



# Community Programs

TERM 1 2023

**Quantin Binnah**  
Community Centre

 61 Thames Blvd, Werribee

[www.qbcc.org.au](http://www.qbcc.org.au)

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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](mailto: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. Our Community Hirer's Handbook contains relevant information including pricing, how to pay and making your own COVID safe plans.

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](mailto:community@qbcc.org.au)

Phone: 9742 5040

Website: [www.qbcc.org.au](http://www.qbcc.org.au)

Facebook: [www.facebook.com/quantinbinnah](https://www.facebook.com/quantinbinnah)





# 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
- access and navigate 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

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.



# Cafe Qb



Quantin Binnah is proud to be partnering with

**Creating Villages** Inc.

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  
**Monday's 8.00am to 2.00pm**  
**Tuesdays from 8.00am to 4.30pm and**  
**Wednesday's from 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](https://facebook.com/craftandcaffeine) OR [qbcc.org.au/cafeqb](https://qbcc.org.au/cafeqb)**

# Social Supports

## Chatty Cafe

The Chatty Cafe 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 to “chat”.

Day: Every **Tuesday** during school term

Time: **1.00pm**

Cost: Café deals for those sitting at the chatty table.



## Puppet Pals with JoJo

Josie, Rosie and the gang will be hanging out in Café QB. Come and be entertained by our puppet friends whilst you enjoy something delicious. Or just come for a chat & cuddle.

Day: Every **Tuesday** during school term

Time: **1.00pm**

Cost: FREE

# Crafting

## Creating Villages Inc.

### 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. **Monday's, Tuesday's and Wednesday's** in the café.

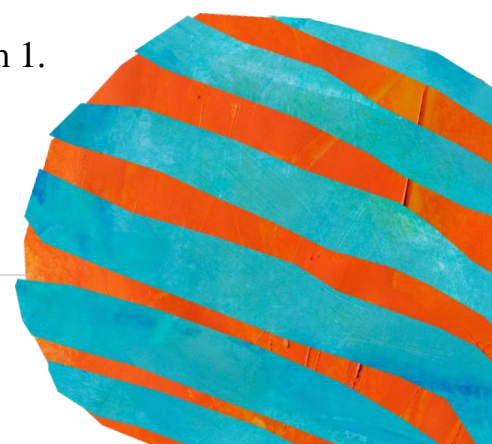
### Australian Crochet Community

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

Day: **Saturday** 11<sup>th</sup> February, 18<sup>th</sup> March and 15<sup>th</sup> April in Term 1.

Time: **10.00am to 2.00pm**

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



# 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: **Monday's & Tuesday's**

Cost: FREE

Sara Allen, Early Help Practitioner Tweddle for further information, to register for program or to make an appointment [sara.allen@tweddle.org.au](mailto:sara.allen@tweddle.org.au) or 0435 404 988



## 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 and Third **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](mailto:Sonia.Savanah@mackillop.org.au) or 0448 015 023



## Parenting Groups & Programs Expressions of Interest

Would you like to meet other parents and have a chat and make new friends? Do you need some extra help to understand your child's needs? Would you like to join a pram walking group?

QB may be able to help you out. Usually there are others who need the same help and/or information as you. Please contact Emma or Penny to discuss your needs further and we'll see what we can do



# Kinder Welcome Information Sessions

Do you want to

- learn more about supporting your child during their time in Kindergarten and have any questions?
- meet other parents whose children are in the same kinder group as your children?
- learn more about what is offered at Quantin Binnah Community Centre and how you can be part of the wider WB community?

FREE Coffee & Cake for all parent/carers.

RSVP to [admin@qbcc.org.au](mailto:admin@qbcc.org.au) by Monday 30<sup>th</sup> January

## 3 Yr Kindergarten

### Dugong

Day: Monday 6<sup>th</sup> February

Time: 9.30am to 10.30 am

## 4 Yr Kindergarten

### Lemon A

Day: Tuesday 31<sup>st</sup> January

Time: 10.00am – 11.00am

OR

### Navy A

Day: Tuesday 31<sup>st</sup> January

Time: 11.00am – 12.00pm

OR

### Silver A

Day: Wednesday 1<sup>st</sup> February

Time: 11.00am – 12.00pm

OR

### Yellow (Woodville)

Day: Wednesday 1<sup>st</sup> February

Time: 12.00pm – 1.00pm

OR

### Violet A

Day: Thursday 2<sup>nd</sup> February

Time: 11.00am – 12.00pm

### Bandicoot

Day: Tuesday 7<sup>th</sup> February

Time: 9.30am to 10.30 am

### Lemon B

Day: Tuesday 31<sup>st</sup> January

Time: 12.30pm – 1.30pm

### Navy B

Day: Tuesday 31<sup>st</sup> January

Time: 2.30pm – 3.30pm

### Silver B

Day: Wednesday 1<sup>st</sup> February

Time: 2.30pm – 3.30pm

### Violet B

Day: Thursday 2<sup>nd</sup> February

Time: 2.30pm – 3.30pm

# Wellbeing



## Mind

Mental Health and wellbeing Hub – Mental Health Matters!

Schedule a free appointment or drop in consultations available

Some of the challenges faced that we can address with you in this service include:

- Stress at home or work
- Anxiety and Depression
- Issues with family, relationships and friends
- Disassociation from community & social disengagement
- Contemplating and implementing changes
- Identifying and setting goals
- Mental health recovery
- Helping with your self advocacy and self determination
- Addressing and overcoming fears



Day: **Monday's**, during term

Time: **10.00am to 12.30pm**

Walk-in's welcome

Support services with the Mental Health and Wellbeing Hub are FREE.

Any queries call 1300 375 330 or email [mentalhealthhubs@mindaustralia.org.au](mailto:mentalhealthhubs@mindaustralia.org.au)

## Mindful Mondays

Allow yourself to take time out to reflect, recharge & refresh.

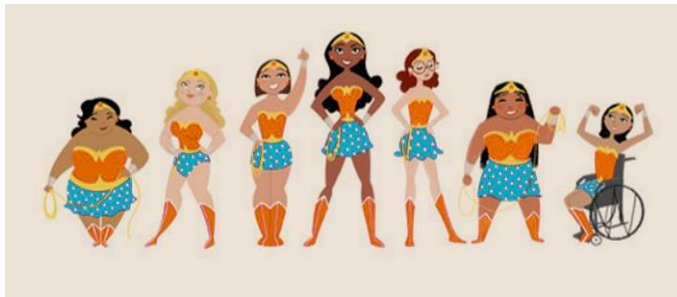
Activities will vary but may include mindfulness colouring in, gentle walking/exercise, meditation, group activities and other topics to help you achieve a state of Zen.

Day **Monday's** during term

Time: From **10.00am**

Cost: Gold coin donation appreciated but not expected.





## 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**

## 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.

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](mailto:wyndwomens.sg18@gmail.com)

## Walking Group Expressions of Interest

Calling all walkers to join us for a morning weekly wander. Looking for new mums to join a pram walking group. Or those looking to take a leisurely stroll and ease into gentle exercise. Or you might be someone who’d like a brisk walk to raise your heart rate. QB are seeking expression of interest from interested walkers.

Emma would love to explore the surrounding area with you; the Werribee River track is close by.

Please contact Emma or Penny to discuss further and register your interest for this activity.

# Children's Activities

## 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: Every **Wednesday** during school term

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

Cost: \$5.00 per child or \$8.00 for 2 siblings

## 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

After school snack specials available in Café Qb.

## Home Schoolers Club

Meet other home-schooled students. Socialise and learn through self-directed play.  
Term 1 will include cooking/baking activities.  
Parents catch up with other "home teachers".

Day: Every **Wednesday** during school term

Time: **12.00pm to 2.00pm**

Cost: Baking/Cooking activities up to \$5 per person depending on recipe.

BYO board games and other activities.

Lunchtime school snack specials available in Café Qb.

Parents are to remain onsite and provide supervision during session.

## Art Spectrum

Art spectrum is a social craft group for kids on the spectrum, their siblings and friends. Everyone welcome. Free sessions. Bookings required. Dates TBC.

Keep an eye on [facebook.com/craftandcaffeine](https://www.facebook.com/craftandcaffeine) for details on the above children's activities.



## Story Time with JoJo

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, interactive and educative story time. Books are read by QB's very own Creative Artist and Author in Residence JoJo. There might even be the occasional special guest...  
When you wish upon a star anything can happen...

Day: **Monday's** during school term except public holidays

Time: **10.00am.**

Cost: FREE

To assist with story selection and set-up, RSVP are requested but Walk-in's Welcome

Parents are required to stay in attendance.

Your caffeine needs can be met in Café QB.



## Playgroup

Quantin Binnah offers a playgroup running for 2 hours on a Thursday. We provide a Leader to plan and set up the activities each week.

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.

Quantin Binnah Playgroup offers families and the community the opportunity to meet in an inclusive, welcoming, friendly, safe environment where everyone is able to enjoy relaxed social interactions during their weekly sessions.

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



# Youth Activities

## Zumba

Join in a Zumba fitness program that involves cardio and Latin-inspired dance. Have you finished school? Are you between jobs? Are you looking for something to get you off the couch? Do you want to get fit and make new friends? There's no better way to have fun with someone than to get sweaty with them.

Reclink would like to invite young people as a preference to this session but it is open to all to attend.

Day: Every **Thursday** during term, starting 9<sup>th</sup> February

Time: **1.00pm**

Cost: FREE

BYO: Active wear, water bottle and your best moves



# Special Interest

## Maggie the Clairvoyant

Would you like to put your story into a greater context and extract life lessons, wisdom and self-awareness?

With 25+ years' experience and trusted by many, Maggie will give you a 1:1 Tarot Angle Card Reading.

Day: Every **Wednesday** during school term

Time: **9.00am to 3.00pm**

Cost: \$25.00 - 20-minute card reading

\$15.00 - Indian Head Massage (head-neck-shoulders-head) 15 minutes

\$10.00 Pendulum Crystal Healing

- Chakra Balancing
- Ask the universe a question
- Remove any curses

Walk-in's welcome - no booking necessary

Call Maggie on 0421 564 236 if you'd like to discuss further



# 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 for the Café menu.

Day: Every **Tuesday** during school term

Time: **10.00am to 12.00pm**

Cost: \$6 per person for weekly art project or \$12 including a delicious morning tea. **BOOKINGS ESSENTIAL.** Please email [creatingvillages@gmail.com](mailto: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.

## Kaleidoscope – Inclusive Disco

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 alcohol-free event

Day: **Friday 31<sup>st</sup> March**

Time: **7.30pm to 10.00pm**

Cost: \$15 includes entry, snacks & a drink.

Carers free entry & drink.

Café QB will be open for additional items



# Education

## Barista@Work

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 includes hands on experience in our own Café QB.

Course dates: **Thursday 2<sup>nd</sup> & Friday 3<sup>rd</sup> March**

Time: **9.30am to 2.30pm** plus work experience

Cost: FREE to eligible students

This is a pre-accredited course. You will receive a certificate of completion.

Other courses will run throughout 2023.

Please contact Emma or Penny to discuss further and enrol in a course.

## Exploring a Career in Child Care

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: 3 days **TBA for term 2 & 3**

Time: **9.30am to 2.30pm**

Cost: FREE to eligible students

This is a pre-accredited course. You will receive a certificate of completion

## Filipino Language

Learn the Filipino Language, Culture and history of the Philippines. Class led by an experienced teacher to support students undertaking VCE LOTE

Course dates: **Saturday's during term**

Time: **10.00am to 12.00pm**

Cost: \$5.00 per session, \$200 for school year

For more information or to enrol in the course contact  
PHILIPPINE LANGUAGE SCHOOL OF VICTORIA, INC.

Email: [divineprecy47@gmail.com](mailto:divineprecy47@gmail.com)

Mobile: 0413 623 991





# Adult & Senior 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 harmony

Day: Every **Monday** during school term except public holidays

Time: **1.00pm**

Cost: \$5.00 per person

## Book Club Expressions of Interest

QB are seeking interested readers to join us every month by reading a book and discussing it amongst new found friends. Share what you love about the book over a cup of coffee or tea and discover some new authors along the way.

Please contact Emma or Penny to discuss further and register your interest for this upcoming activity

**See our Pop-Up Events on page 20 for info on more activities**

# 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.

- ❖ Soy candles - Empowering Candles by James Nguyen
- ❖ Key chains, pens, cups and fobs – Made by Andrea
- ❖ Candles, room fragrances and bath products – 2J's Candle's & Gifts
- ❖ Dream catchers & Jewellery – BiPoLaR Creations
- ❖ Wyndham Women's Group Sewing Project – Scrunchies, Cushions & Aprons
- ❖ Craft packs for home projects - Creating Villages

Orders can be taken for personalised items and special requests.

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

# Pop Up Events



## Musical Melodies

Join us for a fun morning of music and singing hosted by musician Trish Simpson including a lovely morning tea.

Day: **Thursday 16<sup>th</sup> March** - Help us to wish Trish a Happy Birthday!

Time: **10.00am** arrival. Show begins at **10.30am**.

Cost: \$7.00 per person includes morning tea and tunes.

Bookings essential for catering purposes. Please RSVP by Tuesday 14<sup>th</sup> March with any dietary requirements to [community@qbcc.org.au](mailto: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 & Time: **To be announced**

Cost: \$12.00 per person includes morning tea and craft project

## Gardening Drop In

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

Activities will include weeding, planting and maintaining.

Share in the spoils of the delicious produce planted.

Day & Time: **To be announced**

Cost: FREE

If you would like to provide gardening support separate to scheduled activity please get in touch.

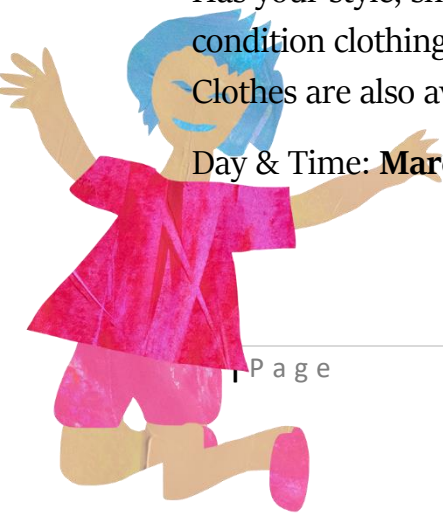
## Wyndham Mum's & Bub's Clothes Swap

This time we're focusing on Women instead of the kiddies...

Has your style, shape or size changed? Too good to throw away? Bring your old good condition clothing along to swap for other sizes and/or styles.

Clothes are also available to those who have nothing to swap.

Day & Time: **March** to celebrate International Women's Day - **To be announced**



## Mobile Library

Become a member of the library and enjoy a never-ending supply of books to entertain and educate

Day & Time: **To be announced**

Cost: FREE



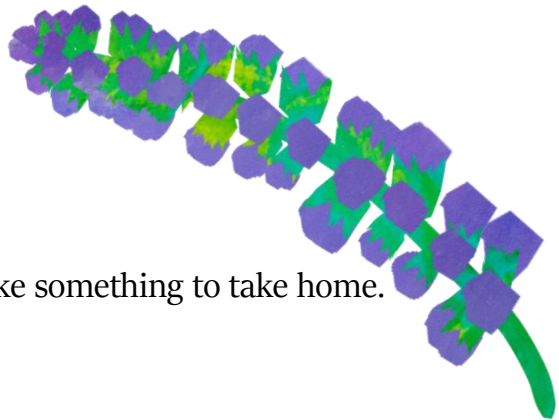
## Harmony Week

Harmony Week is the celebration that recognises our diversity and brings together Australians from all different backgrounds. It's about inclusiveness, respect & a sense of belonging for everyone. Come and try/do some diverse art, dance and/or food.

Day: **Week beginning 20<sup>th</sup> March**

Time: **Various**

Cost: FREE to \$10 contributions.



## Bunnings Craft

Come along and join Amber from Bunnings. Make something to take home.

Day & Time: **To be announced**

Cost: FREE

## World Autism Awareness Day

Come along and participate in activities facilitated by people with Autism (ASD). Change what you know about ASD.

Day: **March-April**

Time: **Various**

Cost: FREE to \$10 contributions.



## Easter

Hoppity Hop. Can you help the Easter Bunny find their eggs?

Day: **Week beginning 3<sup>rd</sup> April**

Time: **Various**

Cost: FREE to \$10 contributions.

**Keep an eye on [www.facebook.com/quantinbinnah](https://www.facebook.com/quantinbinnah) or [www.qbcc.org.au](http://www.qbcc.org.au) for further POP-UP ACTIVITIES information and other events during Term 1**

# Contact Information



9742 5040



[admin@qbcc.org.au](mailto:admin@qbcc.org.au)



[www.qbcc.org.au](http://www.qbcc.org.au)

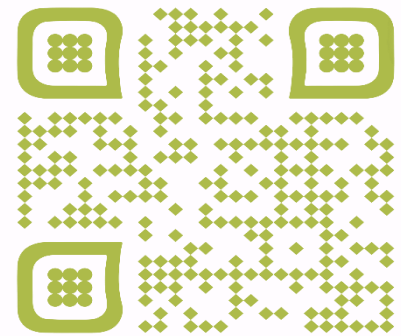


[www.facebook.com/quantinbinnah](https://www.facebook.com/quantinbinnah)

Our admin office is open

8:30am to 6:00pm

Monday to Friday



 61 Thames Blvd, Werribee

*Quantin Binnah is a committed Child Safe organisation  
and has zero tolerance for child abuse.*

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:

