

The Braybrook and Maidstone Neighbourhood House Inc.



113 Melon St. Braybrook 3019

ABN: 73 967 833 454 Email: office@bmnh.org.au

Phone: (03) 9317 5610 Mobile: 0428 904 068



THANK YOU:

To our many dedicated volunteers here at the BMNH. We thank you for your time and commitment to your community. Your dedication is greatly appreciated.

VOLUNTEER PROFILE

LUCY CUZZUPE

Lucy is a valued volunteer that keeps our community garden looking so beautiful allowing the edible food that is grown from the garden to be shared with our community.

Lucy is a fantastic dedicated volunteer that truly enjoys her volunteering role.

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 3 and 4 starting 10th July to 4th December 10.00 AM – 12.00 PM free.

Free Bread: Every Monday there is free bread and rolls 9.00 AM – 2.30 PM donated from Bakers Delight in Sunshine.

BEV INCH FINE ARTS CLASSES:

FREE. This project is supported through the Maribyrnong City Council Community Grant program

Next Class Monday 3rd July, Marbling paper to use in different Art forms. 1pm Bookings 9317 5610. Spaces limited.

TUESDAY:

Emergency Relief Program every Tuesday term 3 and 4. 12pm to 3.30 Pick up only bookings for fruit and vegetable boxes phone 9317 5610. Frozen meals drop in 2 Mondays and Tuesdays.

Tuesday BBQ's 11th, 18th 25th July.

August 8th, 22nd, September 11th 5th October 9th, 23rd Nov 20th, December 12th.

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 3 and 4. CALM HEARTS PROGRAM 12 July & 26 July

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. 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 has 2 sessions left in term 3 running 12th and 26th July .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 ,Attitude of Gratitude Exploring self, Emotional Balance. This project is supported through the Maribyrnong City Council Community Grants Program.

SENIORS WEEK:A BBQ will be held on Tuesday 17th October 2023 at 12noon until 2pm. RSVP bookings required for catering, phone 9317 5610

WOMENS HEALTH WEEK

Celebration September 5th . Discussions on womens health issues. RSVP 31st August.

Lunch provided

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.



CHATTY CAFÉ Monday to Wednesday
Come along to the Braybrook & Maidstone Neighbourhood House for our Chatty Café.

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.

Meals can be collected from the Braybrook and Maidstone Neighbourhood house on Tuesdays from 12 noon – 3.00 PM Contact Braybrook and Maidstone Neighbourhood House for more information 9317 5610

HEALTH AND WELLBEING CLASSES

ANNUAL GENERAL MEETING 2023

Thursday 14th September 2023

Time:11am morning tea provided.

Please RSVP by the 10th September for catering.

Come along and celebrate Braybrook and Maidstone Neighbourhood House's 2023 achievements.