



# CRANBOURNE WEST COMMUNITY HUB

A place where people can connect,  
belong, learn and play.



**TERM 3 / JULY - SEPTEMBER 2021**

**CASEY.VIC.GOV.AU**



# CRANBOURNE WEST COMMUNITY HUB

The Cranbourne West Community Hub, located at the corner of Flicka Boulevard and Strathlea Drive, has a range of programs and activities for the whole community.

For bookings or more information, please contact the Cranbourne West Community Hub on:

 9705 5889

 [cwch@casey.vic.gov.au](mailto:cwch@casey.vic.gov.au)

 [CranbourneWestCommunityHub](https://www.facebook.com/CranbourneWestCommunityHub)

## PLEASE NOTE:

Program bookings should be confirmed and paid in full one week prior to the class. All term programs should be paid via the appropriate Try Booking link. If attending after the commencement date, a pro rata fee will be applied. Alternatively, if you chose to pay weekly, the casual fee will be payable prior to the class at the Cranbourne West Community Hub from Monday to Friday, 9.00 am - 5.00 pm.

It is essential that bookings are made for all programs, even if there is no cost involved. Cancellation policy – A full refund will be given if notification of a cancellation is received three working days prior to commencement of course. No refunds or discounts for missed classes.



**4 FLICKA BOULEVARD,  
CRANBOURNE WEST**

**WE ARE  
HERE**

FLICKA BLVD

EVANS RD

STRATHLEA DR

HALL RD

# ACTIVITIES FOR ALL

## Connect Kids Playgroup

Our playgroup provides parents, caregivers and children the opportunity to socialise, play and grow together. Led by an experienced facilitator, each themed session includes imaginative and free play, craft activities, story time and songs for pre-school children aged 0 to 5 years. A wonderful, informal setting in which to make new friendships and connect with other local families. Parents and carers need to actively supervise and assist their own child.

**🕒 Mondays during school term, 10.00am - 11.30am**

**B Bookings and payment:**  
**Term: [www.trybooking.com/BRXHU](http://www.trybooking.com/BRXHU)**  
**Casual: Email [cwch@casey.vic.gov.au](mailto:cwch@casey.vic.gov.au)**

**💰 \$50 per term per family**  
**\$7.50 casual**

## Bouncing Bubs Playgroup

A fun, social learning environment where babies 0 to 12 months can engage and interact together; learning to socialise with open ended play, singing, dancing and stories. Supporting all parents and carers and fostering great friendships, whilst watching the babies grow.

**🕒 Mondays during school term, 12.30pm - 1.30pm**

**B Bookings and payment:**  
**[www.trybooking.com/BRXJT](http://www.trybooking.com/BRXJT)**

**💰 \$20 per term**

## Drawing Class

Enjoy learning new drawing techniques. This class will focus on teaching adults the observational skills of drawing from reality. Even if you believe you can only draw a stick figure, you will learn you can do so much more!

**🕒 Mondays during school term, 6.30pm - 7.30pm**

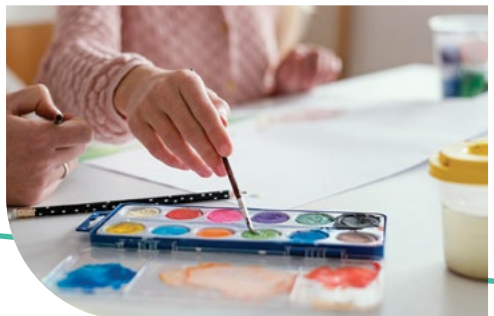
**B Bookings and payment:**  
**[www.trybooking.com/BRYHS](http://www.trybooking.com/BRYHS)**  
**💰 \$90 per term**

## Kids' Art Club

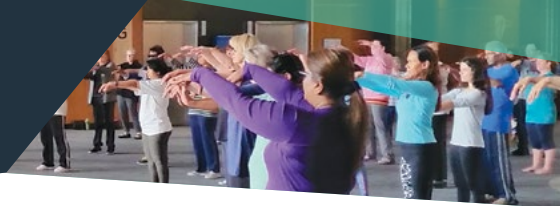
Come learn and create each week. Our local artist will teach children various art-making techniques which may include painting, drawing, sculpture, textiles, collage and more! Be sure to come to Art Club to go on a journey of art-making and ongoing learning. Suitable for primary school age.

**🕒 Wednesdays during school term, 4.00pm - 5.00pm**

**B Bookings and payment:**  
**[www.trybooking.com/BRXJV](http://www.trybooking.com/BRXJV)**  
**💰 \$80 per term**



# ACTIVITIES FOR ALL



## Tai Chi Qigong

Tai Chi Qigong is a wonderful way to do some gentle healing exercises to strengthen the immune system and de-stress. Many people are suffering from anxiety in these trying times and Qigong is a perfect activity that will provide a peaceful and relaxed state of mind. Suitable for all ages and abilities, Qigong can be performed standing or sitting. Comfortable clothing is all that is required.

🕒 **Wednesdays during school term,  
10.00am – 11.00am**

**B Bookings and payment:  
[www.trybooking.com/BRYHN](http://www.trybooking.com/BRYHN)**

**\$ \$150 per term  
\$18 casual**

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## Homework Club

Multicultural Youth Support Services supports young people primarily within African communities. Homework Club will provide support to school aged students with literacy, numeracy and study skills, that will help boost their confidence, self-esteem and feelings of connection to school and the wider community.

🕒 **Fridays during school term,  
4.30pm – 6.00pm**

**B Contact: Peter Aguto, 0481 213 384  
[myss.victoria@gmail.com](mailto:myss.victoria@gmail.com)**

**\$ FREE**

## English Conversation

If English isn't your first language and you would like to improve your English-speaking skills, please join us in our weekly chats. These are informal gatherings and an opportunity to practice speaking English while also connecting with others in a friendly and welcoming environment. The help of a facilitator will be available, and everyone is welcome.

🕒 **Thursdays during school term,  
11.30am – 1.00pm**

**B To register your interest email  
[cwch@casey.vic.gov.au](mailto:cwch@casey.vic.gov.au)**

**\$ FREE**

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## Gentle exercise

Join Tracy for a gentle weekly workout that will get your heart pumping and your muscles flexing, without the need to run or jump. This guided exercise program includes a full body routine of movements to gently warm-up your joints, stretch and strengthen your muscles and practice your balance. Tracy is a fully qualified instructor for The Fit Circle, who will help you increase your fitness in your own way, regardless of your age and ability.

🕒 **Tuesdays during school term,  
9.30am – 10.15am**

**B Bookings and payment:  
[www.trybooking.com/BRXYR](http://www.trybooking.com/BRXYR)**

**\$ \$70 per term  
\$8 casual**

## Mums on the Move

Come along and join Tracy, our qualified instructor from The Fit Circle. This ten-week program is all about building a stronger mummy tummy, rebuilding your core, gaining strength and improving your confidence. Tracy will help your body become functional again and deal with the demands of looking after a baby, helping to reduce common aches and pains. Babies are most welcome to come along.

🕒 **Tuesdays during school term, 10.30am - 11.30am**

**B Bookings and payment:**  
[www.trybooking.com/BRXTA](http://www.trybooking.com/BRXTA)

💰 **\$70 per term**  
**\$8 casual**

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## Men's Group

A group where men can gather to share experiences or just drop in for a chat in a non-judgemental and friendly environment. The group meets weekly online and also face-to-face on the last Wednesday of each month at Cranbourne West Community Hub. Drop in when you can, no commitment required.

🕒 **Wednesdays, 7.00pm - 8.00pm**

**B Contact: Wazed, 9705 5200**  
[communitystrengthening@casey.vic.gov.au](mailto:communitystrengthening@casey.vic.gov.au)

💰 **FREE**

## MAS Careers

Steve from MAS Careers provides FREE advice to anyone who requires support and career guidance. Tailored one on one advice based on your interests, as well as help exploring educational and occupational pathways you might not have considered.

🕒 **Fridays, by appointment only, 9.00am - 5.00pm**

**B Contact: Steve Roberts to book an appointment, 0498 011 003**  
[steven.roberts@masnational.com.au](mailto:steven.roberts@masnational.com.au)

💰 **FREE**

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## Casey Job Advocates

Casey Job Advocates provide free support for Casey job seekers, including help to find work and providing connections to career advice services. Everybody is eligible for this service and will be located fortnightly at the Hub.

To connect with a Casey Job Advocate, please email your contact details to:  
**[jobadvocate@casey.vic.gov.au](mailto:jobadvocate@casey.vic.gov.au)**

Alternatively, fill in a short form sharing the support you would like, and a Job Advocate will be in touch. Request free support via **<https://bit.ly/3igGXBg>**

🕒 **Every second Wednesday starting 21 July, 10.00am - 12.00pm**

💰 **FREE**

# COMMUNITY EVENTS

## City of Casey Pop-up Baby Playgroup

Mums, dads and caregivers are invited to come along and enjoy playgroup activities with their babies 0 to 12 months and meet other local families. Activities will include music, art, story, rhyme and play. Bookings are essential.

🕒 **Wednesdays from 14 July to 15 September, 1.00pm - 2.30pm**

**B** [www.trybooking.com/BRLSP](http://www.trybooking.com/BRLSP)

**\$ FREE**

## Starting a Business? All your questions answered.

Do you need help developing an idea into a small business? Attend this free information session to discover how we can help get your concept off the ground, whatever stage you are at in your small business journey. This is a fully funded initiative, supported by the federal government.

Come and explore your options by registering at:

[www.eventbrite.com.au/e/starting-a-new-business-all-your-questions-answered-tickets-157558069427](http://www.eventbrite.com.au/e/starting-a-new-business-all-your-questions-answered-tickets-157558069427)

🕒 **Wednesday 21 July 7.00pm - 8.00pm**

**\$ FREE**

# SCHOOL HOLIDAY PROGRAM

## Terrarium making

Children can create their own little terrarium using succulents, pebbles and little animals. Participants 6 to 12 years will construct a miniature world within an up-cycled glass vessel.

🕒 **Tuesday 21 September, 10.00am - 11.30am**

**B** **Bookings and payment:**  
[www.trybooking.com/BRXGI](http://www.trybooking.com/BRXGI)

**\$ \$12 per child**

## Dumpling making Masters

Come and get your hands messy in the kitchen making delicious Asian inspired pork dumplings. Children 7 to 12 years will have fun learning how to fold the perfect dumpling and will go home with the skills to be able to prepare this dish with family and friends.

🕒 **Wednesday 22 September, 10.00am - 11.30am**

**B** **Bookings and payment:**  
[www.trybooking.com/BRXGA](http://www.trybooking.com/BRXGA)

**\$ \$10 per child**

## MiniRoos Indoor Soccer

An introduction to the MiniRoos program, designed for kids from 5 to 12 years of all abilities. The friendly, supportive and non-competitive environment is the perfect opportunity for newcomers to enter the world of soccer. The program incorporates skills and games to keep all children involved, whilst modified rules help build the participants fundamental motor skills and agility.

🕒 **Thursday 23 September, 10.00am - 11.30am**

**B** **Bookings and payment:**  
[www.trybooking.com/BRXHA](http://www.trybooking.com/BRXHA)

**\$ \$7.50 per child**

# SELF-MANAGED ACTIVITIES

## Knit and Natter

Are you a seasoned knitter or maybe just starting out? This group meets weekly to knit and crochet, completing projects for both themselves and for local charities. Come along, meet new friends, knit and natter for fun and therapy! Everyone welcome.

🕒 **Thursdays, 1.00pm - 3.00pm**

**B To register your interest email**  
[cwch@casey.vic.gov.au](mailto:cwch@casey.vic.gov.au)

**\$ FREE**

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## Cuppa n chat

An open social group for anyone wanting to meet new friends. Drop in for a cuppa and chat, introduce yourself to other residents.

🕒 **Tuesdays, 10.15am - 11.00am**

**B To register your interest email**  
[cwch@casey.vic.gov.au](mailto:cwch@casey.vic.gov.au)

**\$ FREE**

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## Games Club

Locals of all ages are encouraged to come enjoy new and traditional board games. Have a go at Mah-Jong, Canasta, Chess, Scrabble or cards at our weekly games afternoon.

🕒 **Fridays, 1.00pm - 3.00pm**

**B To register your interest email**  
[cwch@casey.vic.gov.au](mailto:cwch@casey.vic.gov.au)

**\$ FREE**



## Third Thursday Book Club

Looking to expand your reading and meet other book lovers? Join us each month to catch up and discuss the book of the month. Titles are provided from Casey Cardinia Libraries, who have a great range of novels that the group will choose from.

🕒 **Third Thursday of the month**  
**(15 July, 19 August and**  
**16 September)**  
**7.30pm - 9.00pm**

**B Bookings and payment:**  
[www.trybooking.com/BRYHV](http://www.trybooking.com/BRYHV)

**\$ \$10 joining fee**

*Introducing our*

# COMMUNITY GROUPS & PROGRAMS



## Health & Wellbeing

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### NAMASTE YOGA

Namaste Yoga is traditional Indian yoga that supports the union of body, mind and spirit. More than just exercise, Namaste Yoga brings you to a higher level of being. In Namaste Yoga, each session tries to connect your body, breath and mind.

**Wednesdays, 6.30pm – 7.30pm**

**Cost: \$10 per class**

**Contact: Shaji Joseph 0450 985 088**

**[facebook.com/CranbourneWestYoga](https://www.facebook.com/CranbourneWestYoga)**

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### CASEY CHOIR

Casey Choir is a SSAA (Soprano and Alto) ladies' choir and is an extremely friendly group who welcome all women 18 years and over. The music is wide ranging and includes popular music, music theatre, world music and classical. Facilitated by an excellent, professionally trained music team. Many people do not believe they have a singing voice, which is why a choir is ideal. The only requirement is that you love to sing.

**Thursdays, 7.00pm – 9.00pm**

**Contact: Jen McNeil (membership officer)**

**0490 046 869**

**[caseychoirladies@gmail.com](mailto:caseychoirladies@gmail.com)**

**[www.caseychoir.com.au](http://www.caseychoir.com.au)**

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### TERMINATOR FITNESS

Frank Terminelli has been a fitness trainer for 9 years. Training clients online and face to face, his Bootcamps have become a major part of his business. Frank loves to train people who want to get fit, stay fit, and he loves to support beginners starting out. His sessions are suitable for all levels from beginner to intermediate. He provides a fun and inclusive environment where everyone is welcome and always encouraged.

**Wednesdays, 7.00pm – 8.00pm**

**Contact: Frank 0448 870 216**

**[frank@terminatorfitness.com.au](mailto:frank@terminatorfitness.com.au)**

**[www.terminatorfitness.com.au](http://www.terminatorfitness.com.au)**

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### GROOVE WITH HOLLY

Groove with Holly is a fun dance fitness experience that builds stamina and encourages free expression, using simple movements to connect in rhythm and enjoy the flow of the music. No dance experience needed! Groove is for adults of all fitness levels who love music and movement and who want that connection between body, mind and soul. In essence, it is an opportunity to dance your heart out! Please wear comfortable clothes and bring with you a yoga mat, a bottle of water and an open mind.

**Tuesdays, 6.15pm – 7.15pm**

**Cost: \$12 per class (First class is free)**

**Contact: Holly 0456 008 421**

**[www.groovewithholly.com.au](http://www.groovewithholly.com.au)**

**[facebook.com/groovewithholly](https://www.facebook.com/groovewithholly)**

**[instagram.com/groovewithholly](https://www.instagram.com/groovewithholly)**



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## READY STEADY GO

Ready Steady Go Kids is a multi-sports program designed to get children involved in sport. It is a great way for parents, grandparents and children to create new friendships. Getting families out and about interacting in sports is so important to us. Classes run during school terms and are suitable for children aged 1.5 to 6 years.

**Tuesdays, 9.00am – 12.00pm**

**Contact: Helen**  
[helen@readysteadygokids.com.au](mailto:helen@readysteadygokids.com.au)



## Faith & Culture

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### CONNECT CHRISTIAN CHURCH CASEY

Connect Christian Church is a family of local churches that desire to love God, love people and change lives. Here you will find authentic, friendly, inclusive, passionate people who believe that Jesus Christ really can give us new life. Casey Service every Sunday including a full kids' program – we can't wait to meet you!

**Sundays, 5.00pm**

**Contact: Adrian 0419 850 695**

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### TOUCHSTONE INTERNATIONAL CHURCH

Touchstone International Church (Cranbourne West) is a new branch of Touchstone (City), which started 7 years ago. We meet every Sunday, the service is provided in English. All are welcome to attend, especially those in our community in need of prayer and fellowship.

**Sundays, 10.00am**

**Contact: Rajesh 0433 693 483**

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### SHREE JALARAM MANDAL VICTORIA INC.

We are a group of Shree Jalarambapa devotees who worship together at a monthly Satsung Sabha gathering. On monthly Sabha, we chant Jalarambapas bhajans, perform Aarti and eat parasadam. This social activity will help us to preserve our culture and heritage in our multicultural society in Australia.

**First Saturday of the month,**

**5.00pm – 8.00pm**

**Contact: Yogi Patel (Secretary)**

**0451 719 161**

[shreejalarammandalvictoria@gmail.com](mailto:shreejalarammandalvictoria@gmail.com)



## Social Support

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### OC CONNECTIONS

OC Connections is one of Victoria's most trusted disability support services with 70 years' experience, providing our participants, family and friends with information and support. We support people to live a life they choose within a society that values individuals for who they are, respects their rights and encourages participation in everyday life. Providing housing, day support programs, employment and education programs, supporting people with a disability and individual choice programs. Now with an office at CWCH.

**Contact: Lyndall Slaney, 0407 438 781**

[lslaney@occonnections.org](mailto:lslaney@occonnections.org)

**Contact: Laurelle Edwards, 0475 987 733**

[ledwards@occonnections.org](mailto:ledwards@occonnections.org)

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### NARCOTICS ANONYMOUS

Narcotics Anonymous is a place where recovering addicts meet to help each other stay clean (drug free). Our meetings are held regularly, we have a program that is so simple you can follow it in your daily life. The most important thing about this program is that it works if you work it.

**Saturdays, 7.00pm – 8.30pm**

**National Help Line: 1300 652 820**

**Victorian Area email: [info@navic.net.au](mailto:info@navic.net.au)**



## Learning & Training

### BLAIRLOGIE LIVING & LEARNING INC

Blairlogie Living & Learning is a community-based organisation supporting adults with a disability to participate in opportunities that enhance each individual's community connections, empowerment and independence.

**Contact: 5978 7900**

### CRANBOURNE HOME SCHOOLERS SOCIAL GROUP

A place for home schooling families to connect, play and socialise. Activities including games, puzzles and drawing provided for kids of all ages.

**Every second Friday starting 16 July, 10.00am – 12.00pm**

**Contact: Cassandra eponaspride@hotmail.com**

### SPANISH SPEAKING SENIORS

Spanish Speaking Seniors is a social gathering for native Spanish speakers to socialise and provide support to each other. We organise many interesting guest speakers and events.

**Every second Tuesday starting 20 July, 11.00am – 2.00pm**

**Contact: Juan Carlos Loyola OAM 0414 393 700**

### COMPASSIONATE HANDS

Compassionate Hands Inc. is a group of senior citizens, with members predominantly from India, Pakistan, Sri Lanka, Afghanistan, Nepal, but open to all communities. They gather to socialise and support each other; organising activities such as English classes, singing, dancing and excursions. Members also give their time to other worthy causes such as cleaning up the environment and providing food to those in need.

**Monthly meetings.**

**Contact: Jagdeep Singh Sukhija (President), 0433 393 871 sukhija3@yahoo.co.in**

### FOUNDATION LEARNING

Foundation Learning Centre (FLC) is a community based, not-for-profit organisation that champions community development through education. FLC can help you develop the skills you need for study, work and life. They offer a range of programs and nationally recognised qualifications that can help you return to study, change careers, improve your employability skills, pathway into a new course of study or get a job. At Foundation Learning Centre, there are courses and programs for people of all ages and all walks of life.

**For more information please visit [www.foundation.vic.edu.au](http://www.foundation.vic.edu.au)**

**Contact: 9704 7388 enquiries@flc.vic.edu.au**

### STEM BUDDY

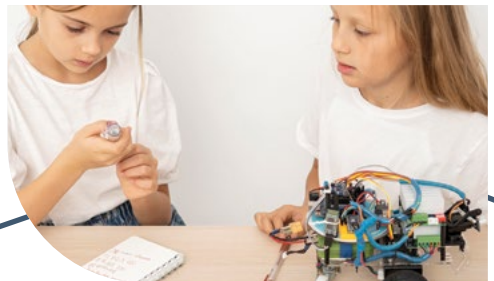
STEMBuddy Coding and Robotics Education is a hands-on coding, AI and robotics program for children. Led by an experienced professional, students learn simple to advanced programming language.

- Weekend Classes, Holiday Programs, School Incursions
- Offering artificial intelligence, coding and robotics workshops
- Laptops, robots, materials, and challenges provided

No Prior coding experience required.

**Saturdays during school term, 2.00pm – 3.00pm**

**Contact: 0450 212 756 or 0416 662 756 [info@stembuddy.com.au](mailto:info@stembuddy.com.au) [www.stembuddy.com.au](http://www.stembuddy.com.au)**



# SHAPE OUR COMMUNITY

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## CASEY MATSUMURA KARATE

Matsumura Seito Karate is a family club that teaches self-defence, confidence, improved fitness, and guides all students safely through their program. They teach everyone and their instructors have more than 20 years' experience in teaching.

**Mondays, 7.00pm to 8.00pm**

**Contact: Greg Stevens, 0434 419 827  
shredder1@outlook.com.au**

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## STIRLING INSTITUTE OF AUSTRALIA

Stirling Institute of Australia is a Registered Training Organisation (TOD 21132) that offers learning experiences in the form of short courses & qualifications. They offer a range of courses over several disciplines, to help you get your dream job or progress your career. Currently offering a Diploma of Community Services (Case Management) (CHC52015) at Cranbourne West Community Hub.

**For a full list of courses available  
please visit <https://sia.edu.au>**

**Contact: 1300 790 265  
info@sia.edu.au**

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## Local Business

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### COUNTING BEANS

Accounting practice tailored to your needs. Accountant servicing all of the community, providing a variety of accounting/tax services including: business advisory services, financial accounts preparation, tax return preparation, BAS preparation, SMSF annual compliance, tax planning.

**Contact: Dan Merrit, 0400 994 235  
dan@countingbeans.com.au**

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## Looking for an opportunity to volunteer?

Are you a working parent or caregiver looking for a weekend activity to share with your preschooler? Cranbourne West Community Hub is looking to establish a Weekend Playgroup in an informal setting in which to make new friendships and connect with other local families. Working parents often miss out on the opportunity to make connections within our local community and have expressed an interest in weekend programs.

Playgroup is a great way to spend time in a creative and imaginative space with your child and enables them to play alongside other children. We are seeking volunteers who are enthusiastic to start something that is not readily accessible to parents of preschool aged children who work during the week.

## Can YOU help us?

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## Can you spare a couple of hours every week?

Multicultural Youth Support Services (MYSS) are currently seeking volunteers for their Homework Club. MYSS supports school aged students, primarily from our local African community, in the areas of literacy, numeracy and study skills. Homework Club plays a vital role in helping to boost students' confidence, self-esteem and feelings of connection to school and the wider community. Volunteers would provide extra support to assist students with their homework, and do not require any formal teaching qualification. All volunteers will require a current Working with Children Check. The Homework club runs on Thursdays and Fridays from 4.30 pm to 6.00 pm.

**If you think you would be suited to  
support MYSS, please contact Peter  
at [myss.victoria@gmail.com](mailto:myss.victoria@gmail.com)**



## Contact Cranbourne West Community Hub

03 9705 5889

[cwch@casey.vic.gov.au](mailto:cwch@casey.vic.gov.au)

4 Flicka Boulevard  
Cranbourne West

 [facebook.com/  
CranbourneWestCommunityHub](https://www.facebook.com/CranbourneWestCommunityHub)

## Contact City of Casey

03 9705 5200

[caseycc@casey.vic.gov.au](mailto:caseycc@casey.vic.gov.au)  
**casey.vic.gov.au**

 [facebook.com/CityOfCasey](https://www.facebook.com/CityOfCasey)  
 [@CityOfCasey](https://twitter.com/CityOfCasey)

PO Box 1000  
Narre Warren VIC 3805



**TIS: 131450 (Translating and Interpreting Service)**

المترجم الفوري 翻译 مترجم شفاهی ਦੁਭਾਸ਼ੀਆ භාෂණ පරිවර්තක