



Newsletter September 2024

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

What's Coming Up?

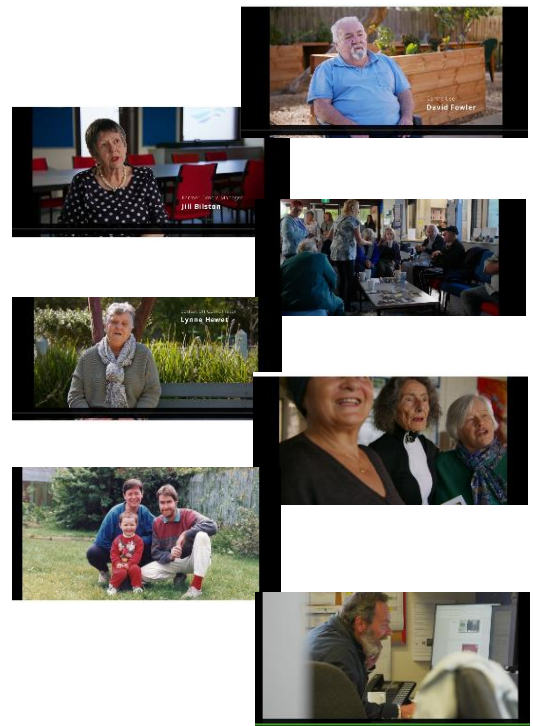
Open Invitation

To the 50th Anniversary Celebration of
Williamstown Community and Education Centre Inc.

Free community morning tea followed by the
premiere launch of our 50th Anniversary
Documentary.

Joan Kirner House
14 Thompson Street, Williamstown
Wednesday 4th September 2024
11.00 am

Note – This is an 'open invitation'. No individual invitations will be sent out. No RSVP required. Just turn up!



- **NEW!** Thursday afternoons at Joan Kirner House. **Studio Art for Teens.** Westside Arts Studio. Details below.
- **NEW!** Monday mornings at Joan Kirner House. **Kanga Training.** Ultimate Mums and Bubs Workout. Details below.
- Wednesday September 4, 11, and 18. **FREE Willy Walking Group.** From 10.15 am to 11.00 am, starting at Joan Kirner House. Sponsored by Mobil.
- Wednesday September 11, and 18. **FREE Community Morning Tea** at Joan Kirner House, sponsored by Mobil, at 11.00 am.
- September 21 to October 6. **Term break.**
- Monday October 7. **Term four starts.**



NEW!

For 14 to 17 year-olds.
At Joan Kirner House.



Williamstown
Community
and Education
Centre Inc



*New
Class!*
Register interest!

Studio Art for Teens!

Thursdays, 5:15pm-6:15pm.

Ages: 14-17yo.

www.westsidearts.com.au

facebook.com/
WestsideArtsStudio



Williamstown
Community
and Education
Centre Inc

KANGA TRAINING®



THE ULTIMATE MUMS AND BUBS WORKOUT!

MONDAY 9:30 WILLIAMSTOWN AT JOAN KIRNER HOUSE
(14 THOMPSON STREET, WILLIAMSTOWN)

TERM DATES : FROM OCTOBER 7TH TO DECEMBER 9TH 2024

PRICING ON WEBSITE - CONTACT CARLY@KANGATRaining.COM.AU



FUN, FITNESS, FRIENDS, CONNECTION & COMMUNITY



kangatraining.com.au - search Williamstown

NEW!

Starting term four.
At Joan Kirner House.





ART AS THERAPY EXHIBITION

MENTAL HEALTH WEEK

5TH OCTOBER – 19TH OCTOBER

WILLIAMSTOWN LIBRARY
EXHIBITION SPACE LEVEL ONE

Artful Mind Art Group in collaboration with Artful Warrior Art Group are pleased to exhibit their Art to promote creativity and the practice of the creative arts as therapy.

Featured Art Work "Bohemian Puppy" by Rosalia De Roit 2024



Thursday 5th September 2024

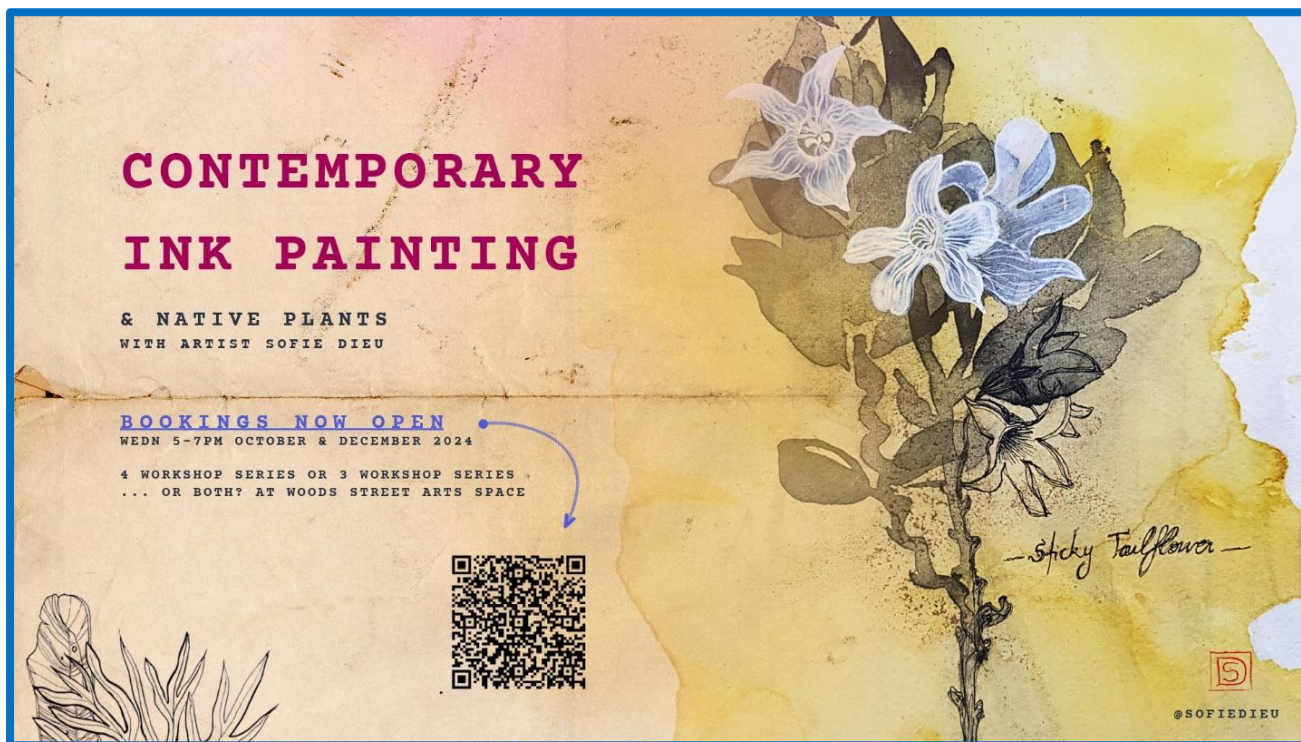
The Sun Theatre, Yarraville

6:15pm start




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

Your \$35 ticket includes this heartwarming film, a soft drink of choice and a choc top



Next sessions on Friday 6 and 20 September. 10.00 am, in Altona.



Social Activity Group

FRIDAYS BY THE BAY

10am-1pm • Fortnightly

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

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

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

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

Light lunch
 included
 \$6.50



**LOUIS JOEL
ARTS & COMMUNITY**



**HOBSONSBAY
CITY COUNCIL**





Help refugees and migrants learn English

The Adult Migrant English Program (AMEP) is an Australian Government program that provides free English language tuition to recently arrived migrants and humanitarian entrants.

Our Volunteer Tutors are a part of the Adult Migrant English Program. They meet with students in their homes or at a mutually convenient location such as a public library. Volunteers meet with individual students to tutor them in English and help them settle into Australian life.

Become a Volunteer Tutor and help a new arrival feel at home

Being a Volunteer Tutor is easy:

- You don't need teaching or tutoring experience
- We provide you with training and ongoing support
- We match volunteers with nearby students

You need to be:

- Willing to help others
- Accepting of diverse cultures
- Available 1-2 hours a week
- Able to commit to volunteering for 6 months

CONTACT US

1300 253 053
contact@learningforemployment.org.au
www.learningforemployment.org.au



The Adult Migrant English Program (AMEP) is funded by the Australian Government Department of Home Affairs.



Spring 2024 HOLIDAY PROGRAM

Week - Two



Sunday 29 Sept
Cinema & Lunch
OOP - \$40 • 7 NDIS Hours



Monday 30 Sept
Holey Moley Point Cook & Arcade Games
OOP - \$30 • 7 NDIS Hours



Tuesday 1 Oct
Royal Melbourne Show
OOP - \$55 • 7 NDIS Hours



Wednesday 2 Oct
Sovereign Hill Ballarat
OOP - \$10 • 7 NDIS Hours



Thursday 3 Oct
Genesis Music School & Lunch
OOP - \$40 • 7 NDIS Hours



Friday 4 Oct
Aquapulse
OOP - \$11 • 7 NDIS Hours



Saturday 5 Oct
LegoLand
OOP - \$40 • 7 NDIS Hours



Sunday 6 Oct
Sealife
OOP - \$50 • 7 NDIS Hours

Please bring your Companion Card, water bottle, snacks & lunch (lunch is not required for Genesis music school or Cinema day). For Aquapulse, please also bring your bathers and a towel. For Royal Melbourne Show, please bring money for rides/games or pre-purchase a ride pass. All activities are from 10am-4pm. Activity ratio is 1:2 unless 1:1 is required.

Book Today



1300 091 016



recreation@assistabilityaustralia.com.au



COMMUNITY SINGING FOR ALL ABILITIES

- First Thursday in every month
2.00pm – 4.00pm
- At Hobson's Bay Yacht Club
270 Nelson Place Williamstown

It's **free**, fun, easy and **very good** for you!

YOU DON'T EVEN HAVE TO BE ABLE TO SING!

Live piano and a song leader

Please drop in to one of our sessions or phone 0448 544 228 for more information.

Council +

COMMUNITIES



A conversation could change a life.

+

RUOK? DAY

Hobsons Bay City Council would like to invite you to Laverton Community Hub to help us celebrate RUOK? Day.

Join us for a morning filled with activities, games and food and even learn new tips and tricks to take care of your mental health.

Activities on the day include:

- Henna
- Massage
- Guest speaker
- Sausage sizzle
- Planting and rock painting
- Origami
- LEGO
- Mobile library
- Games
- Zumba

Thursday 12 September
10am to 11.30am
Laverton Community Hub

For more information or to book, please call 9932 3011 or emailing programs@hobsonsabay.vic.gov.au



Scan me for more information


 Hobsons Bay COUNCIL


 Hobsons Bay COMMUNITIES


 HOBSONS BAY CITY COUNCIL

Free!
Lots of activities, games and food.



HOBSONS BAY YOUTH SERVICES &
WESTSIDE FREEZA PRESENT

YOUTH CON 24

SATURDAY 7 SEPTEMBER

**FREE FOR
YOUNG PEOPLE
AGES 12-25**

- LIVE MUSIC
- MARKET STALLS
- FOOD TRUCKS
- SKATE WORKSHOPS
- ART EXHIBITION

LAVERTON COMMUNITY HUB,
95-105 Railway avenue

Scan QR Code
for latest info



To find out more visit:
HBYS.com.au or contact us at:
youth@hobsonsabay.vic.gov.au

12-5PM

YOUTH-CON 24 IS A DRUG, ALCOHOL, AND
VAPE/SMOKE FREE EVENT


Hobsons Bay
Youth Services

freeza
www.freeza.vic.gov.au


VICTORIA
State Government

HOBSONS
BAY CITY
COUNCIL

Opportunity to be a paid
research participant.


THE UNIVERSITY OF
MELBOURNE



Cognition and Alcohol Use Behaviour: CheckmyControl


Researchers: Dr Antoinette Poulton, Dr Cindy Chew, & Prof Robert Hester

WE ARE SEEKING INDIVIDUALS WHO WISH TO REDUCE THEIR
ALCOHOL INTAKE



What is the purpose of the study?

The project aims to assess the efficacy of an online intervention designed to help people reduce their alcohol intake. The intervention targets people in the community who do not satisfy the criteria for a clinical problem, but who are nonetheless interested in cutting back their alcohol consumption.




Who can participate?

Individuals aged 13 years or more who drink alcohol at least weekly and who own a smartphone.


Benefits

Your participation will help us understand more about alcohol use behaviour in the general population.



Contacts

For more information:
cindy.chew@unimelb.edu.au
antoinette.poulton@unimelb.edu.au
<https://tinyurl.com/Checkmycontrol23>



What is involved?

You will (i) complete a 30 min survey, (ii) download & use an app to record alcohol use for 14 days (2min/day), and (iii) complete a computer task on your laptop or computer (10 min).

After using the app, you will then receive some feedback and be asked to complete a short feedback questionnaire (4 min).

You will be invited to repeat some of these assessments approximately 12 weeks later and possibly again at 12 months.

Participants will be paid \$10 for time spent completing surveys and tasks (baseline). They will earn up to \$25 for 14 days of app data. They will additionally earn \$10 for completing each of the feedback and 12-week followup surveys. Payment will be made via GiftPay.

This study has been approved by the Human Ethics Research Committee at the University of Melbourne (#26716).

Note: You will **NOT** be asked for your name as part of this study and your details will **NOT** be released to any third parties, including your place of employment.

What's been happening?



The United Church in Australia
WILLIAMSTOWN

Carol and Sandra from St John's Uniting Church, Williamstown.

Dropping off pumpkins, apples, bread and greens for our Pantry Swap and Food Relief efforts.

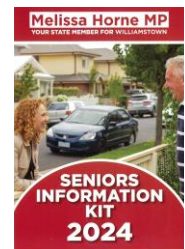


Melissa Horne MP, Member for Williamstown visited Joan Kirner House on 23 August.



She dropped off hard copies of *Cost of Living* and *Seniors Information* kits.

Hard copies available at reception.



Tamsin Rossiter, Senior Project Officer, ACFE, visited Joan Kirner House on 28 August, to check up on our pre-accredited delivery.



In the News

50 years of Community. Star Weekly. Page 1. 28/8/2024. Link is [HERE](#).

Established in 1875 as the **THE MAIL** proudly serving Maribyrnong and Hobsons Bay

28 AUGUST, 2024

MARIBYRNONG & HOBSONS BAY

Star Weekly

starweekly.com.au

Paralympians of Melbourne's north-west LIFTOUT INSIDE



50 years of community

Five decades of education, community and support will be celebrated at a special morning tea to mark the 50th anniversary of the Williamstown Community and Education Centre.

The event will also feature a short documentary created to mark the milestone.

WCEC chief executive Mark Brophy said the documentary would act as a "time capsule" for the centre.

He said it would feature stories and anecdotes from staff and participants who have engaged with the centre over the past 50 years. The morning tea will be free and open for everyone in the community to attend.

Dr Brophy said the centre has expanded over the past 50 years and now supported three neighbourhood houses as well as offering a myriad of classes, workshops and support programs, most recently extending into food relief. The 50th anniversary celebration is on September 4, from 11am, at Joan Kirner House.

WCEC's Dr Mark Brophy, Tracey Osullivan, Amarjeet Brar, Tahlia Kotiau, Anthimos Papadopoulos, Samira Antoun and Lynne Hewet.
(Ljubica Vrankovic) 422430_01

Bowling nokies set to go

Bringing the community together. Mobil Community News. 1/8/24. Link is [HERE](#)

Mobil news

Bringing the community together

Proudly supported by Mobil, Williamstown Community and Education Centre's community activities program is making a difference to locals experiencing isolation and hardship.

Article

1 Aug. 2024



Williamstown Community and Education Centre holds social activities and events for locals experiencing isolation or hardship.

Proudly supported by Mobil, Williamstown Community and Education Centre is making a difference to the lives of community members with a program of social activities aimed at engaging locals experiencing isolation and hardship.

The Williamstown Community and Education Centre (WCEC) is an award-winning leader in community services and has been an integral part of Williamstown since its establishment in 1974. Their mission is to provide affordable, relevant and quality programs for everyone in a supportive environment.

The Centre holds free activities such as the regular Willy Walking Group and Community Morning Teas, as well as Community BBQs held bi-monthly.

Events are attended by over 60 locals, with a majority disadvantaged or unemployed, or recently arrived refugees and migrants.

"Good food, good company and activity are vital to ensure vulnerable people are not isolated and face loneliness, but are socially active people in our community," WCEC CEO Mark Brophy said.

The team at Mobil Altona Terminal are proud of the ongoing relationship with WCEC and how this latest contribution is having a positive impact on many in the community.

Mobil Altona Terminal Manager Rhys Kelly said, "The Williamstown Community and Education Centre plays an important role in engaging locals experiencing challenging times and we're proud to support social activities that can make a real difference in people's lives."

Mark said, "Mobil's support for our community activities program is invaluable to our community. These activities allow local disadvantaged groups to meet others, get some exercise, and most importantly get a great feed!"

"We are sincerely appreciative of this vital support."

50th Anniversary – ‘Peep into the Past’



Cutting the cake at our 40th anniversary, 10 years ago.



Cutting the cake then were –

Colleen Hartland. Greens MLC for Western Metropolitan.

The Hon. Joan Kirner. Former Premier of Victoria. Member for Williamstown, and Western Metropolitan.

The Hon. Wade Noonan. Labor Member for Williamstown.

Cr. Sandra Wilson. Mayor of Hobsons Bay.

Manager's Musings

To any Neighbourhood House or Learn Locals who are also RTOs.

Our Joan Kirner House venue is 9b certified for compliance to run accredited classes.

We have rooms available, so if you are interested in running an accredited program in Williamstown, give me a call. 03 9397 6168.

Details on our website under 'Venue Hire'. Includes Wi-Fi, free photocopying, student and staff kitchens, digital projectors, good parking, open access computers for students, PCs available for teachers, EAL library, community garden, close public transport, food relief for students, free weekly morning teas, set of classroom iPads, and lots more!

To staff and volunteers.

I just want to 'thank you' and recognise you all for your professionalism when faced with unexpected challenges at our Centre.

We deal with elderly people, as well as those who are sometimes severely disadvantaged with compounding issues around unemployment, poverty, mental health and substance abuse.

I am very proud of how everyone reacts when an 'incident' occurs, and the support we give to each other.

To everyone.

See you all on Wednesday September 4 for our 50th Celebration!

Thanks.

Mark.

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