

Plastic Free July

Trentwood at the Hub

Activity & course guide

July - September 2022



*Rice Clay Sculpture Workshop

trentwood at the hub
your local community house

Be inspired
Be engaged
Be involved

Call us on 9006 6590

Sustainability

At the Hub

How to find us

Trentwood at the Hub is at 2 Centre Way, Balwyn North. We are located in the Greythorn Community Hub, behind the Greythorn Shopping Centre. There is free three hour parking in the Hub's underground carpark.

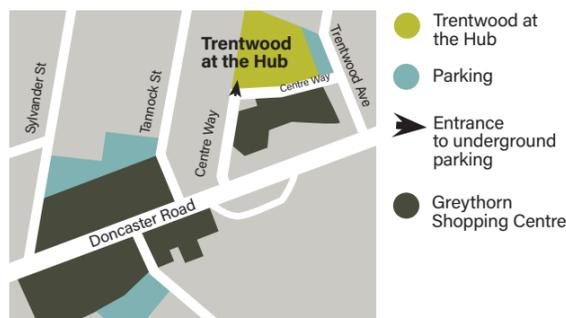
Accessibility features

Trentwood at the Hub and Greythorn Community Hub are fully accessible with ramps, ambulant toilets and shower facilities, braille signage and hearing loop.

Acknowledgment of Country

Trentwood at the Hub acknowledges the Wurundjeri Woi-wurrung people, who are the Traditional Owners of the land on which we work.

We pay our respects to the Wurundjeri Elders past and present and future, and extend that respect to other Aboriginal and Torres Strait Islander people. We acknowledge that sovereignty was never ceded.



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P: 9006 6590
E: info@trentwood.org.au
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Join millions of people reducing their plastic waste!

Plastic Free July® is a global movement that helps millions of people be part

of the solution to plastic pollution - so

we can have cleaner streets, oceans, and

beautiful communities. Will you be part of Plastic Free

July by choosing to refuse single-use plastics?

Trentwood Community House and our Greythorn

tenants have accepted the challenge! Look for our

posters, flyers, displays and giveaways during the month

of July.

Children's Activity Morning Thurs 7 July

Plastic Free July also inspires our children to be part of the

solution to reducing plastic pollution. Join us for this fun

holiday activity, where we look at different ways to tackle the

issue of plastic pollution together. Great craft activities, see

decorations throughout the Hub for inspiration on the day.

10.30 - 11.30am Price: FREE for families of Greythorn Early

Childhood Centre. \$5 for others.

Please express interest by Wed 6 July at the Hub reception.

Bilingual Storytime Plastic Free Activity Wed 13 July

After the regular Wednesday bilingual story time, join us for

a plastic free July activity for tiny tots.

11.45am - 12.15pm Price: FREE

Walk, Talk and Share Thur 21 July

Join us after our morning walk for delicious plastic free

morning tea. No plastic invited! Please bring any ideas or

products which help you live with less plastic and share

them with us. Giveaways for all!

10.30am Price: FREE

Entertainment and Sustainability Afternoon Wed

27 July

Sit down, sing along and enjoy our wonderful Wednesday

choir. Afterwards learn more about our Community House

sustainability initiatives and how to be involved in our

repurpose E-waste initiative. Free giveaways of Council

home compost FOGO bags.

2pm - 3pm Price: FREE

The sustainability program at our Community House

proves the community want to reduce its footprint on

the environment. Please come and make use of the

opportunities to stop waste going to landfill.

Electronic Waste Station (e-waste)

Drop off small appliances, batteries, mobile phone and

computer accessories.

Drop off your plastic bread tags

We use the money from selling the plastic to help buy

wheelchairs for people in Africa.

Swap your magazines

Bring them in to share with someone else.

Recycle some "non-recyclables"

TerraCycle Recycling takes items not generally

considered as recyclable (e.g. empty and clean toothpaste

and skincare tubes, empty dental floss containers, old

nail polish bottles and old pens and textas) and turns

them into seats, chairs and tables. 12.5kgs of items were

collected in 2021.

*This program is through the Zero Waste Box System and is a

Community House initiative funded at \$275 per box. We are currently

unable to accept blister packs.

Learn some fix-it skills at our Repair Café

Bring along a broken or serviceable item and learn some

basic skills with a skilled repairer. The café runs on the

third Sunday of the month 10am - 2pm.

Join one of our workshops

Be part of the solution by joining one of our practical

sustainability workshops such as gardening, furniture

refurbishing for women, and many more.

Repurpose E-waste project NEW

We are excited to announce we have received a Boroondara

Council grant to help build on our sustainability program

and repurpose e-waste. The project will partner with our

Repair Café to turn discarded e-waste, such as toasters,

electric woks, and saucapans etc. that are destined for

landfill or the recycling process, into pot plant holders.

Contact us for further details and express your interest!

What's on in Term 3

Our House

Located at the Greythorn Hub in Balwyn North, Trentwood Community House offers courses, workshops and events for the community with a mix of term-based, short courses and one-off activities.

Enrol in a course or activity and meet other community member. As a not-for-profit community organisation we strive to make our activities as affordable as possible.

Course & Workshop Enrolment

- Enrol and pay early to secure your spot.
- Where noted enrolments for some classes are through Try Booking.
- Pick up an enrolment form from the House or enrol from our website.
- Classes may be cancelled if there are insufficient numbers and fees will be refunded in full.
- We do not offer pro rata rates. If you are unable to attend some sessions, you will still need to pay the full term fee.
- A change of restrictions may impact on our ability for on-site attendance. Where possible we will continue to deliver the class online. We are unable to provide a refund or credit classes that continue online however, if this proves difficult for you, please contact us.

For further information on our enrolment policy, please visit our website or contact the Office.

Room Hire

There are fabulous community rooms available for hire at the Hub. We have a large function room suitable for family gatherings, corporate workshops and functions. This space has a new, fully equipped kitchen, an AV system and seating for up to 120 people. We also have a number of smaller rooms available for community groups to hire on a regular or one off basis for meetings.



These rooms have AV Equipment and whiteboards, as well as access to a small kitchenette.

Please scan the QR code or contact us to find out more.

JOBS VICTORIA

Ash from Jobs Victoria Advocates program will be onsite at the Hub every fortnight beginning Friday 15 July at 9am - 11am. He will be here to help jobseekers in Boroondara, in providing information, advice and connections to available resources and supports.

Finding employment connections in Boroondara

Followed by a small afternoon tea. Visit us at reception to express interest or pop in on the day. Free event.

Wed 27 July 2pm - 2.30pm

Wednesday choir - Tugare

Enjoy a singing performance with our wonderful

Afternoon entertainment Wed 27 July

No bookings necessary!

Thurs 21 Jul, 18 Aug and 15 Sept 10.30am - 11.30am

local community.

of the Neighbourhood House staff and members of your

Enjoy a cuppa and delicious treat whilst meeting some

Once a month, there will be a morning tea in the Hub foyer.

Discover your local community House

Contact us for further details.

second hand books will be accepted during from 1 Aug.

support this worthwhile cause. Donations of good quality

fortnight starting Mon 22 August. Please visit the Hub and

Children's Book Week the sale will be on during the

with Indigenous Literacy Day and

Literacy Foundation. To coincide

to raise money for the Indigenous

we will once again host a book sale

In partnership with Creative Write it,

Second Hand Book Sale (22 Aug - 2 Sept)

register with us to receive updates.

week there will be come and try a morning tea.

The perfect time to learn something new - During the

Adult Learners Week (1 - 8 Sept)

Wed 20 Jul, 17 Aug and 21 Sept 9am - 1pm at the Hub

undercover in the carpark.

Coming soon to Trentwood community house, free child

restraint fittings and safety checks. This service will be held

Kid Safe - Car Seat checks

Indigenous Literacy Foundation



In the Kitchen

Nothing beats the experience of learning to cook in a real kitchen from someone who is passionate about cooking and teaching others.

Vegetarian Cooking workshop

Join Arzu Yilmaz for a cooking and cultural adventure. Learn of her experiences as an Istanbul girl and her Turkish identity. Contact us for further details for the workshop menu. Book early to avoid disappointment!

Friday 2 September 6.30 – 8.30pm Price: \$65

www.trybooking.com/CAFKH

\$5 Meals

This weekly class with our nutritionist guides participants through the preparation of an inexpensive meal for one. The food will be purchased and prepared together for participants to take home and enjoy. Access this program using NDIS plan. Ref: 04170013661T

Mondays 10am – 12pm or 1 – 3pm (ongoing)

Be Involved

Learn something new, be involved and meet new people in the community!

The Science of Sleep to Strengthen Wellbeing

Who is getting enough sleep? Why can't we wake up feeling fresh and ready for the day ahead? This workshop uncovers the science of sleep, the power of the natural 'body rhythm' and how sleep allows for the healing of heart, mind, body and spirit.

Participants will leave with new insights and steps to change sleep habits, along with a personal sleep diary. Explore sleep the power of sleep and share a coffee and chat with Annette Subhani from New Pathways Life Coaching.

Sunday 14 August 2 – 3.30pm Price: \$70

www.trybooking.com/CAFJN

French Conversation classes

At Trentwood and Hawthorn Community House. Contact us for further information

Rendezvous to Write

A series of fortnightly sessions to assist you to write about your life and to provide useful ideas and strategies to ensure your writing comes to life on the page. Life writing topics, readings from published memoirs and stories shared by the participants will inspire group members to recall their own personal histories. So often we find that one person's memory brings back a flood of recollections in another. There is much joy in finding your own voice and the right words to express your experiences.

Thursdays fortnightly Starting 14 July 1 – 3pm (5wks)

Price: \$40

For Teens and Young Adults

Study Space

A great space to do homework, study for exams or to get your assignment done. Free Wi-Fi and tea and coffee making facilities. Run in partnership with Boroondara Libraries.

Every weekday 3.30 – 6pm (ongoing) Price: FREE

Uni Study Time

Are you a Uni student looking for a quiet space during the day to study? Trentwood has a perfect space that is free at different times. Call ahead or pop in to see if it is available and come in to the warmth and be productive with your time.

Check in and Uni Card required on entry.

Price: FREE

Table Tennis

Come with some friends after school or during the holidays. We have the table, bats and balls.

Price: \$3 per person.

Contact our office to book.

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Be Creative

It's never too late to discover your artistic and creative side! Our tutors have extensive experience, are skilled and well known in the sector. Class sizes are kept to a minimum allowing individual attention and support.

Art classes with Karen (All levels)

Our experienced tutor teaches a variety of art mediums: drawing skills, oil painting, portrait painting, pen and ink work and soft pastels. Materials list provided.

Fridays starting 15 July 10am – 12.30pm (10wks)

Price: \$220

Artlinks at Warrandyte

A fun, creative art group based at the Senior Citizens Centre in Warrandyte. No art skills required! Materials supplied.

Wednesdays 10am – 3pm (ongoing)

Price: \$8 per week with a My Aged care referral

Community Craft Catchup **NEW**

Enjoy the company of like-minded people, to talk and share with, whilst you get creative. Bring your unfinished items or projects. Newcomers welcome.

Tuesdays starting 12 July 4.30 – 6.30pm

Price: \$5 per session

Drawing and Painting

Join Owen and learn about watercolour, oils, acrylics and drawing, with colour theory, colour mixing, landscape hints, structural aspects and shading techniques. Small group with individual help.

Wednesdays starting 27 July 7.30 – 9.30pm (8wks)

Price: \$160

Spring Gardening Workshop with Amanda

Learn about propagating, whilst potting up a plant to take home. Discover more about the how and why gardens and plants can be so good for your physical and mental health. BYO own pot. Plants and soil provided.

Wednesday 14 September 1 – 2.30pm Price: \$10

Japanese Fabric Flowers workshop

Learn fabric petal shaping, twisting and assembling and design jewelry for every occasion. Includes Materials

Saturday 20 August 2 – 3.30pm Price: \$35

www.trybooking.com/CAFJF

Rice Clay Sculpture workshop **ONLINE**

Learn how to mix cooked rice with different fibres and transform it into beautiful pieces of useable art. Simple materials list provided upon enrolment.

Saturday 3 September 11am – 12pm Price: \$20

www.trybooking.com/CAFJR

Further information visit Instagram: [vivian_qiu_studio](https://www.instagram.com/vivian_qiu_studio)

Introduction to Furniture Restoration at the Makers Shed

Learn how to bring pre-loved furniture back to life. This introductory workshop takes women through the entire timber furniture refurb process from selection, repairs, preparation, sanding, painting, stains and finishing. A small, intimate workshop with an opportunity to interact with tools and techniques. Bring your own piece in for advice if you wish, and Hayley will use the pieces as a teaching tool. Plenty of room for questions, clarification and interaction.

Thursday 25 August 7 – 9pm Price: \$25

www.trybooking.com/CAKFM

Hands on training workshop at the makers shed

A making space for women to learn new skills and build confidence in restoring furniture around other like-minded women. Hayley will tailor the coaching to what you want to learn and guide you in the stages and tools you need to use. There will be some group pieces to work on (which we will later gift to a woman in need of a beautiful piece) or alternatively you can bring your own piece along and Hayley will show you how to work with it. All tools will be supplied but bring your own if you need some instruction! Class will include most materials. Find out more on enrolment.

Saturday 3 September 12.30 – 4.30pm Price: \$65

www.trybooking.com/CAFJX

Paper Clay Workshop

Join us for an exciting journey as we explore the medium of paper clay - a modern version of papier mâché, which is a versatile medium that can be shaped and detailed to create beautiful, long-lasting sculptures. We will start with concept drawings, form a plan for the 3D models and then use a combination of found objects including wire, cardboard, crumpled paper and build a sculpture which will be finished with paint and varnish.

Wednesdays starting 3 August 10am – 12pm (6wks)

Price: \$160

Be Active

Join one of our classes, get fit and have some fun at the same time in a welcoming supportive environment.

Belly Dancing – Move your body

A fun low-impact dance workout that improves body strength and tone; especially core, buttocks, legs and arms. For all ages, sizes and stages of fitness.

Thursdays starting 14 July 2 – 3pm (10wks) Price: \$165

Changing Directions Music

A great social opportunity for people with disabilities to develop skills through musical expression. Sing along with Adam in a supportive social environment, while he plays his guitar and shares some stories. This program can be accessed using your NDIS plan. Ref: 04180013661T

Mondays 1 – 2.30pm (ongoing)

Chinese Cultural Dancing Group

Tuesdays 10am – 1pm (ongoing)

Post Natal Exercise (Babies welcome!)

Tailored for mums who want to get back into shape after pregnancy. Our classes are pelvic floor safe and suitable for all fitness levels.

Tuesdays starting 12 July 9.15 – 10.15am (8wks) Price: \$54

Strength & Balance Monday mornings **NEW**

Improve strength, flexibility & balance with slow, mindful, low-intensity, resistant and light weight-bearing Yoga inspired exercise. No yoga experience required. Standing & floor based, so please bring a mat. Suitable for those aged 55+.

Mondays starting 18 July 10.30am– 11.30am (9wks)

Price: \$126*

Strength & Balance with Fiona **NEW**

A mix of chair-based and standing low-intensity, resistance and light weight-bearing exercises to maintain bone density, muscle strength and general health and wellbeing. Suitable for 65+.

Fridays starting 15 July 11am–12pm (10wks) Price: \$140*

*Concession rate available with a My Aged Care referral

Hatha Yoga with Peter **NEW**

Improved physical health, increased flexibility, higher energy levels and enhanced mental stability and focus are just some of the benefits. Suitable for beginners and seniors.

Wednesdays starting 13 July 10.30am – 11.30am (10wks)

Price: \$140

Table Tennis

Join our group to play a social game, we have the bats and balls! First session free. New players welcome.

Thursdays 2.30 – 4.30pm (ongoing) Price: \$3 per session (10 or 5 session pass)

Qigong/Tai Chi Beginners with Catriona

Release stress and tension and restore energy levels with these easy to follow slow, gentle stretches and movements. Come and Try session welcome.

Tuesdays starting 12 July 9.30 – 10.30am (10wks)

Price: \$120

Tai Chi with Anna

Improve muscular strength, flexibility and fitness. Rejuvenate your body. Learn to create a tranquil mind.

Tai Chi Beginners:

Thursdays starting 14 July 2.30 – 3.30pm (9wks) Price: \$110

Tai Chi Level 2 (For those with some experience):

Thursdays starting 14 July 1.15 – 2.15pm (9wks) Price: \$110

Yin & Flow Yoga

Slow, mindful movements to prepare the body to relax and stay in postures for longer periods of time. Suitable for all abilities.

Tuesdays starting 12 July 6.30 – 7.30pm (10wks) Price: \$112

Walking group **NEW**

Let's walk the local streets and discover new tracks together. Initial walks will be pram friendly and approx. 2 – 3 km at a moderate pace so we can enjoy the scenery and chat along the way. If you have local history knowledge we would love you to share this with us as we walk. Register your interest at the Hub phone 9006 6590 or email us at info@trentwood.org.au.

Meet Jackie or Geraldine at the Hub

1st and 3rd Thurs of the month 9.30am

21/7, 2/8, 18/8, 6/9 and 20/9. Gold coin donation



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