

# Activity

# GUIDE

WESTALL  
COMMUNITY  
HUB

JANUARY - JUNE 2025



*There's something  
for everyone!*



City of  
KINGSTON

# MONDAYS

## ENGLISH CLASSES - English for living

**10:00am - 1:00pm**

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)

## ZUMBA

**7:00pm - 8:00pm**  
**\$5 per session**

A Latin-inspired, easy-to-follow dance fitness class suitable for all fitness levels. Everyone welcome!



# TUESDAYS

## 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.

## KIDS CREATIVE DANCE CLASS

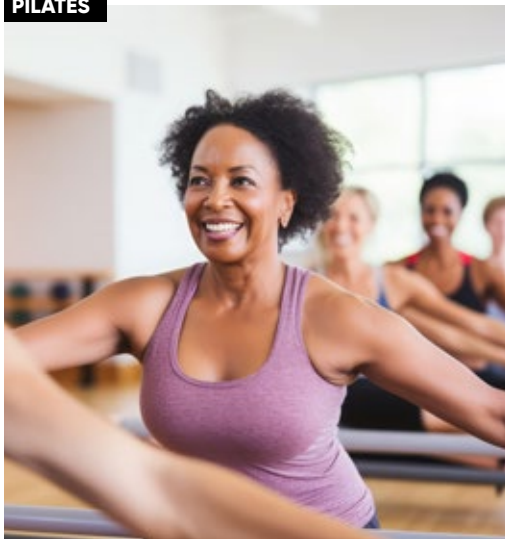
**4:15pm - 5:15pm**  
**\$5 per session**

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

**CREATIVE DANCE**



**PILATES**



# WEDNESDAYS

## CRAFTY COMMUNITY GROUP

**9:15am - 12:00pm**  
**\$2 per class**

Come and join our friendly weekly craft group! Bring along any craft you like, share your skills and ideas - and learn some new ones! Tea and coffee provided.

## BASIC ENGLISH FOR THE CHINESE COMMUNITY

**2:00pm - 3:00pm**  
**\$2 per class**

English language conversation group, supported by a registered volunteer. See Westall Hub staff for details or call 9581 3050.

## ZUMBA **NEW!**

**7:15pm - 8:15pm**  
**\$5 per session**

A Latin-inspired, easy-to-follow dance fitness class suitable for all fitness levels. Everyone welcome!



# Kids Art Class

**Wednesdays  
& Thursdays**  
**4:15pm - 5:15pm**  
**\$5 per class**  
**Ages 5+**

Have fun creating art by painting, sketching, collage and more, in a class with a professional artist. All materials supplied.



# THURSDAYS

## 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.

## YOGA

**7:00pm - 7:45pm**  
**\$5 per session**

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

# FRIDAYS

## MOVE & CONNECT

10:00am - 11:00am  
\$5 per session

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

## FRIENDSHIP GROUP

10:00am - 12:00pm  
FREE

Join us to meet new people, socialise and connect with your community. This free session is for everyone-enjoy some company and try some of the activities on offer.

MOVE & CONNECT



FRIENDSHIP GROUP



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

*Scan to  
sign up!*



# HEALTH & WELLBEING

## MATERNAL & CHILD HEALTH

**Tuesday - Friday**  
**9:00am - 5:00pm**

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**  
**5:00pm - 6:00pm**

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)



# COMMUNITY SERVICES

## PENINSULA COMMUNITY LEGAL CENTRE

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



## OUR PLACE

**Monday - Friday** Supporting children and families  
**9:00am - 5:00pm** Fatima ☎ 0431 792 919 (Mon-Fri)



## KINGSTON FAMILY SUPPORT SERVICES

**Thursdays** Offering free and confidential support for families  
**9:00am - 1:00pm** with children up to 18 years of age.



## FAMILY LIFE

**Mondays** Family Life provides free face-to-face support with  
**9:00am - 5:00pm** our Family Life Brief Support Practitioner available at  
Westall every MONDAY during school terms. Get help  
with information, resources, group work and advice.  
For further information and support  
email: [briefsupport@familylife.com.au](mailto:briefsupport@familylife.com.au)



## AUSSIE COMMUNITY CARE

**Tuesdays** Aussie Community Care is a registered NDIS service  
**10:00am - 12:00pm** provider, offering comprehensive disability services  
to the Clayton South community, and focussing on  
enhancing the quality of life for individuals with  
disabilities. Contact: ☎ 0412 772 008.



## 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, Westall and Sundowner. 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.

# EARLY YEARS SERVICES

## PLAYGROUPS

**Small Talk**

**Mondays**

**10:00am - 12:00pm**

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**

**Tuesdays,**

**Wednesdays**

**& Fridays**

**10:00am - 12:00pm**

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

## KINDERGARTEN



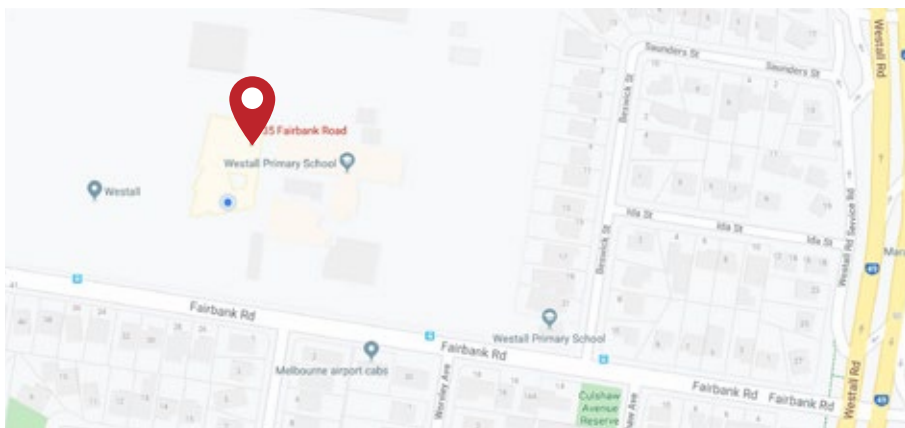
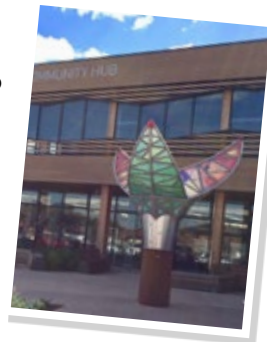
## SCHOOL HOLIDAY ACTIVITIES

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)



## 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 9:00am - 5:00pm

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

