Quantin Binnah
Community Centre

Community Programs

TERM 2 2023

Quantin Binnah
Community Centre

61 Thames Blvd, Werribee

www.qbcc.org.au

Table of Contents

Our Vision 3

About Us 4

Creating Villages 5

Café Qb 5

Community Supports 6

Social Supports 7

Parenting 8

Adult and Senior Activities 9

All Abilities Activities 10

Special Interest 11

Wellbeing 12-13

Children's Activities 14-16

Crafting 16

Education 17

QB Marketplace 18

Pop Up Events 18-19

Contact Information & Safety 20

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.

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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 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
Mondays, Tuesdays and Wednesdays
8.00am to **4.30**pm
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: **8.00**am to **9.00**am
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: **8.30**am to **4.30**pm
Contact 8734 4514 if you would like to speak with a Community Connector or to book a face-to-face appointment.

Social Supports

Monday Munchies – NEW!

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

Day: Monday 8th May &/OR Monday 5th June
Time: **12.30**pm
Cost: FREE – gold coin donation appreciated.
BOOKINGS ESSENTIAL – email community@qbcc.org.au to RSVP

Food Pantry

Please help yourself to our 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.
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.

Chatty Café – NEW TIME!

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 in Café Qb to "chat".

Day: Every Tuesday during school term
Time: **10.00a**m
Cost: Café deals are available for those sitting at the chatty table.

Puppet Pals with JoJo – NEW TIME!

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: **11.00**pm
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
Cost: FREE

To make an appointment or for further information contact Sara Allen, Early Help Practitioner, Tweddle on sara.allen@tweddle.org.au or 0435 404 988.

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: **10.00**am to **12.00**pm
Cost: FREE

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

MacKillop Family Services

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 just like you. Please contact Emma or Penny to discuss your needs further and we'll see what we can do.

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 inner harmony.

Day: Every Monday during school term except public holidays
Time: **1.00**pm
Cost: $5.00 per person

High Tea & Craft - NEW

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

Day: Monday 22nd May &/or Monday 19th June 2023
Time: **10.30**am
Cost: $15.00 per person includes morning tea and craft project

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

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.

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.
Thanks to All Green Nursery for their support.

allgreen NURSERY & GARDEN

Please contact Emma or Penny to discuss the above in further detail.

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

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: **10.30**am to **12.30**pm
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

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 **16th June**
Time: **7.30**pm to **10.00**pm
Cost: $10 includes entry, snacks & a drink.
Carers free entry & drink.
Café Qb will be open for additional items.

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 then 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 4th May
Time: **1.00**pm
Cost: FREE
BYO: Active wear, water bottle and your best moves.

reclink australia
Rebuilding lives through sport and arts

Special Interest

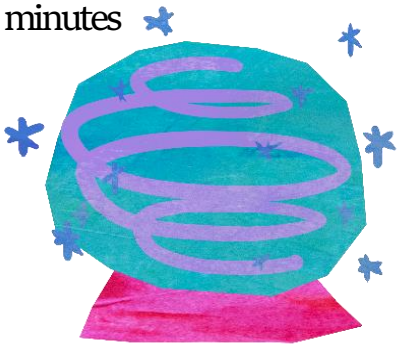
Maggie the Clairvoyant

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 Angel Card Reading.

Day: Every Wednesday during school term
Time: **9.00**am to **3.00**pm
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.



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 self advocacy and self determination
- Addressing and overcoming fears

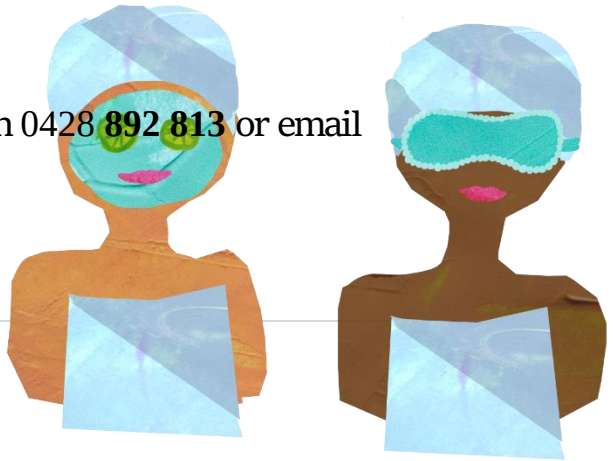
mind
Help, hope and purpose

Day: Monday, fortnightly during term beginning 8th May
Time: **10.30**am to **12.30**pm
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

Wellness Discussion Group led by Mind – NEW!

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, during term fortnightly during term beginning 8th May
Time: **9.30**am to **10.30**am
Cost: FREE. Hot or cold drink provided.
Any queries call Michael Lazzaro, Lead Practitioner on 0428 **892 813** or email Michael.Lazzaro@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: **9.30**am to **11.00**am
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: **10.00**am to **2.00**pm
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

Walking Group Expressions of Interest

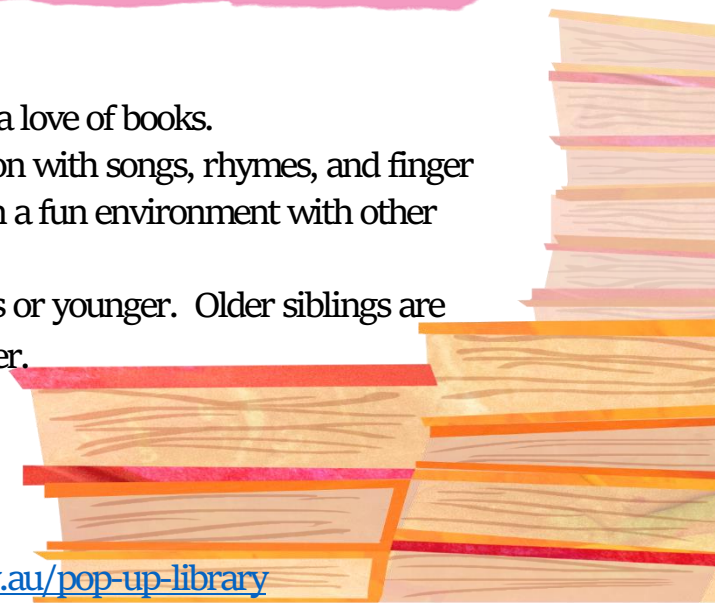
Calling all walkers to join us for a morning weekly wander. Looking for new mums to join a pram walking group. Or those looking to take a leisurely stroll and ease into gentle exercise. Or you might be someone who'd like a brisk walk to raise your heart rate. QB are seeking expression of interest from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

Baby Time – NEW!



It's never too early to start reading and sharing a love of books.
The Pop-Up Library presents a 30-minute session with songs, rhymes, and finger plays to encourage interaction with your baby in a fun environment with other parents.
To attend you must have a baby aged 18 months or younger. Older siblings are welcome to attend but must sit with parent/carer.

Day: Every Monday during school term
Time: **2.30pm** to **3.00p**m
Cost: FREE
For further information www.wyndham.vic.gov.au/pop-up-library

Superhero Science with the Wyndham Pop-Up Library – NEW!

Superheroes amaze us with unbelievable superhuman abilities but... have you ever wondered about the science behind their abilities?
Join the Pop-Up Library each Monday afternoon during Term 2 where we will focus on one Superhero's abilities and delve into the science behind it.

Day: Monday during school term beginning 1st May
Time: **3.30pm** to **4.30p**m
Cost: FREE

REGISTRATIONS ESSENTIAL - NUMBERS CAPPED
To book go to this link:

https://www.eventbrite.com.au/e/superhero-science-with-the-pop-up-library-quantin-binnah-community-centre-tickets-596386577307

For further information www.wyndham.vic.gov.au/pop-up-library

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.

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: **9.30**am.
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.

Konstruction 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: **3.30**pm to **4.30**pm
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.
Parents catch up with other "home teachers".

Day: Every Tuesday during school term
Time: **12.00**pm to **2.00**pm
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.

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 **10.00**am to **11.00**am
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.

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. We provide a Leader to plan and set up the activities each week.

Day: Every Thursday during school term
Time: **10.00**am to **12.00**pm
Cost: $65 per term plus a one-off enrolment fee of $30 per family

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 Café Qb and join in with others.

Day: Saturday 20th May and 17th June in Term 2.
Time: **10.00**am to **2.00**pm
Café Qb will be open to nourish you as you craft.

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:

Saturday 27th AND Sunday 28th May 9.30am to 2.30pm

OR

Monday 15th, 22nd, 29th May AND 5th June 6.00pm to 8.30pm

Cost: FREE to eligible 18+ 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 **3**

Time: **9.30**am to **2.30**pm

Cost: FREE to eligible students

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

Home Schoolers Cooking Group

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

Day: Every Wednesday during school term

Time: **1.00pm**

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

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.

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.

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.

Pop Up Events

Musical Melodies

Yee haw! Come & join us for a Country & Western themed Morning Melodies. Enjoy a fun morning of music and singing including a lovely morning tea.

Day: Thursday **22nd June**
Time: **10.00**am arrival. Show begins at **10.30**am.
Cost: $8.00 per person includes morning tea and tunes.
Bookings essential for catering purposes. Please RSVP by Tuesday 20th June with any dietary requirements to community@qbcc.org.au or 9742 5040.

Mobile Library

Become a member of the library and enjoy a never-ending supply of books to entertain and educate.
Day & Time: Monday from 2.00pm
Cost: FREE

Bunnings Craft

Come along and join Amber from Bunnings. Make something to take home.
Day & Time: To be announced
Cost: FREE

Neighbourhood House Week

Neighbourhood House Week (NHW) is an annual national celebration recognising the vital role of neighbourhood houses and community centres in promoting community well-being and connection.
Join us in celebrating Neighbourhood House Week at Quantin Binnah!
Join in the activities we have on offer or try something new…

Day & Time: Week Beginning Monday 8th May 2023
Cost: FREE – low cost

Complete the special QB Scavenger & Trivia Hunt to maybe win a PRIZE.
Entry forms available from Monday 8th May.

Wyndham Mum's & Bub's Clothes Swap

Need some new clothes for your little ones?
If you don't have anything to swap or donate you're still welcome to attend.
Please bring along your children items bagged in sizes, clean and in good condition.

Day: Monday 15th May
Time: **9.30**am to 2.30pm.
Clothes are also available to those who have nothing to swap.

World's BIGGEST MORNING TEA

Help Raise Vital Funds to Bring Us Closer to A Cancer Free Future. People Impacted by Cancer Need Your Support Now. 50% of proceeds from sales in Café QB will be donated to the Cancer Council.

Day: Thursday 25th May
Time: Morning - TBC
Cost: Purchase something from the café or donate to support Cancer research.

Keep an eye on www.facebook.com/quantinbinnah or www.qbcc.org.au for further POP-UP ACTIVITIES information and other events during Term **2.**

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

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: