

The Braybrook and Maidstone Neighbourhood House Inc.



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Thank you:

A special thank you to SecondBite who has given The Braybrook and Maidstone Neighbourhood House great support with our emergency relief program.

Food security program –

Support for low income families. Each week we receive fruit, vegetables and pantry goods. Every Tuesday Collection is between 12.30 PM – 3.30 PM. This is a booking only service. Please ring for more information about the program – (03) 9317 5610.

Monday: BMNH playgroup –

Come along and join the Braybrook and Maidstone Neighbourhood house playgroup and connect with other mothers. Share a light snack and friendship. Every Monday, school terms only term 1 and 2 starting 6th February to 19th June 10.00 AM – 12.00 PM free.

Free Bread: Every Monday there is free bread and rolls 9.00 AM – 2.00 PM donated from Bakers Delight in Sunshine.

BEVS ART CLASSES: FREE Sponsored by Maribyrnong City Council

1st Class Mixed Media on Canvas for Health and wellbeing.

2nd Class, Make your own Accordion Journal

3rd Class, Marbling paper to use in different Art forms. 1pm Bookings 9317 5610

Living Longer Program-

Monday 13th February starting at 1pm

The Life Program will help:

- increase physical activity
- Improve healthy eating habits
- Increase energy levels
- Reduce stress levels and promote stress management.

Wednesday:

Mosaics and Crafts classes –

Learn how to make a piece of art working with colourful tiles. Different craft workshops each month to be advised. Every Wednesday from 10.00 AM – 12.00 PM school terms only. Terms 1 and 2.

Thursday:

Drop in day – 9.00 AM – 3.00 PM Support and advocacy.

The Braybrook & Maidstone neighbourhood House room hire:

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

Free computer access

10 AM – 2 PM on Mondays and Tuesdays to use the tablets and PC's. Also basic computer & smart phone training Term 1 and 2. ALL FREE

Be Connected program:

Will support older people to thrive and adapt to 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.

Drop in Mondays and Tuesdays, between 10.00 AM – 12.00 PM School terms only.

Calmhearts Wellness Program : With Voni
FREE COURSE.

A journey of self-discovery, self-healing and self-empowerment. This program is designed to support you in exploring mind, body and soul wellness.

The program runs for 12 sessions each fortnight Face to Face and are complemented by a one-on-one coaching session to personalise the program for everyone.

“Your story” Self-Awareness is the key to unpacking patterns both past and present in order to create more clarity and support future direction

Resilience and Stress Management Addressing negative self-talk and discussing self-healing techniques that can be incorporated into everyday life.

Attitude of Gratitude Exploring self – expression, nurturing and motivation also using creative visualisation to aid effective planning and goal setting.

Emotional Balance-Working with your higher consciousness to calm your heart, heal your body and focus your mind.

These classes are sponsored by the Maribyrnong City Council

Volunteer with us!

Interested in sharing knowledge and skills? Our courses are run by volunteers. Why not start up a group? Self development, art, craft, cooking, computer literacy, gardening, photography, scrapbooking, English, Health & Wellbeing, literacy and numeracy etc.

Groups can run once per month, fortnightly or weekly. Give us a call for further information on (03) 9317 5610. Contact Vivienne if you would like to tutor a program and make a contribution to your community.



The Braybrook & Maidstone Neighbourhood House Fundraising Group

The team at The Braybrook & Maidstone Neighbourhood House are looking for interested people to run fundraising. If you have some great ideas for fundraising, please let us know on (03) 9317 5610.

Nourish Program:

The Nourish Project rescues surplus food and transform this donated food into nutritious meals which are distributed and provided free to those in need. The Nourish Program supports and provides food security to the most vulnerable members of the community.

Meals can be collected from the Braybrook and Maidstone Neighbourhood house on Tuesdays from 12.30 PM – 3.00 PM, Duke Street Community Centre outreach at Central West (located next to Dimmy's), Wednesdays 1.00 PM – 2.30 PM, Yarraville Community Centre Monday to Friday from 10.30 AM – 3.30 PM and at Yarraville Community centre's Footscray office Tuesdays 10.00 AM to 12.00 PM. If support is needed outside these hours please ring the centres listed:

- The Braybrook and Maidstone neighbourhood House – 9317 5610
- Duke Street Community House – 9311 9973
- Yarraville Community centre (Footscray office) – 9687 1560
- West Footscray Neighbourhood House – 9687 3345
- Angliss Neighbourhood House – 9687 9908