



Williamstown
Community
and Education
Centre Inc

Newsletter March 2021

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

Coming Up...

- Wednesday 3, 10, 17 and 24 March. **FREE Willy Walking Group** from 10.15 am to 11.00 am, starting at Joan Kirner House.
- Wednesday 3, 10, 17 and 24 March. **FREE Community Morning Tea**. Joan Kirner House. 11.00 am. All welcome!
- Monday 8 March. Labour Day **Public Holiday**.
- Monday 15 March. 1.30 pm to 2.30 pm. **FREE Cultural Diversity Week 'Spice things Up – Celebrate Our Cultural Diversity Through Dance'** at Laverton Hub. 95 - 105 Railway Ave, Laverton.
- Tuesday 16. **FREE Cultural Diversity Week BBQ in Joan's Garden** at 12.15 pm at Joan Kirner House. All welcome. No bookings needed.



Classes, Childcare, Gardening, Walking group, all up and running!

NEW Term One Timetable [HERE](#).

NEW! 'Peer Powered Gaming'. Fridays 1.00 pm to 5.00 pm at Joan Kirner House.
See below.

NEW! Lots of 'Mind Australia' programs commencing in March. **See below.**

Bone Boosters has restarted. Gentle exercise for mature aged. Thursdays 1.00 pm to 2.00 pm. Call Tahlia on 9397 6168 for details.

Fridays 1.00 pm to 5.00 pm at Joan Kirner House

PEER POWERED GAMING

What is Peer Powered Gaming?

Peer Powered Gaming is run by Christopher Blüms, A qualified community mental health peer practitioner who has worked professionally in community settings to assist individuals in maintaining healthy and positive mental health.

Chris' 10 years+ history includes working with youth, asylum seekers, refugees, and in the disability sector to proudly provide an innovative and unique service to the community with several gaming options.

The Power of Gaming

Board games, video games and even tabletop role-playing games - there's a game for everyone! The benefits of gaming are incredible, and Chris' unique style focuses on using game elements to help with you or your client's recovery in concentration, social isolation, creative thinking, problem solving, communication, and team building. Best of all it's fun!

Why is Peer Powered Gaming different from a regular gaming group?

Being a qualified peer practitioner and working professionally for over 5 years in community mental health, Chris is trained to share his own experiences and stories of his journey with mental health to assist you or your client on the road to stability.

Chris is also a lifelong gaming enthusiast who has seen the art of gaming work for him and believes it can to work for others, too.

Who can access this service?

Individuals or groups, in person or online. If you have an NDIS plan, a service agreement will be negotiated during an intake session with your or your client to meet with Chris to work out goals and objectives with Peer Powered Gaming.

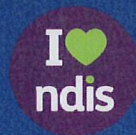
What other services does Peer Powered Gaming provide?

Through Peer Powered Gaming Chris also provides other unique services which include:

- Community Centre based activities
- Online Groups and Workshops
- 1:1 outreach support
- Short-term accommodation themed getaways
- Guest speaking at Mental Health services and events
- Private group workshops

Contact Number: 0426 873 714

Email: peerpoweredgaming@gmail.com



ARTFUL MINDS

An exploration of Art as Therapy

**Mondays 1:00pm-4:00pm at
Joan Kirner Community House
Room 4, 14 Thompson Street, Williamstown**

The aim of art as therapy is to engage participants in developing skills to utilise art as a therapeutic tool, to improve relaxation, decrease anxiety and provide a space for creative self-expression. Art therapy is offered one-on-one in the participants home or in a small group of up to 6.

The overall aim of the group is to provide a supportive and social environment in which participants are supported to learn and develop new skills and develop positive community connections.

**Group facilitator:
Janine Hourigan
NDIS Service Provider
Registered Art therapist
Mental Health specialist (Bachelor Degree Mental Health)
member ANZACATA
mobile: 0412 152 507
[email: mandalamandala11@gmail.com](mailto:mandalamandala11@gmail.com)**



March to June 2021 Calendar

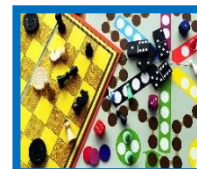
Joan Kirner House. 14 Thompson St. **Williamstown**
Spotswood Community House. 598 Melbourne Rd. **Spotswood**

For details and bookings call - 1300 286 467

Gamers Gathering

Games are a fun way to begin building rapport with an individual. It can promote teamwork, togetherness, patience, good sportsmanship, strategising and good hand - eye coordination.

- **Mondays - 1.00 pm to 3.00 pm - Spotswood**



Art and Crafts Group

Come along and explore the benefits of art for mental health and wellbeing. With a focus on self-expression and the creative process, rather than the finished product, the benefits of art will help you to manage your feelings, reduce anxiety and improve your self-esteem.

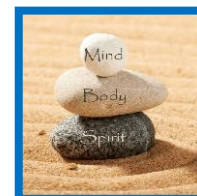
- **Tuesdays – 1.00pm to 4.00 pm - Spotswood**
- **Fridays – 1.00 pm to 4.00 pm - Williamstown**



Yoga and Meditation

Learn proven strategies to reduce stress and anxiety, finding a sense of peace and setting an overactive and overwhelmed mind. Experience the stillness, quiet and clarity yoga can bring to your life.

- **Tuesdays – 10.0 am to 12.00 pm - Williamstown**



Music Group

Music acts as a medium for processing emotions, trauma, and grief. Music can also be used as a regulating and calming agent for anxiety or for dysregulation.

- **Wednesdays – 2.00 pm to 4.00 pm - Spotswood**

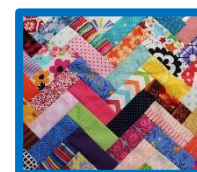


Patchwork Group

Patchwork is a holistic, hands-on therapy that promotes physical and mental harmony.

It is a creative and repetitive form and is a way of working through your emotions, bringing a sense of calmness and tranquillity.

- **Thursdays – 9.30 am to 12.30 pm - Williamstown**





Movie and Games

When we watch a film, we are not just being entertained: We are also admiring something beautiful; learning about the world and ourselves; connecting with communities; and contributing to positive change.

- **Fridays – 1.00 pm to 3.00 pm - Spotswood**



Interested in helping shape the new Footscray Hospital?

Western Health is seeking Expressions of Interest from Western Health patients, their families/carers and community members to be Consumer Advisors during the design development phase of the new Footscray Hospital. We want to work with our community and patients to get the best possible hospital and ensure that all voices are heard.

What does a Consumer Advisor do?

Consumer Advisors provide information and feedback to help shape the next stage of development of the new Footscray Hospital. This is done through discussions (both online and face to face) and include such things as:

- Focus groups
- Workshops
- Surveys
- User groups

We are seeking input from all groups within the community, in particular Aboriginal and Torres Strait Islanders, people living with disability, refugees, young people and newly arrived community members. Through this process, we want to ensure that all voices are heard so we can deliver a hospital for the West that reflects the community it serves.

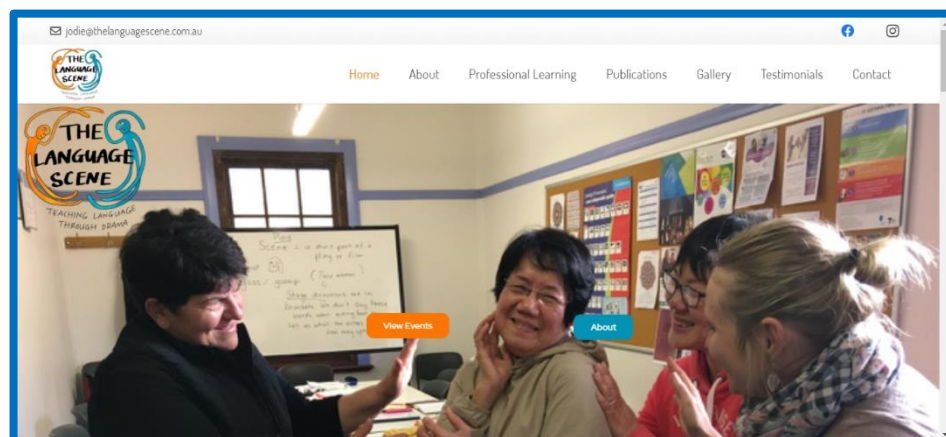
How can you apply to be a Consumer Advisor?

People interested in becoming Consumer Advisors are required to participate in a recruitment process. This involves a police check, relevant training and support. This is a voluntary role and no out-of-pocket expenses will be incurred, with car parking, training, recruitment costs, and travel all covered by Western Health.

If you're keen to be involved, have recent experience at Western Health as a patient, carer or a community member and can make a commitment to attend on-line meetings, onsite workshops or wish to gain more information, please contact Jo Spence, Manager, Consumer Partnerships on consumers@wh.org.au, or 0481 917 695.

Language Scene

For those following the developments of our award-winning scholarship EAL teacher, Jodie Whitehurst, see what she is up to with 'The Language Scene' - [HERE](#)



Supporters of Williamstown Community and Education Centre for over 25 years

Mobil Refining Australia Pty Ltd

ABN 48 004 300 163
Level 9, 664 Collins Street
Docklands Victoria 3008
GPO Box 400
Melbourne Victoria 3001
61 3 9261 0000 Telephone



An ExxonMobil Brand

10 February 2021

Dear Neighbour

Today we announced our decision to convert the Mobil Altona refinery to an import terminal and cease refining operations at the site.

As a valued Altona refinery stakeholder, I wanted to share some further information about this incredibly difficult decision with you.

In recent years, a number of factors have combined to significantly impact the Altona refinery's ongoing viability, including sustained losses, declining local crude supplies and the significant impacts of COVID-19 on the outlook for the refining sector.

Unfortunately, despite the recently announced support package offered by the Australian Government, and the significant work by the Altona refinery team to make the refinery more efficient and reliable in recent years, it is no longer viable for us to continue operating the Altona site as a refinery.

The Altona refinery has been an icon of the local community and Melbourne's west for more than 70 years. In that time, we have built and valued many strong relationships with our neighbours and fellow community members. As we undertake works to convert the site to an import terminal we will continue to foster these relationships and remain focused, as always, on meeting the expectations of our employees, neighbours, customers and other business partners while maintaining safe, flawless and efficient operations.

The refinery will remain in operation for some time to ensure we will continue to meet Victoria's fuel needs while the conversion is completed.

At this early stage we are still planning what these changes to our site may mean for our neighbours and the local community into the future.

We will keep you informed of any updates and will continue to communicate with the community through our quarterly community meetings and newsletters. Our next meeting is scheduled for 10 March 2021. This will be an online meeting due to COVID-19 restrictions. If you would like to participate in the meeting, or have any questions, please send an email to communityanz@exxonmobil.com.

Yours sincerely

Riccardo Cavallo
Mobil Altona Refinery Manager

An ExxonMobil Subsidiary



HOBSONS BAY COMMUNITY FUND GRANTS PROGRAM 2021 NOW OPEN

Altona, Altona Meadows, Altona North, Brooklyn, Laverton, Newport, Seabrook, Seaholme, Spotswood, South Kingsville, Williamstown, Williamstown North

The Hobsons Bay Community Fund invites applications from local organisations and groups for this year's 'Community Support' and 'Recovery Impact' grants round.

Hobsons Bay Community Fund (HBCF) is a perpetual philanthropic fund established to benefit and strengthen the community of Hobsons Bay for present and future generations.

Grants are available to support programs that contribute to making our local communities Fair, Inclusive and Vibrant, through the 'Community Support' grants program and a new 'Recovery Impact' grant program to focus on the impacts to community of COVID-19.

Applications must address the priority areas outlined in the grant guidelines. Please read the grant criteria and guidelines on the HBCF website prior to submitting an application.

Application timelines:

'Community Support Grants': Open 15 Feb – Close 30 July 2021

'Recovery Impact Grants': Open 15 Feb – Close 26 Nov 2021

Details of the Grants Process and Application Forms can be found on our website www.hbcommunityfund.org.au/grants



Help refresh Councils' vision and four-year plan.

"The work of Council is guided by the 2030 Community Vision and our Council Plan, which is developed every four years.

In the coming months, we are developing our new Council Plan 2021 -25 with you, the people of Hobsons Bay!



We would like to know what you believe are the important issues facing our municipality and your ideas to solve them.

There are several ways to be involved -

- *Complete a quick survey (below) to refresh the 2030 Community Vision.*
- *Attend a community workshop in your ward or on a particular topic of interest.*
- *Have a chat to Council staff at one of the many events planned across the coming weeks.*
- *Provide feedback on the Community Vision and draft Council Plan once they are released for community comment in April."*

More details [HERE](#)

Neighbourhood Connect

The FREE Neighbourhood Connect Workshops ran February 19 and 24. Both were well attended.

To find out more about this initiative see [HERE](#).

We might be running more of these in the future.

If you are interested in going on a 'wait list' for future sessions, call me on 9397 6168.



Spotswood Community House Improvements

A total clean out, repairs, maintenance, painting, upgrades, etc.

Both internally and externally, throughout the venue.



Managers Musings

Notice of Annual General Meeting.

The Williamstown Community and Education Centre Inc. Annual General Meeting will be held on -

***Tuesday May 11, 2020, 4:00 pm.
Joan Kirner House, 14 Thompson St. Williamstown. Room One.***
RSVP to Tahlia on 9397 6168.



On the issue of being an Incorporated Association, I was chatting to a current Member and ex Committee Member the other day, and he suggested a reminder to everyone on the mechanics and workings of a Not-for-Profit organisation such as ours.

As the diagram below illustrates - every person in the Association, from staff to the Committee is responsible 'to' and responsible 'for' others in their community, building trust, equity, capability, and capacity for both the centre and the community as a whole.

It is this governance structure that ensures accountability, that the needs of the community are met, and that governance (Committee responsibility) and operations (Management responsibility) are clearly delineated.

The model also ensures that anyone in the community can become a Member (Nomination and secondment needed) and can stand for a position on the Committee.

If you would like to become a Member of our Association, please contact me on 9397 6168.



Finally, a big thanks to Hobsons Bay City Council for supporting our 'Rebuilding Post Pandemic Project' which has helped us significantly in re starting many initiatives.



Take care.

Mark.

Dr Mark Brophy PhD
Manager / CEO
Williamstown Community and Education Centre Inc