



Newsletter July 2024

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

What's Coming Up?

- Friday June 28. **End of term two.**
- Saturday June 29 to Sunday July 14. **Term break**
- Monday July 15. **Start of term three.**
- Wednesday July 17, 24 and 31. **FREE Willy Walking Group.** From 10.15 am to 11.00 am, starting at Joan Kirner House. Sponsored by Mobil.
- Wednesday July 17, 24 and 31. **FREE Community Morning Tea** at Joan Kirner House, sponsored by Mobil, at 11.00 am.
- Wednesday July 1. **FREE Welcome to Semester Two BBQ.** At Joan Kirner House. 12.15 pm. Sponsored by Mobil. All welcome!
- Wednesday July 17. 11.00 am. **IPC Health Care Finder Pop-Up.** In Joan Kirner House foyer. Details below.
- Thursdays 7.00 am. **Sunrise Yoga and Meditation.** At Joan Kirner House. Call Ron on 0411 723 669 for details.
- Friday evenings. **Willy Wargaming.** For both kids and adults. Joan Kirner House.
- Wednesday afternoons. **Artful Warrior.** A NDIS program, at Spotswood Community House. Call Lee on 0458 029 850 for details.
- Monday afternoons. **Acquire Academy.** At Altona North Community House. Call Sarah on 0457 880 030 for more details.
- Saturday mornings. **Brainworks.** At Altona North Community House. Call Ashok on 0434 518 247 for details.



Brainworks



Williamstown
Community
and Education
Centre Inc

Private Serviced Offices for rent

Premium locations in Williamstown, Spotswood,
and Altona North

From \$150 per week.



Includes

Free access to meeting rooms, kitchen, lunchroom, and break out areas.

Street postal address

Free outgoing landline phone calls, at some locations.

Free cleaning.

Free Wi-Fi and internet access.

Complimentary tea and coffee.

Access to colour photocopying, printing, scanning, OHP, TV screens, PCs,
Hovercam, and whiteboards, at some locations.

No utility bills.

24/7 security and access all year.

Flexible hire conditions. Simple 'venue hire' contract.

Free promotion through current marketing initiatives.

Call 9397 6168 for more details, and a visit.

Joan Kirner House Williamstown, Spotswood Community House, and Altona North Community House
9397 6168 admin@wcec.com.au ABN: 67 864 341 860 Inc. Ass. Reg. No: A0014000T



MyTime Spotswood

Why MyTime?

MyTime is for parents and carers of a child with a disability, chronic medical condition or other additional needs including developmental delay.

Unwind and
share experiences
with others who
understand

FIND US AT:

Spotswood Community House.
598 Melbourne Rd. Spotswood.
Friday Mornings, 10am - 12 noon

CONTACT:

Loan Findlay
Email: loan@mytimevic.com.au
Phone: 0466 105 940



mytime.net.au



Williamstown
Community
and Education
Centre Inc

Flower Power!

Free!

Floristry Workshop for beginners.

Eligibility: Pensioner Concession Card, Commonwealth Health Care Card, and Veterans' Gold Card only. Residents of Hobsons Bay only.

Supported by Hobsons Bay City Council



Join famous local professional floral designer Liza Rose for a complete transformative two-hour flower class.

All materials supplied!



At Joan Kirner House. 14 Thompson St. Williamstown.

One off workshops running through July and September.

Limited workshops – limited participant numbers – only one workshop per person.

Call Liza to make a booking on 0416 268 959.

at Williamstown, Spotswood Community House, and Altona North Community House
admin@wcec.com.au ABN: 67 864 341 860 Inc. Ass. Reg. No: A0014000T

FREE!

Limited time ...

Limited numbers...



IPC Health Care Finder Service



IPC Health's Care Finder Service helps older people without close support find the right aged care services.

Finding services that help you live independently can be confusing, especially if you don't have anyone to help you. Our care finders will talk to you about your needs and support you throughout the whole process of accessing aged care services, including My Aged Care.

We can help you find services like:

- Personal care
- Meal preparation
- Shopping
- Gardening and home maintenance
- Transport
- In home nursing or health care
- Allied health
- Community or social activities

Want to learn more? Come and meet our care finders!

Our care finders will be at:

Joan Kirner House
14 Thompson Street, Williamstown 3016

From 11am-12.30pm on:

- 17 April 2024
- 22 May 2024
- 19 June 2024
- 17 July 2024

You can also contact the IPC Health Care Finder Service on 1300 895 589 or at carefinders@ipchealth.com.au



FREE!

Wednesday July 17.
Joan Kirner House foyer.

Community Foundation
WorkSafe
MAJOR PARTNER

FREE

DAUGHTERS OF THE WEST

A space to come together with other locals, Daughters of the West is an opportunity to challenge yourself, try something new and make your health a priority!

10 WEEKS
FREE Health & Wellbeing program

LEARN
Talk and LEARN about key HEALTH issues

CONNECT
CONNECT with others in your community

ACTIVE
Get ACTIVE with exercise experts

18+
Open to WOMEN OVER 18

TO SIGN UP, SCAN THE QR CODE
or visit our website: westernbulldogs.com.au/Daughters

Location: HOBSONS BAY
Starting Monday afternoons from 15th July in Laverton
Starting Wednesday evenings from 17th July in Brooklyn

HOBSONS BAY CITY COUNCIL

Daughters of the West is an inclusive program and welcomes all who identify as women, from all cultural backgrounds and abilities, to get involved.

IMPACT THAT inspires

Connect with us on social @WBFCFoundation

VICTORIA **cohere**

FREE!



Are you caring for anyone?



Are you an unpaid carer?

If you care for someone with a disability, medical condition, mental illness, or who is frail due to age, and it impacts your wellbeing or ability to work, study, or socialise, support is available for you too!

Let Carer Gateway help you.

Designed by carers for carers, Carer Gateway is a free nation-wide service dedicated to supporting all unpaid carers at any stage in their caregiving journey. Anyone, at any age, can become an unpaid carer – whether temporarily or long-term.

The services offered include practical assistance, tailored support packages, counselling, coaching, in-person peer support with other carers, and emergency or planned respite.

Call 1800 422 737
Monday-Friday 8am-5pm
Emergency Respite 24/7

carergateway.gov.au

Services are free and available in-person, online or over the phone.
Scan the QR code to fill out a callback form online.

Carer Gateway
An Australian Government Initiative

Merri Health

Volunteer in Social Connections and make a difference!



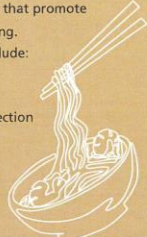
Our Social Connections programs are designed to help older people stay active and socially connected. As a volunteer, you can provide meaningful support in a number of ways. Whether it's enjoying a conversation over a cuppa at someone's home or over the phone, getting out and about in the community together, running a social activity at one of our centres, or sharing hobbies, interests and skills, there's something for everyone.

Centre-based connections

Volunteer at one of our centres and support a range of planned activities that promote independence and wellbeing.

Programs vary but may include:

- > Gentle exercise
- > Home cooked meals
- > Conversation and connection
- > Arts and crafts
- > Music and dance
- > Multi-cultural days
- > Community outings



Centres are located in:

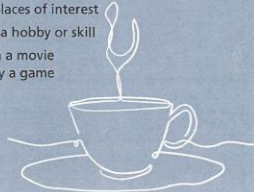
- Chadstone • East Burwood • Forest Hill
- Geelong • Hawthorn • Ivanhoe • Kingsville
- Mornington • Noble Park • Toorak

One-on-one connections

Connect with someone who is socially isolated and help them keep doing the things they love.

You might:

- > Visit them at home
- > Meet up for a coffee
- > Go for a walk
- > Visit places of interest
- > Share a hobby or skill
- > Watch a movie or play a game



Chat-A-Ring

From the comfort of your own home, connect weekly with an older person over the phone.

Topics of conversation vary but generally focus on shared interests and hobbies.



Telelink

Facilitate a group discussion and help people who share similar interests connect over the phone.

Links include:

- > Trivial Pursuit
- > Armchair Travel
- > That's Entertainment
- > Crosswords
- > Friendship Groups



If you would like to make a difference in someone's life, we would love to hear from you!

Get in touch 13 93 75 volunteers@unitingagewell.org

Learn more unitingagewell.org/get-involved



Indian-Australian Families: Intergenerational Oral History Project

Are you passionate about preserving your family's heritage and passing down family stories to future generations?

We invite **teenagers aged 14+, parents and grandparents** to participate in a special intergenerational oral history project designed to strengthen and celebrate shared cultural heritage through storytelling.

You will receive training in our Media Room at the STEAM Centre at Altona Meadows Library, borrow our new Heritage Library of Things audio recorders and portable scanner, gain storytelling skills from an expert and have the opportunity to add them to our new online community archive.

WHERE:

Altona Meadows STEAM Library
2 Newham Way, Altona Meadows

WHEN:

Saturday 3, 10, 17 & 24 August, 10am-12pm.
Light refreshments will be provided.

**It is hoped participants will attend all four workshops*



← Scan me for more information

For more information email heritage@hobsonsbay.vic.gov.au

@creativecityshobsonsbay
hobsonsbay.vic.gov.au



BETTER PLACES | **HOBSONS BAY CITY COUNCIL**

Coffee with a COP

Coffee with a Cop is an opportunity for you to ask questions, discuss issues and get to know your local police.

10AM TO 12PM

TUESDAY 25 JUNE
CHEEKY CHEWIES CAFE
18 Aviation Rd,
LAVERTON

TUESDAY 19 NOV
SPOTSWOOD

TUESDAY 27 AUG
ALTONA GATE SHOPPING CENTRE
Millers Road,
ALTONA NORTH

For more information, please scan QR code

Come along and join us for a FREE cuppa and a friendly chat

HOBSONS BAY LANGUAGE LINE 9932 1212
9932 1212
HOBSONS BAY LANGUAGE LINE
Your Council in your language

VICTORIA POLICE

WESTERN VACCA

WESTERN NAIDOC RUNNING FESTIVAL 2024

SUNDAY 21st JULY | START TIME: 10.00AM

Presidents Park
370 McGrath Road, Wyndham Vale VIC 3024

ACTIVITIES:

- Welcome to Country & Smoking Ceremony
- Free Catered Lunch
- Free Running Singlets & Medals
- Coffee Van
- Wyndham Street Surfer Bus
- Free Kids Activities and MORE!

Scan the QR code to register or visit the link below:
<https://www.trybooking.com/CRTQC>

Contact VACCA Werribee Office:
p. (03) 9742 8300

ipcHealth **RYLE** **Anglicare** **wyndhamcity**
PROSTATE CANCER VICTORIA city east coast

YSAS **Woolworths** **the FOOD** **The Garage** **one tree** **VACCA**
Woolworths Woolworths Woolworths The Garage one tree VICTORIAN ABORIGINAL CHILD AND COMMUNITY AGENCY WESTERN @wccwag



We acknowledge, celebrate and thank the traditional custodians of the Kulin Nation on whose lands we live and serve our communities.

Aboriginal and Torres Strait Islander Manage your money without stress!

Learn how to reduce financial stress

We'll give you simple tips and tools so you can get on top of your finances now and into the future.

Topics include:

- Your values
- Creating a budget
- How to set goals
- Needs vs wants
- How to find spending leaks
- Shopping tips and meal prep
- Loan sharks and money lenders

Lunch is included so registration is essential.

Wednesday 24 July
11am to 2pm

Wunggurrwil Dhurrung Centre
19 Communal Road, Wyndham Vale, 3024

Register by Wednesday 17 July to:

Lisa Saunders

Call 0491 089 069 or email
lisa.saunders@ipchealth.com.au

Sarah-Jane Blunt

Call 0417 339 816 or email
sarah-jane.blunt@ipchealth.com.au



WESTERN NAIDOC BALL 2024

KEEP THE FIRE BURNING!

BLAK, LOUD & PROUD

LAKESIDE CONVENTION
CENTRE

65 Melton Highway
Taylors Lakes, VIC 3038

SATURDAY
20TH JULY
6:00PM - 12:00AM

LIVE ENTERTAINMENT
Kevin Kropinyeri
Uncle Kutcha Edwards
DJ KTB

THREE COURSE MEAL • DRINKS • AWARDS

TICKET SALES

Sales Close 05/07/2024
<https://www.trybooking.com/CRSOY>



CONTACT

westernnaidoc@outlook.com

Social Activity Group

FRIDAYS BY THE BAY

10am-1pm • Fortnightly

For people 18 - 64, living in Hobsons Bay who are not eligible for other support programs. Transport can be provided.

2024 dates-
 12 + 26 July
 9 + 23 August
 6 + 20 September
 4 + 18 October
 1 + 15 + 29 November
 13 + 20 December

Every second Friday with Amanda
 Art + craft
 Wellbeing activities
 Outings
 Guest speakers

Light lunch included
 \$6.50

5 Sargood Street, Altona
 For more information
 Phone 9398 2511
 admin@ljac.com.au

 **LOUIS JOEL ARTS & COMMUNITY**

 **HOBSONS BAY CITY COUNCIL**



See what's happening at other Community Centres and Neighbourhood Houses in Hobsons Bay.
 (Click on logos).



What's been happening?

Friday June 7. **Hobsons Bay Community Fund 2024 Business Lunch.**



As a Member of the HBCF Philanthropy Club, Committee members, Jonathon Grima, Lucienne Gala, Vice President, and Sonja Ilievska, President, represented Williamstown

Community and Education Centre at this annual event at Seaworks in Williamstown.

Seen here pictured with Cr Peter Hemphill, on the Hobsons Bay Community Fund Committee, with Adrian Butera, Chair of Hobsons Bay Community Fund and Director of Compton Green.



Wednesday June 19. **Refugee Week BBQ.**

Sponsored by Mobil,



Monday June 24.

Jodie's EAL Drama class performance.

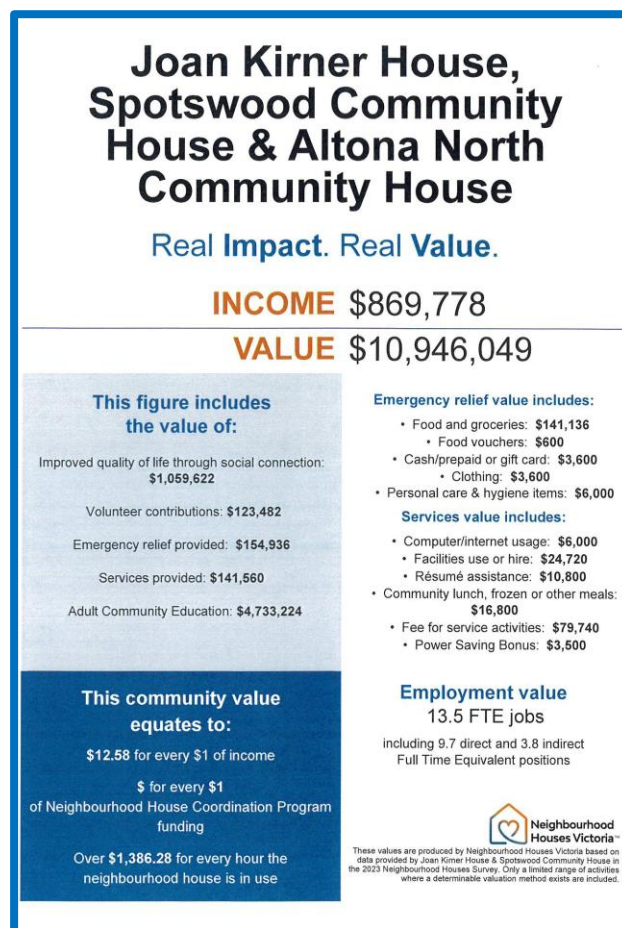


Friday June 28. **Flower Power!**

Sponsored by Hobsons Bay City Council, and delivered by local florist, Liza Rose, this is a free workshop to those who are disadvantaged (Details above).



Independent survey by Neighbourhood Houses
Victoria



Important notice for teachers, students and centre users at Joan Kirner House.

Parking inspectors have been targeting the streets around Joan Kirner House.

Note that –

- Our Thompson Street parking frontage is for staff only (They have stickers).
- Staff also have stickers that allow them to park more than 2 hours in 2-hour car spaces.
- 5-hour parking is on Cecil Street frontage.
- All day parking off Council Lane in our rear car park.
- 2-hour parking in all other areas.



"Ah, now this is awkward. Do you have a pen I could borrow?"

So, to gain the most parking spaces we can for everyone –

- Can staff use Thompson Street frontage in first instance. Then 2-hour places.
- Students and centre users can then use Cecil Street 5-hour frontage and rear car park off Council Lane.

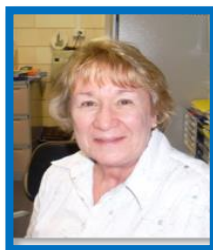
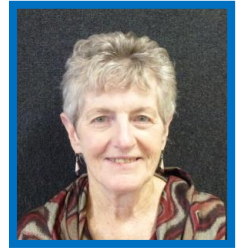
This way we maximise the parking options we have.

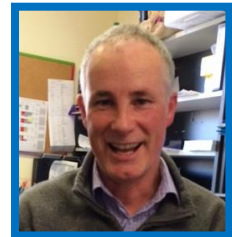
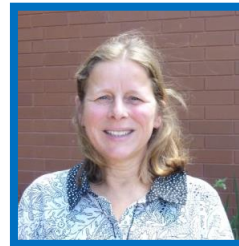
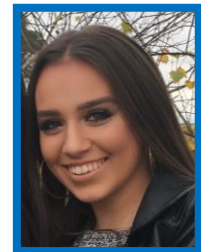
50th Anniversary – ‘Peep into the Past’

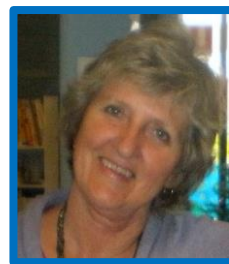


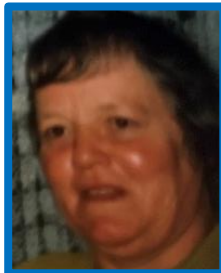
Some familiar faces over fifty years.

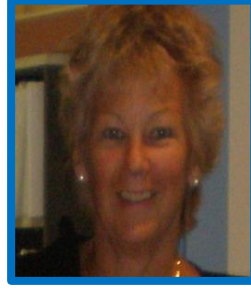
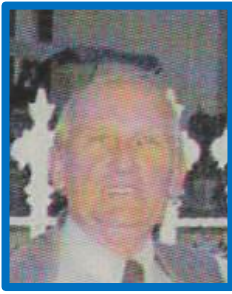












Our official **50th celebration** will occur on –

Wednesday September 4, 2024. 11.00 am.
Joan Kirner House, 14 Thompson St. Williamstown.

Come see the premiere launch of our 50th Anniversary Documentary.

Prepare a short sentence of reflection to share with everyone on the day if you want.

Catering provided.

This is an open invitation. No need to RSVP. Everyone is welcome!

Thanks.

Mark.

Dr Mark Brophy PhD
Manager / CEO.
Williamstown Community and Education Centre Inc.
manager@wcec.com.au