



Newsletter

November 2026

Joan Kirner House, Williamstown
Spotswood Community House
Altona North Community House

What's Coming Up?

- Tuesday November 3. **Melbourne Cup Day** public holiday.
- Starting November 9. **National Recycle Week Clothes Swap**. In the lobby of Joan Kirner House.
- Wednesday, November 11. **FREE! National Recycle Week BBQ**. Sponsored by Community Bank Altona and Laverton. Joan Kirner House at 12.00. All welcome!
- Wednesday, November 4, 11, 18 and 25. **FREE! Community Morning Tea**. Sponsored by Community Bank Altona and Laverton. Joan Kirner House at 11.00 am. All welcome!
- Wednesday, November 4, 11, 18 and 25. **FREE! Willy Walking Group**. Sponsored by Mobil. From 10.15 am to 11.00 am, starting at Joan Kirner House.
- **NEW!** Starting November 10. **Guitar Course**. Restart Guitar Academy. At Altona North Community House. Details below.
- All through November and December. **Floral and Candle Making Workshops**. Liza Rose. Details below.
- Saturday, 21 November. **Line Dancing Fundraiser**. Sponsored by Zonta Club of Melbourne's West. Details below.
- Wednesday, December 9. **FREE! End of Year Celebration** at Joan Kirner House. Details below.



Our famous annual **Recycling Week Clothes Swap**, now in its fifth year.



Lock it in your diary now!

JOIN US!

You're invited to our

END OF YEAR *Celebration*

**WEDNESDAY 9TH
DECEMBER
12:00PM**

Joan Kirner House
14 Thompson Street, Williamstown

Lunch and refreshments provided.
Free door prizes. Plus a visit from Santa!

No RSVP required.
Just bring a smile!!

**RESTART
GUITAR**

REAL GUITAR.
REAL PROGRESS.
A BRIGHTER YOU.

STOP STARTING OVER. START PLAYING.

A guitar course for adult beginners
& returning guitarists

- KNOW WHAT TO PRACTICE
- MAKE PROGRESS
- SOUND MORE MUSICAL
- PLAY WITH CONFIDENCE
- SUPPORTIVE LEARNING

It's never too late.

5-WEEK GUITAR COURSE

ALTONA NORTH COMMUNITY HOUSE

STARTS TUE 10 NOV
5 WEEKS
TUE 10 NOV - 8 DEC 2026

ALTONA NORTH COMMUNITY HOUSE
5 Plover Drive,
Altona North VIC 3025

TUESDAYS 7:30 - 8:30 PM

Book Now
events.humanitix.com/
restart-guitar-5-week-course-millersjunction

ENQUIRIES VIA TEXT
04 06 983 791

STUDENTS IN AUSTRALIA AND AROUND THE WORLD

**RESTART
GUITAR**

*Same Guitar.
A Brighter You.*

PRACTICAL.
FRIENDLY.
REAL EXPERIENCE.

NEW!



Starting November 10 at Altona North Community House.



At Joan Kirner House.



Upcoming WORKSHOPS



BOOK - <https://www.rosebuffet.com.au/workshops>



STARTING SUNDAY, 1.30pm
*Bloom Atelier,
Floristry Foundations
(5-Week Experience)*
The Rose Edit: Floral Foundations
by Liza Rose.

NOV 01 2026



SUNDAY, 1.30pm
*Parisian Style
Hatbox Workshop*
Let's combine art with nature
in this floral hatbox workshop
in Williamstown!

NOV 08 2026



SATURDAY, 2.00pm
*Candle Making
Artistry Workshop*
Make handmade candles and
decorate with crystals - Melbourne!

NOV 14 2026



TUESDAY, 1.30pm
*Christmas Floral
Wreath Workshop
for Beginners*
Make festive wreaths to kickstart
your Christmas celebrations!

DEC 22



LINE DANCE



Scan the QR code to book



If you have any questions contact us on
zontamelbwest@gmail.com

Line Dancing against Family Violence Fundraiser *

Saturday 21st Nov 2026
1pm – 4.30pm
Tickets \$30

Wear something ORANGE to show your support for the 16 days of Activism

Afternoon tea provided.
Door and raffle prizes to win.

* Funds raised will support Zonta projects

Location: Girl Guide Hall, Clare st, Yarraville

Seniors Lifestyle Victoria



Stay active.
Stay strong.
Stay connected.

Seniors Lifestyle Victoria is a free program delivered by selected community health services in metropolitan and regional Victoria.

What is Seniors Lifestyle Victoria?

The program offers a range of services to support participants to stay independent and well.

This might include support services focused on:

- physical activity and nutrition
- medication management
- social connection and wellbeing

The program will be available until June 2028.

Who can participate in the program?

The Seniors Lifestyle Victoria program is for:

- people aged 65 years and older, or 50 years and older for Aboriginal and Torres Strait Islander people
- people living in the community (not in aged care)
- people with mild to moderate changes in health who would like support to improve their health and wellbeing.

How can the program support you?

It's not a one-size-fits-all program; a coordinator will work with you to develop a personalised plan, with local services tailored to meet your individual needs and goals.

For more information

For more information, contact your local participating community health service, details below, or visit the Better Health Channel.

www.betterhealth.vic.gov.au/seniors-lifestyle-victoria



FREE!



Location:

Brimbank & Melton
106 Station Road,
Deer Park, VIC 3023

1 Andrea Street,
St Albans, VIC 3021

499 Ballarat Road,
Sunshine, VIC 3020

Hobsons Bay
330 Queen Street,
Altona Meadows, VIC 3028

Wyndham
117-119 Warringa Crescent,
Hoppers Crossing, VIC 3029

510 Ballan Road,
Wyndham Vale, VIC 3024

Telephone:
(03) 7037 2190

Email:
slv@ipchealth.com.au

Opening hours:
Monday–Friday
8:30am–5:00pm

To receive this document in another format email [Community and Public Health <pph.communications@health.vic.gov.au>](mailto:Community.and.Public.Health@pph.communications@health.vic.gov.au)

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Australian Government
Department of Health,
Disability and Ageing



ART COMPETITION

PICTURE THIS: FRAMING AGE



Do you know an awesome older person?
Draw them, paint them, or snap a photo of them and tell us why you think they are special!



3 amazing art packs to win
Pack includes watercolour pencils and brushes, plus an art pad:

- 1st place: 48 pencil art pack
- 2nd place: 36 pencil art pack
- 3rd place: 24 pencil art pack

Winning artwork will be featured in our online gallery!

To enter you'll need to:

- ✓ Draw, paint or take a photo of your awesome older person
- ✓ Write a few sentences about why they're special to you
- ✓ Complete a quick quiz about being kind to older people
- ✓ A grown-up to help send your entry and get an okay from your older person

Who can enter
Anyone aged 12 and under who lives, works, or plays in Melbourne's North or West Metropolitan Region





The North and West Metro Elder Abuse Prevention Networks are supported by the Victorian Government.

ENTER NOW!



tinyurl.com/EnterPictureThis

Entries close: 15 Nov 2026
Winners announced: 10 Dec 2026

Terms and conditions apply
See entry form for details

Questions?
elderabusepreventionnetwork@holstephealth.org.au

Art competition.
For **children**.




Over \$1400 in prizes to be won!

*'Rajni or Wheelchair' by Rajni
(2025 Competition Winner)*

Picture This: Framing Age Competition

Who is the older person that inspires you?
Take a photo or create a piece of art that celebrates them, and tell us why they inspire you

\$300 Prezzye voucher for 1st place!
Plus more prizes across every age category, including kids' art packs!

Your entry must include:

- Photo or artwork you've created of the older person
- A reflection (250 words or less) - why they inspire you
- Consent from the older person featured

Who can enter
Anyone who lives, works, or plays in Melbourne's North or West Metropolitan Region

Enter now!



tinyurl.com/EnterPictureThis

No smartphone or computer?
Call 0409 932 100 to enter another way

Entries close: 15 Nov 2026
Winners announced: 10 Dec 2026

Terms and conditions apply
See entry form for details

Questions?
elderabusepreventionnetwork@holstephealth.org.au





The North and West Metro Elder Abuse Prevention Networks are supported by the Victorian Government.

Art competition.
For **adults**.





HAVE YOUR SAY

Help shape a better future for our youngest residents

Have your say on local services, facilities and activities that support children from birth to school age and their families across Hobsons Bay.

Go in the draw to win prizes

We want to hear from:

- Parents and carers
- Grandparents
- People who work with young children and their families.

We want to hear from children too!

Through pictures and storytelling, children can share what they love most about their community and what matters to them.

Supported. Connected. Thriving.



scan the QR code and have your say




FREE SESSIONS

ART & CREATIVITY FOR PEOPLE LIVING WITH DEMENTIA

Join us for welcoming, supportive art sessions designed for people living with dementia and their carers.

Through colour, texture and other sensory experiences, creativity can support connection, wellbeing and self-expression without the need to find the right words.

- Facilitated by an accredited art therapist
- No art experience needed
- All materials provided
- Just come as you are!

Fortnightly Mondays 1-2pm
Woods Street Arts Space Laverton

Limited places! Book today



<https://www.trybooking.com/1640004>

This project is supported by...



Website: <https://tinyurl.com/dementia-soaringfalcons>
Email: dementia.soaringfalcons@gmail.com
Facebook & Instagram: [dementia.soaringfalcons](#)





Visit our website
for more information about our alliance, to join
our mailing list or volunteer with us!



THE SOARING FALCONS DEMENTIA CAFÉ



Come along for a cuppa, a chat and a
chance to connect with other people
living with dementia and carers in a
relaxed and welcoming environment.

**Fourth Monday of each month
10.30am-12pm**

St Eanswythe's Anglican Church
Corner of Queen and Bent Street
Altona 3018

**Free / Gold coin donation
Register here**

This is a non-religious community group.
You do not need to be religious or connected to the church to attend.
People of all backgrounds and beliefs are warmly welcome



dementia.soaringfalcons

Email: dementia.soaringfalcons@gmail.com

Website: <https://tinyurl.com/dementia-soaringfalcons>

<https://www.trybooking.com/DQNF0>



Put the breaks on number plate theft

Protect your plates.



Crime
Prevention
Month

Sponsored by
RACV

FREE!



Order yours today [HERE](#) .

Did you get yours last time for some,

free anti-theft screws?

We received some amazing numbers last time we released the list and if you didn't get them then, now is the time to share the news with everyone you know to order those screws.

Designed to make number plates harder to remove, these screws are a simple way to add an extra layer of protection to your vehicle.

Each Victorian household can order anti-theft screws for up to four vehicles. At this stage, orders are available to **Victorian postcodes only**. If you have ordered yours last time, our team is working hard to fulfil your order so you don't have to do anything else but wait for your package to come in the mailbox and share it with everyone you know.

Get yours while they're available and help make your number plates a little harder to steal. All you need to do is click the button below, place your order and we'll take care of the rest.

What's been happening?

Snapshot of Success: Delivering on the Future of Adult Community Education in Victoria 2020–25 Ministerial Statement.

Published October 7 by ACFE.

Achievement highlights

Delivery of adult community education by Learn Local providers has rebounded since the significant disruption of the COVID 19 pandemic.



This strong growth is testament to the resilience and commitment of providers.

- *The **number of learners engaged each year increased by nearly 50%** from 19,000 in 2020 to 28,000 in 2025.*
- *Student survey results showed that **learner satisfaction met or exceeded key targets** across learning environments, teaching quality and learner experience.*
- ***More than 90%** of learners found their training welcoming, conveniently located, well supported and responsive to their learning needs.*
- ***More than 80%** of learners achieved their main goal for study, whether increasing confidence, progressing to further training, gaining employment or securing a better job.*

More details [HERE](#).

There was a big turnout for the **Financial Empowerment for Women** workshop on October 10 hosted by **Zonta**.



We are grateful that Williamstown Community and Education Centre were chosen as a local charity to receive a **Country Women's Association** donation.

Their kindness and generosity make a real difference, helping us to continue to help people experiencing hardship in our community.



In the media.

Star Weekly, page three [HERE](#).

Mention of our Hobsons Bay Community Fund sponsored **IT Club** initiative.



Bridging the Digital Divide Program. Sponsored by the Scanlon Foundation.

Solomon heard about our program and contacted us needing assistance with his Australian Citizenship application.



With the support of our Project Officer, Solomon was able to confidently complete the application form, collate all the required supporting documentation and successfully submit his application.

Last week, Solomon returned to share some exciting news - he is now an Australian Citizen!

Solomon was incredibly appreciative of the support and assistance he received through the program.

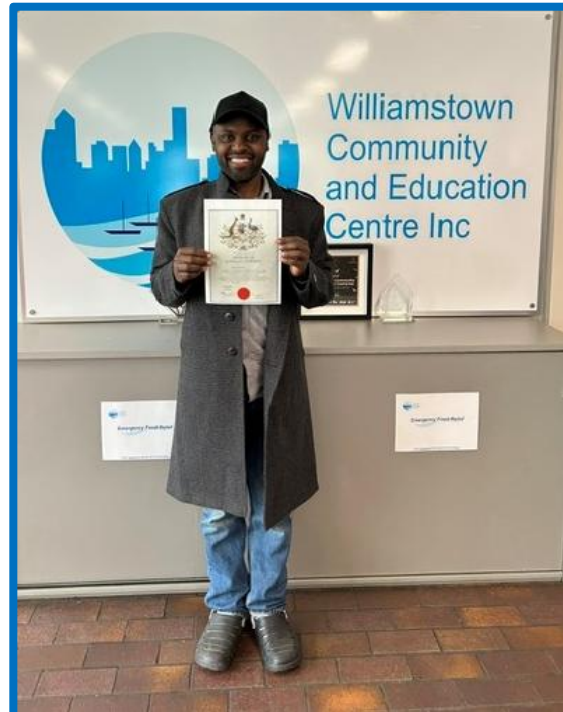
It was wonderful to see how this support helped him navigate the application process and achieve such a significant milestone.

It is so rewarding to see the positive outcomes the program creates for members of our local community.

Solomon's success story is a wonderful example of the meaningful impact the Bridging the Digital Divide Program can have.

Congratulations Solomon!

For more details on this program and bookings, call Lara on 03 9397 6168





Kaliope Vassilopoulos, President of **Zonta Club of Melbourne's West** gave a very generous personal donation to our Food Relief program.

Very much appreciated!

Zonta also uses Joan Kirner House to hold their meetings.

Dr Vassilopoulos is a regular supporter to our Food Relief, and her journey into Zonta is fascinating.



She was recently profiled in the **Star Weekly**. See page four [HERE](#)



Irene La Rosa, Manager of Commonwealth Bank Williamstown, presented a popular and well attended **Staying Safe Online** workshop on October 21 at Joan Kirner House.



CommonwealthBank



Make Your Voice Heard presentation by Donna, from the Victorian Electoral Commission on October 28.



Thanks.

Mark.

Dr Mark Brophy PhD

Manager / CEO

Williamstown Community and Education Centre Inc.

manager@wcec.com.au

03 9397 6168.