

# TERM 2 2026

**Start: Monday 20 April**

**End: Friday 26 June**

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

Evening      Body & Soul Yoga Bliss program

## Tuesday

Morning      Zumba  
Tone & Shape Core Balance

Afternoon    BinGO MOVE Community  
Art Therapy  
Queers Out West  
Better Body Boost

## Wednesday

Morning      CCVic Psychology Appointments  
Walking Group  
Knit One, Talk One

Afternoon    The Gathering Table  
Unity Lounge  
Diabetes Support Group  
ARCVic Anxiety Support Group

## Thursday

Morning      Chair Yoga Harmony  
Open Studio  
Budding Artists

Afternoon    In a Flash: Smartphone Photography  
Zumba Gold-Toning

## Friday

No Neighbourhood House programs.

# 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.



# EXERCISE CLASSES

## Body & Soul Yoga Bliss

Mon 6–6:45pm

A combination of mindfulness yoga stretches including meditation.

## Zumba

Tue 10:15–11am

A total workout, combining all elements of fitness: cardio, muscle conditioning, balance & 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 (monthly)

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 10–10:45am

Enjoy the local walking tracks!

## Chair Yoga Harmony

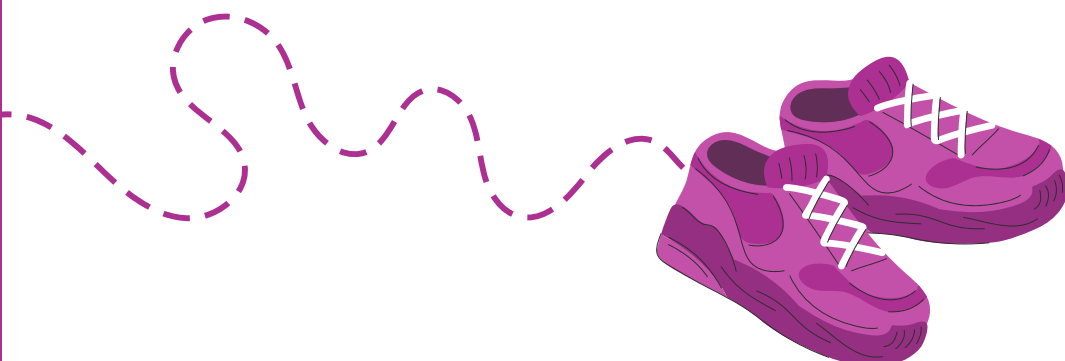
Thu 9:15–10am

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

## Zumba Gold-Toning

Thu 6–7pm

Light dumbbells added to Zumba. For all abilities: improve balance, muscle strength, and bone density.



# CREATIVE ART THERAPY

19 May to 23 June only, Tuesdays 1:30–3:00pm

A six week program to support your sense of wellbeing – mental, emotional, physical and spiritual – through creative ways of using art.

With a variety of art materials, the facilitator will guide each session in response to prompts, feelings, or themes.



It's all about the process of creation and expression– not whether the art is "good" or "bad".

Suitable for all adults of all abilities (carers welcome). All materials provided, just bring curiosity!

Please register: only 10 spots available per session. →



The program facilitator is Augustine Ang, a local Brimbank Art Therapist. He looks forward to creating alongside you.



# Queers

# Out

# West

Tuesdays

4:30–5:30pm



# Line Up

**Week 1: 21 April**

Welcome session with reflection journalling activity

**Week 2: 28 April**

Workshop: Queer storytelling in art  
Learn about the work of Zanele Muholi and make your own creation (materials provided).



**Week 3: 5 May**

Workshop: Queer photography

**Week 4: 12 May**

Guest speakers: Healthy queer relationships with GenWest's Sexual and Reproductive Team

**Week 5: 19 May**

Social activity: Decorating our new queer archive bookshelf



## **Week 6: 26 May**

**Skill building: Get to know the services in your community with Brimbank City Council**

## **Week 7: 2 June**

**Workshop: Queer photography (part ii)**

## **Week 8: 9 June**

**Guest speaker: Leading with Pride – Navigating professional spaces as an LGBTQIA+ Leader**

## **Week 9: 16 June**

**Guest speakers: Safe sex practices with IPC clinicians**

## **Week 10: 23 June**

**Program wrap up and finishing touches**





## **What is Queers Out West?**

Queers Out West is a new social program for LGBTQIA+ adults to build community. It features creative arts sessions and relaxed fireside conversations with queer icons across diverse fields.

## **What is LGBTQIA+?**

LGBTQIA+ stands for lesbian, gay, bisexual, trans, intersex, queer and asexual. These describe a gender or sexual identity. The plus (+) is there to represent all the other different identities that exist under the queer umbrella.

## **How do you use pronouns?**

Pronouns are the words we use instead of someone's name when we talk about them, such as she/her, he/him, they/them. Some people use more than one pronoun, such as she/they or he/they.

You can find out someone's pronouns by asking or just using the person's name until they say which pronouns they use.. Don't worry about getting it wrong sometimes! You can say sorry and move on.

# 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, Thursdays 10:15–10:45 am**



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.

# THE GATHERING TABLE

**Wednesdays 12–1pm**

**New name, same program. Whatever your level of experience, everyone is welcome to The Gathering Table.**

**We use two wonderful features of the commUnity+ Neighbourhood House: our community garden and kitchen.**

**Some weeks the focus is on gardening, other weeks on cooking. Recipes use the vegetables 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: 22 April**

**Welcome to Term 2! Introduction to the term program and think about how you'd like to spruce up the space.**

## **Week 2: 29 April**

**We're cleaning up the street for Earth Day: an annual day to support environmental protection.**

## **Week 3: 6 May**

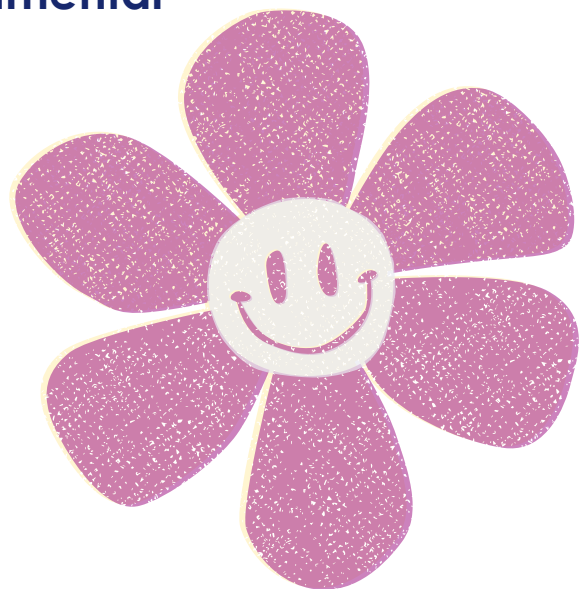
**Cooking session: come make Maltese macaroni bake.**

## **Week 4: 13 May**

**Horticultural workshop: get in amongst some fresh soil and plants.**

## **Week 5: 20 May**

**Guided garden session: Learn to practise mindful breathing techniques.**



## **Week 6: 27 May**

**Consultation: it's over to you! Let's chat about what you would like to do with this program.**

## **Week 7: 3 June**

**Cooking session: come make zucchini fritters**

## **Week 8: 6 May**

**Mental health session: learn from ARCVic mental health professionals**

## **Week 9: 17 June**

**Winter safety workshop: learn to keep yourself safe from smoke and how to prevent house fires.**

## **Week 10: 24 June**

**Recap of the term and put some final touches to the space.**



# OPEN STUDIO

Thursdays, 10:15–10:45am

A drop-in Open Studio where you can explore your creative practice at your own pace in a calm, supportive environment.

No artistic experience is needed.  
Materials provided.



# BUDDING ARTISTS

Thursdays 11am–12:30pm

Budding Artists is an art program for all abilities.  
This term, our theme is **Working with materials**.

What you can expect each week:

- 1** Learn about and be inspired by the art of a different artist each session.
- 2** Create your own art!

# WEEKLY FOCUS

**Week 1: 23 April**

Introduction to the term and creating a group agreement. Try a bit of journaling!

**Week 2: 30 April**

Painting and drawing inspired by Lebanese American artist Étal Adnan

**Week 3: 7 May**

Painting and drawing (continued)

**Week 4: 14 May**

Sculpture and mixed media inspired by The Saar Family

**Week 5: 21 May**

Make a group artwork



Stick around on **30 April** for **In A Flash: Smartphone Photography** straight after Budding Artists.



## **Week 6: 28 May**

Off to Bunnings! Meet us at:  
**1067-1125 Western Hwy, Ravenhall**

## **Week 7: 4 June**

**Clay. What is it? How can you use it?**

## **Week 8: 11 June**

**You choice: spend the session working with clay or fabric.**

## **Week 9: 18 June**

**Nature and photography.  
Weather allowing, we'll be going outside!**

## **Week 10: 25 June**

**Wrap up for the term: finish off work and reflect on what you've learned.**

Stick around on **25 June** for **In A Flash: Smartphone Photography** straight after Budding Artists.

# Artworks from Budding Artists



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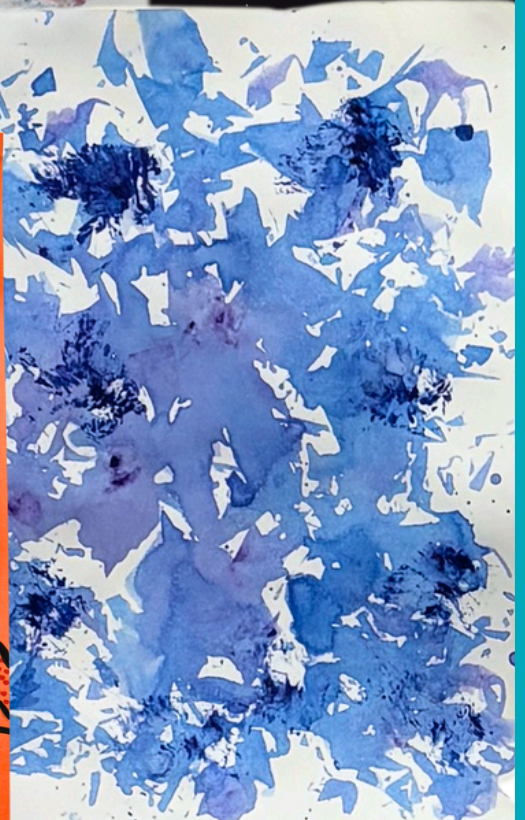
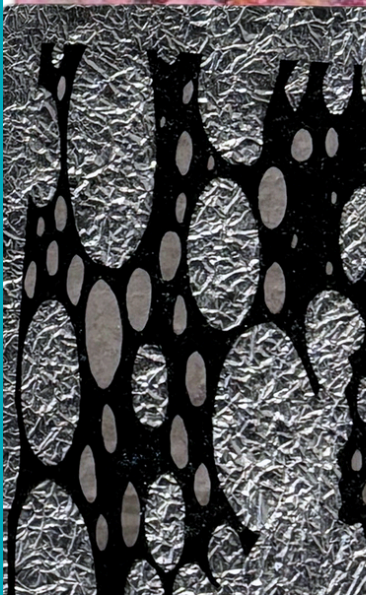
## THE ADVANTAGES

How can you send a message without words?

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.....  
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ed by hand or pigeon. The advent of electricity made great speed, but the technology of the time couldn't pr  
orse and Vail solved the problem by developing an alpha  
electrical current to an electromagnet that was located  
. Morse code, the language without words, had been bo



# **IN A FLASH! SMARTPHONE PHOTOGRAPHY**

**Take The Shot: Photography 101**

**Thursday 30 April, 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 25 June, 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](mailto: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

2<sup>nd</sup> 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'.

**REGISTER**



# SPECIAL EVENTS



## Scam Awareness

Wednesday 13 May  
10:30am – 11:30am

Scams and fraud can happen to anyone, anywhere – online, over the phone, or in person. CommBank is coming to commUnity+ Neighbourhood House to share tips and strategies to help protect you and your personal information.

## NEIGHBOURHOOD

## HOUSE WEEK

11-17 MAY 2026

*your place to*  
**connect**

An orange line-art icon of two mugs, each with a heart on it, and two small stars above them.

Saturday 16 May

12pm – 3pm

West Sunshine Community Centre

Join us for a day of activities and fun!  
More info to come soon.

**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](mailto:neighbourhood@comm-unityplus.org.au)**



**[www.comm-unityplus.org.au](http://www.comm-unityplus.org.au)**

**commUnity<sup>+</sup> education legal neighbourhood family**

**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.**