

**SEMESTER 1 PROGRAM**

**2024**

# **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)**

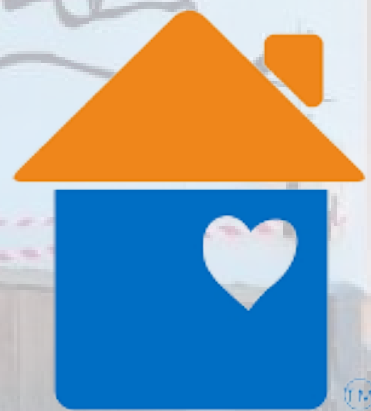
**Phone: (03) 8488 6655  
www.reservoirnh.org.au**

**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:**

**CURRENTLY CLOSED**

**Concession Prices Available**



RESERVOIR NEIGHBOURHOOD HOUSE support and learning

## Morning Tea

Join the mobile community hub from ACU every **Monday** from 10-12pm for a weekly cake, coffee and chat. No booking required. Cost: FREE



## Meet and Eat Lunch

Free healthy and delicious homemade lunch every **Thursday** from 12-2pm. Starts Thursday 8th February. No booking required. Cost: FREE







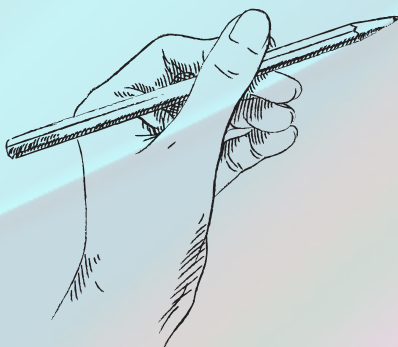
RESERVOIR NEIGHBOURHOOD HOUSE support and learning

# Classes

## COMPUTER CLASS FOR BEGINNERS

***Starts Start date to be confirmed***  
**Struggling to use and enjoy technology?**

Join our small friendly classes and learn about:  
Basic windows commands, Saving and filing  
documents, Internet and email basics  
Contact Prace on 9462 6077..



## DRAWING CLASS

*Starts* **Wednesdays**

A social drawing group for anyone wanting to  
practice their drawing skills and have a chat on  
a Monday afternoon. Hosted by Milly  
FREE



# Our Groups



## COOKING GROUP

*Mondays starting 5th February 1-3pm*

Join our Jenny in our social cooking group. Learn some simple recipes and enjoy a social chat. Enjoy the finished product here or take home your creation!

Booking Essential!

Register at [admin@reservoirnh.org.au](mailto:admin@reservoirnh.org.au) or call 8488 6655



## GARDENING GROUP

*Wednesdays 10-11am Starting 31st January*

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

**Cost: free**

## AFTERNOON GAMES GROUP

*Thursday from 1st Feb 1-3pm*

Join Jenny in our social games group, from Scrabble and even a crossword or two. An excuse to have some fun with our volunteers in a welcoming environment.

**Cost: free**







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# For Young People

## DROP IN PLAYGROUP

Monday 9:30-11am

Drop in play group for the whole community.

Cost: gold coin donation

## JAPANESE PLAYGROUP

Wednesday 10-12pm

Email: [ichigoplaygroup@hotmail.com](mailto:ichigoplaygroup@hotmail.com).

## MYTIME PLAYGROUP

Thursday 10-12pm

Playgroup for parents and carers of a child with a disability, chronic medical condition or additional needs including developmental delay..

Email: [loanf@dsav.asn.au](mailto:loanf@dsav.asn.au)

Call 0466 105 940

## Australian Breast Feeding Association

**Fridays** 10am-12pm fortnightly  
Facilitated group for mums and bubs  
Contact: [darebinaba@gmail.com](mailto:darebinaba@gmail.com)



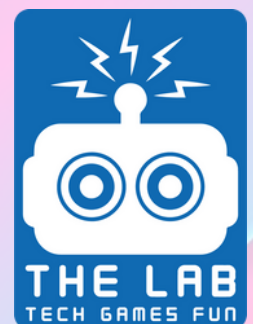
## THE LAB NETWORK

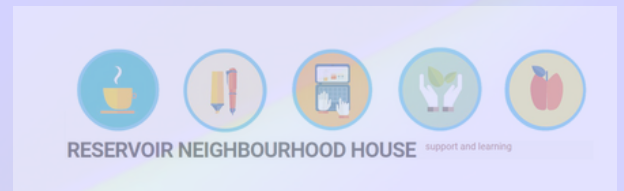
*The Lab Reservoir*  
2 hour Session on **Saturdays**

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

To be involved in this program, please contact:

**[thelab.org.au](http://thelab.org.au)**  
**[bookings@reservoirnh.org.au](mailto:bookings@reservoirnh.org.au)**  
**8488 6655**





# Activities for Women

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## WOMENS KNITTING CIRCLE

*Wednesday: 12:30pm-2:30pm*

Get to know other women in your neighbourhood while doing your own craft project or starting something new. Swap patterns, tips and craft advice.

**Cost: FREE**

# Services and Support

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Ask in the office about accessing our support team. We work closely with Social workers, Drug and Alcohol outreach, homeless outreach and housing Lawyers that can help with access and referrals to services.

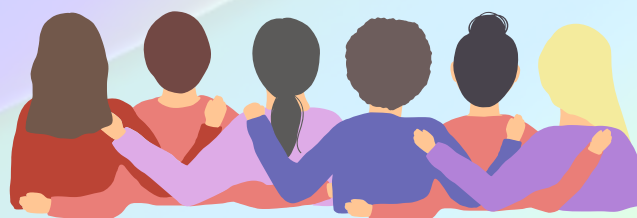
**NO INTEREST LOANS** - Referrals available Mon-Thurs

**Social Worker** - Drop in Monday 9-3:30pm

**NDIS Support**-Drop in Fortnightly Tuesdays 10-12pm

**CENTRELINK ASSISTANCE**-Drop in Thursdays 2-4pm

**HOMELESS OUTREACH NURSE**-Drop in Wednesdays 10-1pm







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 Sky's 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

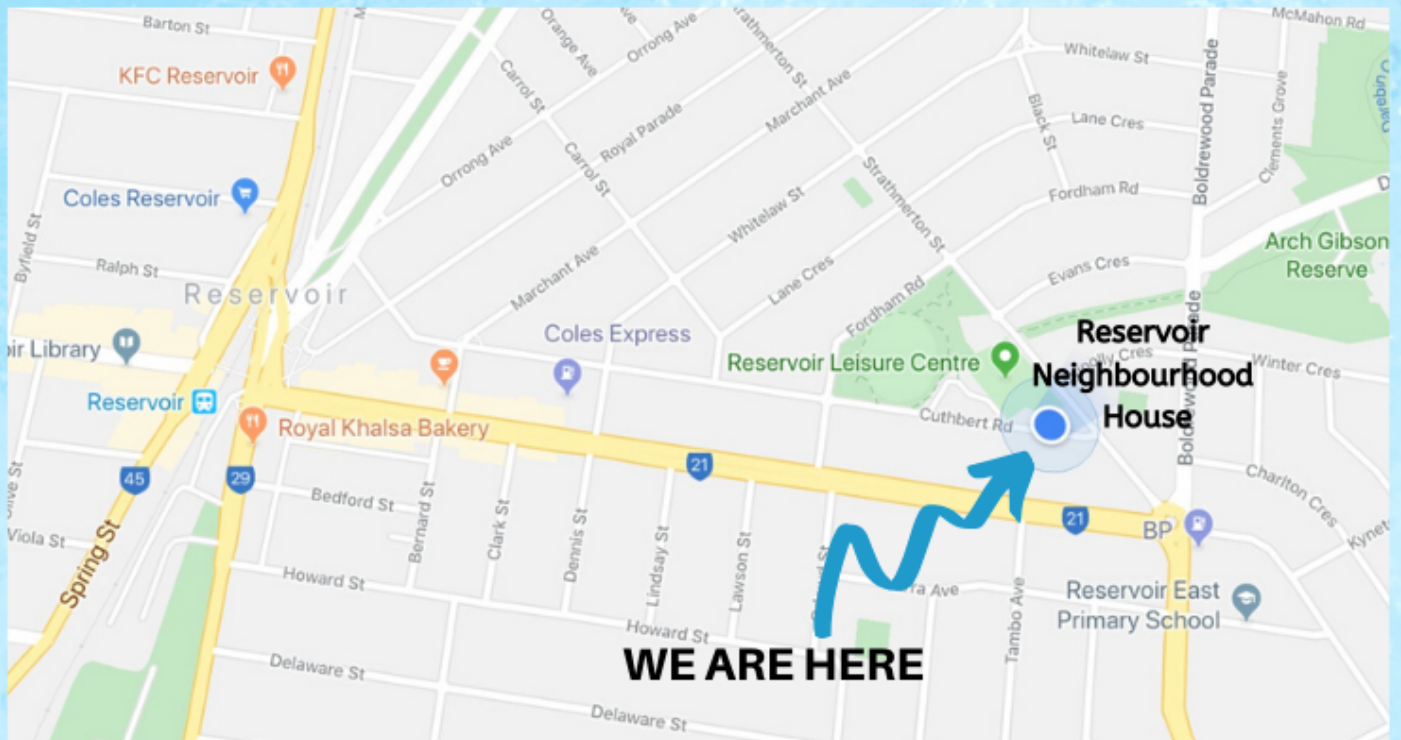
RNH has a food relief program in place. We occasionally have free bread coming in on various days of the week as well as fruit and vegetables. Frozen food and dry goods are available also. Please bring a bag or a box to carry the food. Feel free to donate to our community pantry, outside our front door. 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](mailto: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](mailto:admin@reservoirnh.org.au)

Phone: **03 8488 6655**  
[www.reservoirnh.org.au](http://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](http://www.facebook.com/reservoir-neighbourhood-house)

