



LYNBROOK COMMUNITY CENTRE

What do we do?

We exist for the community, and this includes **YOU!**
Drop in to have a chat and a look around.
Find out what we can do for you,
and how you can join in.





WHAT DO WE DO?



Social groups such as coffee and chat, kids catch-up and family movie nights.



Hobby groups such as table tennis, book club and knitting groups.



Physical activities such as dance and exercise programs.



Learning new skills such as art classes and cooking classes.



Support organisations to deliver health and wellbeing services to our community.



Facility hire for groups and business to deliver programs such as tutorial classes, faith groups, accredited courses and more.



Facility hire for private events bringing together family and friends.



DID YOU KNOW?

We have around 70 programs available each month to the community.



WHY DO WE DO IT?



To increase physical and mental health



To celebrate our diverse community



To reduce isolation and loneliness in our community



To educate

What does isolation look like in our built up suburb?

Local mum **Tracey** has a toddler and just gave birth to twins, 3 kids who all nap at different times and she struggles to leave the house.

Priya and Monty have come from overseas to help look after their grandchildren, they don't speak any English and don't know anyone.

Mary is new to the area and is experiencing family violence. She has no friends and no one to talk to.



DID YOU KNOW?

Being connected with others is more important than you might think. It has a positive impact on our mental and physical wellbeing and can be a protective factor against anxiety and depression.



HOW DO WE DO IT?



We talk to you - community consultation, talking to people at our facility, surveys, feedback.



We follow the City of Casey Council Plan



We look at data* to influence our ideas for programs and activities, and where to focus our energy.

*Census and other community data gives us information on who lives in our community and local trends that stand out from the Melbourne averages - e.g. *Disengagement (not working or studying), unemployment rates, problem gambling rates, family violence.*

From all this information we look at our local Lynbrook priority areas and we look to support those areas of our community. We do this by either running programs ourselves or engaging another organisation to provide services from our facility.



DID YOU KNOW?

Our community members volunteer roughly 50 hours each month here at LCC to provide a program or support to our community.



WHAT ARE THE BENEFITS



A more supportive and cohesive community



Happier healthier community



Lower costs to the economy due to less people accessing medical and support services

Remember our neighbours:

Tracey with her new twins now attends one of our playgroups and made new friends who support her through tough times.

Priya and Monty who are looking after their grandchildren, have attended one of our English conversation classes. They have made new friends and improving their English. They are now more comfortable communicating at the shops, banks and doctors.

Mary has noticed the discreet counselling services we offer and is able to speak with someone about what she is going through and getting support and help.



DID YOU KNOW?

We have around 7500 people come through our doors every month.

What can we do for you?

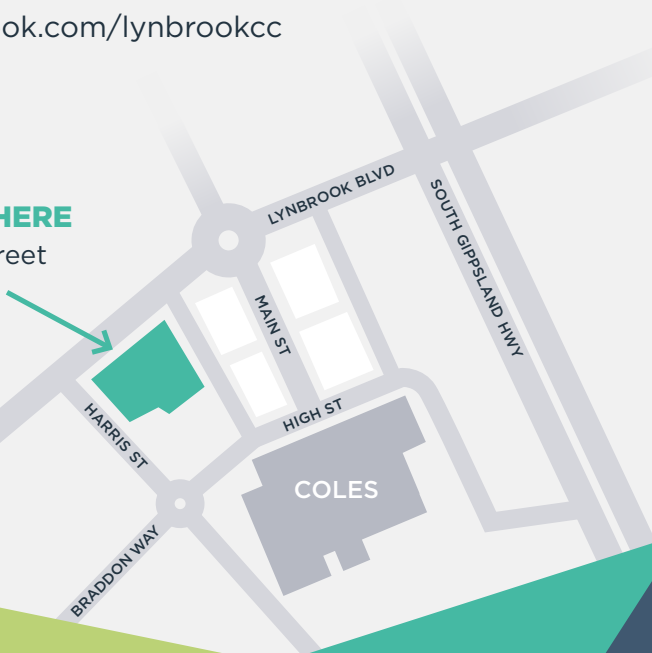
Get in touch

- ☎ 03 9792 7370
- 📍 2 Harris Street, Lynbrook
- ✉ lynbrookcc@casey.vic.gov.au
- 🌐 casey.vic.gov.au/lynbrookcc
- 📘 facebook.com/lynbrookcc

Visit us

WE ARE HERE

2 Harris Street
Lynbrook



LYNBROOK
COMMUNITY CENTRE



TIS: 131450 (Translating and Interpreting Service)

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