

Kororoit Creek Neighbourhood House

JULY TO SEPTEMBER 2024



Planning Your Harvest Workshop & Seed Swap

While summer still feels quite a way away, July is the time to start thinking about your summer garden and planning for a diverse and continuous supply of fresh produce throughout the warmer months. Join Karen Sutherland for this session to learn about quantities and cultivars to plant to make the most of your space and produce a reliable supply of nutritious home-grown fruit and veggies.

Saturday 13 July, 10.30am to 12pm

Session will be followed by a seed swap — bring along some seed to share if you have some.

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



Scrappy Fabric Workshop—Rescheduled

Do you have lots of scraps of woven cotton fabric that you want to keep out of landfill? Come to this workshop and learn two different ways to join all the small pieces together to make a new piece of fabric. Following the workshop you can use your new piece of scrappy fabric to make something.

Saturday 20 June, 10.30am to 12.30pm

Tickets: <https://bit.ly/3J9TdZK>

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



Kororoit Creek Neighbourhood House Carer Group Survey

In collaboration with the Brotherhood of St Laurence, Kororoit Creek Neighbourhood House is scoping opportunity to establish a carer group with local carers in Brimbank.

We are conducting this survey to have a better understanding of community needs for a carer group. The survey is about your experiences as a carer and by completing it, you will help us better understand how we can work together to support carers better locally.

Follow the QR code for more information or call Danielle on 0413 434 082 or Hang on 0490 940 820



Incorporated Association 0097672B

61A Selwyn St, Albion | e: coordinator@kcnh.org.au |
www.facebook.com/kororoitcreeknh | w: www.kcnh.org.au | Ph: 0413 434 082

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 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 & Saturdays by appointment.

For a list of what you can borrow and to join the library, go to: <https://www.kcnh.org.au/library-of-things>

Planning Your Harvest & Seed Swap

Homegrown fruit, veggies and herbs are fresher and more nutritious than what you can buy in the supermarket. Growing your own produce is also a great way to save money on at the checkout. In this session we'll look at how to plan for what to plant to have a continuous supply of winter or summer vegetables and how to choose cultivars that make the most of your space.

Session will be followed by a seed swap — bring along some seed to share if you have some. We'll have some summer seed varieties available on the day.

Saturday 13 July, 10.30am to 11.30am | REGISTER: <https://bit.ly/3VTfZn5>

Growing Home: Cooling Your Neighbourhood

Using trees and plants to cool your home is a cost-effective way to keep your house more comfy while also saving money on energy bills!

Our final tree distribution days will be happening in July — to find out more go to: <https://www.kcnh.org.au/growing-home>

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](#).

Scrappy Fabric Workshop

Do you have lots of scraps of woven cotton fabric that you want to keep out of landfill?

Come to this workshop and learn two different ways to join all the small pieces together to make a new piece of fabric. Following the workshop you can use your new piece of scrappy fabric to make something.

Saturday 25 May, 10.30am to 12.30pm | FREE

Tickets: <https://bit.ly/3J9TdzK>

Social

KCNH 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

Thursdays 10am to 11.30am

KCNH Book Club

A relaxed and friendly space to chat about books and meet others. Check our website for the monthly read.

Second Tuesday of the month; 7pm to 8pm

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

Chatty Café

Did you know we have a chatty café on every Wednesday during the school term?

Come along and chat to other locals while enjoying a hot cuppa and delicious biscuits. Bring a friend or explore our front garden and community garden out the back of the house.

Everyone is welcome. No need to RSVP or book, drop by the house and enjoy chats with others in a safe and friendly space.

Everyone is welcome! Including people on their own, in a couple, or with friends, carers, parents & grandparents—people of all ages and walks of life.

Drop in sessions. Wednesdays 10.30am 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 terms).

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

For more details visit 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.

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.

For all the details visit [W: SunYoga.com.au](http://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 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

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, just come along on the day.

Mondays 9.30am -11am | 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 5.00pm @ Albion Primary School.

We can help with homework, improving reading and language skills, and building confidence

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.

Third Monday of the month—15 July, 19 August and 16 September.

Suitable for children aged 2 to 5 years.

Mondays 12pm 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 -11am | FREE

Email: coordinator@kcnh.org.au

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.

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

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

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

VOLUNTEER WITH US!

Current Opportunities

Sunshine Repair Café: Looking for repairers as well as people to help out with welcoming people on the day. Repairers may have general repair, electrical repair and textiles and clothing

KCNH Homework Club: Supporting students with activities on Tuesday afternoons during school terms.

Albion Community Garden: Help maintain and improve our edible gardens. There's always something to do, key days are Mondays and Tuesdays, but you are welcome to garden any-time that suits your schedule.

Messy Play Mondays: Help with set-up, chatting with parents and clean-up on third Monday of month.

Or join our **WALKING GROUP** or **CHATTY CAFÉ** as a volunteer

Send us an email at coordinator@kcnh.org.au or call us on 0413 434 082

ALBION LIBRARY OF THINGS

Useful items you only use occasionally! Borrowing saves you money, prevents things going to landfill and reduces consumption of new goods making our communities more sustainable! Please note items are for domestic use only.

FLIR THERMAL CAMERA: Thermal imaging camera.

FOWLERS VACOLA STAINLESS STEEL PRESERVER: Electric preserving unit—turn your excess fruit and tomatoes into fruit preserves or passata.

FOWLERS VACOLA DEHYDRATOR: Electric dehydrator unit—useful for drying herbs, fruit and veggies.

GARDENING TOOLS: Selection of garden hand tools including short and long-handled shovels, pick, branch loppers,

POWER TOOLS: Ladder, Bosch drill/driver, Ryobi electric pruner, Ryobi angle grinder, Ryobi electric stapler

TROLLEY: Westmix P-Handle Trolley, max load 250kg

KUCHEF BREADMAKER: Electric breadmaking machine.

SEWING MACHINES & OVERLOCKER: Suitable for general sewing projects including mending and sewing projects.

WHEELBARROWS: 80L Poly Wheelbarrow

YAOURTIERE YOGHURT MACHINE: Electric yoghurt making appliance with instruction/recipe booklet.

Borrowing

Borrowing is FREE—a refundable bond applies for the FLIR Camera.

Membership

Join the library by completing a membership form at: <https://www.kcnh.org.au/library-of-things>

Open Hours: Mondays 1.30pm to 2.30pm; Fridays 10am to 11am & Saturdays by appointment.