

TERM 4 2025

Start: Monday 6 October

End: Friday 19 December

822 Ballarat Rd, Deer Park VIC 3023



Neighbourhood House Guidelines

Be respectful and patient



Our staff are here to help, and we're a small team so may be assisting others. We appreciate your patience and kindness. If we're not the right service to meet your needs, we'll do our best to refer you to someone who can help.

Everyone is welcome

Abuse, harassment, or offensive language of any kind will not be tolerated. If you ever feel unsafe or uncomfortable, please speak to a staff member immediately.



Follow safety procedures

Follow all safety instructions and procedures while onsite. You may be required to listen to instructions if there is an emergency.



Children and carers

Children must remain under supervision at all times, and carers are expected to stay with the participants they accompany.



AT A GLANCE

Monday and Friday

No scheduled Neighbourhood House programs on these days, please reach out to make an appointment.

Tuesday

Morning	Zumba Tone & Shape Core Balance
Afternoon	BinGO MOVE Community Better Body Boost

Wednesday

Morning	CCVic Psychology Appointments Walking Group Kint One, Talk One
Afternoon	Patch to Plate Community Garden Unity Lounge Diabetes Support Group ARCVic Anxiety Support Group Dance Fusion! Latin Funk

Thursday

Morning	Chair Yoga Harmony Community Mindful Meditation Budding Artists
Afternoon	In a Flash: Smartphone Photography Zumba

FIRST TIME HERE?



Scan the QR code to fill in the participant form.

Knowing who and how many people come to our activities helps us design better programs.



Scan the QR code to access Humanitix.

You can register your spot at our programs by booking via Humanitix.

EXERCISE CLASSES

Body & Soul Yoga Bliss

Mon 6–6:45pm

A combination of mindfulness yoga stretches including meditation.

Zumba

Tue 10:15–11am, Thu 6–7pm

A total workout, combining all elements of fitness: cardio, muscle conditioning, balance and flexibility.

Tone & Shape Core Balance

Tue 11:15am–12pm

An overall body toning strength class encouraging a balanced workout of Pilates infused exercises.

BinGO MOVE Community

Tue 12:15–1:15pm

A Bingo session to help you stay active, make friends, and maybe win a prize! First Tuesday each month.

Better Body Boost

Tue 6–6:45pm

A fun class incorporating all aspects of a healthy workout of balance, strength, coordination & endurance.

Walking Group

Wed 9:45–10:30am

Enjoy the local walking tracks!

Dance Fusion!

Wed 6:30–7:30pm

Enjoy a fun warm up, then learn some new routines, with this funky Latin inspired dance class. A one-hour class.

Chair Yoga Harmony

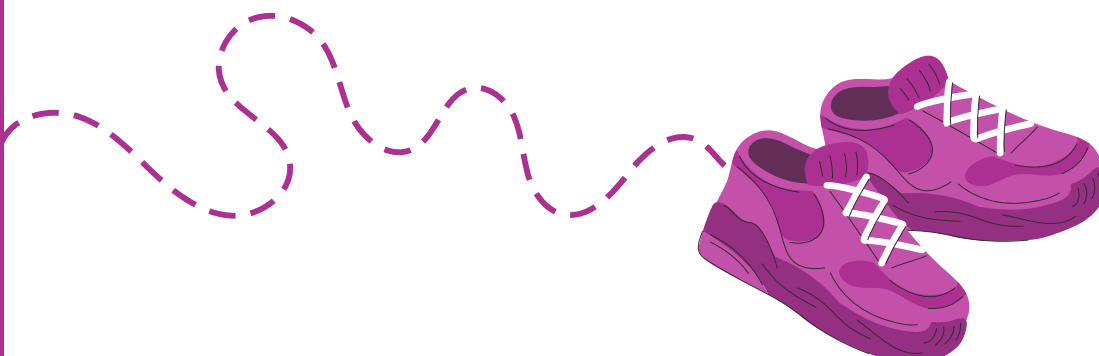
Thu 9:15–10am

A nourishing class for body and mind with chair supported stretches.

Community Mindful Meditation

Thu 10:15–10:45am

A gentle, guided, mindful meditation session.



KNIT ONE, TALK ONE



Wednesdays 9am–12pm

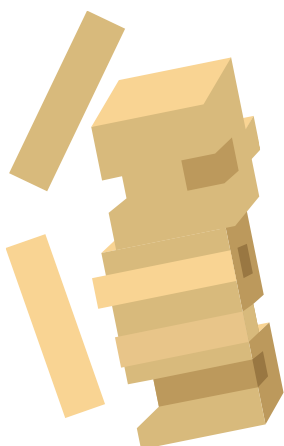
Join our social knitting group for creativity and camaraderie.

Not a knitter yourself but admire the craft?
Check out the group's creations in the display cabinets next to reception.

Each knitted item can be purchased at affordable prices. 100% of sale proceeds go to IPC Health.

UNITY LOUNGE

Wednesdays 1–2pm



A casual drop-in session for all community members. Grab a cuppa and bring a pal – or make a new one.

Browse the library, enjoy a boardgame, bring a craft or a book and make yourself at home.

PATCH TO PLATE COMMUNITY GARDEN

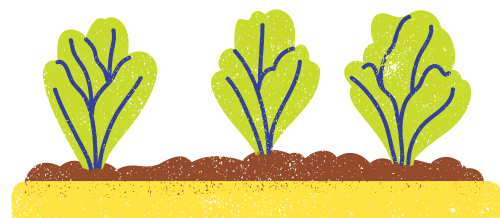
Wednesdays 12–1pm

Plant lover? Food fanatic? Whatever your level of experience, everyone is welcome to our Patch to Plate Community Garden program.

We use two wonderful features of the commUnity+ Neighbourhood House: a community garden and a decent-sized kitchen.

Some weeks the focus is on gardening, other weeks on cooking. Recipes use the veggies and herbs from the garden as much as possible.

So come join us for a variety of weekly workshops and activities including guest speakers, community projects, and cooking classes.



Week 1: 8 October

Welcome back:
Overview and garden
bed check-up

Week 2: 15 October

Guest Speaker: Nutritionist
Laura Marchese

Week 3: 22 October

Clean up the street

Week 4: 29 October

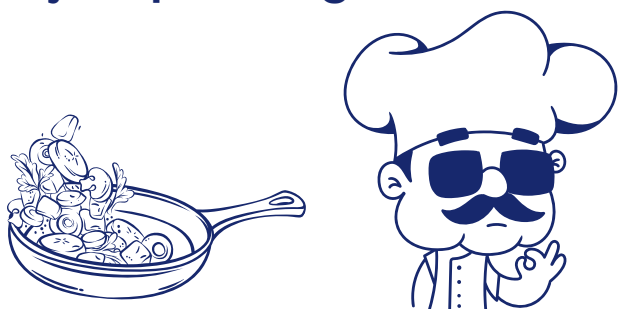
Garden beautification
project planning

Week 5: 5 November

Come for a community-
led gardening session.

Week 6: 12 November

Garden beautification
project planning



Week 7: 19 November

Cooking workshop:
Gnocchi with burnt
butter and sage

Week 8: 26 November

Gardening workshop
with Michele from
Cultivating Community

Week 9: 3 December

Come for a community-
led gardening session.

Week 10: 10 December

Produce swap: bring in
home-grown vegetables
and fruit to exchange

Week 11: 17 December

Cooking workshop:
Garden stir fry.

And our End of Year
Celebration!

BUDDING ARTISTS

Join us each week as we discover a new artist and explore the world of protest art and activism. Together, we'll reflect on what matters most to us and finish the program by creating our own expressive artworks.

Thursdays 11am–12:30pm

Week 1: 9 October

Keith Haring

Week 2: 16 October

Olek

Week 3: 23 October

Seba Chhachhi

Week 4: 30 October

Leonora Carrington

Week 5: 30 October

Session at Bunnings

Caroline Springs Bunnings
1067–1125 Western Highway
Ravenhall VIC 3023



Week 6: 13 November

The Torch: Stacey Edwards

Week 7: 20 November

Barbara Kruger

Week 8: 27 November

Guerilla Girls

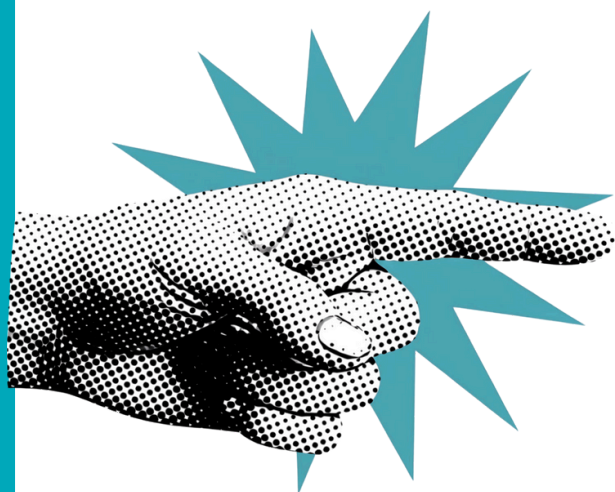
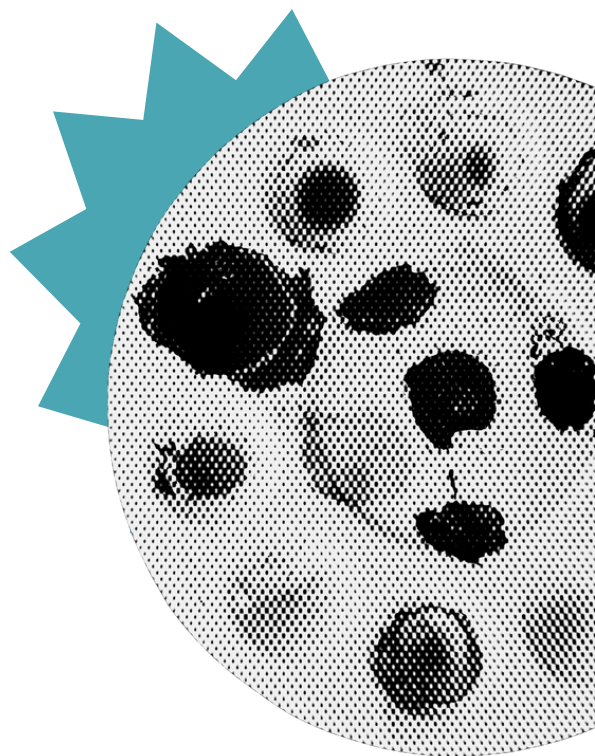
Week 9: 4 December

Session at Bunnings

**Caroline Springs Bunnings
1067 - 1125 Western Highway
Ravenhall VIC 3023**

Week 10: 11 December

Design & Build



Week 11: 18 December

Showcase Fundraiser

Time to show off your artwork!

IN A FLASH! SMARTPHONE PHOTOGRAPHY

Take The Shot: Photography 101

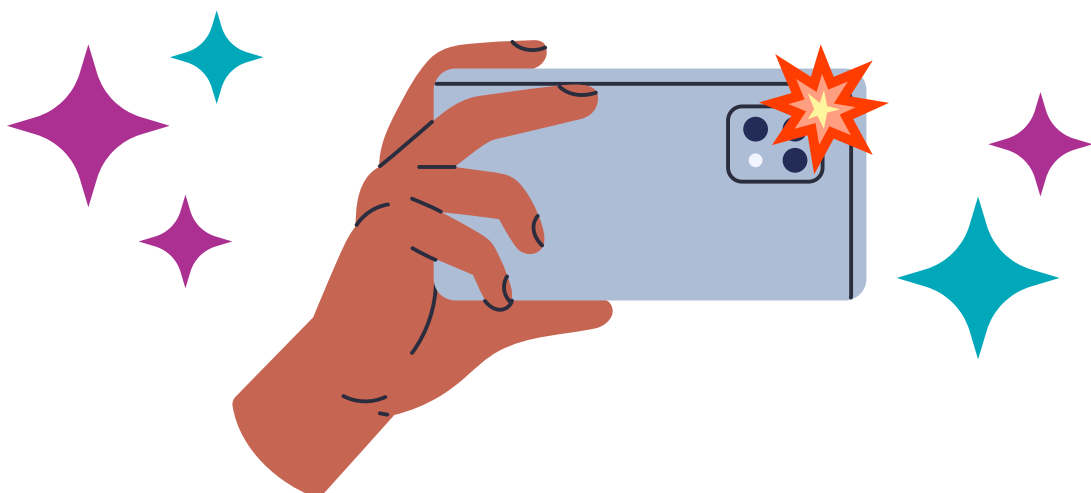
Thursday 30 October, 12:45–1:45pm

In this first session, you'll learn basic photo taking techniques including lighting, focus, and composition. Make the most out of the features on your phone.

Jazz It Up: Editing 101

Thursday 27 November, 12:45–1:45pm

What's next? In the second session, we'll learn about how to edit photos with your smartphone. You don't need Photoshop to make your pictures shine.



SUPPORT GROUPS

CCVic Psychology Appointments

Wed, by appointment only

Please email admin@ccvic.community with a copy of your GP referral and mental health treatment plan.

Diabetes Support Group

4th Wed of the month, 1–3pm

Peer-led support group for community members managing diabetes.

ARCVic Anxiety Support Group

2nd Wed of the month, 6–7:30pm

Check out the ARCVic website to learn more about these sessions. All groups are facilitated by trained ARCVic volunteers.

Registrations required via the ARCVic website (free). Search for the 'Deer Park Anxiety Support Group'.



Breastfeeding drop-in session

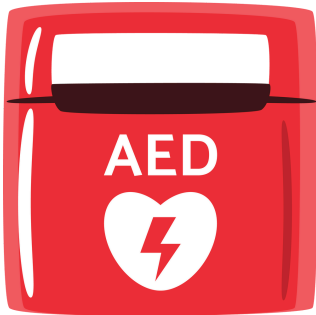
Fri 7 November, 10–11:15am

A place to come along and ask any questions about breastfeeding or parenting. Scan the QR code to register via the Australian Breastfeeding Association website.



SPECIAL EVENTS

St John CPR and Defib Training



Tuesday 11 November
12:00pm – 1:30pm
(unaccredited training)

Learn about the DRSABCD
action plan, CPR and defibrillation
from a St John trainer.

Walk for 16 Days of Activism

Wednesday 10 December
Meet 12pm at Brimbank Aquatic and Wellness Centre.
A walk to encourage people to act to end
gender-based violence.

Community Meals

End of Year Community Meal
Wednesday 17 December
Bring a plate to share!



Get Crafty Showcase Fundraiser

Thursday 18 December

Check out the artworks from the
Budding Artists program (and
maybe even buy one yourself).



Thinking about starting a new
community-led group or program?



We'd love to hear from you!
Talk to one of our staff members or submit
your idea to Parky the Feedback Box.

CONTACT US



822 Ballarat Rd, Deer Park VIC 3023



1800 266 675, Extension 4



neighbourhood@comm-unityplus.org.au



www.comm-unityplus.org.au



commUnity+ works alongside and cares deeply for communities in Melbourne's West and North.

We provide social programs, adult education, legal advice, and family services.