

SEMESTER 2 PROGRAM

2022

RESERVOIR NEIGHBOURHOOD HOUSE

WWW.RESERVOIRNH.ORG.AU

WE RESPECTFULLY ACKNOWLEDGE THE TRADITIONAL CUSTODIANS OF THE LAND ON WHICH WE WORK, PLAY AND LEARN. WE PAY OUR RESPECT TO THE FIRST NATIONS PEOPLE AND THEIR ELDERS PAST, PRESENT AND EMERGING.

Welcome to RNH

OPEN: 9:00am-4:00pm

Monday to Thursday (excluding school holidays & public holidays)

Phone: (03) 8488 6655

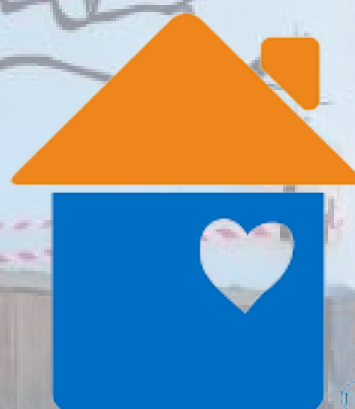
www.reservoirnh.org.au

Email:

admin@reservoirnh.org.au

Make a booking at:

bookings@reservoirnh.org.au



Neighbourhood Houses
The heart of our community



**BIRDS & BEANS CAFE
OPENING HOURS:**

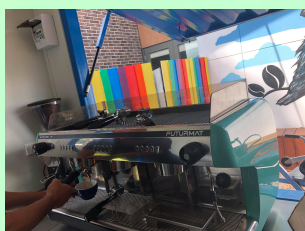
MON - THURS 9AM- 1PM

Concession Prices Available



RESERVOIR NEIGHBOURHOOD HOUSE support and learning

Birds and Beans Cafe



Birds and Beans is a community focused social enterprise with the aim to create an inclusive and interactive environment. We are safe space for queer, neurodivergent, differently and CALD members of our community.

A fundamental part of our cafe is the Pay it Forward program. This kindness based program allows all our community members to have a drink at our cafe. We are able to offer this service because of the donations we receive from the community. Leave what you can, Take what you need.

We are also a proud zero waste cafe and instead of offering single use cups or dining ware, we provide reusable options. Our reusable options are donated by our lovely community and we try to upcycle where possible. We also compost all of our waste, and then it is used for our garden.

Keep an eye out for our coffee training courses for our community members who want to get involved with our cafe and learn new skills.



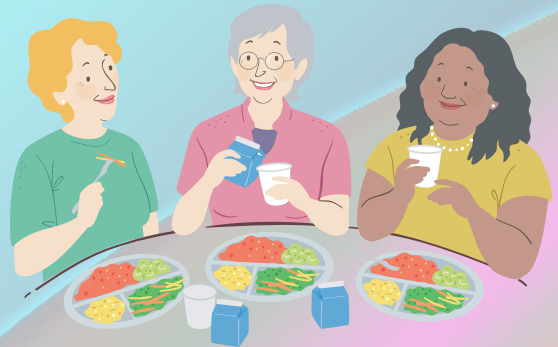


RESERVOIR NEIGHBOURHOOD HOUSE support and learning

Our Communi-Care Lunches



Join us weekly for delicious chef prepared lunch. We have teamed up with other services as well so you can enjoy lunch while having a chat with various health professionals (eg. blood pressure checks, diabetic nurse, podiatry, vet and more)



12:30pm-1:30pm Every Monday from 11th of July

(11/07, 18/07, 25/07, 01/08, 08/08, 15/08, 22/08, 29/08, 05/09, 12/09)

Our Community Garden

The garden is made up of 30 individual plots of varying sizes available for rent for an annual fee. The garden is located near East Reservoir Senior Citizens Centre as well as the Reservoir Neighbourhood House.

This is an access friendly and culturally diverse community garden. Everyone is welcome to become a member of the garden in some way. You can rent a plot to grow your own food. Become a member of the garden committee to contribute to the running of the garden. Or you can become a friend of the garden and meet with other gardeners and members to learn about gardening, swap tips and stories and help others learn.

For more information please contact Lia 8488 6655 or email projects@reservoirnh.org.au



I-TAG Workshops

(Interactive Therapeutic Activities Group)

Join us on a Wednesday morning for our 6 week program of activities designed to calm and connect through art and gardening. We will be creating mosaics, planting seeds and making meditation succulent bowls and other mindfulness activities. All materials and morning tea provided. This is a safe space and we welcome people in recovery and with lived experience of trauma.

20th and 27th of July

3rd, 10th, 17th and 24th of August

10-12pm



Our Groups



ART LOUNGE

Wednesday: 9:30am-12:00pm

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

GARDENING GROUP

Wednesday: 10:00am-11:00am

Join this friendly social garden group. Do a spot of weeding, planting, trimming, etc. Learn new things and share your garden knowledge. See also I-Tag information above.

Cost: free



COMPUTER CLASS FOR BEGINNERS

Thursday: 9:30am-11:00am

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 the internet, emails and Microsoft Office.

Cost: free

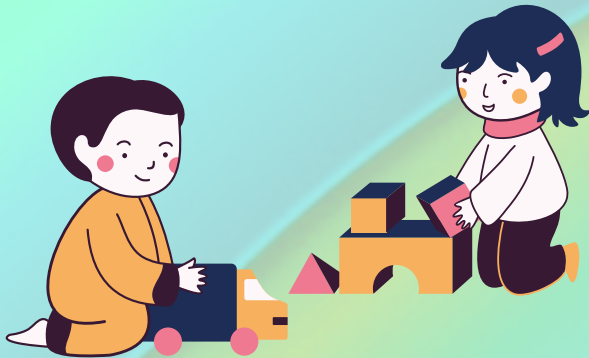




RESERVOIR NEIGHBOURHOOD HOUSE support and learning

For Young People

PLAYGROUP



We are looking for people to join.
Time slot's are available on
Thursdays, contact the
office for expression of interest.

Cost: gold coin donation

THE LAB NETWORK

The Lab Reservoir
2 hour Session on Saturdays

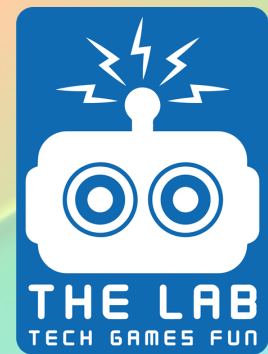
An innovative technology club for young people
with high functioning autism, run by RNH as part
of The Lab Network.

To be involved in this program, please contact:

thelab.org.au

bookings@reservoirnh.org.au

9462 4611



Activities

Baking For Business

Joining us for our free baking course,
every Monday at 1:30pm - 3:30pm,
from the 1st of August for 16 weeks.

To register email Lia: projects@reservoirnh.org.au
or call 8488 6655

Cost: Free



WOMENS CRAFT CIRCLE

Wednesday: 1:00pm-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





RESERVOIR NEIGHBOURHOOD HOUSE support and learning

Services and Support



**ASPERGERS
VICTORIA**

ASPERGERS VIC NORTHERN PARENTS SUPPORT GROUP

4th Tuesday of each month 7-9pm

Contact: Lisa 0430 724 910

NDIS SUPPORT

If you need help and support with NDIS application then we can put you in touch with our specialist from Brotherhood of St Laurence who can help you step by step through the process
Call 8488 6655 for more info.



Brotherhood
of St Laurence



Good Shepherd

Australia New Zealand

NO INTEREST LOANS

In partnership with Good Shepherd, Neighbourhood houses now have access to the No Interest Loans program.

Contact 8488 6655 for more information



RESERVOIR NEIGHBOURHOOD HOUSE support and learning

Our Relief Programs

ORANGE SKY LAUNDRY

Every Monday 10:00-12:00pm
Free Mobile Laundry. Come
and do your laundry for free in
Orange Skys Laundry Van.



FREE COMMUNITY DINNER EVERY THURSDAY 7:00PM

A free dinner served by the Manna4life
at Reservoir Neighbourhood House.
Every Thursday evening at 7pm.
No Booking required, just drop in.

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 8488 6655 or drop in.

PERSONAL CARE

RNH has showers and
all provisions
available. For more
information please
call us on 8488 6655.



Our Food Relief Program

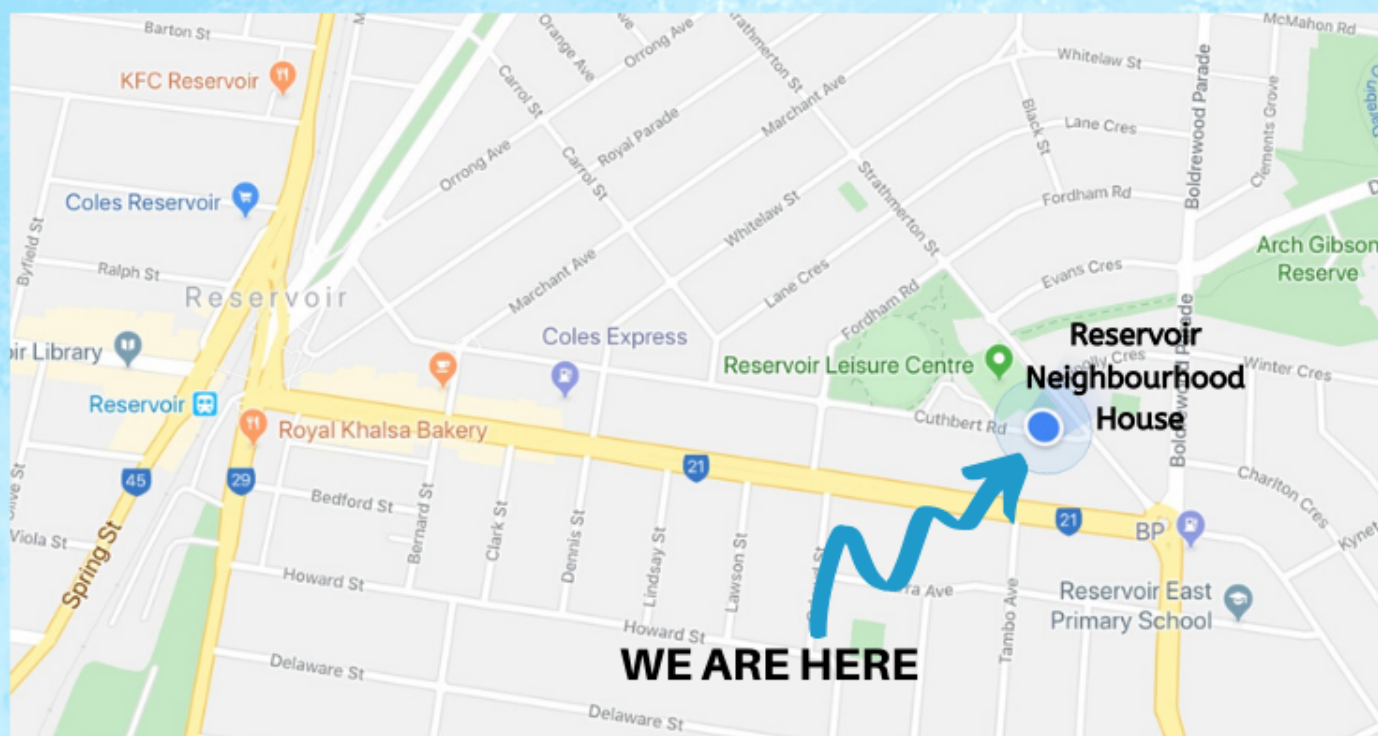
RNH has a food relief program in place. We have free bread
coming in on various days of the week. We also have some fruit
and vegetables as well. There is frozen food and dry goods
available for those in need. Please bring a bag or a box to carry
the food. Feel free to donate to our community pantry,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

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

Drop in any time 9:00am-4:00pm Monday-Thursday except
during public holidays and school holidays.



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: 03 8488 6655
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

