



Newsletter April 2024

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

What's Coming Up?

- **Term break.** Friday March 29 to Sunday April 14.
- **Term two starts** Monday April 15.
- Wednesday April 17 and 24. **FREE Willy Walking Group.** From 10.15 am to 11.00 am, starting at Joan Kirner House.
- Thursday April 25. **ANZAC Day.** Public holiday.
- Wednesday April 17 and 24. **FREE Community Morning Tea** at Joan Kirner House at 11.00 am.
- **New!** Monday evenings at Joan Kirner House. **Kali 3 Dimensional.** Details below. Call Nick on 0416 806 878.
- Monday afternoons at Joan Kirner House. **Art Therapy.** A NDIS program. Call Janine on 0412 152 507 for details.
- Tuesday evening at Joan Kirner House. **Zonta Club.** Once a month. Call Faye on 0411 607 995 for more details.
- Tuesday evenings at Joan Kirner House. **Book Club.** Once a month. Call Felicity on 0434 943 391.
- Tuesday afternoons at Spotswood Community House, and Saturdays at Joan Kirner House. **Australian Boating College.** Call Daniel on 0408 369 664 for more details.
- Wednesday and Thursday afternoons at Joan Kirner House. **Art Classes for Kids.** Call Shelley on 0478 074 075 for more details.
- Wednesday and Sunday evenings at Joan Kirner House. **An Hour of Sound.** Once a month. Call Giovanna on 0420 348 880 for details.
- Thursday afternoons at Joan Kirner House. **Adam Turnbull Acting.** Call Adam on 0419 593 257 for details.



New!

Kali 3 Dimensional

Kali 3D is a complete functional Filipino fighting system that teaches you how to transition effectively between Sticks, Blades & Empty Hands all with the same moves!



New Club starting 1st April, 2024
(Directly under the Founder Grandmaster Andy Elliott)

**14 Thompson St Williamstown
Community & Education Centre**

Mondays

6:00pm to 7:30pm

Contact: Nick Mann

M: 0416 806 878

E: nick.r.mann@gmail.com

To find out more about Kali 3D International
visit kali3d.com

A voice for women's health.

EMILY's List Australia

Add your voice to the EMILY's List submission to the Inquiry into Women's Health.

In January 2024, the Victorian State Government released a landmark survey dedicated to Victorian women's health has confirmed what women already know: their pain is real – and regularly overlooked.

When the survey results were announced, Premier Jacinta Allan, and Health Minister Mary-Anne Thomas announced the *Inquiry into Women's Health*. The Inquiry will examine systemic issues and solutions and hear directly from women across Victoria.

EMILY's List Australia will be submitting a paper on behalf of our members, as we believe that women's health is to be taken seriously, and your stories are important to share.

[You can share your story here.](#)

We encourage you to invite others to fill out the form as well. All experiences and stories are important to share.

In Sisterhood,

Pamela Anderson

CEO of EMILY's List Australia

EMILY's List Australia · 210 Lonsdale St, Melbourne, VIC 3000, Australia
This email was sent to manager@wcec.com.au. To stop receiving emails, [click here](#).
You can also keep up with EMILY's List on [Twitter](#) or [Facebook](#).

Skills for Responding to our Thoughts & Feelings (part 1)

You are welcome to join Joseph's Corner for a 4-week program to improve psychological flexibility.

PACFA Accredited Facilitators

Marie Bourke

Leah Jenkin



THURSDAYS IN MAY 2024

May 2nd
May 9th
May 23rd
May 30th



TIME

10:00AM - 12:00PM



WHERE

3 Birmingham Street,
Yarraville 3013

RSVP BY APRIL 23RD

Email: contact@josephscorner.org.au
Call: 9315 2680
Text: 0418 951 479



FREE WORKSHOP

including morning tea

Drawing from the Therapeutic Model of Acceptance and Commitment Therapy this group workshop will introduce:

- new skills to cope more effectively with difficult thoughts and feelings
- skills to remain present and open to experience.
- skills to take effective action towards our values.

Free

18th April
11am - 12pm
Laverton
Community Hub

Grow Your Own Veggie Patch Workshop

Do you want to grow your own portable vegetable garden at home but have limited knowledge and outdoor space?

Attend our **FREE** workshop run by Cultivating Community. Learn to make a wicking bed to kickstart your gardening journey. Seedlings and materials provided.

For more information, contact Jess at jess@cultivatingcommunity.org.au 0402 759 684, or scan the QR code.



HOBSONS BAY CITY COUNCIL



my smart garden

Laverton Community Integrated Services Inc.

Tuesday Chit Chat



A social group for women.

All welcome.

No bookings required.

Tuesdays 5 Sargood St
1.30PM-3PM | Altona
03 9398 2511



LOUIS JOEL
ARTS & COMMUNITY

CHATTY CAFE



Every Thursday 1.30pm-3:00pm

Looking for a hot cuppa & a friendly group of people
to chat with? Come and Join us for Chatty Cafe

Free to attend, No Booking Required, Designed for those 18+

Come in and say Hi!

5 Sargood St Altona



LOUIS JOEL
ARTS & COMMUNITY



FROM NEWBORN TO SCHOOL

Subscribe to our new
quarterly enewsletter
for families.

We'll keep you updated with
parenting programs, family-friendly
events, and services for our
youngest residents and families.



Scan QR code
to subscribe

Council + COMMUNITIES



Zumba AT BROOKLYN

Working out has never been so fun.
Zumba is an exhilarating fitness class
loaded with red-hot dance steps and
easy to follow routines.

Open to everyone.

All fitness levels and abilities welcome.

Bring a water bottle and wear
comfortable clothing and shoes to
exercise.

Tuesdays - 6pm
\$5

Brooklyn Community Hall
Cypress Avenue, Brooklyn, 3012

For more information:
Call 9932 3011 or email:
programs@hobsonsbay.vic.gov.au



Scan to
register or
turn up on
the night.



Get In Touch

FREE CALL 1800 015 510
EMAIL enquiries@vpta.org.au
WEB www.vpta.org.au
POST PO Box 4235,
 Fitzroy, Victoria, 3065

About us

The Victorian Public Tenants Association (VPTA) is the peak body for people who live in public housing, and people on the waitlist in Victoria.

We aim to give voice to renters, and to improve and expand access to public housing. We believe every Victorian who needs a safe, secure place to call home, should have one.

Our office is based in Naarm (Melbourne), but we are available to help all Victorians via our free and confidential telephone advice line, Monday - Friday, 9am - 5pm, excluding public holidays.

Interpreting

Call us via 131 450 if you need an interpreter.

Gọi cho chúng tôi qua số 131 450 nếu quý vị cần thông dịch viên

Naga soo wac 131 450 haddii aad u baahan tahay mutarjum

اتصل بنا للتحدث معنا عبر المترجم على 131450

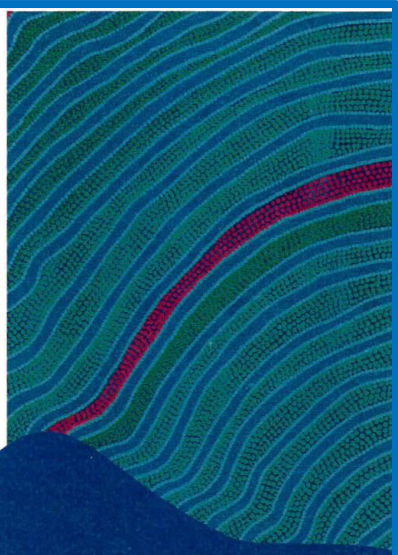
如果您需要传译服务，请致电翻译服务机构，电话：131 450.



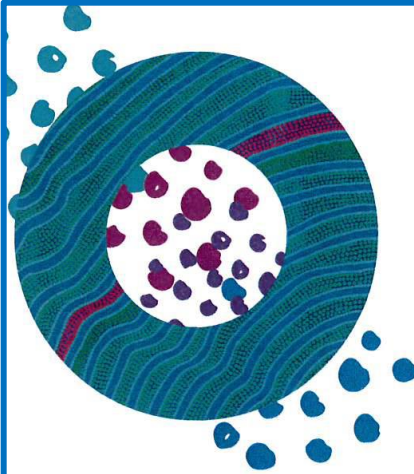
@publictenants



The VPTA proudly acknowledges the Traditional Owners and their continuing connection to the land, air and waters - which were never ceded.



**FREE HELP
FOR SOCIAL
HOUSING
RENTERS**



Referrals

There are some things that we can't help with, such as:

- emergency accommodation,
- making an initial application for housing,
- material aid,
- financial advice, and
- legal advice.

However, we will do our best to make a referral to another service in your area that can provide the support you need.

How We Help

We give free and confidential advice and assistance over the phone to help you:

- Be confident about your rights and responsibilities as a renter,
- Resolve issues by negotiation with your housing office, or the Housing Call Centre,
- Communicate with your rental provider,
- Access improvements to your home that you need for health or safety reasons,
- Understand what to do if you're having trouble with your neighbours, and
- Follow up on your wait list application - whether you are waiting for a transfer or you're new to social housing.

Our team travels across Victoria to get feedback from renters, housing offices, and other community services that help social housing renters. We also advocate directly to the Government, and to the Department about how they can improve their services and their policies in order to strengthen public housing now and into the future.

Who We Help

As the peak body for people who live in public housing, we can help:

- All current public housing renters, and
- Anybody who has an application on the wait list (known as the Victorian Housing Register).

We can also assist any other kind of social housing, crisis, emergency or transitional housing renter.

We have a dedicated team of Aboriginal and Torres Strait Islander Tenant Advocates to deliver culturally safe, free and independent housing support.

Artwork - Rain Coming Down #2, Melissa Bell. This artwork was created through The Torch.



L.O.L.

Laughter Yoga Training

Sunday 14th & 21st April 9:30am – 4:30pm

Louis Joel Arts and Community 5 Sargood Street Altona, 3018



- Do you want to play a part in spreading wellbeing across Hobsons Bay?
- Are you over 18 and connected to people and places in Hobsons Bay?

Check out this unique opportunity for volunteers to train as a laughter yoga facilitator.
\$40 for two days training.
*Vouchers available if required.

Complete the form attached and send to admin@ljac.com.au by 4/3/2024



Did you know that sustained laughter can...
Can contribute to decreasing stress.
Help manage pain.
Increase oxygen levels.
Regulate blood pressure.
Help reduce anxiety and depression.
Boost the immune system.

Laughter yoga is a fun and effective exercise program that can be adapted for anyone and everyone's wellbeing. www.laughteryoga-australia.org

For more information contact 9398 2511

www.ljac.com.au



Williamstown
Community
and Education
Centre Inc

Form Support

Free!

Need help filling in a form?

Passport applications, Centrelink forms, housing assistance, medical, service providers, etc?



We are here to help.

Call Lara on 9397 6168 to make an appointment at Joan Kirner House. 14 Thompson St. Williamstown.



Disclaimer: This service does not include any legal, financial, medical, lifestyle, or any other professional advice.

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

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

What's been happening?



Our hard-working volunteer **Maryann Wenzel** helped with the opening of the refurbished **Coles Williamstown**.

Thank you, Coles, for supporting our Pantry Swap and Food Relief efforts.



On Thursday March 7, our **Lynne Hewet** attended the Hobsons Bay City Council, and the City of Maribyrnong business professionals get together for a special **International Women's Day event at Seaview in Williamstown**.

This lunchtime event features keynote speaker [Julie Hirsch](#). Julie is an award-winning social entrepreneur and innovator, recognised as 'Telstra's Victorian Business Woman of the Year' and named on the Forbes 30 under 30 list.



Claire, Lynne, Linelle, Lara, Tahlia, and our President Sonja, were all nominees for The Hon. Melissa Horne MP International Women's Day Celebration on March 15.

In recognition for their dedicated effort and work in our community.



Our famous free **Community Morning Tea** is as popular as ever!
Every Wednesday 11.00am at Joan Kirner House.



Harmony Day celebrations at the Laverton Community Hub on Thursday March 21.

Students from Wyndham Community Education Centre, Laverton Community Education Centre, and Williamstown Community and Education Centre all attended.

“Zonta – what’s in the name, you may ask.

In Buffalo, New York USA in January 1919, five women conceived the formation of a new service club, composed of women recognised as leaders in businesses and professions, to utilise their skills and experience to provide service to humanity through cooperative efforts.

A list of possible names was put together and debated, no PR gurus, no social media... just imagine the process! Almost unanimous though, the vote was in favour of “ZONTA”, a Sioux Indian word meaning “honest and trustworthy”.

Roll on to 2024, one hundred and five years later and the principles are the same, but the world has changed unimaginably.

The Zonta Club of Melbourne’s West was chartered in 1981 as ZC Footscray, moving meetings to Hobsons Bay in 2000 with a name change to reflect the demographics of membership and community.

All volunteer organisations seem to be struggling with recruiting active members, as does our club. We keep a low profile but continue striving to follow the lead of Zonta International to build a better world for women and girls through service and advocacy activities ... with a bit of fun thrown in.

As the Zonta year comes to an end, acknowledgement is given to WCEC for a permanent room booking for monthly meetings (along with our very own Zonta cupboard!) and general willingness to assist in additional activities we run from time to time.

Mark, Tahlia, and team. thank you so much for your ongoing support.



The dialogue between the club and Hobsons Bay City Council has been so encouraging these past months and has resulted in opportunities to increase our visibility in the community and to access funding opportunities for projects to benefit this community.

A special shout out to the Community Development team.

Zonta Melbourne’s West meets on the second Tuesday of each month from 7 till 9 at Joan Kirner House and our objective is to “Build a Better World for Women & Girls”.

Now you know the name, why not come, and meet us?

Enquiries: Faye, President 0411 607 995”

Flower Power

"Hello, I'm Liza, local westie floral designer delivering floristry workshops at WCEC.

I am a creative entrepreneur, spanning 20+ years industry experience as a creative designer and educator in the FMCG space.

After my holiday return in 2019 from Jerusalem - the Holy Land, I took a leap of faith and ventured into the art of floristry.



After studying floristry, I then launched my very own e-commerce website, making it super easy to purchase market fresh florals suitable for any occasion. Welcoming, The Rose Buffet by Liza Rose. My exciting journey continued and ventured into running floral art workshops at WCEC since April 2023.

If you're looking at booking floristry workshops or would like to get in contact, send me an email hello@lizarosefloristry.com

Whether you're new to floristry or have some experience, my classes are suitable for all skill levels. I do hold a current working with children's check.

Visit my website for the latest workshops and read all the 5 star ☆ customer reviews.

NEW listing! Mother's Day Fresh Florals Bouquet Class for beginners!

Thank-you Liza 🌸"

Artful Minds

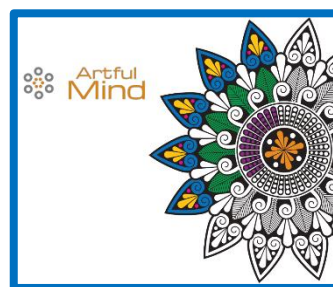
"An exploration of Art as Therapy Mondays 1:00pm - 4:00pm at Williamstown Community House Room 4, 14 Thompson Street, Williamstown.

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 "



Around the Houses

Altona North Community House

We have five Learn Local classes running at this venue, with a mix of EAL and computer classes.

Lynne, Fedra, Roger, and Claire all teach here.

Both the Acquire Academy and Brainworks programs run out of this House as well.

A quick reminder to all, when you leave, please turn heating / cooling off, and double check that front door is locked.



Also, if supplies are running low, let me know, and empty vacuum cleaner if you use it, please?

Spotswood Community House.

We lost many classes and venue hirers at this venue with the protracted ongoing works across the road, due to noise, dust, no parking, road closures, etc.

This development went on for years, with the COVID lockdowns, and the builder going bankrupt.

But now it's finished and at 'Union Quarter' there is today plenty of parking, new shops, Childcare centre, a Café starting up soon, and the Woolworths supporting our Food Relief efforts.



We have a new playgroup starting soon, and possibly a new art class in the near future.

Joan Kirner House, Williamstown

We have 16 separate Learn Local classes at this venue, and 30 discrete room bookings, for a wide range of clients running a huge choice of diverse programs.

A reminder to all, that when your session ends, please turn heating / cooling off, the lights off, and leave room clean for the next user.

The vacuum cleaner is next to the rear door.



50th Anniversary – ‘Peep into the Past’

Historical stories as part of our 50th Anniversary.



2013

There were extensive building works and upgrades at **Spotswood Community House**

With the help of many sponsors, including Signway Australia, CitiWest Rentals, Hobsons Bay City Council, Joncol Building Services, and Petstra Gardens, this Project was a great success.



2014

Williamstown Community and Education Centre turns 40.



Manager's Musings

Notice to all members. Our **Annual General Meeting** will be on Tuesday May 7 at 4.00 pm in Room one, Joan Kirner House. 14 Thompson St. Williamstown. RSVP to me please.

We have a new volunteer, Lucy, who started with us a couple of weeks ago. Lucy is a local, bilingual (Spanish), and has completed a Certificate IV in Community Services. Please make her feel welcome!



We now have eleven volunteers working with us, across the wide range of activities that we run. Thanks to all volunteers, for your generous contribution to our community.

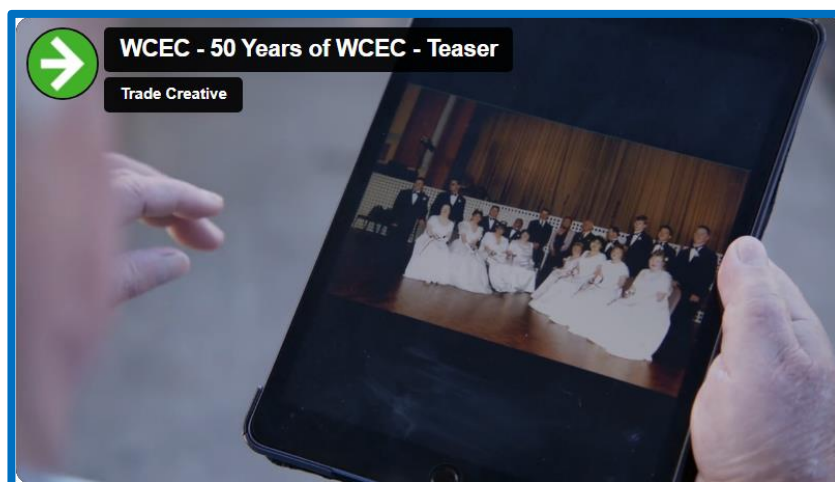
Thanks also to two new partners in our Food Relief. The Village Williamsown and Oz Harvest.



Lock in **Wednesday September 4, 11.00am** for our official 50th Celebration.



[HERE](#) is a taste of the many stories to come in our 50 Year Anniversary documentary to premiere on September 4, 2024.



Have a great Easter break everyone!

Thanks.

Mark.

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