

Activity GUIDE

WESTALL
COMMUNITY
HUB

JULY - DECEMBER 2024



*There's something
for everyone!*



City of
KINGSTON

COMMUNITY SERVICES

PENINSULA COMMUNITY LEGAL CENTRE

Tuesdays Offering free legal advice
☎ 9783 3600 or 1800 064 784



SOUTHEAST COMMUNITY LINKS (SECL)

Wednesdays Offering youth services, including after school programs, to the Clayton South community.
9am - 5pm



OUR PLACE

Monday - Friday Supporting children and families
9am - 5pm Fatima ☎ 0431 792 919 (Mon-Fri)



KINGSTON FAMILY SUPPORT SERVICES

Thursdays Offering free and confidential support for families with children up to 18 years of age.
9am - 1pm



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



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 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

EARLY YEARS SERVICES

PLAYGROUPS

Small Talk
Mondays
10am - 12pm

Little Learners
Wednesdays
& Fridays
10am - 12pm

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

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

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

☎ 9581 4870

☎ 1300 764 807

✉ immunisation@kingston.vic.gov.au

**BOOKINGS
REQUIRED!**



MONDAYS

PILATES

9:45am - 10:30am
\$5 per session

Help develop core strength and coordination through traditional pilates movements, use of breath and correct alignment. You'll feel a difference in your posture and gain overall toning with every class. BYO drink bottle and mat.

**NEW
CLASS!**

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
\$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

4pm - 5pm
\$5 per session

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

HIP HOP CLASS



PILATES



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
\$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
\$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.

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](tel:97761386) ✉ reception@longbeachplace.org.au

KIDS ART CLASS

4pm - 5pm
\$2 per class

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

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

11am - 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 for more information.



MOVE & CONNECT

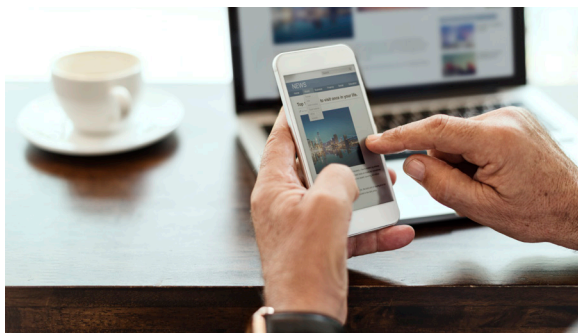


CHATTY CAFE



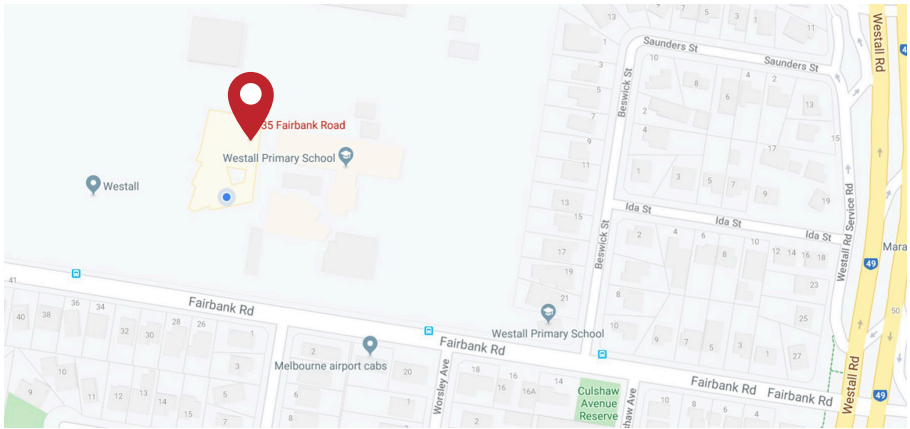
Keep updated by signing up to the Westall e-Newsletter.

Scan to sign up!



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

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

