

# KOROROIT CREEK NEIGHBOURHOOD HOUSE

April — June 2026

## What's On

Vibrant Youth: April School Holiday Program

NEST Program — 22 April to 27 May

ELECTRIFYING COMMUNITIES: Home Energy  
Check Up— Wednesday 3 June at 11am



### Garden to Table Eating

Join us to learn simple ways to plan your veggie harvest so you grow what your household likes to eat while avoiding gluts. Ideas for 'root to tip' eating will also be explored.

These versatile ideas will help you reduce food waste and boost your family's nutrition using easy-to-grow veggies (and even some weeds!).

Saturday 23 May, 10:30am to 11:30am

<https://events.humanitix.com/garden-to-table-eating>



### NEST: Oz Harvest Cooking Program

NEST cooking program returns in April. Join us to learn to cook easy and healthy meals on a budget.

Each session includes group cooking session, with tips for saving money on your food budget, storing food safely, planning meals and reducing waste, as well as learning a selection of easy, healthy recipes.

This FREE program runs for six weeks - Wednesdays, 24 April to 27 May, 10.30am to 1pm

Reserve your place — [coordinator@kcnh.org.au](mailto:coordinator@kcnh.org.au)



T: 0413 434 082 or 0488 283 150

E: [coordinator@kcnh.org.au](mailto:coordinator@kcnh.org.au)

W: [kcnh.org.au](http://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 also regular workshops — New garden volunteers welcome!

Gardening group hours:

Mondays 10.30am to 12.30pm

Tuesdays 10.30am to 12.30pm

Saturdays 10.30am to 12.30pm

E: [coordinator@kcnh.org.au](mailto:coordinator@kcnh.org.au) or m: 0413 434 082

### Community Composting Hub

Do you want to compost but have no space? We'd love to take your food scraps! KCNH Compost Hub is in our rear garden and open 24/7 ready for your kitchen scraps. We'll turn them into lovely compost to power our community garden while keeping food scraps out of landfill.

Join the hub by registering via this online form: <https://forms.office.com/r/je7K6ZGY9t> or send us an email at [admin@kcnh.com.au](mailto:admin@kcnh.com.au)

### Gardening Exchange

Drop off your excess gardening equipment, plants, seeds or produce to share with community. The Garden Exchange aims to help make growing fresh food and thriving gardens accessible for everyone. Please ensure items you drop off are in good working order— if you have something broken or damaged but think someone might want it, please check with a staff member first.

If you have seeds, our seed library is located indoors, drop in during office hours to collect share and borrow seed; or you can donate seed after-hours by dropping in our letterbox!

### Library of Things

Borrow a range of useful items you only use occasionally! Join the Library of Things online at LendEngine! Note: you'll need to bring along ID to your first borrowing session.

For membership and borrowing go to: <https://albionlibraryofthings.lend-engine-app.com/>

### 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](mailto:sunshinerepaircafe@kcnh.org.au)

## PLANT, GROW, HARVEST, SHARE

### Garden to Table Eating

Growing produce at home is a great way to boost your family's health and reduce food waste – but only if you use what you grow!

Join us to learn simple ways to plan your veggie harvest so you grow what your household likes to eat while avoiding gluts. Ideas for 'root to tip' eating will also be explored. These versatile ideas will help you reduce food waste and boost your family's nutrition using easy-to-grow veggies (and even some weeds!). The workshop also includes some practical tips for preserving home grown herbs and vegetables.

Saturday 23 May, 10:30am to 11:30am—FREE

<https://events.humanitix.com/garden-to-table-eating>

### Practical Vertical Gardening

Growing a garden in the vertical dimension can be a practical, productive and beautiful use of space. Using the vertical space in a garden is a great way to create interest, to make your garden seem bigger or make it more productive. Learn the basics of vertical gardening and how to do it at home.

Session will look at: Designing vertical gardens; Smart trellising ideas for veggies; Fruits, vines and trees; Using a blank wall or empty fence; Off the shelf vertical garden systems; Using recycled materials to make a vertical garden; Plant choice; Soil management; Smart watering ideas

Saturday 20 June, 10.30am– 11.30am—FREE

Register: <https://events.humanitix.com/practical-vertical-gardens>

### Sun, Shade and Heat Workshop

You often see terms like full sun, sun, part shade, and shade on plant labels, but what do they really mean for vegetable gardening? And then there's heat – a different factor entirely.

Learn the differences between light descriptions like sun and part shade, what light and warmth plants need to thrive, and how to recognise and create suitable microclimates in your garden, regardless of its size. The session will also cover the growing need for semi-permanent shade structures. Topics covered: climate zones, weather and seasons; microclimates: sun, shade, heat and wind; plant labels and plant needs: sun, shade or part shade; intense heat events; watering plants; temporary shade structures.

Saturday 18 July, 10:30am—11.30am —FREE

<https://events.humanitix.com/sun-shade-heat>

## ELECTRIFYING COMMUNITIES: Home Energy Check Up

Looking for ways to reduce your power bills? Come along to this session to find out about support to help you save energy on your electricity and gas bills. Light lunch provided.

Wednesday 3 June at 11am

RSVP: [admin@ljac.com.au](mailto:admin@ljac.com.au)

## NEST: Oz Harvest Cooking Program

NEST cooking program returns in April. Join us to learn to cook easy and healthy meals on a budget.

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Reserve your place — [coordinator@kcnh.org.au](mailto:coordinator@kcnh.org.au)

## COMMUNITY PANTRY

Food hampers for community members needing support with food. The pantry is open to people who have a commonwealth healthcare card or pension card and live in one of the following suburbs: Albion; Ardeer; Sunshine, Sunshine West, Sunshine North; Deer Park, Cairnlea and Derrimut.

- Non-perishable food items
- Garden produce
- Toiletries

Wednesdays 10am to 12pm—call 0488 283 150 to make an appointment.

## Social Book Club

A relaxed and friendly space to chat about books and meet others. New members welcome!

April: *Stoneyard Devotional*, Charlotte Wood  
Second Tuesday of the month; 7pm to 8pm  
Email [coordinator@kcnh.org.au](mailto:coordinator@kcnh.org.au) for more info.

## Community Walking Group

Join us for a weekly walk along Kororoit Creek to stay active while meeting others and having a chat. Walk for one hour then enjoy a cool drink or cuppa at the House after walking.

Thursdays 10am to 11.30am.

RSVP to [admin@kcnh.org.au](mailto:admin@kcnh.org.au) or arrive at the house just before 10am

## 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 terms).

## Craft in Company Thursdays

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

Drop in sessions. Resumes 8 January.

Thursdays 11.30am to 1pm

## 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..

Activities include wellbeing and art sessions, and outings to local places.

Mondays 12pm to 2pm

### Dates coming up in 2026

April 13 & 27; May 11 & 25; June 1 & 22

For more info contact: [coordinator@kcnh.org.au](mailto:coordinator@kcnh.org.au) or 0413 434 082

## HEALTH & WELLBEING

### Pilates with Ami

Whether you're returning or joining us for the first time, we've got something for everyone. Let's make a stronger you in term 3. What to bring: Your mat, water bottle and sweat towel.

### Mat Pilates

The Mat Pilates classes focus on strength, flexibility, and core stability, making them suitable for individuals of all fitness levels. The exercises are performed on a mat, requiring minimal equipment, and are ideal for improving posture, mobility, and overall well-being.

\$90 for 9 week term | \$15 for casual attendance

Wednesdays 6pm —6.45pm

Register: [pilateswithami@gmail.com](mailto:pilateswithami@gmail.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 \$59  
Casual drop in \$28.

Term 2 rates—9 week term:

1 Class pw—\$210/\$195 conc

2 Classes—\$380/\$350 conc .

Unlimited— \$515/\$475 conc

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

## 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

## 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 unfacilitated. All families welcome—No booking required.

Fridays 9.30am to 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.

Suitable for children aged 2 to 5 years.

Monthly on third Monday —16 February; 16 March;  
20 April, 11am to 1pm | 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 to 11.30am | FREE

Email: coordinator@kcnh.org.au



## COMMUNITY

### 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 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 9.30am, leaves from KCNH in Selwyn Park Albion

Email: [brimbug@gmail.com](mailto: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*



## Library of Things — browse and borrow through LendEngine!



Go to: <https://bit.ly/4cz9Qmd> Or scan the QR Code!

To see what's available, reserve and arrange a time to borrow, sign up as a Library Member on the website and then bring along two forms of ID (one with a photo) to have your membership confirmed the first time you borrow to receive a Library of Things Borrower Card.

Library of Things membership is open to Brimbank residents aged 18 and over. Loans are for one week, extensions arranged via email.



## Brimbank Gardens For Wildlife

Interested in supporting local wildlife and protecting Brimbank's biodiversity?

Brimbank City Council has launched a new program to support residents to create wildlife friendly gardens through growing plants that attract native wildlife such as birds, butterflies and frogs.

A dedicated and knowledgeable local Gardens for Wildlife volunteers can provide advice on ways to increase native flora and help support our native wildlife and protect Brimbank's remarkable diversity.

Find out more <http://bit.ly/4mGsRqo>

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.



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# VIBRANT YOUTH

A safe, inclusive space for young people aged 15–19 who live with a disability or provide unpaid care to a family member or friend, and who are experiencing – or are at risk of – mental health challenges.

- FREE to join
- Friendly and supportive
- Lunch provided
- Fun indoor & outdoor activity options

WEDNESDAY 8 & 15 APRIL  
12–2PM

Kororoit Creek Neighbourhood House  
61A Selwyn Street, Albion 3020

We're committed to a safe, inclusive, and accessible space. The venue is wheelchair accessible and we welcome all access, cultural, and communication needs.

REGISTER NOW  
VIA QR CODE:



Questions? Get in touch!

Danielle – [coordinator@kcnh.org.au](mailto:coordinator@kcnh.org.au) or 0413 434 082  
[headspacesunshinecommunity@orygen.org.au](mailto:headspacesunshinecommunity@orygen.org.au)