

Kororoit Creek Neighbourhood House

TERM 2 2023



Sunshine Repair Café

Have something that needs fixing? Bring it along to a repair café and give it a second life! Items that can be fixed include small electrical appliances, bikes, clothing & textiles, jewellery, books, shoes, furniture and sewing machines.

Repair Cafes happen on the 4th Sunday of the month 12pm to 3pm.

2023 Dates: May 28, Jun 25, Jul 23, Aug 27, Sep 24, Oct 22, Nov 26

Email us at sunshinerepaircafe@kcnh.org.au

Supported by the Circular Economy Communities Fund delivered by Sustainability Victoria under the Victorian Government's circular economy plan, Recycling Victoria: a new economy and Brimbank City Council.



Berry Growing Workshop

Home-grown berries are delicious and with a bit of knowledge are easy to grow! Join Karen Sutherland for a workshop on all things 'edible berries'. Learn about the different varieties and cultivars of berries you can grow at home including their soil, water and maintenance requirements. We'll look at a range of berries including raspberries and thornless varieties of blackberries, loganberries (pictured) and youngberries. Session will also cover native Australian berries such as midyim berry, seaberry saltbush, ruby saltbush and creeping saltbush.

Saturday 20 May, 12.30pm | FREE | Tickets: <https://bit.ly/3N8bAlt>



Increasing Biodiversity, Habitat and Pollinator Corridors through Nature Strip Planting

Did you know that one third of public green space in Melbourne is road verges? Nature strips have big potential to increase biodiversity and help our pollinators! If you're considering creating a nature strip garden at your place using natives or edibles, join us this session with Edible Eden's Karen Sutherland. Session will look at topics including council policies and safety checks, soil preparation, weed removal, suitable plants and management of nature strip gardens over time.

Saturday 27 May at 1pm | FREE | Tickets: <https://bit.ly/3UYgBp9>

This project is supported by Lord Mayors Charitable Foundation and Brimbank City Council.



HEALTH & WELLBEING

SunYoga

Relax, strengthen, stretch, slow down, de-stress & breathe... SunYoga classes are gentle, slow paced, friendly and fun. Taught by Lisa Worley, these Hatha based yoga classes improve general health and wellbeing, and are suitable for all levels, including beginners. Join anytime.

Tuesday 9.30-10.45am

Thursday 6.30-7.45pm

Saturday 8.30-10am

Saturday 10.15-11.30am

First class is FREE. | Casual drop in \$20

1 Class per week 160/ \$152 conc. (8 weeks) 2 classes per week \$288/ \$264 conc. (8 weeks)

For more information contact Lisa on mob: 0411 111794
| e: info@sunyoga.com.au

Still Life Meditation

Casual meditation classes with Lisa. For all levels of experience and those new to meditation. Ages 15+

Sundays 5pm to 6pm (starting 30 April)

Casual payment: \$15 or \$12 concession

For more information contact Lia on p: 0423329734 or
e: stilllifemeditation@gmail.com

Westside Flow Pilates

Pilates is an amazing low-impact (but high benefit) way to move and care for your body. It does everything from strengthening your muscles, to improving flexibility and general mobility.

Come and join me for your next mindful workout. RSVP via DM, email or text. Bring a yoga mat!

Parents are welcome to bring along pram for your bubs to sit in.

Mondays 7.30am. For more information contact Lush on p: 0421 571 882 or e: westsideflowpilates@hotmail.com

Zumba Classes

Would you like to giggle, jiggle and wiggle your way to happier healthier you? Join Michelle for an hour of fun. Zumba is a super fun way to improve your fitness while dancing to some fabulous music.

Sundays 9.30am to 10.30am & Tuesdays 6pm to 6.45pm

Casual payment: \$5 per session

For more information contact Michelle on p:
0437246886 or e: chambo_mich@hotmail.com

KIDS AND FAMILIES

Drama with Jessica Gerger

A fun weekly drama program for primary school children. Jessica Gerger has been teaching drama to children for the past ten years and she absolutely loves it! Children will use games, improvisation and simple texts to explore drama.

Group 1: 3.50pm - 4.50pm

Group 2: 5pm - 6pm

\$15 Full/\$12 conc per session

e: jessicagerger@gmail.com or p: 0449069962

KCNH Homework Club

Join us for our Homework Club for primary school students in Grades 3-6 on Tuesdays 3.30pm to 5.00pm @ Kororoit Creek Neighbourhood House.

We can help with:

- Homework (Maths, English etc)
- Improving reading skills
- Building language skills
- Fun learning experiences and games
- Build confidence & make new friends

To enrol or for further information please contact Bec at homeworkclub@kcnh.org.au

Parents & Play Group

Meet up for a cuppa and a chat with other local parents, carers and children at KCNH. This playgroup is an unfacilitated group.

All families welcome—No booking required, just come along on the day.

Mondays 10am -11am | FREE

Email: coordinator@kcnh.org.au

CRAFT

Craft in Company

Bring your own craft project to work on in the company of others! Morning tea provided.

Drop in sessions—no need to RSVP

Thursdays 9.30am to 12.30pm (during school terms).

Craft in Company Evenings

Join us for a weekly evening chat and craft sessions.

Bring along your current work and some food to share, all crafts and abilities welcome!

Drop in sessions — no need to RSVP.

Mondays 6pm to 9pm (during school terms).

ALBION COMMUNITY GARDEN

Albion Community Garden is a communal growing space, with garden volunteers sharing both the gardening and the harvest.

There's lots of opportunities to get involved in managing backyard crops and our newly established edible perennial food forest in the front garden.

As well as gardening, we run regular workshops. Coming up we have Growing from Seed, Berry Growing, Fruit Tree Grafting and Growing Natives from Seed.

New gardeners are welcome! The garden group meets on the 3rd Saturday of the month at 12.30pm or get in touch via coordinator@kcnh.org.au or m: 0413 434 082

VOLUNTEER WITH US!

Interested in getting involved? We are always happy to hear from people looking to share some time to help with community programs, events or the day-to-day running of the House and garden.

Whether you are free to help weekly, monthly or just at events, we'd love to hear from you. Send us an email at coordinator@kcnh.org.au or drop by the House and say Hello!



KCNH Library of Things

We're working on a library of things to provide community with access to useful items that people often use only occasionally. Borrowing saves you buying them! Loans are for domestic use only.

Fowlers Vacola Stainless Steel Preserver: Electric preserving unit—turn your excess fruit and tomatoes into fruit preserves or passata. Used for preserves that require a water bath after bottling, this preserving unit is automated and will keep a constant temperature to process preserves and ensure they are safe to store and eat later. Unit plugs into a power point and comes with instruction manual.

Fowlers Vacola Dehydrator: Drying foods is one of the oldest forms of preserving—a great way to preserve garden harvest of fruit or veggies. Unit plugs into a power point and comes with instruction manual.

Sewing Machines & Overlocker: Sewing machines and overlocker suitable for general sewing projects including mending, dress making and other sewing projects.

Wheelbarrows: Need a wheelbarrow for a project but don't have anywhere to store long-term. We have a couple of wheelbarrows available to loan.

Borrowing: Equipment can be loaned for 7 days (depending on demand). Borrowing is FREE—a small refundable bond applies, please speak to the co-coordinators if leaving a bond presents a problem for you. To arrange a loan contact us at coordinator@kcnh.org.au

COMMUNITY GROUPS

Friends of Kororoit Creek

The Friends of Kororoit Creek are an active group of volunteers working on a range of activities which aim to improve the health of the Kororoit Creek and its surrounds in the Brimbank area.

FOKC meet bi-monthly meetings and they welcome new members.

Email: secretary@fokc.org.au

BrimBUGS

BrimBUGs is a Bicycle User Group based in the City of Brimbank.

Meeting: 2nd Wed of the month at 7pm

Thursday ride: Thursday 9am Selwyn Park Albion

Email: brimbug@gmail.com

Albion Ardeer Community Club

The Albion & Ardeer Community Club is an incorporated association made up of local residents working towards a healthy and happy neighbourhood.

Call Neil on 0407 956 009

Cool Your Home with **TREES & PLANTS**

Save Money & Energy with Natural Cooling



Get **FREE** trees for planting around your home!
A community project by Kororoit Creek Neighbourhood House



Register to get your free trees!
Complete our survey
scan QR Code or go to
<https://bit.ly/4IRHmP6>
Available to Brimbank residents only



Benefits of Trees

FREE AIRCONDITIONING

Shading your driveway and house can reduce air temperatures by 8C.

CLEANER AIR

One large tree can remove 27kg of pollutants from the air.

CHEAPER ENERGY BILLS

Trees reduce winter energy costs by reducing wind which causes drafts.

BETTER HEALTH

Trees reduce stress, lower blood pressure and improve mood.

www.kcnh.org.au | m: 0413 434 082 | e: coordinator@kcnh.org.au

Project supported by Lord Mayors Charitable Foundation & Brimbank City Council

KCNH acknowledges that we are on the lands of the oldest living culture known to the world. KCNH sits on the lands of the Kulin Nations and acknowledges that sovereignty was never ceded. We pay our respects to Aboriginal & Torres Strait Islander Elders, past and present and through them to all Aboriginal and Torres Strait Islander people.