

KOROROIT CREEK NEIGHBOURHOOD HOUSE

April — July 2025

What's On

Autum Makers Market—May 4 @ 12pm—3pm

New Gardening & Cooking Workshops

Pilates — Mat classes, Baby-lates, Boys and Bubs



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@ljac.com.au



Soulful Ramen: Mastering Slow-Cooked Pork Ramen From Scratch

Join us for a warm, umami-packed journey into the heart of Japanese comfort food: **Chashu Pork Ramen**. In this hands-on class, you'll learn how to build a rich, silky broth from scratch, prepare pork chashu, and assemble a restaurant-quality ramen bowl right in your own kitchen. Whether you're a noodle novice or broth buff, this class will deepen your appreciation for the art of ramen-making — slow, soulful, and oh-so-satisfying.

Saturday 21 June, 11am to 2pm | \$35pp

Bookings: <https://bit.ly/42udqto>



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!

Gardening group hours: Mondays 10.30am to 12.30pm & Tuesdays 10.30am to 12.30pm.

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

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Gardening Exchange

Drop off your excess gardening equipment, plants, seeds or produce to share with community. The Garden share 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 afterwards by dropping in our letterbox!

KCNH Community Compost Hub and Gardening Exchange are supported by VicHealth's Growing Healthy Communities Grants.

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/>

Summer/ Autumn Pruning of Fruit Trees

It's amazing how much tasty fruit you can grow in a small backyard. Pruning is traditionally done in winter, but here in Australia, our main pruning should be done in late summer to reduce rampant warm season growth and redirect the trees energy into next year's fruit instead of lots of

inedible leafy growth. This workshop covers correct pruning and maintenance methods for each fruit tree group, as well as how to prune a newly bought fruit tree.

Saturday 26 April, 10.30am | No Charge

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

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

Trio of Vegan Asian Delights

Explore the rich culinary heritage of East Asia through plant-based recipes that are as nutritious as they are delicious. Whether you're new to vegan cooking or a seasoned home chef looking to expand your repertoire, this class offers step-by-step guidance, cultural insights, and expert tips to help you master: **Vietnamese Vegan Spring Rolls – Two Ways; Chinese Vegan Pot Sticker Dumplings** and **Korean Vegan Japchae (Yapchae) Noodles**. This class is a hands on class and covers different tips and tricks for creating dumplings, cooking with a wok, and balancing flavours and textures.

Saturday 24 May, 11am to 2pm | \$35 pp

Bookings: <https://bit.ly/4cv8lQy>

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By the end, you'll walk away with the knowledge (and confidence!) to create a steaming bowl of slow-cooked goodness that rivals your favourite ramen shop.

Saturday 21 June, 11am to 2pm | \$35pp

Bookings: <https://bit.ly/42udqto>

COMMUNITY PANTRY

Free to access community food pantry for community members who need support accessing food. The pantry is open to people living in postcodes 3020 and 3022 who have a commonwealth health care, pension or IMMI card.

- Non-perishable food items
- Garden produce
- Toiletries

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

We are seeking community support in stocking the pantry, donations can be dropped off during office hours or left in the donations box in the House foyer.

Social

Book Club

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

Reading list for Term 2:

May—*Eight Months on Gazzah Street*, Hillary Mantel

June—*The Immortal Life of Henrietta Lack*, Rebecca Skloot

July—*The Return*, Hisham Matar

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 12 May, 12pm to 2pm

Monday 2 June, 12pm to 2pm

Monday 14 July 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. Walk for 40 minutes then enjoy a cool drink or cuppa at the House after walking.

Thursdays 10am to 11.30am

RSVP to 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).

Cuppa, Conversation, Craft and Colour

A weekly social session; chat to other locals while enjoying a drink and biscuits. If you like to keep your hands busy, bring along your current craft project or enjoy our mindful colouring books (pencils provided).

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

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 2. What to bring: Your mat, water bottle, sweat towel, and a thick baby blanket for Baby-lates and Boys and Babies classes.

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 30/04/25

Register: <https://forms.gle/xKe8RpMAABkhtA3y9>

Baby-lates

The Baby-lates program is designed for mums who are looking to restore their pelvic floor and core with gentle but effective exercises while having their infant with them in a fun and supportive environment. This class is suitable for babies who are not yet crawling.

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

Fridays 11:15am - 12:00pm starting 02/05/25

Register: <https://forms.gle/xKe8RpMAABkhtA3y9>

Boys and Babies Pilates

This class is tailored for dads to bond with their baby, exercise, and meet other local daddies in a comfortable and inclusive environment. (But more importantly, allows mummy to sleep in!) This class is suitable for babies who are not yet crawling.

\$15 per session

Sunday 25/05/25 & 29/06/25, 8:15am-9:00am

Register: <https://forms.gle/xKe8RpMAABkhtA3y9>

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

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 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 —19 May, 16 June, 21 July.

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

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.

Thursdays during school terms.

For more info and pricing at:

www.schoolreadinessolutions.org

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



Our Library of Things is now available to browse and borrow through LendEngine!

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

Over coming months we'll be adding new items for borrowing to the library of things. If you're a current library member, please sign up via the site and email admin@ljac.com.au to let us know you've joined us online.



New members need to sign up to the website and then bring along two forms of ID (one with a photo) to have their membership confirmed.

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

Join us for a Makers Market featuring locally made crafts & a sausage sizzle

MAY 04 12:00 - 3:00PM

MAY MAKERS MARKET

61A SELWYN ST, ALBION | M: 0413 434 082

KOROROIT CREEK
NEIGHBOURHOOD HOUSE

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

