

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

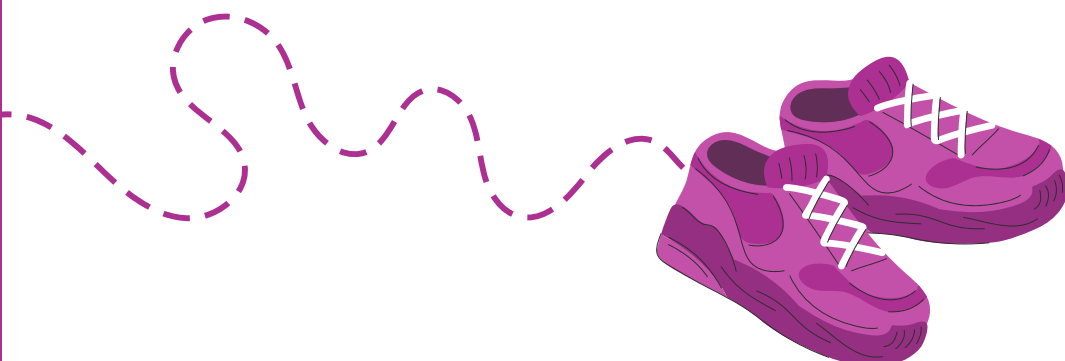
Thu 9:15–10am

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

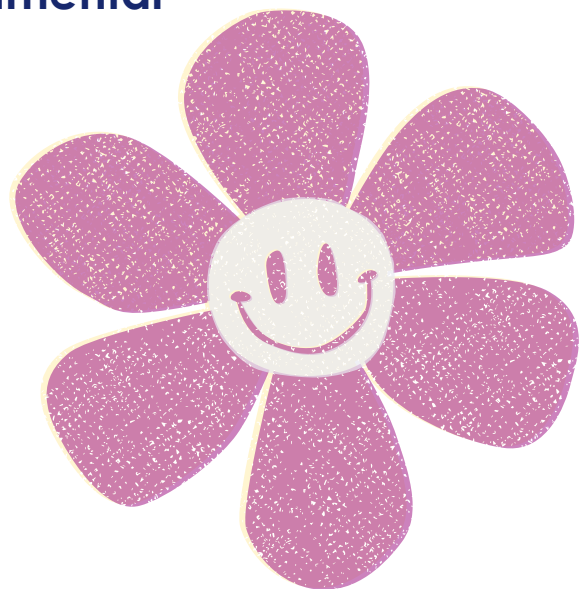
Cooking session: come make Maltese macaroni bake.

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: 10 June

Mental health session: learn from ARCVic mental health professionals

Week 9: 17 June

Winter warmth workshop: learn about energy efficiency and staying warm in winter.

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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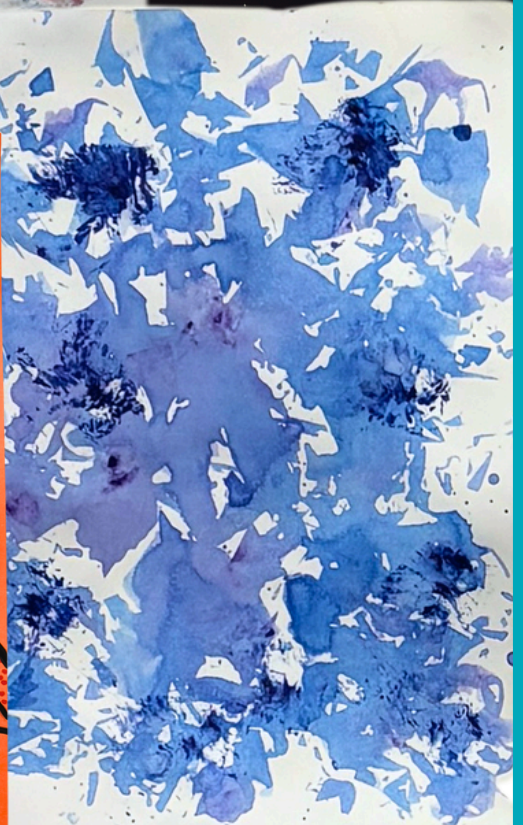
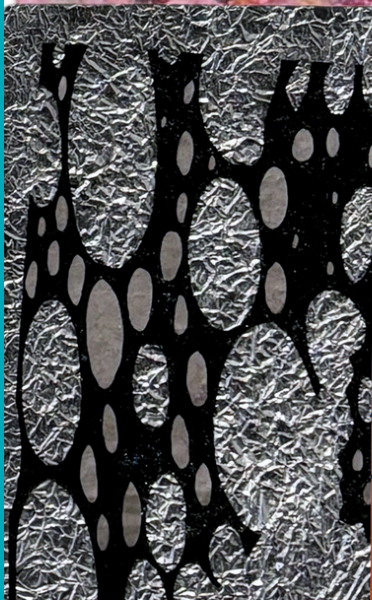
THE ADVANTAGES

How can you send a message without words?

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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 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'.

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



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



www.comm-unityplus.org.au

commUnity⁺ 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.