



RESERVOIR NEIGHBOURHOOD HOUSE

SEMESTER ONE
2020

PROGRAM TIMETABLE

www.reservoirnh.org.au

Welcome to RNH



**OPEN: 9AM-4.30PM
MONDAY TO THURSDAY
(EXCLUDING SCHOOL
HOLIDAYS & PUBLIC
HOLIDAYS)**

**Phone: (03) 9462 4611
www.reservoirnh.org.au**

Email:
admin@reservoirnh.org.au

Make a booking at:
bookings@reservoirnh.org.au



COMMUNITY LUNCH

4th Thursday of the month 12-1pm

Come and join us for our monthly free community lunch at 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 House.





Community Groups

@RESERVOIR NEIGHBOURHOOD HOUSE



CERT IV COMMUNITY SERVICES

Monday: 9:30am-4 pm

Looking for further study or working in community services

Take a short course at RNH to I. Bookings Essential.

Call 9088 0988 speak to Lisa

ART LOUNGE

Wednesday: 9:30am-12pm

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.

Cost: free



COOKING CLASS

Every 2nd Tuesday: 10am-12pm (Feb 4th, 18th, March 3rd, 17th and 31st)

Want to learn some new kitchen skills, or need some fresh meal ideas? Come and join our cooking class to learn and tastew some healthy options for you to try at home.

GARDENING GROUP

Wednesday: 10am-12pm

Join this friendly social garden group. Do a spot of weeding, planting, trimming, etc. Learn new things and share your garden knowledge.

Cost: free



COMPUTER CLASS FOR BEGINNERS

Thursday: 9:30am-11am

Struggling to use and enjoy technology?

From beginners to the more experienced, come and develop your computer skills. This class is free. Get confident using internet, email and Microsoft Office.

Cost: free



Activities for Children & Young People

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THE LAB NETWORK

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:

bookings@reservoirnh.org.au
9462 4611



JAPANESE PLAY GROUP

Wednesday: 10am-12pm



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

Contact: Yuka 0413 747 809

OPEN PLAY GROUP

Mondays: 10am-12pm

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

Cost: gold coin donation

WONDERLEARN

Thursdays

Teaching early literacy concepts to children aged 4 to 6 years old.

Contact: Melissa on 0409 988 206





Services & Support

RESERVOIR NEIGHBOURHOOD HOUSE



GROWTH-MUTUAL SUPPORT GROUP

Wednesday: 9:30am-12pm

Are you caring for someone living with a mental illness?. Group meets regularly at RNH.
Contact: 9462 4611 for more information.

ASPERGERS VIC NORTHERN PARENTS SUPPORT GROUP

4th Tuesday of each month 7-9pm

Contact: Lisa 0430 724 910

VARIOUS SHORT COURSES

Take a short course at RNH to learn and improve skills that are relevant to the workplace. Bookings Essential.

Cost: varies.

Contact: 9462 4611 for more details.

OPEN PLAY GROUP

Mondays: 10am-12pm

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

Cost: gold coin donation



EAST RESERVOIR COMMUNITY GARDEN

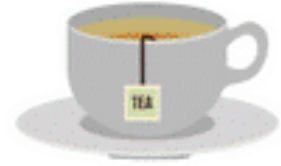
Saturdays: 10am-12pm

The garden is a program of RNH, with annual plots and communal gardening available. Open to the public every Saturday.

Contact: 9462 4611



Relief Programs



@RESERVOIR NEIGHBOURHOOD HOUSE

REFFERAL 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.

PERSONAL CARE

RNH has showers and all provisions available. For more information please call us on 9462 4611.



 Find us on
Facebook 

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

FOOD RELIEF

RNH has a food relief program in place. We have free bread coming in on various days of the week. We also have some fruit and vegetables as well. There is frozen food and dry goods available for those in need. Please bring a bag or a box to carry the food. Feel free to donate to our community pantry, outside our front door.

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



Activities for Women

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WOMENS CRAFT CIRCLE

Wednesday: 1-3:00pm

Come and join Rachel, the organiser and facilitator of this lovely group, and get to know other women in your neighbourhood while doing your own craft project or starting something new.

Cost: gold coin donation

CHINESE MUMS PLAY GROUP

Friday: 10am-11:30am

A program that offers the opportunity for Chinese mums in the community to connect with other mothers and spend time with their child. Activities involve socialising and kids activities. This program helps to address cultural barriers and linking members of the Chinese community to RNH.

Contact: Jane Jia 0468 747 898



WOMEN'S DAY OFF

Saturday 30th May: 11am-3:00pm

For all women, please come join us for a day of socialising, activities and community connection, Lunch and refreshments provided

Cost: free

For more information contact 9462 4611

BIRDS&BEANS CAFE TRAINING PROGRAM

Starting in term 1

A training program that builds skills and confidence, and gives an opportunity to work in our newly established cafe. For more information and to register your interest.

Contact Lia 9462 4611 for more information





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LOOKING FOR SUPPORT

We know 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.

"Life's most persistent question and urgent question is , what are you doing for others?"

Martin Luther King Jnr



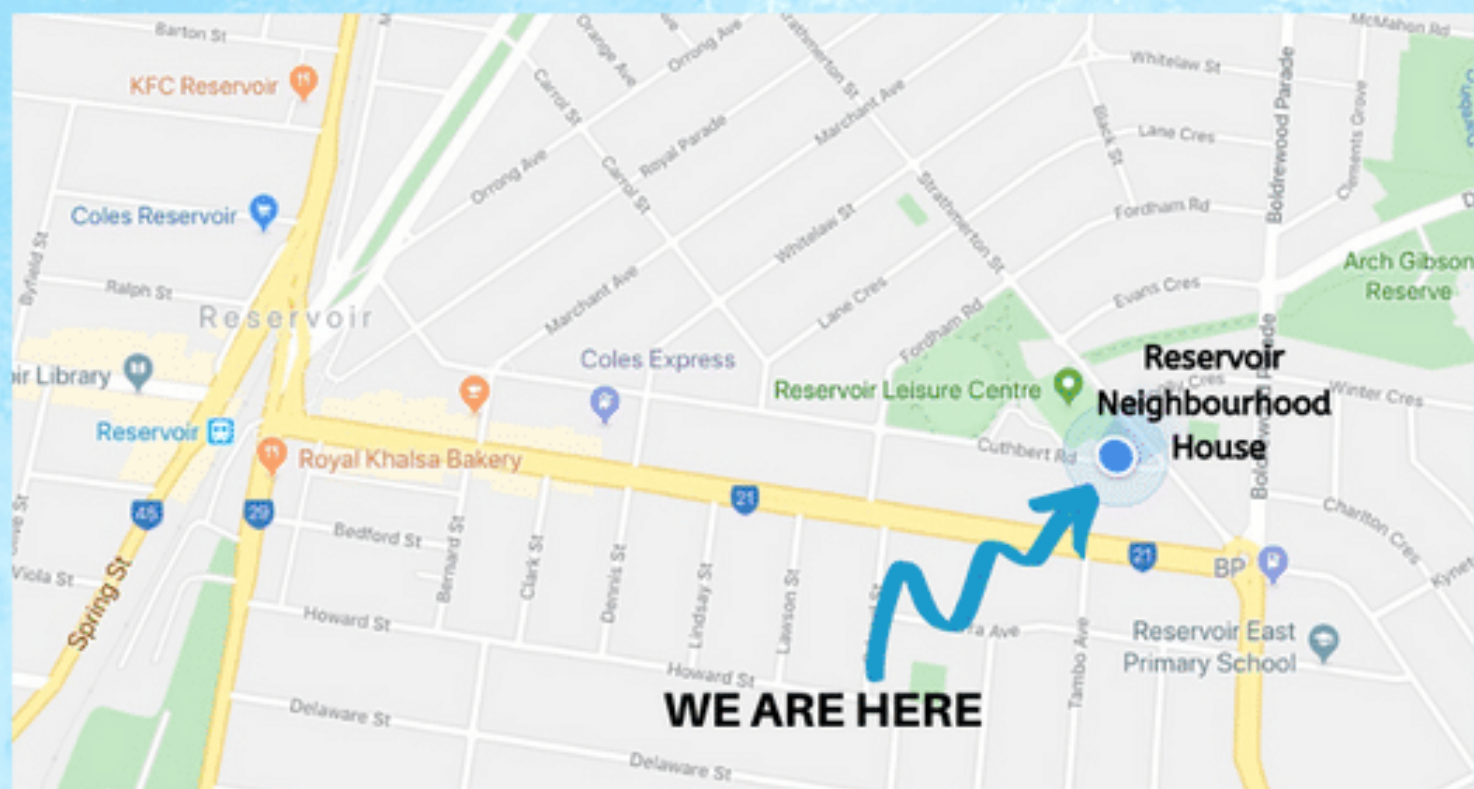
Scan QR code for more information >

Hold smartphone camera or QR code reader over the code, and scan or photograph for more details about RNH support and services.



FAMILY opportunity security friendship
volunteer harmony solutions altruism
service TEAMWORK cooperation inspire
inclusion. SHARE awareness
community charity GENEROSITY unconditional
contribution kindness HELP
unite NETWORK **connect**
diversity SAFETY support trust NOW
together GIVING caring vision

Finding Reservoir Neighbourhood House is easy.
Check out the map below. We are located next to
Reservoir Leisure Centre.



Want to hire a room?

Contact Kate at bookings@reservoirnh.org.au to book a room. You can make a booking for any time or day, and choose from a variety of rooms and facilities, including the party room and kitchen.



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

Phone: 9462 4611
www.reservoirnh.org.au



1) Using your smartphone camera, photograph the QR code on the left to view RNH Facebook page, for more information and latest updates.

www.facebook.com/reservoir-neighbourhood-house