

## Services @ BMNH

### FREE LEGAL AND FINANCIAL COUNSELLING

Anglicare Financial Counselling is providing free financial counselling to community every week. Problems that they may be able to help you 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). Bookings Essential.

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

Please call 9731 2500. When phoning please have all your details and documents with you.

### NOURISH PROGRAM

**The Nourish Project rescues surplus food and transforms this donated food into nutritious meals which are distributed and provided free to those in need. In September 2020, five Neighbourhood House's in Maribyrnong joined forces to launch a pilot project called Nourish to rescue surplus food, and provide free, nutritious cooked meals for people doing it tough. The Nourish program supports and provides food security to the most vulnerable members of the community, particularly those affected by the pandemic.**

**Meals can be collected from Braybrook and Maldstone Neighbourhood House on Tuesdays from 9am to 3pm, Duke Street Com House Wednesdays 1pm to 2.30, Yarraville Com Centre Monday to Friday 10.30 - 3.30 at Yarraville Community centre Footscray office, Tuesdays 10am to 12.00 . If need support outside these hours please ring the centres Listed:**

**BMNH- 9317 5610  
Duke Street Community House- 9311 9973  
Yarraville Community centre Footscray- 9687 1560**

## 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 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-3.00pm only. Donated by Bakers Delight Sunshine. FREE

## 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 MEETINGS 2021 COMMUNITY LUNCH WILL BE HELD ON WEDNESDAY AUGUST 18TH PLEASE PHONE FOR BOOKINGS 9317 5610. AGM THURSDAY 16TH SEPTEMBER 2021 11AM.**

## "ANNUAL GENERAL MEETING"

Our Annual General Meeting for year 2021 will be held on Thursday 16th September 2021 at 11am.

Invitations will be posted out to all our members 2 weeks prior to the Annual General Meeting.

JULY TO DECEMBER 2021  
**THE BRAYSTONE** [www.bmnh.org.au](http://www.bmnh.org.au)

## Braybrook and Maidstone Neighbourhood House Inc.

ABN: 739 678 334 54 Email : [office@bmnh.org.au](mailto:office@bmnh.org.au)

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

We will be holding a Aromatherapy class, Cooking classes, Computer classes, Prize Bingo, Vision board workshop, Mosaics Classes, and other Health and Wellbeing workshops throughout term 3 and 4.

Our Emergency Relief Food Security programs are available on Mondays, free bread donated from Bakers Delight 9am to 2pm and Tuesday 12.30 to 3.30pm. Please phone office for support with Emergency Food requirements. Anyone needing support from the Nourish Program, please contact the House on 9317 5610 for the frozen meals available. You can also pick up meals from Duke Street Community House on Wednesdays, the Yarraville Community Centre Footscray office on Tuesdays, Yarraville Community Centre in Yarraville Monday to Friday and Liions Club West Footscray Thursday and Fridays.

Anyone needing support with computers, note pads, mobile phones etc can come into the office between 10am and 2pm Monday and Tuesday for advise on anything to do with these devices. Pauline will advise and support you.

Our Annual General Meeting will be held on Thursday September 16th 2021 at 11am 2021 at 113 Melon Street, Braybrook. This will be held in accordance with the pandemic restrictions.

In line with Covid-19 restrictions, we now have in place strict cleaning and safety procedures throughout the day. Everyone attending the House must wear a mask and maintain a 1.5 metre distance frm each other while restrictions are in place. As our House is a small one, there will be a restriction to the number of participants to each class in line with the distancing rule to maintain safety at all times.

Vivienne



### FREE COMPUTER ACCESS

Come over between 10am - 3pm Monday and Tuesday 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 Starting July 12th. 10.00 am - 12.00 noon Free

### FREE BREAD

Free bread and rolls each Monday 9am to 3pm donated by Bakers Delight in Sunshine.

### BASIC COMPUTER & SMART PHONE TRAINING

Monday, and Tuesday

These are drop in sessions for support with mobile phones, tablets and Pc's 10AM TO 2PM

## Tuesday

### COOKING FOR THE ELDERLY

Class on hold due to pandemic.

### FOOD SECURITY PROGRAM

Support for low income families. Each week we receive Fruit, Vegetables and Pantry goods, donated by SecondBite and other partners.

Every Tuesday except for Cup Day in November and Christmas break. Collection is between 12.30 and 3.30. This is a bookings only service. Please ring office for more information 9317 5610.

## Wednesday

### COOKING CLASS TERM 3 AND 4 "COOKING WITH MARIA"

Every Wednesday at 12.30pm. Enjoy a very social group of members coming together to learn new ideas and sharing a meal. \$3

**MOSAICS CLASS** Learn how to make a piece of art working with colourful tiles. Wednesday 10am-12pm school terms 1 and 2 cost \$3. Class begins 14th July 2021.

## THURSDAY

### DROP IN DAY

9am - 3pm

Support and Advocacy

### DIGITAL DEVICES ON LOAN

We have tablets to loan to older Australians aged 50+ who are socially isolated and don't have access to internet. Each device has its own internet and training will be accessed on line with the Tutor. Contact House for more information 9317 5610.

### 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.

### NATIONAL DIABETES AWARENESS WEEK JULY 11TH - 17TH

To raise awareness about Diabetes in Community. Diabetes Australia are launching a campaign called "Heads Up On Diabetes". Focusing on mental and emotional health impact of living with Diabetes. Contact House for more details.

## bmnh courses

### OPPORTUNITY SHOP.

Support the BMNH opp shop. New and pre loved clothing, bric a brac, handbags, shoes, soft toys, DVD's, Linen and furniture. Open 10am to 3pm Mon - Thursday. Most items \$1

### AROMATHERAPY CLASS THURSDAY 2021

1PM 26th August 93175610

Learn basics of Aromatherapy and the benefits of the oils and potential uses in the home.

### PRIZE BINGO MONTHLY GREAT PRIZES

Starting Monday 17th July 2021. 1pm sharp term 3 and 4 Enjoy social engagement for fun and friendship great prizes.

### Computer Course

### "BE CONNECTED PROGRAM"

These workshops are to help older people thrive in a digital world. Discover how being online can add new skills and experiences to your life. Learn the basics of getting online. Build your confidence in using digital technology.

Monday and Tuesday terms 3 and 4 10am to 12noon. FREE

## 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

### COOKING WITH MARIA

This class will run for term 3 and 4 starting Wednesday 7th July 2021 at 12.30pm.

Every Wednesday school terms only. This class has much social interaction. Maria is an excellent tutor that brings to the class her expertise to her cooking and instruction. Phone office for more details and bookings for catering.

**THANKYOU TO ALL THE COMMUNITY MEMBERS WHO DONATE THEIR GOODS TO US. THESE GOODS ARE GIVEN TO THE COMMUNITY IN NEED.**