

Kororoit Creek Neighbourhood House

FEBRUARY TO APRIL 2024



Seed Saving Workshop

Join Karen Sutherland to learn how to save seed from veggies and ornamentals in your garden.

Saving seed from varieties that grow well in your garden is a great way to save money and increase your harvest and success of plants in your garden.

Session will look at what types of seed can be saved, when to collect and how best to process and store it.

Saturday 9 March, 10.30am to 11.30am | Register: <https://events.humanitix.com/seedsavingkcnh>



Making Twine From Fabric Scraps

Learn how to create twine from fabric scraps that can then be used for a range of crafts and upcycling projects including creating rag rugs, fabric bowls, placemats and more! Tiffany will display a range of objects she has made from twine during the class and inspire you to imagine the creative possibilities a simple ball of twine offers.

Sunday 17 March, 1pm to 3pm | Tickets: <https://events.humanitix.com/twinemaking>

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.



Grassland Plants Propagation Workshop

Join us at The GREEN Lab @ Iramoo on Victoria University's St Albans Campus to learn all about propagation of the grassland plants of Melbourne's Basalt plains.

Workshop will include an introduction to grassland plants, permits & safety, materials & equipment, timing of propagation, seed sowing treatments, pricking out and potting up, propagation from cuttings, seed harvesting.

Saturday 20 April, 10am to 1pm.

REGISTER: <https://events.humanitix.com/grasslandprop>

This event is delivered as part of our Growing Home project and is supported by Lord Mayors Charitable Foundation



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. Coming up we have Seed Saving Workshop and Growing Natives from Seed. New gardeners are welcome!

Come and Garden with us on Monday mornings from 10am or fortnightly on Tuesdays at 12.30pm.

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

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Growing Home: Cooling Your Neighbourhood

We're resourcing Brimbank residents to use nature-based strategies to cool their homes, tackle urban heat island effect and adapt to global heating. To find out more go to: <https://www.kcnh.org.au/growing-home>

Supported by Lord Mayor's Charitable Foundation and Brimbank Council's Community Grants program.

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A Sunshine Repair Café Workshop.

Sunday 17 March, 1pm to 3pm | REGISTER: <https://events.humanitix.com/twinemaking>

Sashiko Workshop

During this workshop Tiffany will introduce you to the Boro style of mending clothing. Using a simple running stitch, scraps of fabric and cotton thread you will turn unsightly holes and worn areas in clothes into mending statements. A Sunshine Repair Café Workshop.

Saturday 27 April, 10:30am—12.30pm

REGISTER: <https://events.humanitix.com/shashikokcnh>

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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.

Questions welcome! Make a time to bring something in by emailing 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](#).

HEALTH & WELLBEING

Still Life Meditation with Lisa Zito

Experience the benefits of meditation for mental, physical and emotional wellbeing.

Most Sundays during school term, 4:00pm–5:00pm

\$15 (full) \$12 (conc.) Adults and teens 15+

Bookings essential. Pay on the day

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.

Regular term classes:

Tuesday 9.30-10.45am

Thursday 6.30-7.45pm

Saturday 8.30-10am

Casual drop in \$25 (pls book with Lisa) . Or save with a term booking. Current special for newcomers to SunYoga. 1 trial class pass \$15 or 3 trial class pass \$45*

For all the details visit W: SunYoga.com.au or contact Lisa on M: 0411 111794 - E: lisa@sunyoga.com.au | e: info@sunyoga.com.au

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

Casual payment: \$10 per session

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

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

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

Email: 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

Messy Play Sessions

Join us for a fun messy play session with tactile activities for kids to enjoy. Monthly on the third Monday of the month beginning in March.

Suitable for children aged 2 to 5 years.

Mondays 11.30am to 12.30pm | FREE

Email: coordinator@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 9.30am -11am | FREE

Email: coordinator@kcnh.org.au

Social

KCNH Book Club (returns!)

A relaxed and friendly space to share your love of reading, discuss books and meet others.

Second Monday of the month; 7pm to 8pm

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

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.

Chatty Café

Come along for a cuppa and a chat with other locals. No booking required.

Drop in sessions — no need to RSVP.

Wednesdays 10.30am to 11.30am—from 28 February
Contact coordinator@kcnh.org.au

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 6.30pm to 9pm (during school terms).

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: 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

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

VOLUNTEER WITH US!

Interested in getting involved? There are lots of opportunities to get involved in programs and events happening at the House.

We are keen to hear from people who are looking to share some time to help with community programs, maintaining the edible garden, KCNH homework club, Sunshine repair Cafe, House events or day-to-day operations.

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!