

# KOROROIT CREEK NEIGHBOURHOOD HOUSE

October — December 2024

## What's On

Albion Makers Market on Friday 6 December  
Tuesday Garden Workshops in Term 4  
Community Pantry Now Open!



### Preserving Workshop

Come along and learn how you can preserve your own vegetables in jars at home. In this workshop you will learn what vegetables are perfect for preserving, how to properly sterilise and prepare your preserve jars and some simple recipes to create some tasty pickles. Just in time for summer preserving!

Tuesday 15 October, 1pm to 2pm | No Charge

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



### Kids Terrarium Workshop

Join us for a hands-on workshop blending creativity, science, and fun. Children will create their own mini world while learning about nature. Suitable for pre-school and primary school aged children. All materials provided.

Tuesday 29 October at 1pm | No Charge

Bookings at <https://bit.ly/3Y3suNC>



**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!

Get involved— Mondays mornings 10am to 12pm & Tuesdays 1pm to 2pm.

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

### 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>

### Organic Integrated Pest Management workshop

Ever wondered how to deter pests and avoid diseases in your veggie patch without using any nasty chemicals? Come along and learn about organic integrated pest management.

In this workshop you will learn the basics of using integrated pest management techniques to identify, monitor and treat common pests and diseases in your home veggie patch.

No nasty sprays needed! Leave knowing how to spot a pest, treat the problem and minimise future pests and diseases from affecting your veggies.

Tuesday 12 November, 1pm to 2pm

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

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

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Tuesday 15 October, 1pm to 2pm | No Charge  
Bookings: <https://bit.ly/3XIlleUN>

## NATURE & GARDENING FOR KIDS

### Sensory Weaving for Kids

Join us this school holiday for a fun kids sensory weaving workshop. Using natural materials, both supplied and found, kids will create a their own nature-inspired weaving. Suitable for preschool and primary aged children.

Tuesday 1 October at 1pm | No Charge

Bookings at <https://bit.ly/4gHWBBv>

### Tiny Worlds, Big Imaginations: Kids Terrarium DIY!

Join us for a hands-on workshop blending creativity, science, and fun. Children will create their own mini world while learning about nature. Suitable for preschool and primary school aged children. All materials provided.

Tuesday 29 October at 1pm | No Charge

Bookings at <https://bit.ly/3Y3suNC>

### Pot Decorating Workshop

Join us for a fun hands-on creative activity suitable for pre-school and primary aged children. Children will decorate a pot using paint markers to take home on the day.

Combining art and gardening, this workshop will spark their imagination while also creating something useful!

Tuesday 3 December at 1pm | No Charge

Bookings <https://bit.ly/3TM04Fa>



## Social

### Book Club

A relaxed and friendly space to chat about books and meet others.

Second Tuesday of the month; 7pm to 8pm

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

### Carers Week Celebration

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 14 October, 12pm to 2pm

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

e: [hang.nguyen@bsl.org.au](mailto: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](mailto: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.

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 6.30pm 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

### Still Life Meditation with Lisa Zito

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

1st and 3rd Tuesday of the month, 7pm to 8pm

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

Bookings essential. Pay on the day

For more details visit [stilllifemeditation.com.au](http://stilllifemeditation.com.au)

or contact Lisa: 0423329734

### 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 (pls book with Lisa).

For all the details visit W: [SunYoga.com.au](http://SunYoga.com.au) or contact Lisa on E: [lisa@sunyoga.com.au](mailto:lisa@sunyoga.com.au) - M: 0411 111 794

Regular term classes:

Tuesday 9.30-10.45am

Thursday 6.30-7.45pm

Saturday 8.30-10am

### 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](mailto: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](mailto:chambo_mich@hotmail.com)



## KIDS & FAMILIES

### Drama with Jessica Gerger

A fun drama program for primary school children. Jessica Gerger has been teaching drama to children for the past 15 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](mailto:jessicagerger@gmail.com) or p: 0449069962

### 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](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 5.00pm 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 Mondays —21 October, 18 November & 16 December

Suitable for children aged 2 to 5 years.

Mondays 11.30 am to 12.30pm | FREE

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

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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)

## COMMUNITY GROUPS

### 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](mailto: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](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

## COMMUNITY FOOD PANTRY

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

- Non-perishable items
- Garden produce
- Toiletries

Pantry open Wednesdays 10am to 12pm, or call us to make an alternative time during the Office hours on M: 0488 283 150

### Office Hours

**Monday to Thursday** 9am to 3pm

**Friday**—9am to 12pm



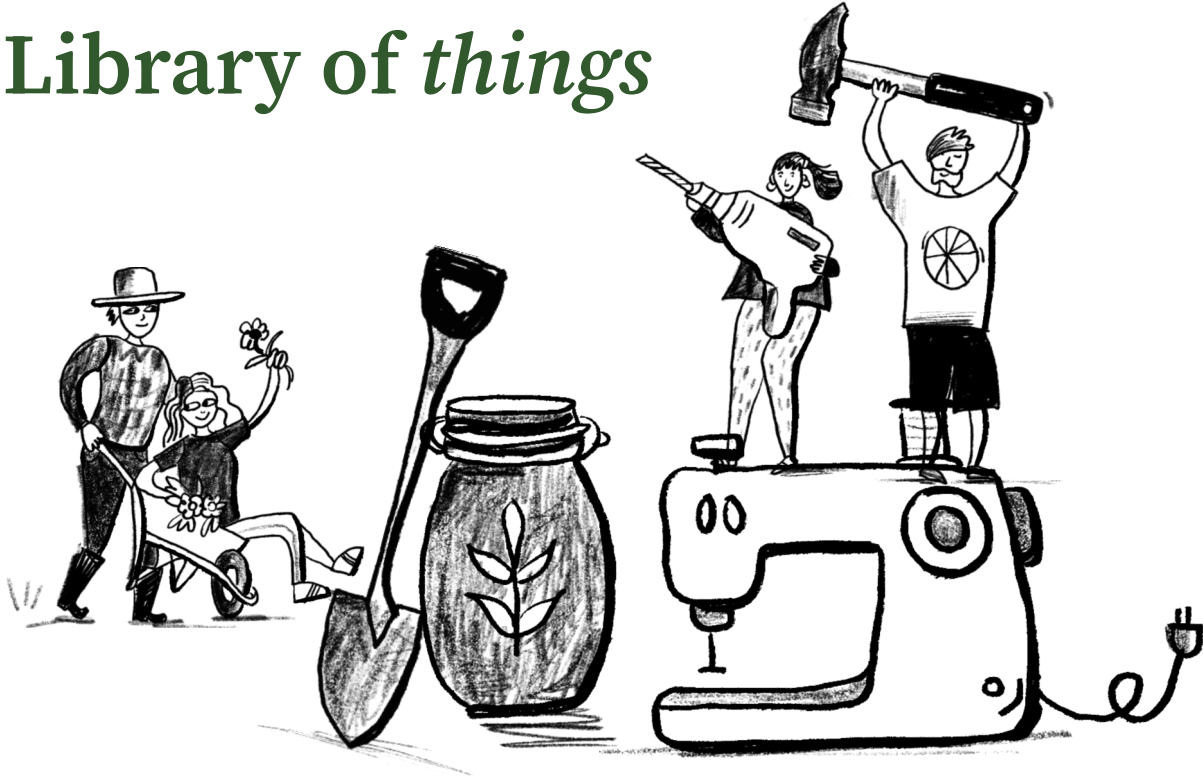


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*Only need it once in a while?*

*Borrow from our*

# *Library of things*



## **Tools & Equipment For Borrowing**

**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; **Yaourtiere 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](mailto:admin@kcnh.org.au) to borrow items!



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## CHRISTMAS MAKERS MARKET

6TH DECEMBER 2024, 4.30PM - 7:30PM

Are you a local craft-maker?

We're looking for local art & craft stallholders to be part of our Christmas Makers Market! This is a great opportunity to share your creations, connect with fellow artisans, and bring the community together.

If you're interested, we'd love to hear from you!

Scan this QR code to register your interest:



**KOROROIT CREEK** NEIGHBOURHOOD HOUSE 61A SELWYN ST, ALBION | M: 0413 434 082

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