>
<p><b>Chatty Café—Starting 12th July</b> The aim of Chatty Café Australia is to help connect communities and increase social interactions by getting people chatting. Join others at the chatty table to “chat”</p>	<p><b>Mondays</b> 10.00am (School term only)</p>	Gold coin donation.	
<p><b>Bingo Move</b> Bingo Moves is best described as a fun, interactive exercise program combining gentle movements and stretches.</p>	<p><b>Wednesday's</b> fortnightly— During school term. Starting 24th July</p>	Gold Coin Donation appreciated	
<p><b>Craft ABILITY—Starting 23rd July</b> Adults with Disabilities (&amp; their carers) are invited to join us to complete a different art and craft activity each week. Come along &amp; be creative, be social and maybe enjoy something to eat from the Café menu. <i>\$8 per person for weekly art project or \$15 including a delicious morning tea</i></p>	<p><b>Tuesdays</b> 10:30 am—12.00pm <b>During school term</b></p>	Fees apply	<p>To make a booking and advise of dietary requirements  Quantin Binnah Community Centre  9742 5040  community@qbcc.org.au</p>
<p><b>Home Schooler Social Club</b> Meet other home-schooled students. Socialize and learn through self-direction.</p>	<p><b>Tuesday's</b> from 1pm in Café QB During school term</p>	<b>Free</b> BYO Board games or activities	<p> Bianca at Creating Villages  <a href="mailto:creatingvillages@gmail.com">creatingvillages@gmail.com</a></p>
<p><b>Australian Crochet Community</b> All welcome to drop in and crochet and chat or do another craft. Café QB is open to nourish your needle needs</p>	<p><b>Saturday's</b> 10am—2pm July 20<sup>th</sup> April, 17th August, 21st September</p>	BYO crochet/ craft project and supplies	
<p><b>Craft &amp; Caffeine</b> Drop in for craft and a cuppa anytime. Complete special themed craft activities</p>	<p><b>Mondays, Tuesday &amp; Wednesday's</b> 8.00am—4.30pm in Café QB During School term</p>	<b>Free</b> gold coin donation appreciated	<p> Howard  0417 025 828</p>
<p><b>Crafternoon</b> Be imaginative! Be inventive! Come and create a themed masterpiece. Adults invited to join in; why should the kids have all the fun?? Parents are to remain onsite during session.</p>	<p><b>Tuesday's,</b> 3.30pm—4.30pm in Café QB (School term only)</p>		
<p><b>Crossroads Square Dancing</b> Do you want to keep fit, have fun, socialise, stimulate your mind, improve your health, and laugh with new friend? No dancing experience needed.</p>	<p><b>Wednesday</b> evening's 7.30pm</p>	Pay as you go no lock in contract	
<p><b>Rasamayee fine arts</b> Healing music lessons for young people and adults</p>	<p><b>Tuesdays</b> 6:30pm—7:30pm</p>	Fees apply	<p> Madhuri Vasa  0404 255 148</p>
<p><b>Dance Matrix by Divya</b> Indian folk dance, Bollywood and kathak classes</p>	<p><b>Mondays</b> 6.30pm—7.30pm</p>	Fees apply	<p> Divya Saxena  0422 417 887  connect2divya@gmail.com</p>










# Faith, Cultural & Community Groups








MANOR LAKES	DAY & TIME	COST	CONTACT INFORMATION
<b>Assembly of Saints</b> Church activities	<b>Sundays</b> 9am—12pm	Free	 Fiston  0410 145 596
<b>Church Universal of Jesus Christ Incorporated</b> Church Service	<b>Sundays</b> 1.00pm—4.00pm	Free	 Magmumu Hatari Eli  0466 076 803
<b>Church of Christ - (Iglesia Ni Cristo)</b> Church gathering and Choir	<b>Mondays</b> 7pm—10pm <b>Saturdays</b> 6pm—10pm	Free	 Alfonso Ocon  0451 041 711
Quantin Binnah	DAY & TIME	COST	CONTACT INFORMATION
<b>Craft &amp; High Tea Sessions</b> Enjoy a delicious morning tea whilst you create a themed masterpiece to take home. For more information, make a booking and advise of any dietary requirements please call the centre.	<b>Monday 22nd</b> July &/or <b>Monday 12<sup>h</sup></b> August &/or <b>Monday 9th</b> September at 10.30am	\$15 per person includes craft activity and high tea	 Quantin Binnah Community Centre for more information and dietary requirements.  9742 5040  <a href="mailto:community@qbcc.org.au">community@qbcc.org.au</a>  <a href="http://www.qbcc.org.au">www.qbcc.org.au</a>
<b>CWA Werribee Branch</b> The CWA is a great way for the development of friendships, personal development and advocacy on various social issues. Apart from our formal meeting we also have various social outings, fundraising events and craft gatherings.	<b>Monthly Meetings</b> 3 <sup>rd</sup> Wednesday of the month at 1pm. Afternoon tea provided.	Annual Membership Fee.	 Michelle Buck  0407 207 801   Vivienne Hart  039731 7691
<b>Conversation with Florence</b> Florence is looking for multicultural women (or Men) to have a casual conversation with. People who likes to share their journey to Australia, talk about any cultural struggles you have, or just need a chat with someone who understands the challenges of coming from a no-English speaking background	<b>Monday's</b> Fortnightly during school term. Starting 22nd July .	Free	 Quantin Binnah Community Centre  9742 5040  <a href="mailto:community@qbcc.org.au">community@qbcc.org.au</a>  <a href="http://www.qbcc.org.au">www.qbcc.org.au</a>
<b>Musical Melodies with Trish Simpson</b> Yew—haw!! Come Join us for a special country and western themed morning melodies including a lovely morning tea including fresh baked goods and barista made hot drink.	<b>Thursday 15th August</b> 10am - Morning tea 10.30am - Showtime	\$10.00 for morning tea and tunes	 Quantin Binnah Community Centre  9742 5040  <a href="mailto:community@qbcc.org.au">community@qbcc.org.au</a>  <a href="http://www.qbcc.org.au">www.qbcc.org.au</a>
<b>Forerunner intl Melbourne</b> Community Christian Church – “We believe that Gods Word is inspired by His Spirit and that every letter of every word has a body, soul, spirit and is alive.”	<b>Tuesday</b> 7pm-10pm		 <a href="mailto:connect.forerunnerintlmelbourne@gmail.com">connect.forerunnerintlmelbourne@gmail.com</a>
<b>U3A Health and Wellbeing</b> Learn about the values of healthy eating and nutrition. Includes meditation and relaxation. <i>Currently no costs per term. May change if food is included.</i>	<b>Wednesdays</b> 1:00 pm—2:30 pm	Free	 Rick  0402299220  <a href="mailto:courses.u3awbee@hotmail.com">courses.u3awbee@hotmail.com</a>
<b>U3A Mahjong</b> Chinese tile game. Includes Eastern and Western styles. Played in groups of four. Great for assisting with concentration, mental dexterity, patience, and persistence.	<b>Thursdays</b> 12:30 pm – 3:00 pm	Currently no costs per term.	 <a href="mailto:courses.u3awbee@hotmail.com">courses.u3awbee@hotmail.com</a>

# Faith, Cultural & Community Groups

Wunggurrwil Dhurrung Centre	DAY & TIME	COST	CONTACT INFORMATION
<b>Aboriginal Wellness Foundation – Cultural</b> mentoring activities for Aboriginal people and parents/carers	<b>Fortnightly Tuesdays, Wednesdays &amp; Thursdays</b> 6:30pm—8pm	Contact for details	 Maureen Smith  0467 794 256  ceo@aboriginalwellnessfoundation.org.au

## Social & Support Groups

IRAMOO	DAY & TIME	COST	CONTACT INFORMATION
<b>AA Wednesday Night</b>	<b>Wednesdays</b> 7pm—9pm	Contact Anthony	 Anthony  0466 501 058
<b>AA Werribee Group</b>	<b>Fridays</b> 7pm— 9pm	Contact Susanna	 Susanna  0411 143 412
<b>Australian Youth Community Centre</b>	<b>Friday's</b> 1pm—2pm		 Nasser  0425 544 600
<b>Cook Around the World</b> Learn how to make delicious meals from around the world. <i>During school terms</i>	<b>Wednesday</b> 10am—12pm	\$10	 Iramoo Community Centre  8742 3688  admin@iramoooc.com.au <b>Follow us on Facebook!</b>
<b>Art/Painting/Drawing Group</b> Self lead, bring in your current project and work on it in a social setting	<b>Thursdays</b> 10am – 2pm	Free	
<b>Don't Worry Be Happy Chronic Pain and Depression Support Group</b>	<b>Wednesdays Fortnightly</b> 10am—12pm	Free	
<b>Morning Melodies Monthly</b>	<b>3<sup>rd</sup> Monday of the month</b> 10.30am – 11.30am	\$5	
<b>1000 Hearts</b> Join us and sew hearts to give to people struggling with a wide variety of challenges like loneliness, mental illness, sickness and bereavement. Help us to bring some cheer to those in need . <i>All material will be supplied by the Centre.</i>	Contact centre <a href="https://www.1000hearts.com.au/">https://www.1000hearts.com.au/</a>	Free	

Manor Lakes	DAY & TIME	COST	CONTACT INFORMATION
<b>WCEC Settlement Services</b> Provide Case work predominantly to humanitarian entrants (refuges) under five years of arriving in Australia in Wyndham Vale / Manor Lakes, mostly individuals from Burma, including Karen, Karenni, Chin and Kachin communities.	<b>Mondays</b> 9am—1pm <b>No appointment required</b>	Free	 Eh Su  0412 152 892  ehs@wyndhamcec.org.au
<b>Thee Coffee Table</b> Come along and get to know new friends over coffee and a chat	<b>Thursday</b> 9am—3pm	Free	 Sally  thecoffeetable2021@gmail.com
<b>Food Bank Manor Lakes</b> Providing food items to people in need. <b>School terms only</b>	<b>Wednesdays</b> 12pm –1.30pm	Free	 Pynqi  foodbank@wynlife.com.au Facebook - Food Bank Manor Lakes


























## FOOD BANK MANOR LAKES




Food bank operates from the centre during School term. Donations of non perishable food items are welcome.

**At:** Manor Lakes Community Learning Centre,  
**Day:** Wednesdays (*Operates during school terms only*)  
**Time:** 12pm - 1:30pm  
**Email:** foodbank@wynlife.com.au

# Social & Support Groups

MANOR LAKES	DAY & TIME	COST	CONTACT INFORMATION
<p><b>Youth Counselling</b> <i>Ages: 12-25 years</i> Free, confidential counselling for young people.</p>	<p><i>By appointment only</i></p>	<p>Free</p>	<p> Wyndham Youth Services   8734 1355   youthinwyndham@wyndham.vic.gov.au</p>
Quantin Binnah	DAY & TIME	COST	CONTACT INFORMATION
<p><b>Wonderwomen</b> A social support group for women in Wyndham. Make some new friends, have a chance to relax, support each other and focus on yourself. Some activities may incur a charge but this will be advertised in advance. <i>Please BYO a coffee cup to assist with our sustainability practices.</i></p>	<p><b>Thursdays</b> Join other women at 9.30am <i>New activity weekly</i></p>	<p>Free <i>gold coin donation appreciated</i></p>	<p> Quantin Binnah Community Centre            9742 5040   admin@qbcc.org.au   www.qbcc.org.au</p>
<p><b>JoJo &amp; Puppet Pals</b> Josie, Rosie and the gang will be hanging out in Café QB. Come and be entertained by our puppet friends whilst you enjoy some delicious morning tea. Or just come for a chat &amp; cuddle. Believe it or not, puppets can help us to develop and foster social connections and emotional awareness.</p>	<p><b>Each Tuesday</b> (except 1<sup>st</sup> Tuesday of Month  During term @ 11.00am.</p>	<p>Free</p>	<p> admin@qbcc.org.au   www.qbcc.org.au</p>
<p><b>Wyndham Parent Support Network</b> Support for parents and carers who have a child with a disability or developmental delay from birth to 18 years of age. <i>New members welcome</i></p>	<p><b>First Monday of the month</b> <i>(except public and school holidays)</i> 10am—12pm</p>	<p>Free</p>	<p>Strengthening Parents Support Program Facilitator   Sonia Savanah   0448 015 023   Sonia.Savanah@mackillop.org.au</p>
<p><b>Breakfast Club</b> Before dropping the kid's off at school come in for some brekky together to help you fuel your day. Don't have any kid's, no problems, you're welcome too. No questions asked. Breakfast items to include cereal, toast and fruit.</p>	<p><b>Monday's, Tuesday's &amp; Wednesday's</b> 8am During Term in Café QB</p>	<p>Free - <i>gold coin donation appreciated but not expected</i></p>	<p> Bianca at Creating Villages   <a href="mailto:creatingvillages@gmail.com">creatingvillages@gmail.com</a>   <a href="http://www.facebook.com/craftandcaffeine">www.facebook.com/craftandcaffeine</a></p>
<p><b>CAFÉ QB</b> Please consider Café Qb as your café of choice or for catering your morning tea or lunch function in 2024. By purchasing something yummy to eat and/or drink you are supporting Creating Villages with this social initiative venture. All purchases are re-invested into the delivery of the cafe. Look out for weekly special's and events.</p>	<p><i>QB café open on</i> <b>Mondays, Tuesday's &amp; Wednesday's</b> 8am to 4.30pm</p>	<p><i>Please refer to daily menu @ Café QB for prices. Daily Specials Available</i></p>	<p> <a href="mailto:creatingvillages@gmail.com">creatingvillages@gmail.com</a>   <a href="http://www.facebook.com/craftandcaffeine">www.facebook.com/craftandcaffeine</a></p>
<p><b>Connection Carers</b> This group is to provide strategies to support positive health and wellbeing outcomes for carers and is a safe space for parents and carers who care for a person with a disability, aging and related issues, mental health, chronic health conditions, you may be caring for a neighbour, a family member or parenting a child with developmental delay, or a friend. Join the Brotherhood of St Laurence (BSL) and Quantin Binnah Community Centre for a cuppa and free morning tea in a relaxed setting.</p>	<p><b>Monday</b> 29th July 26th August TBC September 10am-12pm</p>	<p>Free</p>	<p> Emma   9742 5040   Community2@qbcc.org.au    Hang Nguyen email:   0490 940 820   hang.nguyen@bsl.org.au</p>
<p><b>MIND Wellbeing Group.</b> A casual chat facilitated by experienced Community Mental Health Practitioners that covers topics such as healthy eating, Mindfulness, Goal setting, anxiety/ depression, self-care, healthy lifestyles or whatever you feel like talking about. <i>Facilitators will be available for 1:1 chats &amp; referrals after session</i></p>	<p><b>Fortnightly Mondays</b> (except Public Holidays) at 1.00pm  Starting 22nd July</p>	<p>Free</p>	<p> Tarsha Lee            Lead Practitioner Family Practitioner            0459388766   Tarsha.Lee@mindaustrialia.org.au   www.mindaustrialia.org.au</p>

## Social & Support Groups

Quantin Binnah	DAY & TIME	COST	CONTACT INFORMATION
<p><b>Walks for Carers Info Session</b> Inviting carers of people with disability, mental illness or aged person to the launch of our free carers walking group. We are committed to making our sessions accessible and inclusive, contact us for accessibility requirements. <a href="http://www.nhvic.org.au/walks-for-carers-ncc">www.nhvic.org.au/walks-for-carers-ncc</a></p>	<p><b>Monday</b> 12th August <b>Monday</b> 9th September at 9.30am</p>	<p>Free</p> 	<p>☎ 9742 5040 ✉ <a href="mailto:community@qbcc.org.au">community@qbcc.org.au</a> SCAN THE QR CODE TO FIND OUT MORE!</p>
<p><b>Café QB Marketplace</b> Homemade items available to purchase. Support our community of budding entrepreneurs. All artists have a disability, mental health concerns or are a start-up venture /seed project.</p>	<p><b>Mondays Tuesdays &amp; Wednesdays</b> in Café QB</p>	<p>Items individually priced starting from \$4</p>	<p>👤 Quantin Binnah Community Centre ☎ 9742 5040 ✉ <a href="mailto:admin@qbcc.org.au">admin@qbcc.org.au</a> 🌐 <a href="http://www.qbcc.org.au">www.qbcc.org.au</a></p>
<p><b>Community Connector</b> The Community Connector team can provide specific information and referral/s to local supports &amp; services tailored to meet the needs of the individual.</p>	<p><b>Thursday's</b> 8.30am—5.00pm Drop in or make an appointment.</p>	<p>Free</p>	<p>Please call 8734 4514, if you need to speak with a Community Connector directly or email <a href="mailto:communityconnector@wyndham.vic.gov.au">communityconnector@wyndham.vic.gov.au</a></p>
Wyndham Park	DAY & TIME	COST	CONTACT INFORMATION
<p><b>Wyndham Park Community Store</b> Food relief program for the Wyndham Community. For families in Werribee and Hoppers Crossing only</p>	<p><b>Thursdays</b> 9:30am—12pm</p>	<p>\$2 each entry, once a week</p>	<p>👤 Wyndham Park CC ☎ 9742 7298 ✉ <a href="mailto:admin@wyndhamparkcc.com.au">admin@wyndhamparkcc.com.au</a></p>
<p><b>Wyndham Women's Support Group</b> Women from different backgrounds and different cultures come together each week to provide support and friendship to one another</p>	<p><b>Fridays</b> 10am—1pm</p>	<p>Free</p>	<p>👤 Tania ✉ <a href="mailto:Wyndwomens.sg18@gmail.com">Wyndwomens.sg18@gmail.com</a></p>
<p><b>genU – Life Skills</b> Life skills learning program.</p>	<p><b>Wednesdays</b> 1—3pm</p>	<p>NDIS Funding &amp; program fees</p>	<p>👤 Pri Dhir ✉ <a href="mailto:Pri.dhir@genu.org.au">Pri.dhir@genu.org.au</a></p>
<p><b>genU– Food Preparation program</b> Learn basic cooking skills, work as a group and enjoy the food</p>	<p><b>Thursdays</b> 9—3pm</p>		

## Seniors Activities

IRAMOO	DAY & TIME	COST	CONTACT INFORMATION
<p><b>Seniors Craft Activity</b> With Amber from Werribee Bunnings</p>	<p><b>1<sup>st</sup> Monday of the month</b> 10.30am</p>	<p>Free</p>	<p>👤 Iramoo Community Centre ☎ 8742 3688</p>
MANOR LAKES	DAY & TIME	COST	CONTACT INFORMATION
<p><b>Club 60 Wyndham Vale</b> Group for Indian seniors who are involved in the welfare of society by helping isolated seniors to participate in activities.</p>	<p><b>Mondays, Tuesdays and Fridays</b> 12.30pm—2.30pm</p>	<p>Contact Harbans Sodhi</p>	<p>👤 Harbans Sodhi ☎ 0470 765 346 ✉ <a href="mailto:harbans_sodhi@yahoo.com.au">harbans_sodhi@yahoo.com.au</a></p>
<p><b>Seniors program - Fun &amp; Fitness</b> A gentle exercise program for seniors providing a fun, social and safe way to active. Learn to move confidently &amp; improve your fitness level.</p>	<p><b>Mondays</b> 11am—12pm</p>	<p>Fees apply</p>	<p>☎ 8734 8934 ✉ <a href="mailto:manorlakesclc@wyndham.vic.gov.au">manorlakesclc@wyndham.vic.gov.au</a></p>
<p><b>Wyndham Patchworkers</b> A community minded group, meeting to do patchworking, quilting knitting, crochet and other needle craft, whilst sharing friendship. We make community quilts and raise funds which we gift to a range of charitable causes chosen by our members.</p>	<p><b>2nd &amp; 4th Saturday</b> of the month 9.30am—4pm</p>	<p>Fees apply</p>	<p>👤 Donna Morris ☎ 0417 268 887 ✉ <a href="mailto:wyndhampatchworkersinc@hotmail.com">wyndhampatchworkersinc@hotmail.com</a></p>

# Support & Services

**Food Bank Manor Lakes** Providing food items to people in need.

**Day/Time:** Wednesdays 12pm—1:30pm (*During school terms only*)

**Address:** Manor Lakes Community Learning Centre, 86 Manor Lakes Boulevard, Manor Lakes

**Email:** [foodbank@newstart.org.au](mailto:foodbank@newstart.org.au)

**Facebook:** <https://www.facebook.com/community.food.assistance/>

**Uniting Wyndham** Food parcels and food vouchers for people with little to no income. Can also assist with other material aid (like clothing/bedding) by specific request. *All assistance including food parcels and vouchers are provided **by appointment only***

**Day/Time:** Monday to Friday 10am to 2pm. Food assistance via phone appointments 10am-2pm

**Address:** 1 Duncans Road, Werribee (entrance door around the corner in Watton Street)

**Phone:** 9051 2000

**Email:** [wyndham.reception@vt.uniting.org](mailto:wyndham.reception@vt.uniting.org)

**Salvation Army** Community Support and Emergency relief— Phone assessment required for Financial assistance in the form of food parcels and vouchers.

**Day/Time:** Monday, Tuesday, Wednesday 9:30am—2pm and Thursday from 9:30am— 1:45pm

**Address:** 209 Watton St Werribee

**Phone:** 9731 1344

**Wyndham Park Community Centre Foodbank** Has cultural appropriate food for Karen, Indian, African and Muslim communities. **For Werribee and Hoppers Crossing residents only**

**Day/Time:** Every Thursday 9.30am to 12pm.

**Address:** 55/57 Kookaburra Avenue, Werribee

**Phone:** 9742 7298

**Email:** [admin@wyndhamparkcc.com.au](mailto:admin@wyndhamparkcc.com.au)

**Wyndham Youth Services Foodbank** Wyndham City Youth Services foodbank service is available for young people of 12-25 years who are struggling and need assistance. Includes baby items, formula and nappies if in stock.

**Day/Time:** Monday to Friday 9am-5pm, call to arrange a pick up

**Address:** Youth Resource Centre, 86 Derrimut Rd, Hoppers Crossing

**Phone:** 8734 1355

**Hoppers Crossing Equip Church** Drive through service between 9am until stock last to pick up Food parcels.

**Day/Time:** Wednesday only

**Address:** 147-155 Hogans Road, Hoppers Crossing

**Phone:** 9748 9177

**Email:** [equipcommunityservices@swcc.org.au](mailto:equipcommunityservices@swcc.org.au)

**Jamieson Way Food Relief Program** Bookings essential, no walk ups. Contact directly to make special request around dietary requirements.

**Day/Time:** Tuesdays - Food relief runs weekly to community members in need. Please contact for collection details

**Address:** Jamieson Way Community Centre, 59 Jamieson Way, Point Cook

**Phone:** 9395 3777

**Email:** [admin@jamiesonwaycc.org.au](mailto:admin@jamiesonwaycc.org.au)

**Point Cook Food Bank** Available to all members of the community, no questions asked. Provide your own bags if possible.

**Day/Time:** Sundays 1pm to 3pm

**Address:** Cross Cultural Church, 7 Adelphi Boulevard, Point Cook (alongside Sneydes Road, near Alamanda entrance)

**Email:** [foodpantry@crossculturepointcook.net.au](mailto:foodpantry@crossculturepointcook.net.au) or contact via

**Facebook:** <https://www.facebook.com/pointcookfoodbank/>

**Tarneit Foodbank** run by the Epiphany Church to support community members of all ages. No referrals needed. Includes fresh food, frozen food and dry goods.

**Day/Time:** Every Tuesday 10.30am-11.30am

**Address:** Penrose Promenade Community Centre, 83 Penrose Promenade, Tarneit

**Phone:** 8734 4500

**Facebook:** <https://www.facebook.com./TarneitFoodBank/>

# MANOR LAKES PLAYGROUP

## TERM 3 ACTIVITIES

26/7 FOOD NECKLACES

2/8 BUBBLE WRAP SMASH

9/8 SENSORY TUBS

16/8 PLAY DOUGH DAY

23/8 BOOK WEEK DRESS UP  
AND MASK MAKING

30/8 FINGER PAINTING

6/9 MAKE A RAINBOW

13/9 WATER GUN PAINTING

20/9 END OF TERM PARTY

LOOKING FOR SOMETHING TO DO  
THIS WINTER? WHY NOT COME  
DOWN AND JOIN THE FUN AT MANOR  
LAKES PLAYGROUP.

MESSAGE US



PLAYGROUP RUNS EVERY FRIDAY DURING  
SCHOOL TERM 9:30-11:30 AND COSTS \$60 FOR  
THE TERM.

REGISTRATION IS NOW OPEN

EMAIL - MANORLAKESPLAYGROUP@OUTLOOK.COM