



# Newsletter

## May 2024

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

### What's Coming Up?

- Wednesday May 1, 8, 15, 22 and 29. **FREE Willy Walking Group.** From 10.15 am to 11.00 am, starting at Joan Kirner House.
- Wednesday May 1, 8, 15, 22 and 29. **FREE Community Morning Tea** at Joan Kirner House at 11.00 am.
- May 13 to 19. **Neighbourhood House Week.**
- May 20 to 26. **National Volunteers Week.**
- Wednesday May 22. **FREE National Volunteers Week BBQ.** At Joan Kirner House. 12.15 pm. All welcome!
- Wednesday May 22. 11.00 am. **IPC Health Care Finder Pop-Up.** In Joan Kirner House foyer. Details below.
- **New!** Fridays 10.00 am to 12.00. **My Time Playgroup.** Spotswood Community House. Contact Loan 0466 105 940. More details below.
- **New!** Thursday evenings **FREE 'The Art of Living' Gentle Hatha Yoga, Meditation, Breathwork.** Spotswood Community House. Details below. Call Monica 0423 751 552
- Fridays 5.00 pm to 9.00 pm. **Willy Wargaming.** Call Matthew for more details. 0438 054 740.
- Saturdays 9.00 am to 10.30 am. **Brainworks.** Altona North Community House. Call Ashok for more details. 0434 518 247.
- Saturdays 1.30 pm to 3.30 pm. **Wu Tao.** Call Jo for more details. 0438 414 331.





## 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 – Facilitator  
Email: [loan@mytimevic.com.au](mailto:loan@mytimevic.com.au)  
Mobile: 0466 105 940



[mytime.net.au](http://mytime.net.au)

 **NEW** at Spotswood Community House.



## DISCOVER THE POWER OF YOGA

**FREE CLASSES THURSDAY'S AT 6PM FROM MAY 2ND**

Spotswood Community House  
598 Melbourne Rd Spotswood

-  Free Yoga Classes
-  Relaxation & Strength
-  For Beginners
-  BYO Mat

**REGISTER NOW**

[Bit.ly/HobsonsFreeYoga](http://Bit.ly/HobsonsFreeYoga)

Contact Us **0423 751 552**



**FREE!**  
**NEW** at Spotswood Community House.

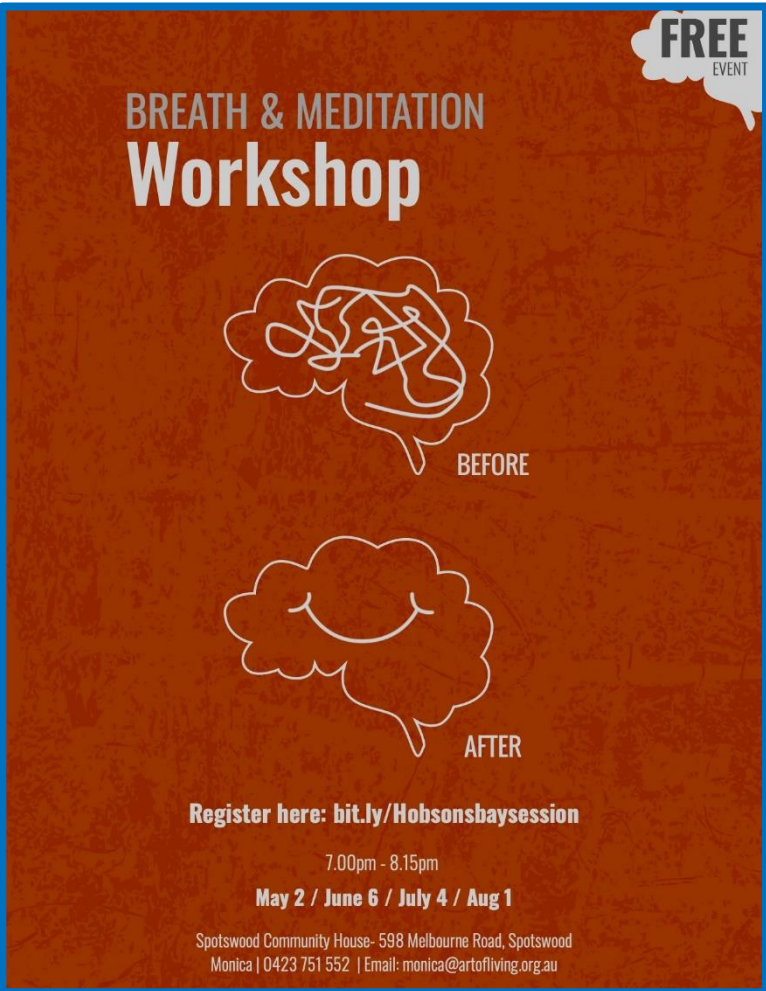


Starting May 2.



**FREE!**  
**NEW** at Spotswood Community  
House. 

Starting May 2.



**BREATH & MEDITATION  
Workshop**

**FREE  
EVENT**

**BEFORE**

**AFTER**

Register here: [bit.ly/Hobsonsbysession](https://bit.ly/Hobsonsbysession)

7.00pm - 8.15pm  
**May 2 / June 6 / July 4 / Aug 1**

Spotswood Community House- 598 Melbourne Road, Spotswood  
Monica | 0423 751 552 | Email: [monica@artofliving.org.au](mailto:monica@artofliving.org.au)



## 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](mailto:carefinders@ipchealth.com.au)



**FREE!**  
 **Wednesday May 22.**  
**Joan Kirner House foyer.**

# FLORISTRY WORKSHOPS FOR BEGINNERS AT WCEC.



**BOOK  
ONLINE**

**THE  
FLOWER  
GIRL.**

*Liza  
& Rose*

Looking for a unique and creative activity in Melbourne?

Join local westie floral designer Liza for a complete transformative flower class. Whether you're new to floristry or have some experience, my classes are suitable for all skill levels.

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

**BOOKINGS ► CALL LIZA ON 0416 268 959 OR BOOK DIRECTLY  
WWW.LIZAROSEFLORISTRY.COM**





## The Flower Girl!



**FREE!**  
At Joan Kirner House.


**SEE assists you to gain employment by strengthening your language, literacy, numeracy and digital skills**





An Australian Government Initiative

**SEE is available in  
Laverton and Williamstown**

Contact [info@lcec.vic.edu.au](mailto:info@lcec.vic.edu.au) or 9369 2726 for more information about SEE





The Skills for Education and Employment (SEE) program is funded by the Australian Government Department of Employment and Workplace Relations. SEE is delivered in Laverton and Williamstown by Laverton Community Integrated Services on behalf of Learning for Employment.





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.

er 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

### FREE!

Call Lara to make a booking.





AMEP  
Adult Migrant English Program  
An Australian Government Initiative  
75 years  
empowering through language

### Adult Migrant English Program (AMEP)

- FREE English classes
- Flexible study options including face to face classes, home based study and volunteer tutors
- Free childcare
- Qualified teachers

**You may be eligible for AMEP** **NOW AVAILABLE IN WILLIAMSTOWN**

If you have been

- Granted a permanent visa.

OR

- Granted an eligible temporary visa.


• Need to improve your English to help you live, work or study in Australia.

- Young people between 15 – 17 years of age may also be eligible.

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

**CONTACT US**

(03) 9369 2726  
info@lcec.vic.edu.au  
www.learningforemployment.org.au



Laverton Community Integrated Services Inc. learning for employment

Learning for Employment delivers AMEP in the western suburbs of Melbourne as well as the Geelong and Ballarat regions.

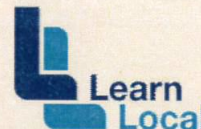
**FREE!**  
 At Joan Kirner House.



**FREE!**  
Starting May 8.

# Get Ready For School

A leaning circle for parents & carers  
of children with additional needs



**Register Online**

<https://forms.office.com/r/E1yfbf3VR8>

**Moving from kinder to school is a big step in the lives of children and parents. And it can seem even bigger if your child has additional needs.**

Get Ready for School is a program where parents of kinder children with additional needs prepare for transitional to school. The program uses a Learning Circle approach. This allows the participants to decide the topics and skills that are most important to them. They may include:

- Strategies to support your child in school
- Disability support systems in Victorian schools
- Special schools and mainstream schools
- Advocating for your child in a school setting
- Parents well being and looking after yourself
- Parents and carer networks and support services

**...whatever is most important for you and your leaning circle colleagues.**

**Wednesdays. 6.00pm - 8.00pm**  
9 workshops in 2024

08 May 24	11 September 24
22 May 24	09 October 24
12 June 24	13 November 24
10 June 24	04 December 24
14 August 24	

Food will be supplied at each workshop  
Childcare provided on site for each session with qualified staff (and food)

 **Laverton Community Children's Centre,  
15 Crown St Laverton 3028.**



The workshops will be facilitated by Dr Jane Hickey from Victoria University, an expert in disability access and inclusion. You can see a TEDx talk by Jane on YouTube here: <https://www.youtube.com/watch?v=-vdzXzDERcQ>. Jane will also bring in a range of other external experts on the topics that are important to you.





# Dementia-cise!

A low-impact group class for individuals with dementia to maintain communication and social engagement.

**Benefits Include:**

- Strength
- Mobility
- Muscle tone
- Balance
- Flexibility



**FREE 30 minute exercise classes for people living with dementia and their carers**

**6 WEEK TERM STARTING THURSDAY 9TH MAY 2024 @1.30PM**

Funded by the Hobsons Bay Community fund.  
Supported by The Lions Club of Altona and The Rotary Club of Altona City.  
On behalf of Hobsons Bay Dementia Soaring Falcons Alliance

Please register your interest at: [www.fitnessforher.com.au](http://www.fitnessforher.com.au) or call: 93608000

**Location:**  
Central Square Shopping Centre  
Shop 46-47 Newham Way Altona Meadows

**FREE!**

👉 Starting May 9.

## CONVERSATIONS FOR THE CURIOUS

Conversations for the Curious (C4C) is the umbrella organisation for a number of programs designed for and conducted by older residents of Hobsons Bay. All are run by volunteers with the aim of creating a strong and supportive community.

Our programs currently include:

**FRIDAY CONVERSATIONS** – a discussion group covering a wide range of topical issues, sometimes with invited speakers, which meets on Friday mornings from 10.00 am to 12.00 pm.

**THE LOOM ROOM** – a creative space for craft and arts which meets to share ideas and skills on Wednesdays from 10.30 am to 12.30 pm.

**TABLE TENNIS** – a physical activity and social program intended for older people. Meets Wednesdays and Fridays at 1.15 pm.

The name of our organisation originated in 2011 when, encouraged by Hobsons Bay Council, we began conducting a weekly conversation for curious people who have a thirst for discussing things in our lives that matter. Topics have included:

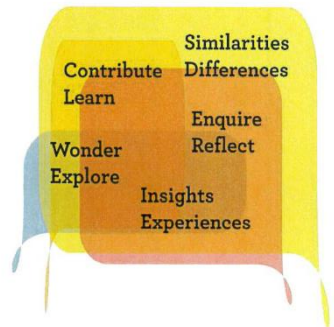
- Education and community building
- Political awareness
- First Nations voices
- Environmental awareness
- Health – mental and physical
- Grief and loss
- Refugees and asylum seekers

The donation of a floor loom to C4C in 2013 prompted the establishment of the Loom Room and other arts and crafts activities.

Table tennis facilities followed shortly after that, with games now played twice a week.

We currently meet at the **HOBSONS BAY YACHT CLUB**  
270 Nelson Place  
Williamstown 3016  
pending completion of the new community centre in Dennis Reserve.

If you would like more details, drop in for a chat, or look for us on Facebook.



Our conversations are a sharing of information, experience, and knowledge, rather than a lecture.

**WHAT WE BELIEVE**

*“People are more likely to embrace changes to their beliefs and attitudes, and more willing to share their skills and insights, if they feel safe within a supportive community”*

*“Most people seek to make the world a better place for all to live in; they are not driven primarily by self-interest”*

**FREE!**





*Williamstown Garden  
Club Inc.*  
Presents :  
**JANE EDMANSON**  
Speaking on  
**Dry Climate Gardening**  
**Monday 13th May 2024 at 6:30pm**  
At the Williamstown Uniting Church  
Crn of Electra and Pasco streets. Williamstown  
Cost \$5 per person  
Please Note: Only cash can be accepted at the venue.

To assist with catering please send an Email to the address below stating your name and how many wish to attend.  
[williamstowngc@hotmail.com](mailto:williamstowngc@hotmail.com)

**This event is supported by Hobsons Bay City Council**  
Through its Make It Happen Program

👉 Monday May 13.  
Catering provided.

**FREE!**  
Saturday May 25. 👉

Designed for the Indian community, by the Indian community

**BUILDING  
STRONGER FAMILIES**

A program assisting first time parents to adapt to the demands and expectations of parenthood

**Saturday  
25 May 2024**  
10am to 3pm

Altona Civic Centre,  
115 Civic Parade, Altona

For more information call MCH Bookings on **9932 1300** or scan the QR code to register.

Translation services available



# Toilet Training

## Information session



Facilitated by Jodie Gregson, Council's Maternal Child Health Family Support Officer, this informative session provides many practical strategies for the family and for the child on how to prepare for this important transition.

Suitable for parents/carers of children aged 18 months to 3 years.

**Thursday 23 May, 2024**  
**Online via Microsoft Teams**  
**12.00pm to 1.00pm**

**FREE EVENT**

**Register below:**

e: [earlyyears@hobsonsabay.vic.gov.au](mailto:earlyyears@hobsonsabay.vic.gov.au)

p: 1300 179 944

<https://events.humanitix.com/toilet-training-information-session>

### This session will explore:

- How do I know when my child is ready?
- How do I prepare my child for toilet training?
- Where do we start?
- How do we manage being out and about while toilet training?

**FREE!**

👉 **Thursday May 23.**

\*THIS WEBINAR WILL NOT BE RECORDED

Hobsons Bay City Council is committed to being a child safe organisation and has zero tolerance for child abuse.

Council acknowledges the Bururong People of the Kulin Nation as the Traditional Owners of these municipal lands and waterways, and pay our respects to Elders past and present.

HOBSONS BAY LANGUAGE LINE 9932 1212

HOBSONS BAY CITY COUNCIL

# SCHOOL READINESS INFORMATION SESSION



Presented by Melinda Vander Reest from Early Life Foundations, this informative session provides many practical and important strategies for the family and for the child on how to prepare for this important transition. Melinda has over 28 years of experience working with young children and their families in Community and Independent settings.

Designed for parents and families, this online session covers:

- **What is school readiness and why is it important?**
- **How do I assess my child's readiness for school?**
- **How can I assist with my child's school readiness?**
- **What if my child is not ready?**

**FREE EVENT**

**When:** Wednesday 15 May, 2024

**Where:** Online via Zoom

**Time:** 7.00pm to 8.30pm

**RSVP:** e: [earlyyears@hobsonsabay.vic.gov.au](mailto:earlyyears@hobsonsabay.vic.gov.au)  
p: 1300 179 944

<https://events.humanitix.com/school-readiness-online-information-session>

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HOBSONS BAY LANGUAGE LINE 9932 1212

HOBSONS BAY CITY COUNCIL

**FREE!**

**Wednesday May 15.** 👉

**FREE entry and BBQ!**  
Saturday May 11. 🇺🇸

**Hobsons Bay Wetlands Centre OPEN DAY**

## CONNECTING COMMUNITIES IN NATURE

Join us as we celebrate **World Migratory Bird Day**

Connect with nature and community through activities for all ages including

- Environmental stalls
- Cultural activities and performances, (including Subramanya Sastry, Bansuri flautist from India)
- Citizen Science
- Guided wetlands walks
- Children's art activities

Free entry and BBQ (halal), door prizes, coffee cart and more!

**Saturday 11 May 2024**  
10 am to 2 pm  
Truganina Explosives Reserve, 274 Queens Street Altona

Proudly supported by

Funded by the Ross Trust

**Make it Happen GRANTS** | **HOBSONS BAY CITY COUNCIL** | **THE ROSS TRUST**



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 1 May**  
**11am to 2pm**

#### **Wunggurrwil Dhurrung Centre**

19 Communal Road  
Wyndham Vale 3024

**Register by Wednesday 24 April** to  
Lisa Saunders on 0491 089 069 or email  
lisa.saunders@ipchealth.com.au

Sarah-Jane Blunt on 0417 339 816 or  
email sarah-jane.blunt@ipchealth.com.au

**FREE with lunch included!**

🇺🇸 Wednesday May 1.





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



Come along to a **Social Activity Group**

**Fridays in 2024**  
10am - 1pm

**April 19**  
**May 3 + 17 + 31**  
**June 14 + 28**

**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



**Lunch included!**

👉 Every second Friday.

Art and craft, health and wellbeing, outings, and guest speakers.



**1000 PAPER CRANES FOR PEACE**

In celebrating World Migratory Bird Day, the Vietnamese Association in Hobsons Bay is on a quest to fold 1,000 paper cranes to spread hope and healing.

The activity will be hosted during **Hobsons Bay Wetlands Centre Open Day, Truganina Explosives Reserve, 27 4 Queen Street, Altona.**

Date: 11 May 2024

Time: 10am-2pm

You are invited to join us, to fold a paper crane or two, or ten, and to pray as you do. No matter the motivation, folding 1,000 origami cranes will always bring a little more peace, beauty, contemplation, and goodwill into the world.

Ultimately, you can make them at home, bring them to the Centre and we can string your cranes to the tree. Just do a quick google image search for origami crane, can give you a lot of inspiration.



[vietnameseinhobsonsbay@gmail.com](mailto:vietnameseinhobsonsbay@gmail.com)

**FREE!**  
Saturday May 11. 👉

## What's been happening?

### **One Year of Learning: My Experience Studying English at WCEC, Williamstown.**

*It has been a year since I began my journey of learning the English language at the Williamstown Community and Education Centre (WCEC), and I can say it has been a journey filled with challenges but also rewards.*

*When I started, I felt overwhelmed by the task of learning a new language. I heavily relied on the translator to communicate, which limited my ability to interact with others and understand the world around me.*

*However, thanks to the support and dedication of the WCEC team, I have made significant progress in mastering English.*

*One of the biggest improvements I have experienced is my ability to understand the language. I no longer feel as lost when listening to conversations in English, and I can follow the thread of a conversation much better than I could a year ago.*

*This is largely due to the well-structured classes and high-quality study materials provided by WCEC.*

*Though I have progressed in comprehension, I still face challenges when attempting to speak the language. I often feel frustrated by my lack of fluency and by not being able to express myself as easily as I do in my native language.*

*However, I know that the learning process takes time and patience, and I am determined to keep moving forward.*

*One of the things I am most grateful for at WCEC is the supportive environment they have created. The teachers are always willing to answer questions and offer additional help when I need it.*

*Additionally, the multicultural environment of the centre has provided me with the opportunity to meet people from all over the world who share my goal of learning English.*

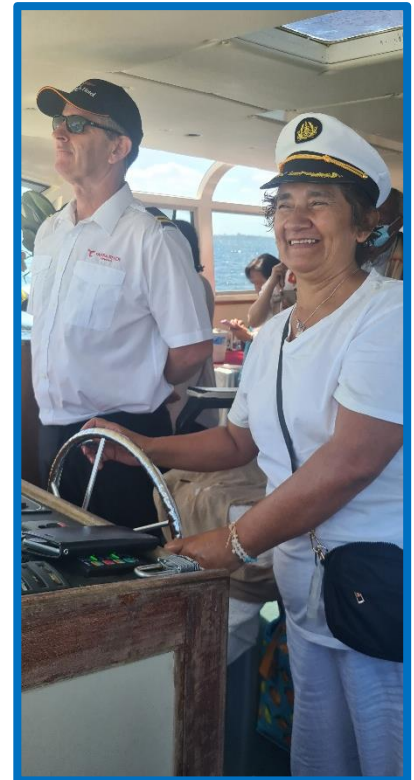
*Despite the challenges and frustrations, I remain motivated to keep learning. Every small breakthrough I achieve drives me to push harder and not give up.*

*I know that with perseverance and practice, I will eventually reach my goals in mastering the English language.*

*In summary, my first year studying English at WCEC has been a transformative experience. I am deeply grateful to everyone who has been part of my learning journey, and I am excited for what the next year holds for me in terms of progress and growth in English proficiency.*

*Sincerely*

*Ruth.*





Claire's Computer class having fun learning how to print photos from their phone/USB at Officeworks. 👍



Filming for our 50<sup>th</sup> Anniversary documentary.



## 50<sup>th</sup> Anniversary – ‘Peep into the Past’

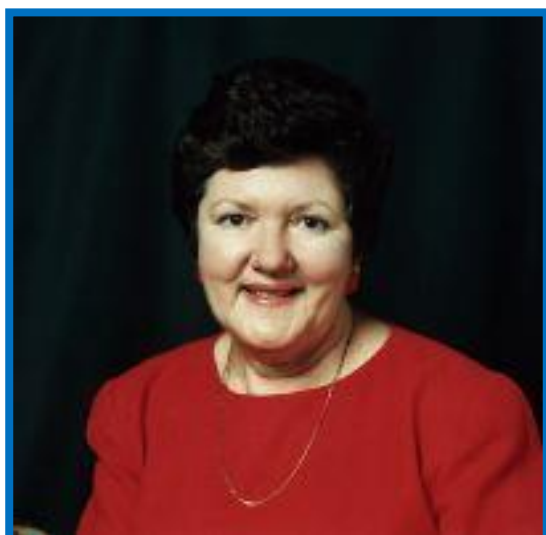


A significant part of Williamstown Community and Education Centre is Joan Kirner.

As the first woman Premier of Victoria, and local in Williamstown, she was instrumental in turning the old Court House in Williamstown into our now Joan Kirner House.

In the one year anniversary of Joan Kirner's passing in 2015, there was the opening of Joan's Garden at Joan Kirner House in the following year on June 1 2016.

A tribute in the Herald Sun after Joan's passing is [HERE](#)



*Ron Kirner delivering his Speech at the opening of Joan's Garden*

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Lock in the date! Our official 50th celebration will occur on –

**Wednesday September 4, 2024. 11.00 am.**

This is an Open Invitation. Everyone is welcome!

Including the premiere launch of our 50th Documentary.

Followed by short one-minute reflections from attendees who would like to contribute.

Catering will be provided.



## Manager's Musings

Yet another busy month, even with the term break.

Our new term two Timetable is [HERE](#).

As mentioned in the last Newsletter, with the building works completed across the road from Spotswood Community House, programs are starting up again.

A new playgroup and yoga classes starting this term, along with the existing art classes, boating classes, and Network West.

At Altona North Community Centre, users note that there is a new key in the letter box for the communal bins in the car park.

In other news, we are at record levels for student enrolments and venue hirers.

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.

Thanks.

Mark.

**Dr Mark Brophy PhD**  
**Manager / CEO.**  
**Williamstown Community and Education Centre Inc.**  
[manager@wcec.com.au](mailto:manager@wcec.com.au)