

## Services @ BMNH

### FREE LEGAL AND FINANCIAL COUNSELLING IN BRAYBROOK

Anglicare Financial Counselling is providing free financial counselling to community at the Braybrook and Maidstone Neighbourhood House every week. Problems that we may be able to help with include: debts, fines, car accidents, disputes with banks, problems with essential services such as gas and electricity providers and problems arising from other debts (e.g. personal loans, car finance, Foxtel). between 9am and 4pm every Tuesday Bookings Essential.

Please phone for more information. Please note, we do not provide immigration advice.

Please call Derek.

## VOLUNTEER PROFILE



Left Joan Greig, Middle Maria Munoz and right Vivienne Conn. All give a great amount of time to the Braybrook and Maidstone Neighbourhood House. This pic was from a story run by the Maribyrnong Leader regarding their "Fund Our Houses campaign." Thankyou to Mark Dadswell for the picture. The Maribyrnong Leader did a fabulous job on supporting the campaign. The Braybrook and Maidstone Neighbourhood House would like to thank Maribyrnong Leader for all their cover stories of the Houses in the Maribyrnong area.

## BMNH room hire

We have an activity room for hire to suit meetings, workshops and social groups etc. The room is available for casual or ongoing bookings.

We also have a computer Hub for hire with 11 computers and a kitchen for cooking lessons. Please phone for availability and price

## BMNH fundraising group

BMNH is looking for interested people to run Fundraising. If you have some great ideas for fundraising please let BMNH know. Phone 9317 5610

## FREE BREAD ON MONDAYS

Come into the Braybrook and Maidstone Neighbourhood House for free bread on Mondays.

10am-3pm only. Donated by Bakers Delight Sunshine.

## FACEBOOK

Join us on Facebook.  
Follow us to keep up with our programs and activities  
Click on like  
Or Make a comment



## B.M.S.P.T.A Community

**TENANT  
COMMUNITY  
GENERAL MEETING  
WEDNESDAY 18TH JULY  
AND OCTOBER 17TH AT  
12.30PM.  
GUEST SPEAKERS TO BE  
ADVISED. PLEASE RING  
FOR BOOKINGS ON  
9317 5610**

## MESSAGE FROM THE CHAIR

Our Neighbourhood House has been kept very busy, many of our Community and friends enjoyed the Activities that were organised by our Co-Ordinator Vivienne, thank you to all those who participated in them. Vivienne has other activities on the horizon, e.g. Pizza Making Workshop, Relaxation classes, these along with our other activities of Mosaics, Cooking etc., the Braybrook and Maidstone Neighbourhood House is where its all at. Again on your behalf thank you to Vivienne, and to all of our Volunteers.

Joan

Chairperson

JULY-DECEMBER 2018  
**THE BRAYSTONE** [www.bmnh.org.au](http://www.bmnh.org.au)

## Braybrook and Maidstone Neighbourhood House Inc.

Email ; [office@bmnh.org.au](mailto:office@bmnh.org.au)

**113 Melon Street Braybrook 9317 5610  
Mobile: 0428 904 068**

Wednesday July 18th there will be a Community Lunch. Guest speakers will be from the Dispute Settlement Centre and Australian Digital Health Agency re My Health Record. Phone office for bookings.

November 13th at 1pm "Eco Beauty Workshop" Learn how to make your own homemade skin and body care without chemicals. Ring for Bookings.

"Practical Work Pathways" Multicultural cooking in partnership with yarraville Community Centre every Wednesday at 12.30pm. A fun class enjoyed by all who participate.

We will be having a Pizza Making workshop to be held on Tuesday 7th August 11am. Learn how to prepare and cook delicious Pizza with Maria. Ring for bookings 9317 5610

Annual General Meeting will be held on Thursday 13th of September 2018 at 113 Melon Street, Braybrook at 11am. Come and celebrate our year 2017-2018. Lunch will be provided. Please RSVP office for bookings by the 11th September. [office@bmnh.org.au](mailto:office@bmnh.org.au) or 9317 5610.

We will be starting up a Mind Body Self Help program in the next term. You will learn about nutrition, relaxation, empowerment, affirmations and many more positive aspects of Mind Body Self Help.

We will be closing for the 2018 Christmas break on the 20th of December and re opening on Monday 21st January 2018.

Vivienne



### FREE COMPUTER ACCESS

Come over between 9am - 3pm Monday to Wednesday to update your resume' or to use the computers. Phone the House on 9317 5610.

## Monday

**BMNH PLAYGROUP** Come along and join the B.M.N.H. playgroup and connect with other mothers. Share a light snack and friendship. Every Monday, school terms only. Term 3 and 4.

10.00 am - 12.00 noon Free

Nafisa will be leading Bilingual story time each session. Guest speakers throughout the terms and workshops.

## MONDAY CRAFT

Craft & Jewellery classes Monday afternoon. School Terms only 1pm-3pm Cost \$3

Terms 1- 4 2018 until December 2018

## Tuesday

**COOKING, CRAFT AND OTHER WORKSHOPS 2ND TUESDAY BY MONTHLY 11AM-1 PM**

These classes will be held over the next 2 terms 11am. contact house for details 9317 5610.

**COOKING FOR THE ELDERLY**

In partnership with Benatas. Every 4th Tuesday of each month until November 2018. Join in this class for social engagement. Please ring for bookings. Time 11am-1.00pm.

**MATHEMATIC STUDY WITH TECHNOLOGY**

Year 7 to 11 supporting mathematic tutoring with computers. School term only 5pm-7pm cost \$10. email office@bmnh.org.au

JANUARY TO JUNE 2018

## Wednesday

**MULTICULTURAL COOKING CLASS "PRACTICAL WORK PATHWAYS"**

Every Wednesday at 12.30pm . This will be a in partnership with Yarraville Community Centre. Term 3 and 4.

**MOSAICS CLASS** Learn how to make a piece of art working with colourful tiles. Wednesday 10am-12pm school terms 3 and 4 cost \$3. Class will run until 19th December

## THURSDAY

**DROP IN DAY 9am - 3pm**

## ANNUAL GENERAL MEETING

Braybrook and Maidstone Neighbourhood House will be holding their Annual General Meeting for 2018 at 113 Melon Street Braybrook at 11am. Lunch will be provided

Thursday 13th September 2018

## Trading Table

Bring your unwanted goods and donate to the trading table. Goods must be in good condition. All proceeds go to the BMNH towards materials.

**ECO BEAUTY Workshop Tuesday November 13th at 1pm**

Make your own homemade skin and body care, without the use of chemicals. This will be an engaging workshop to show you there are things you can do in your personal care regime that are positive.

## bmnh courses

### EXTRA CLASS

**PIZZA COOKING WORKSHOP**

TUESDAY AT 11AM 7th AUGUST

LEARN HOW TO PREPARE AND COOK DELICIOUS PIZZA'S WITH MARIA. PLEASE BOOK FOR CLASS BY RINGING

9317 5610 OR

EMAIL: office@bmnh.org.au

### MIND BODY SELF HELP PROGRAM

1pm Tuesdays school term only

This is a self help program that will cover Stress Management, practicing affirmations, building personal resilience, nutrition and healing foods.

In partnership with Yarraville Community Center. For more information and bookings ring 9317 5610

or email office@bmnh.org.au

## BUNNINGS BBQ

We are holding a BBQ at Bunnings Sunshine. This will be for fundraising. Come along and support our House.

Saturday August 11th 2018.

## Computer Course

**FREE INTERNET ACCESS MONDAY TO WEDNESDAY 9AM TO 3PM**

UPDATE YOUR RESUME', CHAT TO FAMILY AND FRIENDS, CONTACT YOUR FACEBOOK FRIENDS, SEARCH FOR EMPLOYMENT

## Volunteer Positions



### VOLUNTEER TUTORS

#### WANTED

Interested in sharing knowledge and skills? Our courses are run by Volunteers. Why not start up a group? Self Development, Art, Craft, Cooking, Computers, Gardening, Gentle exercise, Men's group, English, Numeracy, Literacy, Languages, Photography, Scrapbooking etc? Groups can be run once per month, fortnightly or weekly. Give us a call.

Contact Vivienne 9317 5610 if you would like to tutor a program and make a contribution to your community.

### COOKING CLASS

**"PRACTICAL WORK PATHWAYS"**

This course will run for term and starting Wednesday at 12.30pm. This course is in partnership with Yarraville Community Centre. This is a Pre accredited course. Every Wednesday school terms only. Ring office for more details 9317 5610

Braybrook and Maidstone Neighbourhood House would like to express our appreciation to Anupam Paliwal from Prasanna Chitta Yoga Studio for giving her time freely to the Relaxation classes in May. All participants benefited from the classes.