Glen Park

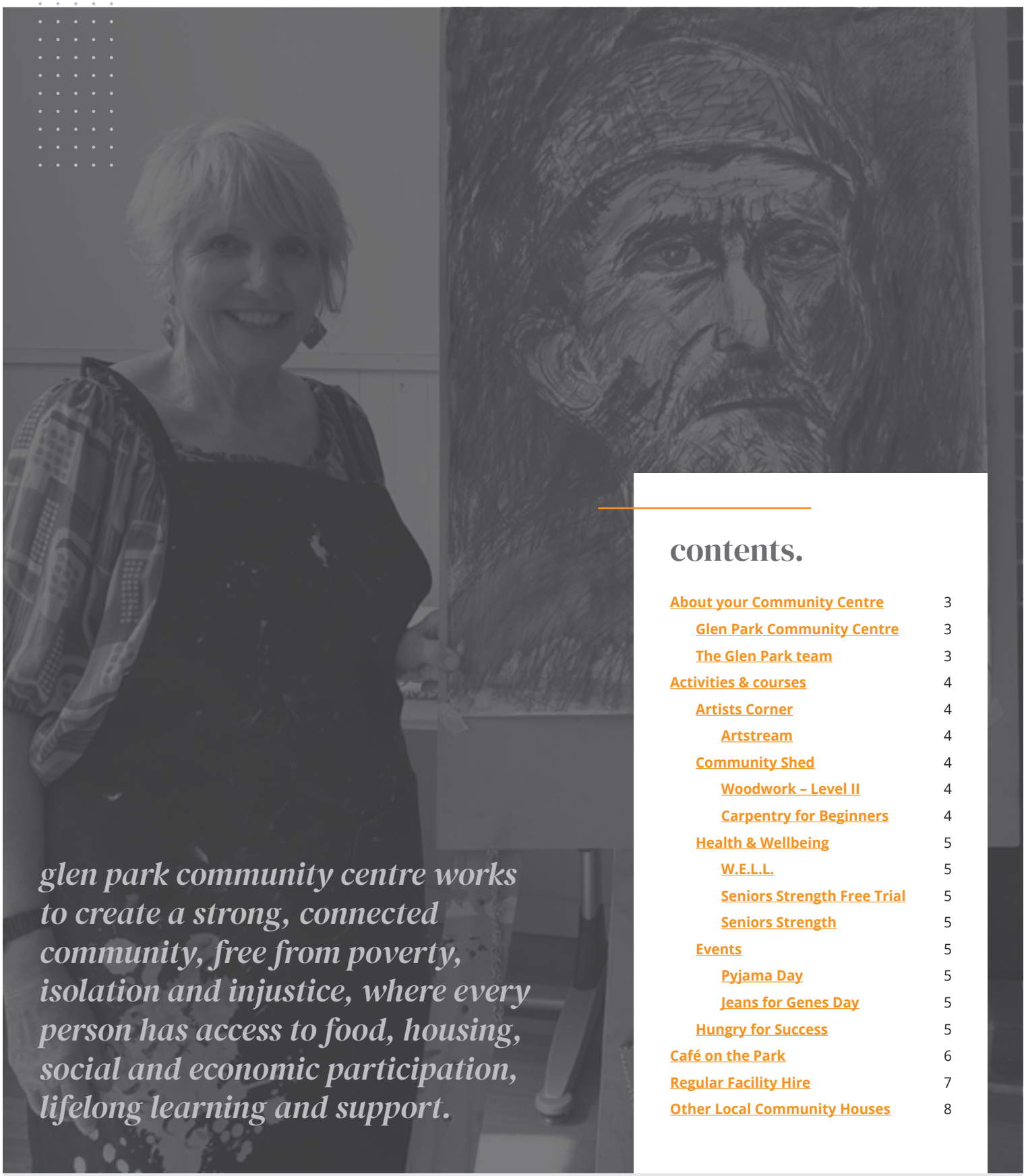
# course and activity guide.

quarter 3 2020.

Learn Local

REGISTERED CHARITY acnc.gov.au/charityregister

SOCIAL TRADERS ST CERTIFIED



*glen park community centre works to create a strong, connected community, free from poverty, isolation and injustice, where every person has access to food, housing, social and economic participation, lifelong learning and support.*

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## supporters.

VICTORIA State Government

Maroondah Community, Lifestyle, Opportunity

Learn Local

Neighbourhood Houses Victoria

Supported by Food Bank

Woolworths Bayswater

# about your community centre.

## glen park community centre.

Glen Park Community Centre Inc. works to create a strong, connected community – free from poverty, isolation and injustice, where every person has access to food, housing, social and economic participation, lifelong learning and support.

30 Glen Park Road, Bayswater North 3153
**E:** office@glenparkcc.com.au
**W:** www.glenparkcc.com.au
**ABN:** 66587052638
**Certificate of Inc. No.** A0041265X

### Regular Centre Opening Hours

| | |
|---|---|
| Tuesday | 8:30am – 6:00pm |
| Wednesday | 8:30am – 7:00pm |
| Thursday | 8:30am – 6:00pm |
| Friday | 8:30am – 3:00pm |

### Regular Cafe Opening Hours

Tuesday to Friday 8:30am – 3:00pm

### Where to Find Us

Glen Park Community Centre & Cafe on the Park are located at 30 Glen Park Rd, Bayswater North.

**www.glenparkcc.com.au**
**facebook.com/GlenParkCC**
**twitter.com/GlenPark_CC**
**pinterest.com/Glenparkcc**
**zomato.com/melbourne/cafe-on-the-park-bayswater-north**

## the glen park team.

### Centre Staff

CEO: Heidi Butler-Moore
Finance Co-ordinator: Delise Nunis
Program Co-ordinator: Payton Downey
Office Administration: Kasie Bebbington

### Café Staff

Social Enterprise Co-ordinator: Naomi Butler-Moore
Casual Café Supervisor: Heather Wall
Catering Assistant: Deborah Tipping

### Committee of Governance

Chairperson: Jeff Garrioch
Treasurer: Hilary Bird
Secretary: Hussain Morssi
Ordinary Members: John Cobb

### Volunteers

Café: Jan Berger, Suzanne Hindley, Diana Lay, Neil Roberts, Deborah Tipping, Heather Wall, Jared Duffy, Amanda Homewood, Adrian Rambaldo, Peter Yordonopulo, Antony Cannon
Office: Theresa Wong, Suzanne Hindley, Jordan Sgarioto
Community Shed: Kim Parsons
Community Pantry: Amanda Homewood, Jacinta Broadway, Deborah Tipping
Community Meals: Jan Berger, Jacinta Broadway, Natalie Rufford-Sharpe

### Volunteering

Glen Park are always looking for reliable, hardworking people to join our team. If you would like to join the team – contact Kasie on office@glenparkcc.com.au or (03) 9720 5097.

## temporary opening hours.

Glen Park Community Centre will reopen at 10am on Tuesday 17 July.

**We will be open Tuesday – Friday 10:00am – 2:00pm.**

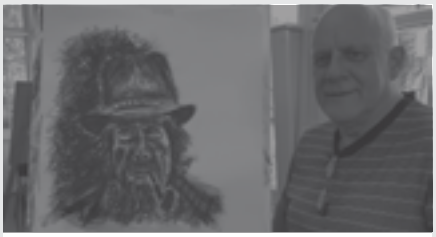
Our opening hours will gradually increase until our normal hours resume.

Café on the Park will reopen on Tuesday 4 August.

*Program dates may be adjusted or delayed as per State Government instructions.*

# activities & courses.

## ARTISTS CORNER



### Artstream

Do you have a passion for art and just need a little extra assistance to finish your art project or are you looking for a worldly tutor to teach you the tricks of the trade? Artstream is the course for you – Alan Close has over 40 years' experience, so you are in the best of hands.

**Morning Classes**

| | |
|---|---|
| Wed: | 15/07/2020 – 16/09/2020 |
| Thu: | 16/07/2020 – 17/09/2020 |
| Fri: | 17/07/2020 – 18/09/2020 |
| Time: | 9:30am – 12:30pm |
| Fee: | $298.30 Total: $318.30 |
| Conc: | $271.10 Total: $291.10 |
| Amenities: | $20.00 (included in total) |

## COMMUNITY SHED

### Woodwork – Level II

**(20VOCMWWL2)**

Woodwork Level II carries on from Woodwork Level I, increasing understanding of power tools and more advanced equipment. You will learn woodwork skills which include basic joinery and design, types of woodwork finishes including painting, varnishing and staining.

Pathways include: Carpentry for Beginners, Volunteer Work or Paid Employment.

*Note: Individual materials are to be supplied by the student. Standard group materials are supplied by the Centre.*

| | |
|---|---|
| Day: | Wednesday Ladies |
| Dates: | 29/07/2020 – 02/09/2020 |
| Time: | 12:00pm – 6:00pm |
| Fee: | $36.00 |
| Group Materials: | $15.00 |
| Amenities: | $12.00 |
| Total: | $63.00 |

*This program is Learn Local endorsed.*

### Carpentry for beginners

**(20VOCMCB)**

Carpentry for Beginners carries on from Woodwork Level II, increasing understanding of basic joinery techniques, an overview of woodwork materials used, simple project construction and focuses on the finer details of carpentry and techniques used on the trade.

Pathways include: Carpentry Intermediate, Volunteer Work or Paid Employment.

*Note: Individual materials are to be supplied by the student. Standard group materials are supplied by the Centre.*

| | |
|---|---|
| Day: | Wednesday Ladies |
| Dates: | 09/09/2020 – 28/10/2020 (excl. 16/09 & 21/10) |
| Time: | 12:00pm – 6:00pm |
| Fee: | $36.00 |
| Group Materials: | $15.00 |
| Amenities: | $12.00 |
| Total: | $63.00 |

*This program is Learn Local endorsed.*

*Woodwork, Carpentry and Hungry for Success courses are Learn Local endorsed.*
*Waitlists may operate. Funding is limited. Eligibility criteria apply.*

# HEALTH & WELLBEING

## W.E.L.L.

**Wellbeing, Exercise, Lifestyle, Learning**

This course will include gentle and low impact exercises, diet and lifestyle choices. You'll learn about the nutritional value of food and how relationships affect our health. This course is designed for adults with disabilities.

Day: Thursday
Dates: 09/07/2020 – 10/09/2020
Time: 1:30pm – 2:30pm
Fee: Please enquire

## Seniors strength free trial

**Funded by Active Neighbourhoods for Older Australians (ANOA)**

Musculoskeletal Australia has received funding from the Australian Government through Sport Australia, as part of the "Move It Aus – Better Ageing" program focused on making older Australians more active. Glen Park is a lucky recipient of the ANOA and will be offering free trials for all NEW participants in the Friday Seniors Strength program.

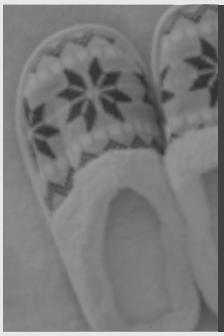
Friday: 18/09/2020
Time: 2:30pm – 3:30pm
Fee: FREE

## Seniors strength

Exercise to be fit and healthy no matter your age! With this in mind, Glen Park Community Centre offers 2 senior strength classes for you to work on your health and fitness in a supportive and welcoming environment.

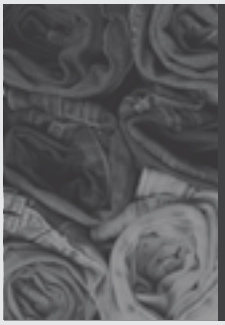
Tuesday: 14/07/2020 – 15/09/2020
Friday: 17/07/2020 – 18/09/2020
Time: 1:00pm – 2:00pm
Fee: $71.90

# EVENTS



## Pyjama Day

The Pyjama Foundation support children in foster care by training quality volunteers to engage with each child, supporting them with homework, personal relationships and a general sense of well-being and connection. Glen Park Community Centre will be raising funds for The Pyjama Foundation on Friday 17th July – come along dressed in your PJ's for the comfiest of days! Visit www.glenparkcc.com.au for more information.



## Jeans for Genes Day

Friday 7th August is Jeans for Genes and we all know how much Glen Park Community Centre love to dress in their double denim. Come along on Friday 7th August dressed in your best denim and support a great cause for a gold donation. For more information on the day or the cause, please visit www.glenparkcc.com.au

For more information please visit Glen Park Community Centre's website at www.glenparkcc.com.au or Café on the Park's website at www.cafeonthepark.org.au

## HUNGRY 4 SUCCESS®

**The Hungry4Success® training program operates out of a registered social enterprise café and catering business – Café on the Park**

**OUT OF SCHOOL? OUT OF WORK? EARLY SCHOOL LEAVER?**

**KEEN TO GAIN EXPERIENCE IN HOSPITALITY?**

**AGED 16 - 25 AND LOOKING FOR SOMETHING MORE?**

Glen Park Community Centre are looking for a number of enthusiastic, motivated and creative individuals to take part in an exciting, innovative program that operates within a thriving social enterprise.

This program provides pre-accredited training in communications, job readiness and Hospitality including on the job placement and mentoring from a chef with over 20 years' experience in the industry.

**A commitment of 2.5 days per week, for a minimum of 10 weeks is required. Places are limited. No previous experience in hospitality is required – just a passion to learn, grow and achieve your goals.**

**APPLY TO KICK START YOUR CAREER**
**13/07/2020 – 17/09/2020**

Learn Local

*This program is Learn Local endorsed.*

**Contact office@glenparkcc.com.au | (03) 9720 5097**

# Café on the Park.

www.cafeonthepark.org.au

**supporting your café is supporting your community.**

Café on the Park is a successful Social Enterprise and registered Social Trader operating at Glen Park Community Centre. For more information on Café on the Park and what we do, please visit us at: www.cafeonthepark.org.au

**Open for breakfast, lunch & afternoon tea Tuesday to Friday 8.30am to 3pm**
**Email: café@glenparkcc.com.au**
**Phone: 9720 5097**
**www.cafeonthepark.org.au**
**Book your table www.dimmi.com.au/restaurant/cafe-on-the-park**

**That's right, your beloved community café is reopening its doors to the public for the first time since March! You can have a delicious sit-down meal in our café, with social distancing rules as per state guidelines. We also have the option for take away, so we've got you covered. Café on the Park are now taking catering requests by appointment. Contact cafe@glenparkcc.com.au for all your catering needs. The Social Enterprise needs your support to continue offering Emergency Relief during these difficult times. We can't wait to see you all again in August!**

OPENING 4 AUG

## social enterprise.

Café on the Park is a Social Enterprise café located at Glen Park Community Centre. A Social Enterprise relies on its volunteers, support and community to allow us to give back into our community by a number of different ways including our monthly Community Pantry, Community Meals, weekly Fruit & Vegetables collection and programs such as Hungry 4 Success®. We assist people from all walks of life to have a direction and passion expanding back into the community. Help us, help others – every dollar spent at the Café goes back into your community.

## community pantry.

Café on the Park will continue to offer a monthly Community Pantry in 2020. We understand the costs of living have increased. Hence, the Community Pantry has been designed especially for people who are finding it hard to make ends meet. So, drop by to register to use the Pantry and let us help ease your burden a little. The Community Pantry has been made possible with the support of our Can for a Coffee initiative along with donations from Food Bank Australia, Bendigo Bank and Woolworths Bayswater. If you would like to donate to the Community Pantry or would like more information, please contact the office on (03) 9720 5097.

## community meals.

Café on the Park will be hosting monthly Community Meals for all members of our community. Come down and enjoy some food, create friendships and help promote social inclusion.

**Every 3rd Wednesday of the month, meals served at 6:00pm and limited to 30 places.**

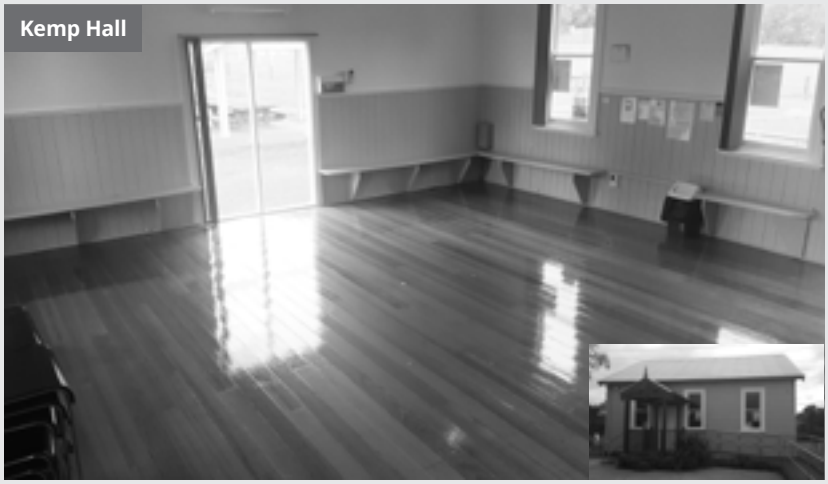
# regular facility hire.

## about our facilities.

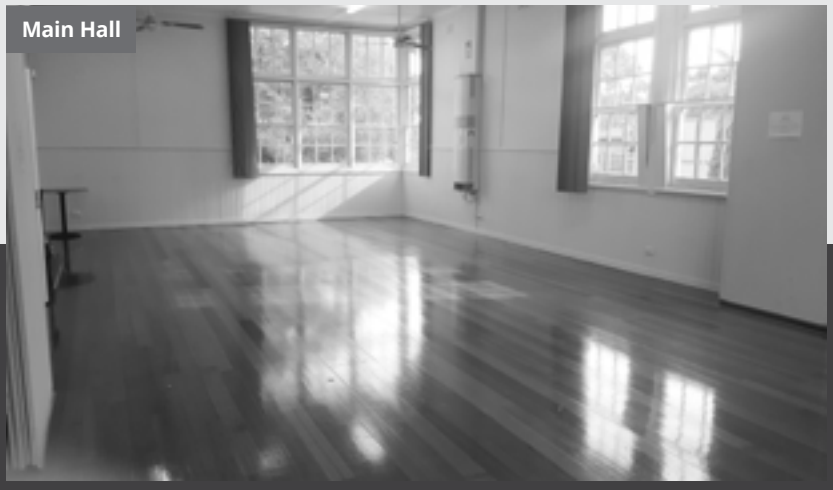
Glen Park offer's a range of halls and rooms for hire to suit your needs and are ideal for ongoing hires such as dance classes, arts & crafts groups, social/support groups, work functions, conferences, health and fitness classes and so much more. Our facilities have split system heating and cooling for your comfort.

**To enquire about room and venue hire, please contact Kasie on (03) 9720 5097 or office@glenparkcc.com.au.**

Kemp Hall



Main Hall



Rosella Room

*our facilities are perfect for hirers looking to engage the local community in their activity.*

## other local community houses.

Yarrunga Community Centre

**76 - 86 Croydon Hills Drive,**
**Croydon Hills VIC 3136**
Ph: 9722 8942
Web: www.yarrunga.org.au
ABN: 62 340 040 053
Inc. Association: A0036088A

NRCH NORTH RINGWOOD COMMUNITY HOUSE INCORPORATED

**35 - 39 Tortice Drive,**
**Ringwood North VIC 3134**
Ph: 9876 3421
Web: www.nrch.org.au
ABN: 78 052 679 939
Inc. Association: A0004693Z

Central Ringwood Community Centre Inc

**Bedford Park, Rosewarne Lane,**
**Ringwood VIC 3134**
Ph: 9870 2602
Web: www.crccinc.org.au
ABN: 82 757 628 466
Inc. Association: A0002320N

ARRABRI COMMUNITY HOUSE

**42 - 78 Allambanan Drive,**
**Bayswater North 3153**
Ph: 9720 0877
Web: www.arrabri.org
ABN: 65 282 972 116
Inc. Association: A0055935T

*neighbourhood houses respond to the needs of their community. if we don't have what you're looking for another local neighbourhood house might.*