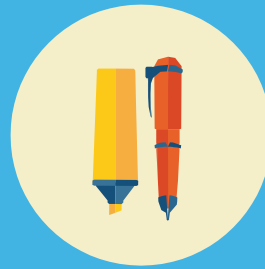


2018

SEMESTER 1 PROGRAM TIMETABLE

Reservoir Neighbourhood House

29 JAN - 28 JUNE 2018



Community Lunch

Come and join us for our monthly free lunch at the Reservoir Neighbourhood House. This is a great opportunity to eat a healthy meal for the day, share your stories and find out about what services are available to help you in YOUR neighbourhood.

Second Tuesday of the month: 12.00 – 1.00

OPEN: 9.00am – 4.00pm Monday to Thursday

2B Cuthbert Road, Reservoir 3073
Email: admin@reservoirnh.org.au

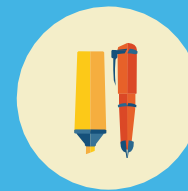
Phone: 9462 4611

www.reservoirnh.org.au

www.facebook.com/reservoir-neighbourhood-house

2018 SEMESTER 1

What's on at RNH



Activities for children & young people

'THE LAB' RESERVOIR

An innovative technology club for young people with high functioning Autism, run by RNH as part of The Lab network.

To be involved in this program please contact digital@reservoirnh.org.au



WONDERLEARN

Teaching early literacy concepts to children aged 4 to 6. Melissa is at the House on the following days:

Days: Thursdays and Fridays

Contact: Melissa on 0409 988 206

OPEN PLAYGROUPS

Organised and run by community members for community families, come and meet local parents and enjoy utilising our space and fantastic outdoor playground.

Mondays: 10:00-12:00

Thursdays: 1.30 – 3.30

Cost: Gold coin

JAPANESE PLAYGROUP

Run by community members, this great group welcome new Japanese families to the area.

Day: Wednesdays

Time: 10-12.00

Contact: Miyuki 0488435567

HOMEWORK CLUB

Run by qualified teachers, RNH will have Homework Club running every Thursday during term from 3:30-5. All ages and ability welcome

Community Groups

COOKING WITH CORINA

Struggling to cook on a budget? Learn how to cook healthy meals on minimal money – plus meet some new friends!

Day: Thursday fortnightly

Time: 10:00 – 12:00

Cost: \$5 per class

THE DRAWING ROOM

Have you ever wanted to learn to sketch? Get in touch with your creative side even if you don't think you have one! A lovely community activity run by RNH and a community artist.

Day: Thursdays

Time: 1:30-3:30pm

Cost: Free



2018 SEMESTER 1

What's on at RNH



BOARD GAMES WITH MARK

Who loves a board game? Come to the house every Thursday from 1:00-3:00 for this free activity. Run by volunteer Mark – who is a board game expert if we've ever met one. A fun, easygoing gathering, everyone welcome.



Relief Programs

PERSONAL CARE

We have showers and all provisions for showers available.

If you have any questions please call on 4624611.

REFERRAL SERVICE

RNH has links with different local organisations which provide support to our community. If you are needing to be linked in with a service please contact us on 9462 4611



RNH has a food relief program in place. We have free bread every Monday and most Thursdays. We have fruit, some veg and a light lunch on Mondays also. There is frozen food and dry goods available for those in need.

All we ask is that you take only what you need.

Activities for Women

CAROLINE'S KNITTING CLUB

Meet at RNH on Monday afternoons to learn the art of knitting & crocheting. Run by the beautifully talented Caroline – come and learn this wonderful skill.

Day: Monday 1-3pm

Cost: Gold coin

CRAFT CIRCLE

Come and join Rachel, the organizer and facilitator of this lovely group and get to know other women in your neighborhood whilst doing your own craft project or starting something new!

Day and Time: Wednesdays 1.00 – 3.00

Cost: Gold coin

The power of community to create health is far greater than any physician, clinic or hospital

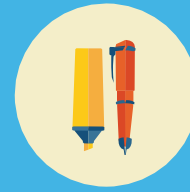
Mark Hyman

Volunteering at RNH

Would you like to spend time helping your local community? RNH is the perfect place to do it. Please contact us on 9462 4611 if you are interested.

2018 SEMESTER 1

What's on at RNH



ARABIC CLASSES

Arabic classes for all ages from children to adults run through the Darul Arqam School by Soleiman. Email: Soleiman on sul06@live.com

Extra Services and Support available at the House

COMMUNITY GYM PROGRAM

Special discounted gym program run by RNH in partnership with the Reservoir Leisure Centre and set up to support access to health and fitness for our community!

12 month memberships, 1st 6 months \$20/month - 2nd 6 months \$30/month.

New members to the gym only.

KERRY'S MENDING CORNER

Come and get anything fixed by Kerry, a local community member who donates her time so that you can look great at that job interview! Low cost.

Day: Wednesday Time: 10- 12

Cost: Varies

DAREBIN CITY COUNCIL FAMILY SERVICES

Family services run from the house one day per week. They offer support for families in the Darebin area. To get in touch with them please call: 9481 9520

ASPERGERS VIC NORTHERN PARENTS SUPPORT GROUP

Day: 4th Tuesday of month

Time: 7 - 9 pm

Contact: Lisa 0430 724 910

GROW – Mutual Support Group

Are you caring for someone or living with a mental illness or intellectual disability?

Groups meet regularly @ RNH contact us 9462 4611 for more info

EAST RESERVOIR COMMUNITY GARDEN

Run by Darebin Council & local residents. Rent a plot for a yearly fee or become a friend of the garden

Contact Jackie Mansourian at Darebin City Council.



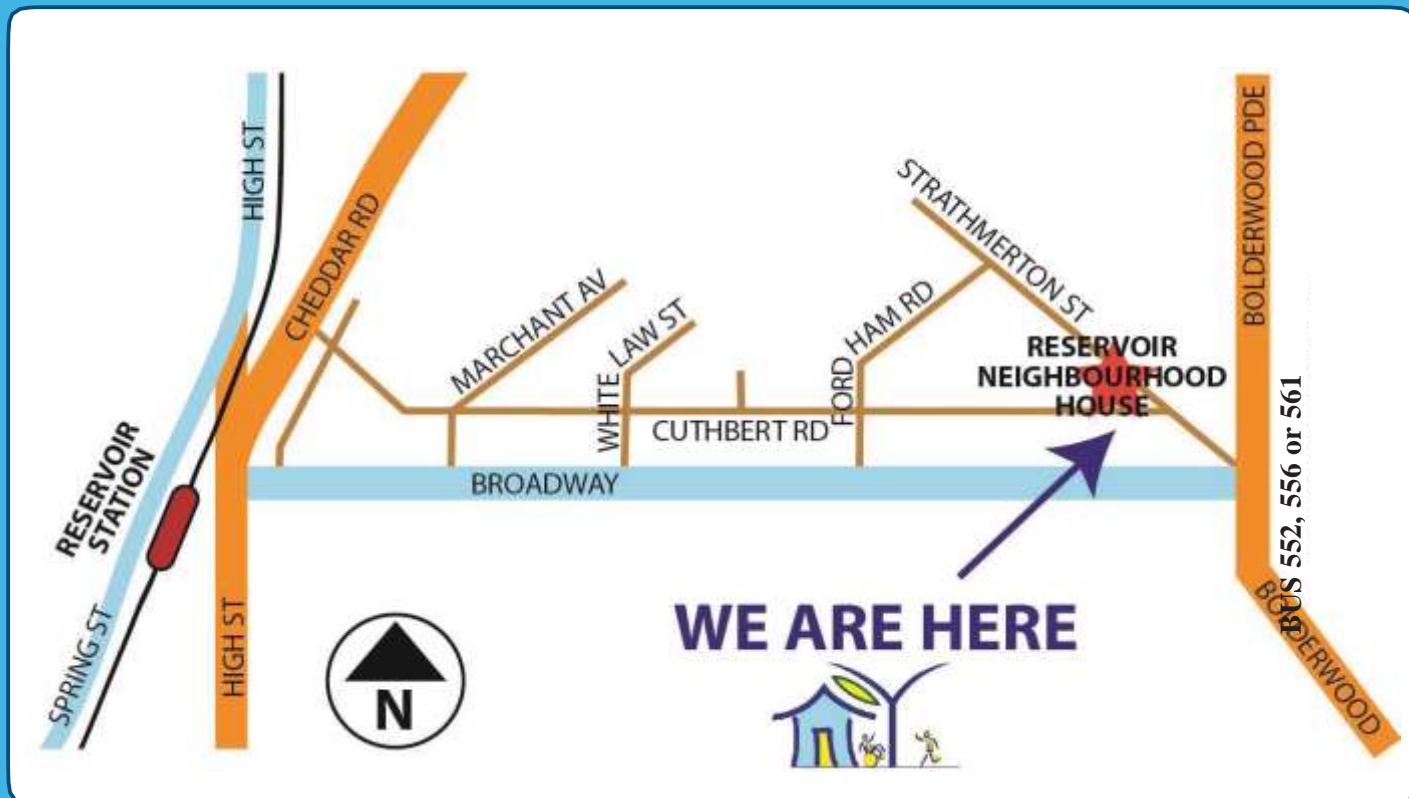
Looking for support?

We know of a range of support options available including where to find emergency relief, take a shower, how to contact and find housing support, financial and wellbeing counsellors, health services, how to access NILS (No interest loans) and many other services to support you on your journey.



Have you 'liked' our Facebook page yet? Find us under Reservoir Neighborhood House to keep up to date with the latest news!

Finding the Reservoir Neighbourhood House is easy!
Check out the map below and remember, we are right next door to
the Reservoir Leisure Centre



**Asylum Seekers
are welcome here!**



2B Cuthbert Road Reservoir 3073

Email: admin@reservoirnh.org.au

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Phone: 9462 4611

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