

KOROROIT CREEK NEIGHBOURHOOD HOUSE

January — March 2024

What's On

NEST — Cooking Program starting Jan 14
Community Pantry Open Wednesdays
Sustainability and Cooking Workshops



Multicultural Carers Group

Join our group to share information, connect with local services, build friendships, and enjoy activities suggested by YOU for YOUR wellbeing. Carers are those who currently support a family member or friend who has a disability, developmental delay, medical condition, mental illness or frail due to age.

Monday 10 February, 12pm to 2pm

Monday 3 March, 12pm to 2pm

RSVP: coordinator@kcnh.org.au or 0413 434 082



Trio of Asian Delights

Embark on a culinary adventure unlike any other! Learn how to master the vibrant flavours of modern Asian cuisine with 3 popular appetisers, guaranteed to dazzle during your next get-together.

Secure your class now and learn how to make a trio of goodness: Vietnamese pork and prawn spring rolls, Chinese prawn wontons in chilly oil and Japanese chicken gyoza with a tangy dressing.

Sunday 16 February 1.30pm to 4pm | \$35 pp

Bookings: <https://bit.ly/3ZKDOqz>



T: 0413 434 082

E: coordinator@kcnh.org.au

W: kcnh.org.au

A: Kororoit Creek Neighbourhood House
61A Selwyn St, Albion



SUSTAINABLE LIVING

Albion Community Garden

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

As well as gardening, we run regular workshops. New gardeners are welcome!

Summer Hours: Mondays 10am to 12pm & Tuesdays 10am to 11am.

Contact coordinator@kcnh.org.au or m: 0413 434 082

Building Healthy Soils

This introductory workshop on soil health will guide participants through the fundamentals of soil science, exploring key topics like soil texture, structure, and composition.

Attendees will gain practical, easy-to-implement tips for assessing and enhancing soil health, with hands-on advice on soil amendments, soil testing, and more.

Ideal for beginner gardeners or anyone curious about soil, this workshop offers a strong foundation for growing vibrant plants and caring for our soils.

Tuesday 25 February, 11.30am to 12.30pm

Register: <https://bit.ly/3DWifTG>

Grow Your Own - Propagation Workshop

Want to learn how to grow your own plants at home? In this workshop, you will learn practical skills on how to grow an array of plants using accessible propagation techniques including seed, cuttings, layering and more!

Let's deep dive into what technique works best for which plant, how and where to source materials from and best care practices to start your plants life off right.

Tuesday 18 March, 11.30am to 12.00pm | No Charge

Register: <https://bit.ly/40wOZeW>

Library of Things

Borrow a range of useful items you only use occasionally!

Mondays 1.30pm to 2.30pm; Fridays 10am to 11am or by appointment.

For catalogues and memberships, go to: <https://www.kcnh.org.au/library-of-things>

Bonsai Workshop

Join our hands-on bonsai class and immerse yourself in the fascinating world of bonsai.

Whether you're a beginner or an experienced gardener, this class will teach you the artistic, horticultural, and technical processes involved in creating and maintaining your very own bonsai tree.

Saturday 8 March, 10.30am to 12.30pm

Tickets: \$25 | Bookings: <https://bit.ly/4g7UiqF>

Crazy Patches — Scrappy Fabric Workshop

Do you have lots of scraps of woven cotton fabric that you want to keep out of landfill? Come to this workshop and learn two different ways to join all the small pieces together to make a new piece of fabric. Following the workshop you can use your new piece of scrappy fabric to make something.

You must have basic sewing machine skills. Saturday 29th March, 10.30am to 12.30pm

Bookings: <https://bit.ly/4iut6E1>

Sunshine Repair Cafe

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.

Every 4th Sunday of the month, 12pm to 3pm.

Make a time to bring something in by emailing us at sunshinerepaircafe@kcnh.org.au

COOKING

NEST Program

OzHarvest's NEST program teaches you new skills for better health in just six weeks.

- Save money on your food budget
- Store food safely
- Understand food labels
- Plan meals and reduce waste
- Cook easy and healthy recipes.

Each session runs for 2.5 hours and includes fun nutrition activities, group cooking lessons and sharing a meal together.

Tuesdays 11.30am to 2pm | January 14 to February 18.

Register: <https://bit.ly/3P1e9vY>

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Secure your class now and learn how to make a trio of goodness: Vietnamese pork and prawn spring rolls, Chinese prawn wontons in chilly oil and

Japanese chicken gyoza with a tangy dressing.

Sunday 16 February 1.30pm to 4pm | \$35 pp

Bookings: <https://bit.ly/3ZKDOqz>

COMMUNITY PANTRY

Free to access community food pantry — take what you need or leave what you can.

- Non-perishable food items
- Garden produce
- Toiletries

Wednesdays 10am to 12pm, or call us to make an alternative time on M: 0488 283 150

Social

Book Club

A relaxed and friendly space to chat about books and meet others. Newcomers welcome — get in touch check the monthly title, or come along anyway and share what you have been reading.

First Tuesday of the month; 7pm to 8pm

Email coordinator@kcnh.org.au for more info.

Multicultural Carers Group

Local carers are invited to join us in celebrating National Carers Week and the invaluable contribution you make to our community.

Come along to connect with others in the local community, enjoy a light lunch and get to know your neighbourhood house.

Monday 20 January, 12pm to 2pm
Monday 10 February, 12pm to 2pm
Monday 3 March, 12pm to 2pm
Monday 14 April, 12pm to 2pm
Monday 12 May, 12pm to 2pm
Monday 2 June, 12pm to 2pm

RSVP e: coordinator@kcnh.org.au or 0413 434 082

e: hang.nguyen@bsl.org.au or 0490 940 820

Community Walking Group

Join us for a weekly walk along Kororoit Creek to stay active while meeting others and having a chat.

RSVP to admin@kcnh.org.au

Thursdays 10am to 11.30am

Craft on Thursdays

Come along and craft with others, bring along your current work, all crafts and abilities welcome!

Drop in sessions — no need to RSVP.

Thursdays 11.30am 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! No need to RSVP.

Mondays 7pm to 9pm. (during school term).

Kororoit Creek Cuppa and Conversation

A weekly social session; come along and chat to other locals while enjoying a hot cuppa and delicious biscuits. Everyone is welcome!

No need to rsvp or book, drop by the house and enjoy chats with others in a safe and friendly space.

Drop in sessions. Wednesdays 1.30pm to 2.30pm

HEALTH & WELLBEING

Zumba

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

Casual payment: \$10 per session

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

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 while strengthening the body and lifting your spirits. Suitable for all levels, including beginners.

New student—3 classes for \$50 or 10 weeks for \$200. Casual drop in \$25.

Regular term classes:

Tuesday 9.30-10.45am

Thursday 6.30-7.45pm

Saturday 8.30-10am

For all the details visit W: SunYoga.com.au or contact E: lisa@sunyoga.com.au - M: 0411 111 794

Zumba Gold

Zumba Gold is a low impact Zumba class with no running or jumping, designed to meet the needs of seniors. It's also great for beginners, people recovering from injury and people with special needs.

Tuesdays 6pm to 6.45pm

Casual payment: \$10 per session

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

KIDS & FAMILIES

Fridays 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.

Fridays 10am -11.30am | FREE

Email: coordinator@kcnh.org.au

KCNH Homework Club

Join us for our Homework Club for primary school students in Grades 3-6 on Tuesdays 3.30pm to 5pm at Albion Primary School.

We can help with homework, improving reading and language skills, and building confidence

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

Messy Play Sessions

Join us for a fun messy play session with tactile activities for kids to enjoy.

Monthly on Mondays —17 February, 17 March.

Suitable for children aged 2 to 5 years.

Mondays 11am to 12.30pm | FREE

Email: coordinator@kcnh.org.au

Mondays 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 9.30am -11am | FREE

Email: coordinator@kcnh.org.au

COMMUNITY GROUPS

Alcoholics Anonymous

Meeting is open to newcomers. Centred around a topic or reading and sharing on experience, strength and hope.

Sundays 5.30pm to 6.30pm

Contact: Nick A - 0432 391 437

Friends of Kororoit Creek

The Friends of Kororoit Creek are an active group of volunteers working on activities 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

Bicycle User Group based in the City of Brimbank. Meeting: bi-monthly 2nd Wed of the month at 7pm. Thursday ride: Thursday 9am Selwyn Park Albion

Email: brimbug@gmail.com

Sunshine Bangla School

The aim of our school is to teach, promote and enjoy the different branches of our rich Bangla language.

Contact: Jack on 0477 888 141

Only need it once in a while?

Borrow from our

Library of things



Help Us Build our Library of Things!

In 2025 we will be expanding our library of things with support of Brimbank Community Grants program. We are keen to hear from you about what types of things it would be most useful to be able to borrow from the library.

Please share your thoughts with us in this quick survey: <https://forms.office.com/r/fA96Q5UG61>

Catalogue of Things

Thermal Camera: Thermal imaging camera; **Vacola Preserver:** Electric fruit and veggie preserving unit; **Dehydrator:** Electric dehydrator unit for herbs, fruit and veggies; **Gardening tools:** short and long-handled shovels, pick, branch loppers, wheelbarrows; **Power tools:** Ladder, Bosch drill/driver, Ryobi electric pruner, Ryobi angle grinder, Ryobi electric stapler; **Trolley:** P-Handle Trolley, max load 250kg; **Kuchef Breadmaker:** Electric breadmaking machine; **Sewing Machines & Overlocker:** Suitable for general sewing projects; **Yaourtierre Yoghurt machine:** Electric yoghurt maker.

Open Hours: Mondays 1.30pm to 2.30pm; Fridays 10am to 11am & Saturdays by appointment. Loans are for one week, extensions arranged via email.

To view the full list of items and register as a member, scan the QR code below or go to <https://www.kcnh.org.au/library-of-things>

Already a member? Email us at admin@kcnh.org.au to borrow items!



LEARN TO COOK EASY & HEALTHY MEALS



OzHarvest's NEST program teaches you new skills for better health in just six weeks.

- Save money on your food budget
- Store food safely
- Understand food labels
- Plan meals and reduce waste
- Cook easy and healthy recipes



NESTTM
NUTRITION EDUCATION
& SKILLS TRAINING

NEST will be held at:

Date(s): Tuesdays Jan 14 to Feb 18

Time: 11.30am to 2pm

Kororoit Creek
Neighbourhood House
Location: 61A Selwyn St ALBION

0413 434 082 or
coordinator@kcnh.org.au

Sign up to NEST for free

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