

# 2018

## SEMESTER 2 PROGRAM TIMETABLE

Reservoir Neighbourhood House

16 July - 23 December 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](mailto:admin@reservoirnh.org.au)

Phone: 9462 4611

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

[www.facebook.com/reservoir-neighbourhood-house](http://www.facebook.com/reservoir-neighbourhood-house)

# 2018 SEMESTER 2

## 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](mailto:digital@reservoirnh.org.au)



#### JAPANESE PLAYGROUP

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

**Day:** Wednesdays

**Time:** 10-12.00

#### 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

### Community Groups

#### COOKING FOR ALL ABILITIES

Learn cooking skills in this hands on and demonstration class. Learn planning, preparation and presentation skills.

Starting from 2<sup>nd</sup> August to 8<sup>th</sup> November

**Day and time:** Thursday 10.00am -1.00pm (fortnightly)

#### Booking essential

This program is run by Span Community House to be held at RNH.

For more information contact Span Community House 94801364

#### COMPUTER CLASS FOR BEGINNERS

##### Struggling to use and enjoy technology?

From beginners to the more experienced. Come along and develop your computer skills in this free class. Get confident navigating the internet, using email and Microsoft Office.

**Day:** Tuesdays

**Time:** 9.30 – 11.00am

**Cost:** Free



Give yourself time to connect to your soul and body.

Join us for free community Yoga Classes on Wednesdays from 10.00 to 11.00am

**ALL LEVELS ARE WELCOME – Bring your own Yoga Mat**

#### ART LOUNGE

Share your skills and learn new things from others in a sociable atmosphere. Bring your own project or create a new one with other community members.

A great time to meet new people in your community

**Day and Time:** Wednesdays from 9:30 to 11:30 am.

# 2018 SEMESTER 2

## What's on at RNH



### 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

### 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

### Women's Day Off 8th September 2018

Come and join this lovely free community event created from women for women. Workshops, music, wellbeing activities

We also invite you to join our planning group to help us organise this very special day (see flyer below)

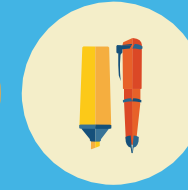


RNH has a food relief program in place. We have free bread every Monday and most Thursdays. We have fruit, some veg and a light lunch on Mondays also. There is frozen food and dry goods available for those in need.

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

# 2018 SEMESTER 2

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### 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!

**For more information please contact RNH 94624611**

#### 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

#### 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

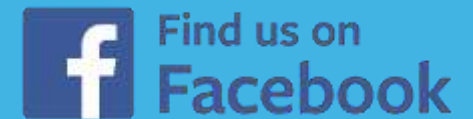
#### EAST RESERVOIR COMMUNITY GARDEN

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



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