



Community Programs

TERM 4 2023

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*Our Vision is to Create Connection &
Nurture a Sense of Belonging*

At Quantin Binnah, we value community above all else. For us, this means celebrating each individual in our community, nurturing group connections, honouring our similarities and differences and helping each other learn and love each day.

Our mission is to provide inclusive education across all ages, focusing on being accessible and responsive to our diverse community needs. We aim to inspire collaboration and connection between community groups and local organisations.

Our Key Values are:

Connection

Belonging

Nurturing



About Us

Qb Community Development

Community Development

At Quantin Binnah we value community. Community Development aims to provide high quality community programs that supports and connects people with Quantin Binnah, inspire collaboration and create a sense of belonging to our community. Our programs are developed to be inclusive across all ages and focuses on being accessible and responsive to our diverse community needs.

For bookings and information

Unless individually or otherwise stated please contact the Community Development Team, Penny & Emma on community@qbcc.org.au or 9742 5040 to discuss activities further and to register your interest.

Room Hire

At Quantin Binnah we have a variety of multipurpose spaces for hire.

For further details including the hirer's information booklet, hire rates and virtual tours of our spaces please look at <https://www.qbcc.org.au/hire-facilities-1>

Contact Us

Email: community@qbcc.org.au

Phone: 9742 5040

Website: www.qbcc.org.au

Facebook: www.facebook.com/quantinbinnah



Cafe Qb



Quantin Binnah is proud to be partnering with



Creating Villages is a not-for-profit company creating inclusive community spaces and places to advance health outcomes and reduce social isolation by providing affordable opportunities for creativity, skill development and connections.

Creating Villages will be supporting adults with disabilities to operate the café; support our participants with disabilities to learn new skills and be included in their community.



The café will be operating
Mondays, Tuesdays and Wednesdays
8.00am to 4.30pm
Closed on public and school holidays.

Please support the team working in the café; they will be working pro bono. By purchasing something yummy to eat and/or drink you are supporting Creating Villages with this social initiative venture. All money made from purchases will be re-invested into produce and supplies.

Please consider Café Qb as your café of choice or for catering your morning tea or lunch function in 2023.

Look out for weekly special's and events
EFTPOS facilities are available.

For more information check out

facebook.com/craftandcaffeine OR qbcc.org.au/cafeqb



Australian
Neighbourhood
Houses & Centres
Association



Community Supports

Breakfast Club



Before dropping the kid's off at kindergarten or school come in for some brekky together to help you fuel your day. Don't have any children, that's fine you're welcome too. No questions asked. Breakfast items include cereal, toast, yoghurt and fruit.

Day: Every Monday, Tuesday and Wednesday except public and school holidays

Time: **8.00am to 9.00am**

Cost: Gold coin donation appreciated but not expected.



Community Connector



Wyndham City's Community Connectors are available to assist all residents in our community to access the services they need and empower them to make informed decisions.

A Community Connector can assist with, however not limited to:

- information and/or referrals about services, such as homecare, personal care, respite, community access, group activity and allied health services.
- accessing and navigating State and Commonwealth funded programs - Home and Community Care (HACC), My Aged Care (MAC) and National Disability Insurance Scheme (NDIS).
- connecting with local community groups and activities.
- information about council services.

Also assist with links/referrals to emergency relief supports, for example:-

- Food relief and material aid.
- Mental health support and counselling.
- Family violence support.
- Family, youth and social support.
- Homelessness and emergency accommodation.
- Financial support.

Community Connector is a FREE Service available at Quantin Binnah Community Centre.

Day: Every Wednesday except public and school holidays

Time: **8.30am to 4.30pm**

Contact 8734 4514 if you would like to speak with a Community Connector or to book a face-to-face appointment.



Monday Munchies!

Come along and join us for a FREE healthy lunch. Supported by IPC Health.

Day: Monday 16th October
Monday 20th November
Monday 4th December

Time: 12.30pm

Cost: FREE – gold coin donation appreciated.

BOOKINGS ESSENTIAL– email community@qbcc.org.au to RSVP



Food Pantry

We understand the financial challenges that everyone is experiencing due to the increasing cost of living. Pantries are located in Café Qb (available during café hours) and in the Entrance 2 Foyer.

Please help yourself to the food pantry. We request that you take only what you need.

Please note at this stage we cannot accept food donations due to storage limitations but thank you for your generosity.



Social Supports

Chatty Café – NEW DAY!

The Chatty Café Scheme aims to get people chatting to build and encourage social connections within the local community, and to help reduce social isolation. Join others at the chatty table in Café Qb to “chat”.

Day: Every Monday during school term

Time: 10.00am

Cost: FREE drink for those sitting at the chatty table.

Café deals are available



Puppet Pals with JoJo

Josie, Rosie and the gang will be hanging out in Café Qb. Come and be entertained by our puppet friends, come for a chat & cuddle. Believe it or not, puppets can help us to develop and foster social connections and emotional awareness.

Day: Every Tuesday during school term

Time: 11.00am

Cost: FREE

Parenting

Early Help Service

Early Help can assist with a range of parent and family worries and aims to support the wellbeing and development of their children. Helping early can be a great way to prevent bigger problems.

When: Tuesday's

Time: 8.30am to 2.30pm

Cost: FREE

To make an appointment or for further information contact Julie Aston, Early Help Practitioner, Tweddle on Julie.Aston@tweddle.org.au or 0403 650 564



tweddle
child & family health service

Wyndham Parents Support Network

Support for parents and carers who have a child with a disability or developmental delay from birth to 18 years of age. New members welcome.

Day: First Monday of the month (except during school holidays and public holidays),

Time: 10.00am to 12.00pm

Cost: FREE

Please contact Sonia for more information Sonia.Savanah@mackillop.org.au or 0448 015 023.



SAFE SEATS, SAFE KIDS – Free child car restraint checking program

Do you need assistance to fit a child car restraint to your car?

Are you unsure if your current fitting is safe?

Kidsafe Victoria will be completing FREE child car restraint fittings and safety checks

Day: Wednesday 4th October

Time: 10.00am – 2.00pm

Cost: FREE

BOOKINGS ESSENTIAL use below link – please book 2 time slots if you require 2 seats fitted

<https://kidsafevic.my.site.com/s/invitemanager?inviteId=a1wMq0000018VKbIAM>



Kinder Transition Information Sessions

3 Yr. Kindergarten Children Transitioning to 4 Yr. Kindergarten 2024

- Want to learn more about supporting your child with transitioning to 4 Yr. Kindergarten next year?
- Have some questions about what happens when your child starts 4 Yr. Kindergarten?
- Want to meet with other parents?

Then come along for FREE COFFEE and CAKE at Quantin Binnah Café and meet with our staff who will facilitate this session.

Day: Monday 9th October
Time: 9.15am to 10.15am

Day: Tuesday 10th October
Time: 9.15am to 10.15am

RSVP to admin@qbcc.org.au by Friday 6th October

4 Yr. Kindergarten Children Transitioning to School 2024

- Want to learn more about supporting your child to transition to school next year?
- Have some questions about what happens when your child starts school?
- Want to meet with other parents who are experiencing their child starting school?

Then come along for FREE COFFEE and CAKE at Quantin Binnah Café and meet with our staff who will facilitate this session

Day: Monday 16th October
Time: 9.00am – 10.30am

Day: Tuesday 17th October
Time: 9.00am – 10.30am

Day: Thursday 19th October
Time: 9.00am – 10.30am

RSVP to admin@qbcc.org.au by Friday 13th October

Education

Barista @ Work - NEW TIMES!

Want to know how to make the perfect coffee? Learn the skills of a Barista and increase your employment opportunities. Or you may just love coffee and want to add to your knowledge and personal skill set.

Course dates:

Monday's 9th, 16th, 23rd AND 30th October

Time: 6.00pm to 8.30pm

OR

Thursday 9th AND Friday 10th November

Time: 9.30am to 2.30pm

Cost: FREE to eligible 17+ students and not enrolled at school



Exploring a Career in Child Care – NEW TIMES

Are you thinking about of a career in Early Childhood but not sure if it's for you? Complete this short 3-day course to give you a taste of the industry and what can be expected before completing your further study.

Course dates: Wednesday 1st, 8th AND 15th November

Time: 9.30am to 2.30pm

Cost: FREE to eligible students 17+ students and not enrolled at school



The above courses are pre-accredited. You will receive a certificate of completion. Please contact Emma or Penny to discuss further and enrol in a course.

Home Schoolers Cooking Group – NEW TIME

Learn some basic cooking, baking and healthy eating skills with other home-schooled students.

Day: Every Wednesday during school term

Time: 1.30pm

Cost: \$10 per person (\$15 for 2 siblings)

BOOKINGS ESSENTIAL



BYO container to take your goodies home. Parents are to remain onsite and provide supervision during session. Numbers are capped per session and weekly registrations are required. Please email creatingvillages@gmail.com for more information, to register and advise of dietary requirements.

Special Interest

Wyndham Women's Support Group – Sewing Project

Do you like sewing? Do you like chatting? Come & along and join the ladies. Pop by to see what the group does. Come along and make some items for their end of year markets.

Day: Every Thursday during school term

Time: **10.00am to 2.00pm**

BYO Sewing Projects or join in a community project

New members welcome



For more information please contact Tania Kelaart, Wyndham Women's Support Group on 0423 051 686 or email wyndwomens.sg18@gmail.com

Gardening Support

Help QB to create an edible and sensory garden sensation to support Café QB, our community and activities.

Support with weeding, planting and maintenance is appreciated. Share in the spoils of the delicious produce planted.



Expressions of Interest

We are seeking expressions of interest from anyone wishing to facilitate and/or participate in

- Parents groups and/or workshops
- Social English sessions
- Book Club
- Walking Group/ Pram Walking Group
- Guided Painting workshops and/or regular craft groups
- Yoga Classes



Please contact Emma or Penny to discuss any of the above further.



Exercise Activities

Tai Chi

Join in a gentle and relaxing exercise class with an experienced instructor. Improve your health and quality of life. Enjoy gentle tai chi movements. Support your relaxation and inner harmony.

Day: Every Monday during school term except public holidays

Time: **1.00pm**

Cost: \$5.00 per person

Zumba

Zumba is taking a little break but will return in the near future.

More details will be posted on www.facebook.com/quantinbinnah or www.qbcc.org.au. Stay tuned for session times...



Crafting

Craft and Caffeine

Drop in for craft anytime. Craft activities set up with themes representing current celebrations and events. Gold coin donation for craft supplies appreciated but not expected.

Day: Monday, Tuesday and Wednesday

Time: **9.30am to 4.00pm**

Cost: Gold coin appreciated but not expected



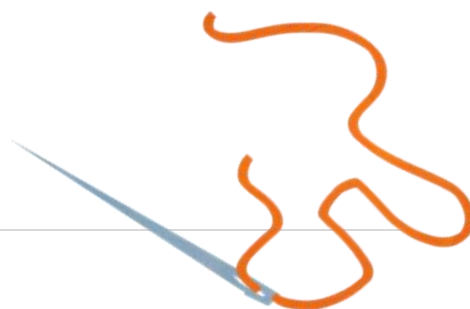
Australian Crochet Community

All welcome to drop in, crochet and chat. Bring your own crochet or craft project with supplies along to Café Qb and join in with others.

Day: Saturday **21st October, 18th November & 16th December**

Time: **10.00am to 2.00pm**

Café Qb will be open to nourish you as you craft.



Seniors Activities

Learn, Love, Live - your best life and come join the fun at the 2023 Victorian Seniors Festival at QB this October!

Seniors High Tea & Spring Garden Crafts

Further activity details on page 20

Date: Monday 9th October

Time: 10.30am

Cost: \$5 per person includes craft, morning tea and barista made hot drink

Bingo Moves with IPC Health*

Learn some techniques from a qualified Exercise Physiologist to help you unwind and move safely. Bingo Moves is best described as a fun, interactive exercise program – combining gentle movement & stretches

Date: Tuesday 17th October

Time: 1.00pm

Cost: FREE



Mental Health & Wellbeing as you Age with Mind Australia

Chat with our facilitator about aging positively and ways to look after your mental health in your twilight years.

Date: Wednesday 25th October

Time: 10.00am

Cost: FREE



Morning Melodies with Trish Simpson*

Further activity details on page 20

Date: Thursday 26th October

Time: 10.00am

Cost: \$5 per person includes musical entertainment, morning tea and barista made hot drink



Bookings essential for catering & resource purposes. Please RSVP by Tuesday prior to event with any dietary requirements to community@qbcc.org.au or 9742 5040.

Thank you to Wyndham City Council for subsidising our Seniors Festival Events.

*Activities open to other community members



All Abilities Activities

CraftABILITY

Adults with Disabilities (& their carers) are invited to join us to complete a different art and craft activity each week. Come along and be creative, be social and maybe enjoy something to eat from the Café menu.

Day: Every Tuesday during school term

Time: **10.30am to 12.30pm**

Cost: \$8 per person for weekly art project or \$15 including a delicious morning tea.

BOOKINGS ESSENTIAL. Please email creatingvillages@gmail.com for more information, to make a booking and advise of dietary requirements.

Capacity Building at Café Qb

Would you like to learn new skills, gain experience in a café and meet new people?

Do you have core supports in your NDIS plan?

Supports provided at NDIS unit costs.

Participants are required to be self or plan managed. Have a chat to our Café Qb team.

GLOW – Inclusive Disco – NEW TIME

Once a term come and get your groove on.

Adults with Disabilities (& their carers) are invited to spend the night with friends, dance and hang out in a safe environment.

Quiet zone available for those who need a break.

This is an 18+ alcohol-free event.

Day: Friday **8th December**

Time: **6.30pm to 9.30pm**

Café Qb will be open from **6.30pm** for yummy treats

DJ Pistol Pete will start pumping the tunes from **7.00pm**

Cost: \$10 includes entry, snack & a drink.

Carers free entry & drink.



Wellbeing



Wellness Discussion Group led by Mind

A casual chat facilitated by experienced Community Mental Health Practitioners that covers topics such as healthy eating, Mindfulness, Goal setting, Anxiety, Depression, self-care, healthy lifestyles or whatever you feel like talking about. No pressure to talk. Come by and just listen and meet others who may be struggling with social isolation or just how busy life is.

Day: Monday, fortnightly during term

Time: **10.00am to 11.30am**

Cost: FREE with a drink from Café QB for all attending the group



Any queries call Nimesha Katapoluge, Community Mental Health Practitioner on 0498 220 661 or email Nimesha.Katapoluge@mindaustralia.org.au

Wonder Women

Would you like some time for yourself? Would you like to spend some time with other women and just “hang out” with no expectations placed on you? Come and join us and spoil yourself.

Day: Every Thursday during school term

Time: **9.30am to 11.00am**

Cost: Gold coin donation appreciated

New members welcome.



We will be recognising Mental Health Awareness Month & Carer's Week with some additional activities.

Please see page 16 & 17 for information on more activities



Mental Health Awareness Month *(October)*

‘We all have a role to play’.

It is a chance for us all to come together to focus on mental health, learn about stigma, and create safe, caring communities. It also gives us the opportunity to understand the importance of good mental health in our everyday lives and encourages help seeking behaviours when needed.

Join us at one of the following activities to focus on yourself

Mind Wellness Group*

Date: Monday **9th & 23rd** October

Time: **10.00am**

Cost: FREE with barista made hot drink included

Chatty Café*

Date: Monday's during term

Time: **10.00am**

Cost: FREE with barista made hot drink for those sitting at chatty table

Monday Munchies*

Date: Monday **16th** October (and other times in Term 4)

Time: **12.30pm**

Cost: FREE

Bingo Moves with IPC Health*

Date: Tuesday **17th** October

Time: **1.00pm**

Cost: FREE

Mental Health & Wellbeing Workshop

Chat with our facilitator about ways to look after your mental health & wellbeing and develop some strategies to keep in your toolkit.

Date: Wednesday **18th** October

Time: **10.00am**

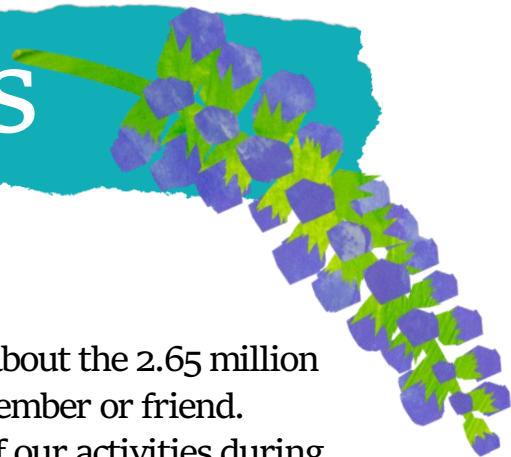
Cost: FREE

*Activities open to all community members

Further details on activities are provided throughout booklet



Carer's Activities



Carer's Week Activities – 13th to 21st October

It is a time to recognise, celebrate and raise awareness about the 2.65 million Australians who provide care and support to a family member or friend. Take some time out for yourself and recharge at some of our activities during Carer's Week.

Quantin Binnah is an official Carer Friendly Place as recognised by Carers Victoria

QB recognises the important work that unpaid Carer's provide to family & friends and wish to thank you with a FREE HOT Drink for all unpaid carers in Café QB Monday, Tuesday & Wednesday during Carer's Week and please join us in any and all of the following activities:

Monday Munchies*

Date: Monday 16th October (and other times in Term 4)

Time: **12.30pm**

Cost: FREE

Bingo Moves with IPC Health*

Date: Tuesday 17th October

Time: **1.00pm**

Cost: FREE



Mental Health & Wellbeing Workshop*

Date: Wednesday 18th October

Time: **10.00am**

Cost: FREE



Carers Craft Session

Join Amber from Bunnings Werribee in a craft activity. You'll create a feel-good item but more importantly the session provides you with an opportunity to be with other carers, chat, unwind and switch off.

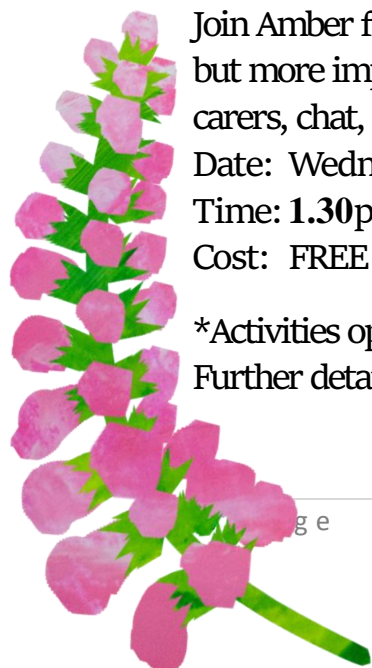
Date: Wednesday 18th October

Time: **1.30pm**

Cost: FREE

*Activities open to other community members

Further details on activities are provided throughout booklet





Children's Activities



Children's Week – 21st to 29th October

"Children have the right to relax, play and to take part in activities they enjoy".

Bring your children along to our community activities for kids and you can all relax, play & enjoy the activities

FREE mini cupcake for all children with any purchase made in Café QB during Children's Week.

Children's Week Play and Connect Craft Session

Join Tweddle & Anglicare Victoria for a Children's Week craft activity. A place to connect, play and have fun; meet other families in the community and find out about supports.

When: Tuesday 24th October

Time: 2.30pm to 3.30pm (drop in or stay the whole time)

Cost: FREE



For further information contact Grace Perrott, Early Help Practitioner on grace.perrott@anglicarevic.or.au or 9731 2500



Story Time with JoJo – NEW TIME

Once upon a time at Café Qb we met a fairy god mother, a unicorn s and other magical beings. Brings the kids along to a fun, inclusive, interactive and educative story time. Books are read by QB's very own Creative Artist and Author in Residence JoJo.

When you wish upon a star anything can happen...

Day: Tuesday during school term (except 1st Tuesday of the month)

Time: 10.00am.

Cost: FREE

Parents are required to stay in attendance.

Your caffeine needs can be met in Café Qb.



Home Schoolers Club

Meet other home-schooled students. Socialise and learn through self-directed play. Parents catch up with other “home teachers”.

Day: Every Tuesday during school term

Time: **12.00pm to 2.00pm**

Cost: FREE

BYO board games and other activities.

Lunchtime school snack specials available in Café Qb.

Parents are to remain onsite and provide supervision during session

Konstruktion Kids

Be imaginative! Be inventive! Problem solve!

Rearrange, redesign and tinker with loose parts to give them a new purpose.

For any age. Parents are to remain onsite and provide supervision during session.

Day: Every Tuesday during school term

Time: **3.30pm to 4.30pm**

Cost: Gold coin donation appreciated



OOey gOOey Messy Play

Come along and get messy with different sensory craft, for any age.

Parents to supervise. Children to wear clothes that can get messy.

Day: Wednesday during school term

Time: Drop in anytime between **10.00am to 11.00am**

Cost: \$6.00 per child or \$10.00 for 2 siblings



Playgroup

Playgroup is an exciting way for young families to be involved with the local community centre and share time with families that have children of a similar age. Children get to participate in experiences that they can share with their peers, siblings, parents and carers. Our weekly sessions provide opportunities for families to meet in an inclusive, welcoming, friendly, safe environment. We provide a Leader to plan and set up the activities each week.

Day: Every Thursday during school term

Time: **10.00am to 12.00pm**

Cost: \$65 per term plus a one-off enrolment fee of \$30 per family



Pop Up Events

Quantin Binnah's 31st Annual General Meeting

The Board of Governance of Quantin Binnah Community Centre warmly invite you to attend our Annual General Meeting.

We will be celebrating the year through our curated slide show and launching our new video: "Living Your Best Life" at QB to complement our Annual Report and 2024 Calendar.

Day: Wednesday 25th October

Time: 7.00pm (including a light supper at the conclusion of the AGM)

Cost: FREE

Please RSVP (including any dietary requirements) by Wednesday 18th October to admin@qbcc.org.au or [CLICK HERE TO RSVP](#)



Musical Melodies

Come & join us for some themed Morning Melodies during Term 4. Enjoy a fun morning of music and singing including a lovely freshly made morning tea with Barista hot drink.

Day: Thursday 26th October - Halloween

Thursday 14th December - Christmas

Time: 10.00am arrival & morning tea. Show begins at 10.30am.

Cost: \$10.00 per person includes morning tea and entertainment

Bookings essential for catering purposes. Please RSVP by Tuesday prior to event with any dietary requirements to community@qbcc.org.au or 9742 5040.

High Tea & Craft

Enjoy a delicious high tea with us and make a special themed craft items to take home or gift to someone.

Day: Monday 9th October - Garden Crafts

Monday 11th December – Christmas Crafts

Time: 10.30am

Cost: \$15.00 per person includes morning tea and craft project

Bookings essential for catering & resource purposes. Please RSVP by Tuesday prior to event with any dietary requirements to community@qbcc.org.au or 9742 5040.



Wyndham Mum's & Bub's Clothes Swap

Please bring along your children's items bagged in sizes, clean and in good condition. If you don't have anything to swap or donate you're still welcome to attend.

Days: Monday 30th & Tuesday 31st October 2023

Time: 9.30am to 1.30pm.

Please email creatingvillages@gmail.com for more information.

Halloween

Trick or Treat! Come along dressed in your costume, do some themed craft activities and search for your lollies in a spooky scavenger hunt. Drinks and snacks available to purchase from the café.

Day: Tuesday 31st October

Time: 3.30pm to 4.30pm

Cost: \$5.00per person

Bookings essential For more information and to register your attendance contact Bianca at Creating Villages at creatingvillages@gmail.com

International Day of People with Disability

Come along and participate in activities facilitated by and for people with all abilities.

Day: Week beginning 27th November

Time: Various

Cost: FREE to \$10 contributions.

End of Year Celebrations

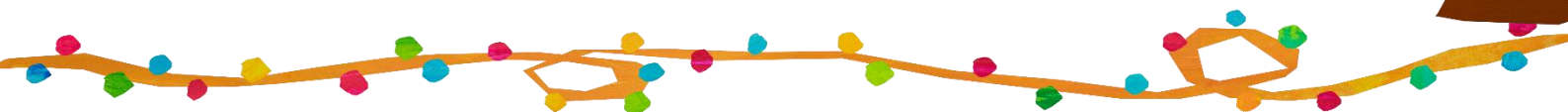
Celebrate 2023 and prepare for 2024 with some fun, games and activities.

Day: Week beginning Monday 11th December

Time: Various

Cost: FREE to \$15 contributions

Keep an eye on www.facebook.com/quantinbinnah or www.qbcc.org.au for further POP-UP ACTIVITIES information and other events during Term 4



QB Marketplace

Next time you need a gift for someone, pop into Café Qb and buy something on offer from our local community. Help us to support our local entrepreneurs.

- Custom Creation Made by Andrea
 - BiPoLaR Creations
- Empowering Candles by James Nguyen
 - Kings & Queens
 - Ahries & Me
- Wyndham Women's Sewing Group
 - Haus of Phoenix
 - Books by JoJo
 - 2J's Candles & Gifts
 - Creating Villages



We have rotating artists & creators providing candles, beauty products, key rings, homewares and other exciting & interesting items.

Orders can be taken for personalised items and special requests.

All products are on display in Café Qb Monday to Wednesday.

It's that time of year; we all need some little pressies to gift to celebrate occasions, acknowledge and thank others

Community Development Announcements

Thanks for a GREAT 2023

We would like to thank each and every person who participated in our programs, courses, workshops, activities and everything else in between. And an EXTRA SPECIAL THANK YOU to our team of volunteers running Café QB and to all the customers who supported this not for profit social enterprise!!!

BIG THANKS

Community Development and Quantin Binnah Community Centre would like to thank our generous partners who have supported us to deliver an array of activities and services in 2023.



Activities for 2024

If you have any ideas, suggestions, requests for Community Development Activities to be offered in 2024 please get in touch. We start our planning early so that we can deliver what you our community require.

Have a Safe Holiday

Wishing all our families, friends, community members and partners a safe & enjoyable end to 2023 and a happy & healthy start to 2024.

Contact Information



9742 5040



admin@qbcc.org.au

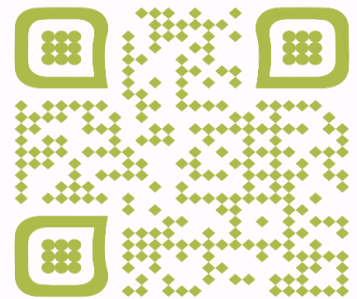


www.qbcc.org.au



www.facebook.com/quantinbinnah

Our admin office is open
from
8:30am to 6:00pm
Monday to Friday



 61 Thames Blvd, Werribee

Every child and young person accessing Quantin Binnah has the right to feel safe. All Quantin Binnah employees, volunteers, contractors and community representatives have a responsibility to understand and activate their role in preventing, detecting, responding and reporting any suspicions of child abuse to the relevant authorities and maintaining a child-safe culture.

For more information scan our QR code and read our policies here:

