

# KOROROIT CREEK NEIGHBOURHOOD HOUSE

January — March 2026

## What's On

**Vibrant Youth: January School Holidays**

**Craft & Conversation—8 January at 11.30am**

**Walking Group —8 January at 10am**



### Small Space, Big Harvest

Join us for this workshop on growing food in containers and small spaces with Karen Sutherland. Session will look at plant requirements and how they affect container gardens, types of plants suited to small spaces, and tips and tricks for getting the most out of small veggie patches in terms of diversity and harvest size.

Saturday 14 February, 10:30am—12pm—FREE

<https://events.humanitix.com/small-space-big-harvest-plant-grow-harvest-share-feb>



### Pickle Your Produce

Too many zucchini, beans, cucumbers, chillis or tomatoes? Pickling is a great and delicious way to preserve summer produce.

Join us for this session with Maria from My Green Harvest covering quick pickling techniques for short term enjoyment, to longer keeping pickles; making a spreadable pickle and even fermenting vegetables

Saturday 7 February, 11am to 1.30pm. Tickets: \$30

Register: <https://events.humanitix.com/pickle-your-harvest>



**T:** 0413 434 082

**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 regular workshops. New gardeners are welcome! Gardening group hours: Mondays 10.30am to 12.30pm & Tuesdays 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! We're launching a community compost hub at KCNH with the aim of making lots of 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 afterhours by dropping in our letterbox!

### Library of Things

Borrow a range of useful items you only use occasionally! Our Library of Things is now online at LendEngine!

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

### Grow Microgreens at Home

Microgreens are a quick, easy and versatile crop, perfect for beginners and anyone interested in trying something new. Learn how to grow tasty, nutrient-packed microgreens on your own kitchen windowsill. Great for adding another flavour layer and additional nutrition to your meals, these fancy additions are very easy and quick to grow in the right conditions. This session will cover both indoor and outdoor growing as well as crop selection, planting, growing conditions and harvesting.

Tuesday 24 March, 11.15am to 12.15pm

Free | Register: <https://events.humanitix.com/growing-microgreens>

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## 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!

February: *Flesh*, David Szalay

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. Resumes 8 January

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..

Mondays 12pm to 2pm

### Dates coming up in 2025

February 9 & 23

March 9 & 23

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

Wednesday 6:00pm —6:45pm starting 8/10/25  
Register: <http://bit.ly/3WdBxts>

### 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 1 rates—9 week term:  
1 Class \$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](http://SunYoga.com.au) or contact E: [lisa@sunyoga.com.au](mailto: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](mailto: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](mailto: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 –11am | FREE

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



### Messy Play Sessions

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

Monthly on third Monday —16 February; 16 March; 20 April.

Suitable for children aged 2 to 5 years.

Mondays 11am to 12.30pm | FREE

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

## School Readiness Solutions

School Readiness Solutions offers phonics-based workshops for 4–5-year-olds preparing for school and 5–6-year-olds in our Prep Power class. Led by an experienced kindergarten teacher with an early intervention background, sessions run for 55 minutes weekly during the Victorian term. The program emphasises phonics to build foundational skills, utilizing OT and speech support resources to empower young learners.

Tuesdays and Thursdays during school terms.

For more info and pricing at:

[www.schoolreadinesssolutions.org](http://www.schoolreadinesssolutions.org)

## 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](mailto: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



LET'S TALK!

# VIBRANT YOUTH

**A safe and inclusive space for young people aged 15-19 with a disability, and young carers, who are currently (or at risk of) experiencing mental health challenges and are connected to the Brimbank area.**

- FREE to join
- Friendly and supportive
- Lunch provided
- Fun indoor & outdoor activities (board games, crafts, ball games & more!)

**JANUARY 14TH & 19TH  
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?

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



*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>

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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.



Families,  
Fairness  
and Housing

