



Williamstown
Community
and Education
Centre Inc

Newsletter March 2020

Joan Kirner House and Spotswood Community House
For Members, Committee, Staff, Volunteers, Students, Parents,
Stakeholders, Centre users, Partners, Sponsors and Our Community

2019 HOBSONS BAY
BUSINESS EXCELLENCE AWARDS
WINNER



Coming Up...

- Wednesday March 4, 11, 18 and 25. **FREE Willy Walking Group** from 10.15 am to 11.00 am, starting at Joan Kirner House, 14 Thompson St. Williamstown.



- Wednesday March 4, 11, 18 and 25. **FREE Barista coffee, tea, hot chocolate and treats** at the **Pop-Up Social Café**. Joan Kirner House at 11.00 am. Everyone welcome!

- Wednesday 18 and 25. **FREE 'Health My Way' Information Session** at 11.15 am in the Joan Kirner House Foyer. Learn how to support your health and wellbeing online. No bookings, just turn up!



- March 21 to 29. **Cultural Diversity Week.**



In the Media

- 'Pop-Up Café, in **The Westsider**, February 2020. Issue 49. Page 22.
- Minister Gayle Tierney launches '**Learn Local Awards**' at Joan Kirner House on her **Facebook**.

Ministerial Launch at Joan Kirner House



On Tuesday 11 February, we had The Honourable Gayle Tierney, Minister for Training and Skills and Minister for Higher Education and Ms Maria Peters, Chairperson, Adult, Community and Further Education (ACFE) Board launched the Learn Local Awards and the ACFE 2020–25 Strategy at Joan Kirner House.



In attendance was also Ro Allen, Commissioner for Gender and Sexuality and Sandy Pitcher, Deputy Secretary, Higher Education and Skills Group, Department of Education and Training.





As well there was excellent representation from the ACFE Board, ACFE Regional Council members as well as ACFE and Department of Education and Training staff.



Many peak bodies and Learn Locals were also in attendance including ALA, ACEVic, AMES, Bridge Darebin, Banksia Gardens Community Services, North Melbourne Language and Learning, Westgate Community Initiatives Group, Living and Learning Ajana, Wyndham Community and Education Centre, Kew Neighbourhood Learning Centre, Yarraville Community Centre, Duke Street Community House, Farnham Street Neighbourhood House, Carringbush Adult Education and Park Orchards Community House.

It was also terrific to see several of our Committee members attending as well.



A quote from the Member for Williamstown Melissa Horne –

“By opening up nominations for the Learn Local awards here in Williamstown, we’re acknowledging the lifechanging work of local providers and providers right across Victoria.”

NEW!



Free Counselling with an IPC Health Psychologist.

Every Monday and Wednesday - no G.P referral or
Careplan required.

Joan Kirner House

14 Thompson St, Williamstown

We can help with:

- Mild to moderate mental health problems such as anxiety and depression.
- Adjusting to family & family changes.
- Dealing with stress & traumatic events.
- Problems with relationships at home, work or school.
- Strong emotions that are hard to manage.

Who can use this Service?

All people aged 16 years and over.

How to get an appointment?

Contact IPC Health on 8368 3000. Ask to speak to an Intake Worker, then ask to be referred to Helen, Psychologist, at Joan Kirner House.

MONTHLY
ACTIVITY
EVENTS

FREE
CAMPS

MENTAL
HEALTH
EDUCATION

SUPPORTING KIDS LIVING IN FAMILIES AFFECTED BY MENTAL ILLNESS

Australian Kookaburra Kids Foundation provides free recreational, educational programs giving kids a break in a fun, positive and safe environment. Kids have the opportunity to meet other kids in similar families and develop new friendships.

HOW MUCH DOES IT COST?

All programs are FREE for all eligible children.

WHO?

Children, aged 8 – 18 years old who are living in families affected by mental illness.

HOW TO REGISTER?

Anyone can refer a child to the program online at www.kookaburrakids.org.au

MORE INFO?

Please contact your local Kookaburra Kids Office.
Phone: 1300 566 525

UPCOMING EVENTS

Monday 6th April 2020

Activity Day

Saturday 2nd May 2020

Activity Day

Thursday 25th June 2020

Activity Day

November 2020

Camp



Great Student Story from Lynne - Education Coordinator

Email received by Lynne on 29/01/2020.

Hi,

Our son, Vincent Rothermel visited some of your classes from 2012 till 2016 after which we returned to Germany.

I had some \$150.30 AUD left in my Australian Commonwealth account that I could not access overseas, however, I was able to transfer to you: what a great cause!

Please welcome the money from me and preferably use it to help more disabled adults.

Many thanks again for all your lovely help while we were in Williamstown,

Claudia Johnson.

Lynne's reply email.

Thank you, Vincent, Claudia and Joerg.

Your email came out of the blue and was a lovely surprise for staff at our Community Centre.

We have many students who attend our classes from all over the world. Some come for just a short time and some stay much longer.

Only a few, like Vincent, leave a long-lasting impression from his time as a student here.

While your family were living in Melbourne it was a pleasure having Vincent attend our classes.

During the four years he was in Williamstown he attended our disability art and English class, and joined the drama group "Wakety Pals"

Vincent is an extremely talented artist, his drama skills kept us all entertained and he made a lot of friends who remember him fondly as a valued classmate.

Vincent is a very lucky young man to have such kind and caring parents.

This is reflected in the generosity of the donation you have made to our Centre and the exciting opportunities and life experiences you offer to your very special son.

Thank you again.

Lynne.

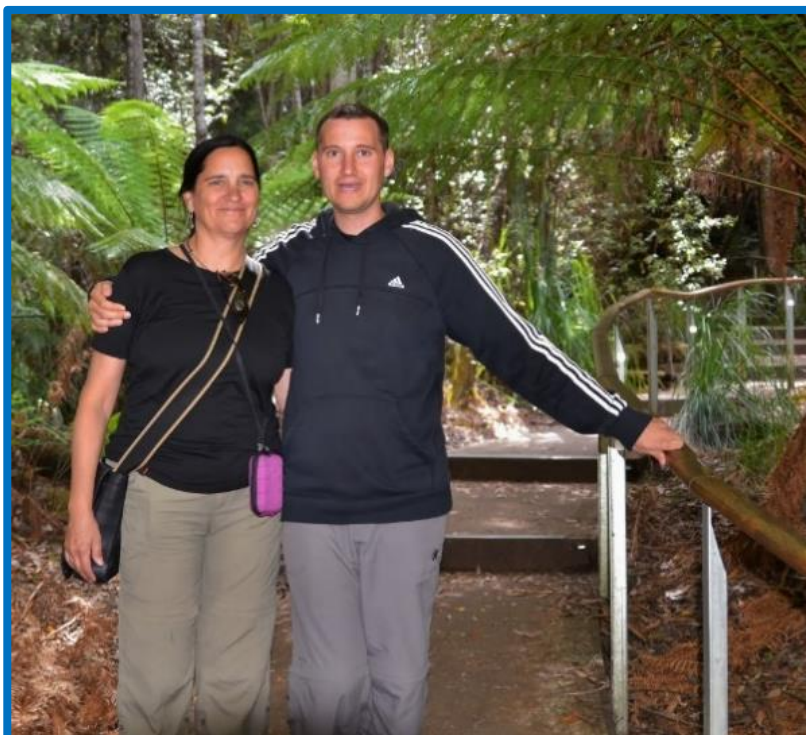
Claudia's reply email.

Wow thanks for all the kind words!! We will relay this to Vincent 😊.

By the way Vincent has now moved out and is living in a shared house with other disable young adults and some students (ratio of 6 to 4).

It is such a lively lovely environment and Vincent is thriving there.

He comes home every other weekend, so we do still get to see him often fortunately.



Vincent with mum Claudia in Tasmania



Hi Mark,

We're stoked to be emailing you today as we have some very exciting news this early in the year. We'd firstly like to give **YOU** a massive **THANK YOU** for being a part of the oral care recycling program, as with your help we've reached an enormous

1 MILLION

PIECES OF ORAL CARE WASTE RECYCLED!

That's 1 million pieces diverted from landfills across the country. What a great achievement! Thank you for all your hard work with collecting. We'd also like to thank Colgate for all the support they've given to this program – it wouldn't be possible without them!

Hobsons Bay Council Quick Response Grants

A message from Cathy Miles at Hobsons Bay City Council...

"Can a Council grant assist your group, club or organisation to meet a local need?"

Hobsons Bay City Council 2020 Quick Response Grants open on 10 February 2020 and close on 23 March 2020 or earlier if funds are exhausted.

The grants program assists local groups, clubs and organisations to apply for funding for projects and activities that address community needs and promote health and wellbeing.



Grant applicants can apply under 4 categories: Small expenses (up to \$500), Equipment and Resources (up to \$1,000), Vibrant Community Project (up to \$5,000) and Invested Together Project (up to \$10,000 over 2 years).

Grant applicants must meet eligibility requirements. Interested groups are advised to read through the 2020 Quick Response Grants Guidelines and make contact with Cathy Miles, Community Grants Officer to discuss an application on 9932 1235 or email commdev@hobsonsbay.vic.gov.au.

Each application will be assessed individually, and it is expected that the assessment and funding process will take approximately six weeks from the time the application is received.

NB: Community groups who have already received funding through the 2020 Community Grants Program cannot apply through the 2020 Quick Response Grants for funding under the same category.

For further information, click [here](#).

Kind regards

Cathy."

**HOBSONS
BAY CITY
COUNCIL**



Cathy Miles
Community Grants Officer (Mon-
Thurs)
Arts Culture and Community
T: 9932 1235
NRS users phone 133 677 and
quote 03 9932 1000
Language Line 9932 1212



Repair Café Hobsons Bay

Have skills in repairing and mending?

Repair Café Hobsons Bay is looking for **Volunteer Repairers** with skills repairing electrical items, electronics, clothing, toys, bikes, furniture, crockery etc... for a new repair cafe launching in Altona in June 2020.

Keen to find out more? Come along to an information session:

Thursday 19 March 7pm-7.30pm

Saturday 21 March 1.30pm-2pm

RSVP: admin@ljac.com.au

Keen to learn repair and mending skills? Join us as a **Repair Café Support Volunteer** and be part of the repair movement while learning new skills along the way!

ABOUT REPAIR CAFES

- Repair Cafés are free meeting places stocked with the tools and materials to make repairs on a variety of small items.
- Repair Cafes are about knowledge and skill sharing, volunteer expert repairers support community members wishing to learn how to repair their items.
- Repair Cafes reduce waste to landfill by repairing items which might otherwise be discarded, extending product life spans and reducing environmental impact.

This project is supported by the Australian Government's
Communities Environment Program.



Louis Joel Arts & Community Centre

5 Sargood St Altona | admin@ljac.com.au | 9398 2511

Reminder of some of our current programs

For the Children and Teenagers

- **French Club for Kids** at Joan Kirner House on Wednesday afternoons. Call Jim – 0432 719 034.
- **Willy Wargaming** at Joan Kirner House on Friday evenings. Call Lily – 0414 831 899.
- **Adam Turnbull Acting** at Joan Kirner House on Saturday mornings. Call Adam – 0419 593 297.

For the Parents

- **Parenting Meetup** at Joan Kirner House on Thursday evenings (Fortnightly). Call Suzanne – 0403 151 953

For the Mind

- **Kadampa Meditation** at Joan Kirner House on Monday evenings. Call 9756 7203.
- **Free Health Psychologist Counselling** with IPC Heath. For bookings call – 8368 3000. Then ask to be referred to Helen at Joan Kirner House.
- **CAE Book Club** at Joan Kirner House on Tuesday evenings (Monthly). Call Lyn – 0406 688 355.
- **Zonta Club** at Joan Kirner House on Tuesday evenings (Monthly). Call Faye – 0411 607 995.

For the Body

- **Gentle Yoga and Meditation** at Joan Kirner House on Friday mornings. Call Deb – 0448 978 818.
- **Plus Yoga** at Spotswood Community House on Saturday mornings. Call Nina – 0418 175 744.
- **Sunrise Yoga and Meditation** at Joan Kirner House on Thursday mornings. Call Ron – 0411 723 669.
- **Wu Tao Dance** at Joan Kirner House on Saturday afternoons (Monthly). Call Jo – 0438 414 331.
- **Bone Boosters** (Gentle exercise for mature aged) at Joan Kirner House on Thursday afternoons. Call 9397 6168.
- **Free Willy Walking Group** at Joan Kirner House on Wednesday Mornings. Call 9397 6168
- **Dulcie Shaw House Exercise Program** at Dulcie Shaw House, Altona North on Tuesday afternoons. Call Lynne - 9397 6168.



For the Creative

- **Hello Music** at Joan Kirner House on Thursday afternoons. Call Karen – 0414 776 613.
- **Art Therapy** at Spotswood Community House on Monday and Tuesday afternoons. Call Janine 0412 152 507.

Managers musings

It was a busy start to 2020 with enrolments and inductions for children and students and new programs and projects, as well as our welcome Back BBQ on February 5.

The start of the year is always a very busy time for all, and I thank everyone at the Centre for the hard work and dedication you've all displayed. Much appreciated.

Aside from the 12 new iPads in the trolley at Joan Kirner House storage room, there are also three spare new iPads for use in the Office at JK House, one in Childcare and two are at Altona North Library for staff to use.

'Recycling' – The new exciting topic on everyone's lips in Hobsons Bay...

Our challenge here is that not only do we produce a significant amount of waste at both our Joan Kirner and Spotswood Community houses, our general waste is now only collected fortnightly.

We need to be vigilant in firstly ensuring all recyclable paper goes into the recycle (yellow) bin and not into general waste.

This goes for both venues.



The good news is that we have compost systems at both venues for food scraps. Please use them.

We haven't received our glass (blue) bins for both venues yet, so glass needs to go into general waste for the time being.

Details are on the Council website.

NOTE - Committee, Staff and Volunteers please note – If you **don't** want your name and picture published in our Annual Report for 2019, please let me know?

Finally, Anne Douglas will be leaving us soon at the end of term, or 'transitioning', as she moves onto travelling and spending more time in leisure activities and pursuits. We wish her the best. She's been the backbone of our education administration, and may still be here on and off after term one. Thanks Anne, and all the best.

Thanks.

Mark.

Dr Mark Brophy
Manager
Williamstown Community and Education Centre Inc