

# Activity

# GUIDE

WESTALL  
COMMUNITY  
HUB

JANUARY - JUNE 2024



*There's something  
for everyone!*



City of  
KINGSTON

# MONDAYS

## YOGA FOR KIDS

4pm - 4:45pm  
\$5 per session

Specifically designed for 8-12 year olds, Kids Yoga helps to improve posture and increases focus and concentration. Bring your own mat and water bottle.

## ZUMBA

7pm - 7:45pm  
\$5 per session

A Latin-inspired, easy-to-follow dance fitness class suitable for all fitness levels. Everyone welcome! To enquire or sign up, visit the Hub reception or call ☎ 9581 3050.

# TUESDAYS

## ART CLASS

10am - 12pm  
Special term  
price of \$10 or  
\$2 per class

Join us for a weekly art class to learn all about art techniques, colour mixing and mediums like acrylics, watercolours and sketching. To enquire or sign up, visit the Hub reception or call ☎ 9581 3050.

## HIP HOP CLASS FOR TEENS

3:45pm - 4:45pm  
\$5 per session

Learn new moves and have fun in this hip hop class just for teens with a professional hip hop dance instructor. Class runs during school terms.

NEW  
CLASS!

## HIP HOP CLASS FOR TEENS



# WEDNESDAYS

## CHATTY CAFE

**9am - 10am**  
**FREE**

Join our Chatty Cafe in a comfortable, safe environment for a cup of tea or coffee and biscuits to meet people in your community and share a chat. Chatty Cafe runs during the school term only. Visit [chattycafeaustralia.org.au](http://chattycafeaustralia.org.au) for more information.

## ENGLISH CONVERSATION GROUP

**9:30am - 11:30am**

Special term price  
of \$10 per term,  
or \$2 per class

Come and learn the basics of conversational English with our volunteer tutors to increase your confidence and understanding of the English language. Class runs during school terms.

## SEWING GROUP

**10am - 12pm**

Introductory price  
of \$10 per term,  
or \$2 per class

Join us to sew Boomerang bags, or work your own project, in the company of like-minded people, learning and socialising together.

NEW  
CLASS!

## SOUTH EAST COMMUNITY LINKS YOUTH PROGRAM

**3:30pm - 5pm**  
**FREE**

A structured and changing program of dance, leadership skills, theatre workshops and creative outlets for youth, run by SECL as an after-school program.

# THURSDAYS

## ENGLISH CLASSES - English for living

**10am - 1pm**

Friendly, casual sessions for those with limited English skills who want to increase their confidence. Facilitated by a qualified trainer. Facilitated by Longbeach Place Neighbourhood House. Contact ☎ 9776 1386 ✉ [reception@longbeachplace.org.au](mailto:reception@longbeachplace.org.au)

## BASIC ENGLISH FOR CHINESE COMMUNITY

**2pm - 3pm**

Special term price  
of \$10 per term,  
or \$2 per class

Supported by a registered volunteer. Hosted at Westall Community Hub. Contact ☎ 9581 3050 ✉ [westallhub@kingston.vic.gov.au](mailto:westallhub@kingston.vic.gov.au)

## KIDS ART CLASS

**4pm - 5:30pm**

Introductory price  
of \$10 per term,  
or \$2 per class

A sustainable/eco art class for kids aged 6-18. Learn about painting, craft and recycled art, and enjoy a creative outlet in a class facilitated by a professional artist.

NEW  
CLASS!

## YOGA

**7pm - 7:45pm**  
**\$5 per session**

Develop strength, improve flexibility, and increase balance in one of our relaxing Yoga classes run by Waves instructor Kaz. Bring your own mat & drink bottle.

# FRIDAYS

## MOVE & CONNECT

10am-11am  
\$5 per session

A class for connecting your mind and body using various activities from relaxation to expression through movement. No prior experience necessary.



## CHATTY CAFE

10am - 12pm  
FREE

Join our Chatty Cafe in a comfortable, safe environment for a cup of tea or coffee and biscuits to meet people in your community and share a chat. Chatty Cafe runs during the school term only. Visit [chattycafeaustralia.org.au](http://chattycafeaustralia.org.au) for more information.



MOVE & CONNECT



CHATTY CAFE



Keep updated by signing up to the Westall e-Newsletter.

*Scan to sign up!*



# COMMUNITY SERVICES

## PENINSULA COMMUNITY LEGAL CENTRE

**Tuesdays**

Offering free legal advice  
☎ 9783 3600 or 1800 064 784



## SOUTHEAST COMMUNITY LINKS (SECL)

**Wednesdays**  
**9am - 5pm**

Offering youth services, including after school programs, to the Clayton South community.



## OUR PLACE

**Monday - Friday**  
**9am - 5pm**

Supporting children and families  
Natura ☎ 0421 932 103 (Mon-Thurs)  
Fatima ☎ 0431 792 919 (Mon-Fri)



## BROTHERHOOD OF ST LAURENCE

**Wednesdays**  
**9am - 12pm**  
**12pm - 4:30pm**

NDIS Support and Advocacy  
Support for Children 0-9 years old  
Support for people from 7 - 65 years old



Brotherhood  
of St Laurence

## FAMILY LIFE

Our Early Help staff can connect you with FREE support, groupwork, information, advice and links to supports within the community. We will confidentially link you with services as identified by your experience and goals. ☎ 8599 5433 ✉ [earlyhelp@familylife.com.au](mailto:earlyhelp@familylife.com.au)



## VOLUNTEERING

*A little bit of time can bring great rewards!*

Are you interested in volunteering? Join one of our Kingston Community Hubs Volunteer Teams at Chelsea, Clarinda, Patterson Lakes, Sundowner and Westall.

Give back and have a positive impact on your local community. Apply online at [kingston.vic.gov.au](http://kingston.vic.gov.au) or visit one of our Community Hubs.



## SCHOOL HOLIDAY ACTIVITIES

Kingston's Community Hubs offer a range of FREE activities during the school holidays. The program is available for primary school children!

Find out what's happening during the school holidays by signing up to our e-newsletter, visiting one of our Community Hubs, giving us a call on 9581 3050 or emailing [westallhub@kingston.vic.gov.au](mailto:westallhub@kingston.vic.gov.au)



# EARLY YEARS SERVICES

## PLAYGROUPS

**Small Talk**  
**Mondays**  
**10am - 12pm**

For more information on Kingston playgroups, please contact:  
☎ 9581 4966  
✉ [playgroups@kingston.vic.gov.au](mailto:playgroups@kingston.vic.gov.au)  
🌐 [kingston.vic.gov.au/services/families-and-children/playgroups](http://kingston.vic.gov.au/services/families-and-children/playgroups)

**Little Learners**  
**Wednesdays**  
**& Fridays**  
**10am - 12pm**

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## KINDERGARTEN

**Give your child**  
**a great start to**  
**their education!**

### Three-year-old kindergarten

- Children learn, build confidence & independence skills

### Four-year-old kindergarten

- Help prepare your child for school

To register for kindergarten go to:

- 🌐 [kingston.vic.gov.au/services/families-and-children/childcare-and-early-learning/kingergarten](http://kingston.vic.gov.au/services/families-and-children/childcare-and-early-learning/kingergarten)

## KINDERGARTEN



# HEALTH & WELLBEING

## MATERNAL & CHILD HEALTH

**Monday -  
Thursday  
9am - 5pm**

A Maternal & Child Health Service offer families information, guidance and support on issues that include:

- Breastfeeding
- Maternal & family health
- Home & car safety for children
- Immunisation
- Child health & development
- Family planning & parenting
- Accident & injury prevention
- Nutrition

Appointment bookings: ☎ 1300 764 807

### MATERNAL & CHILD HEALTH



## IMMUNISATIONS

**4TH THURSDAY OF THE MONTH | 5pm - 6pm**

City of Kingston Immunisation sessions at Westall Community Hub every month. For further information:

✉ [kingston.vic.gov.au/immunisation](mailto:kingston.vic.gov.au/immunisation)

☎ 9581 4870

☎ 1300 764 807

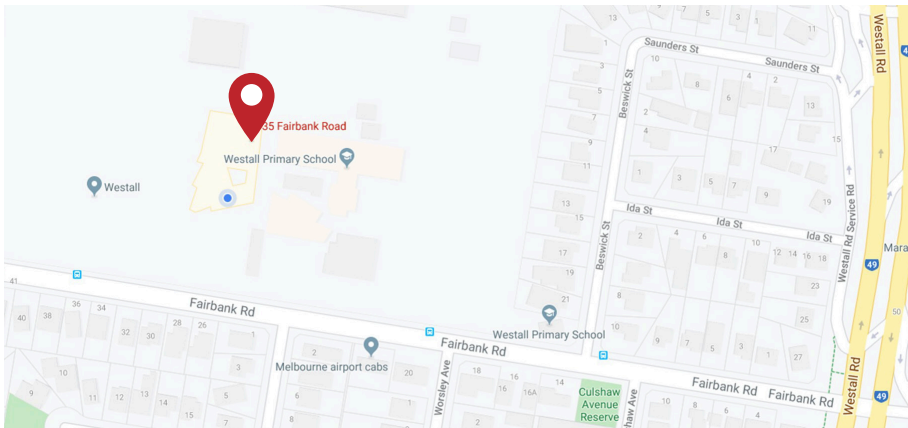
✉ [immunisation@kingston.vic.gov.au](mailto:immunisation@kingston.vic.gov.au)

**BOOKINGS  
REQUIRED!**



## WESTALL COMMUNITY HUB SCULPTURE

Standing pride of place at the front of the Westall Hub is *Unukomuno (One Community)*. A multi-dimensional art work by Ian Bracegirdle. The sculpture is reflective of the rich and diverse community of Clayton South. Unukomuno's organic shape makes reference to the historic market gardens of the area and the layered colours, images, symbols and words create a graphic quilt of the local neighbourhood created through community engagement.



### Westall Community Hub

35 Fairbank Road, Clayton South

📞 9581 3050 ✉ [westallhub@kingston.vic.gov.au](mailto:westallhub@kingston.vic.gov.au)

Hub hours: Mon – Fri 9am – 5pm

Public transport options:

TRAIN: Westall station (1.5km from Hub) Pakenham & Cranbourne lines

BUS: Routes 705 Mordialloc – Springvale & 824 Moorabbin – Keysborough



For interpreter services, please call

