#### **Empowering Our Mandarin-Speaking Community** Crime Prevention Awareness - Boroondara Police

We recently hosted an informative and engaging session in collaboration with the Boroondara Police, focusing on crime prevention and scam awareness. This session was specifically designed for our Mandarin-speaking participants who are learning English. We were thrilled to have a Mandarin-speaking multicultural officer lead the discussion, making the presentation more accessible.

The session left our participants feeling informed and confident, with practical tips on how to protect themselves and their community from potential threats. At Trentwood at the Hub, we are committed to creating meaningful opportunities that connect and empower our community.

#### We Have a New Facebook Page!



Please take a moment to follow and like our new Facebook page. You can scan the QR code or visit: www.facebook.com/profile. php?id=100089210869371

#### Get Involved at Trentwood at the Hub

We hope to introduce some volunteer led groups at our Community House. We are looking to form groups where people can join and be in the company of others in a safe, supportive environment, for little or no cost.

We would love to hear from you if you have a skill, passion, or interest to share and would be happy to be in a group leader/facilitator role. You would have the support of the office staff, but to thrive these groups need someone who can welcome and support a group of like-minded people coming together.

#### Interests could include:

Cryptic crosswords, Book clubs, Walking, Crafts, Scrabble, Film, Singing, Writing, Gardening and more! It could be as simple as sharing a cuppa with others while solving a puzzle.

You may have another skill/interest you would like to bring to the House. If so, we would love to hear from you! Groups could be held weekly, fortnightly, or monthly, during the day or night, on a weekday or weekend.

# **ANZAC Day Commemoration**

To honour the significance of ANZAC Day, Trentwood invites you to be part of our Poppy Display Revitalisation. In collaboration with the Greythorn Library Lounge, we hope to revitalise the heartfelt poppy display honoring those who served.

How can you get involved? Simply collect a Knit a Poppy Kit from reception or the library in April, create your poppy, and return it to be added to the display outside the Ford Williams Room. Your contribution will help keep this meaningful tradition alive.

#### Neighbourhood House Week 2025

Happening across Australia in the second full week of May each vear, Neighbourhood House week is a nationwide initiative to celebrate the role of over 1,000 Neighbourhood and Community Houses and Centres.

#### This year, from 12 to 18 May 2025, we're making waves with the theme "Ripples of Change"!

Every action, no matter how small, has the power to create a ripple effect — spreading kindness, sparking ideas, and strengthening communities. At Neighbourhood and Community Houses and Centres (NCHCs) across Australia, we see it happen every day! A friendly smile, a shared story, a new skill - these small moments add up to something big, sending waves of meaningful change that extends far beyond our local neighbourhoods.

From community projects to everyday conversations, these ripples of change build momentum, shaping stronger, more connected communities. Whether it's volunteering, learning something new, or simply reaching out to someone in need, every action helps build a stronger, more connected community.

#### What to expect at the Hub?:

- Ancestry for Beginners Introduction Workshop 12 May
- Trentwood's Talk & Tea event May 15



# Talk and Tea at Trentwood

Each month we run a community event at the hub, aptly named 'Talk and Tea! It's becoming a popular gathering each month for a cup of tea and light refreshments with an interesting guest speaker, as well as the chance to chat with other participants.

In March during Term 1 we had the privilege of welcoming Beyond Blue volunteer Greg White as our Talk and Tea guest speaker, who shared his personal journey of living with a mental health condition. Greg's heartfelt story helped raise awareness about anxiety and depression, reducing stigma and encouraging open conversations within our community. He also spoke about the important work Beyond Blue does and provided valuable insights on how individuals can seek help and support. The talk was followed by an engaging Q&A session, where attendees had the opportunity to ask questions and share their thoughts.



#### Our Next Talk and Tea in May How to Live at Home for Longer Seminar

Join us for this important Talk & Tea session, hosted by Latrobe Community Health Service, to learn how government funding can help you stay in your own home as you age. Discover available support programs, eligibility, costs, and how to choose a provider.

Our guest speaker will be on hand to answer your questions and talk you through the process. All attendees will receive an information bag to take home. Don't miss this valuable opportunity! Bookings essential.

Thursday 15 May 11am - 12pm Gold Coin Donation welcome.

# Our House

Trentwood Community House is located at the Greythorn Hub in Balwyn North. You will find us behind the Greythorn shops. We offer a mix of term-based and short courses, one-off workshops, activities and events. As a not-for-profit community organisation, we strive to make our activities as affordable as possible, in a welcoming and inclusive environment.

## Course & Workshop Enrolment

- Enrol and pay early to secure your spot.
- Without sufficient enrolments, the class or workshop may not go ahead.
- Payments and enrolments can be taken over the phone on 9006 6590, in person at the Hub or online at www.trentwood.org.au. You will need to complete an enrolment form.
- Classes may be cancelled if there are insufficient numbers and fees will be refunded in full.
- Unfortunately we cannot offer pro rata rates for classes, as minimum enrolments are required to pay

For further information on our enrolment policy, please contact our office.

# **NDIS Services**

We are an NDIS registered service provider and run community and centre-based social and recreational programs, including music and cooking classes. If you would like to attend one of our programs and have an NDIS package, please contact us to check availability. Our fees are charged at the rate listed in the NDIS price guide.

## My Aged Care

A discounted rate is available for some of our exercise classes for people who have My Aged Care (MAC) and been referred to our program. If you would like help for a referral or more information about MAC, please call us on 9006 6590 or call 1800 200 422.

## Room Hire

We have fabulous rooms available for hire. If you plan to run a workshop, hold a meeting or stage a larger event, please get in touch. Find out more about the spaces available for hire at www.trentwood.org.au/room-hire

# 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.





2 Centre Way Balwyn North 3104 P: 9006 6590 E: info@trentwood.org.au W: www.trentwood.org.au

Greythorn Community Hub



Boroondara



# Trentwood at the Hub

# Activity & course guide

# Term 2 April - July 2025



\*North Balwyn RSL Poppy Garden



Be inspired Be engaged Be involved



Call us on 9006 6590

# Trentwood at the Hub Classes & Activities Term 2 - 2025



# Be Active



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

#### **Belly Dancing**

Our lovely, ever youthful teacher Sandy is taking a break for term two but she will be back shimmering next term!

Trentwood Community House Chinese Dancing

Tuesday and Friday Mornings (ongoing)

#### Chair Yoga

A supportive and friendly class to help you gently tone, improve flexibility and strengthen your body, ease mental tension and soothe the mind. Everyone can practice Chair Yoga, regardless of age, experience, or level of flexibility. Contact us for further information.

Wednesdays starting 7 May 11am - 12pm (9wks) Price: \$90 (MAC Clients)

\*Concession rate available with a My Aged Care referral

#### Mums and Bubs Exercise

Ideal for Mums wanting to get back into exercise, focusing on safe pelvic floor options. Bring your babies along and enjoy a supportive environment. We welcome all fitness levels!

Block one - Thursday 24 Apr to 15 May (5wks) Price: \$50 Block two - Thursday 5 Jun to 3 July (5wks) Price: \$50 **Both Blocks Price: \$90** 

#### Qigong/Tai Chi

Release stress and tension plus restore energy levels with these easy to follow slow, gentle stretches and movements. This low impact form of exercise helps keep the body supple and strong while improving balance and posture. All abilities and levels of experience are welcome to join this class to stay healthy, active and calm. Come and Try session welcome.

Mondays starting 26 Apr 9.20 - 10.20am (9wks) Price: \$126 MAC clients: \$90 \*No class 9/6 **Tuesdays starting 29 Apr 9.30 - 10.30am (10wks)** Price: \$140 MAC clients: \$100

\*Concession rate available with a My Aged Care referral

#### Social Table Tennis

All members of our community are welcome to come down and enjoy a casual game -you can join our friendly group and get great exercise at the same time. We have the bats and balls if you need.

Thursdays 12.30 - 3.30pm

Price: \$5 per person (10 - 5 session pass available)

# Strength & Balance Monday Mornings

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

Mondays starting 28 Apr 10.30 - 11.30am (9wks) Price: \$144 MAC clients: \$90 \*No class 9/6

## Strength & Balance Friday Mornings

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 2 May 11.15am - 12.15pm (10wks) Price: \$160 MAC clients: \$100

\*Concession rate available with a My Aged Care referral

## Tai Chi for Arthritis & Fall Prevention

Tai Chi is an ideal exercise for older adults, offering a gentle, low-impact workout suitable for all levels. Our wonderful instructor, Rob, is trained to teach techniques specifically for arthritis management and fall prevention. This class focuses on improving muscle control, balance, stability, and flexibility. Through slow, controlled movements, it promotes good posture and a meditative mindset with deep, steady breathing. Movements can be done seated or with a chair for support, making it accessible to everyone

Fridays starting 2 May 10.15 - 11am (10wks) Price: \$120 MAC clients: \$100

\*Concession rate available with a My Aged Care referral

# 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 29 Apr 6.30 - 7.30pm (10wks) Price: \$158

# Zumba

With its easy-to-follow choreography, Zumba is designed for everyone. All abilities are welcome and no dance experience is necessary.

2, 16 and 30 May, 13 Jun Foard Williams room, Greythorn Hub 2 - 3pm. Price: \$60

#### Walk From The Hub

Join our Community Walking Group! Looking for a fun and easy way to stay active, meet new people, and enjoy the outdoors? Trentwood at the Hub's Community Walking Group is the perfect opportunity! Contact us to express your interest!

Thursdays starting 24 April 9am

# Be Creative



It's never too late to discover your artistic and creative side!

#### **Acrylic Painting Short Course**

Unlock your creativity in our 5-week acrylic painting course led by artist Camila Vargas Falla. This course will focus on painting captivating landscapes with birds, using photographs as inspiration. You will develop skills in drawing, perspective, colour selection, and mixing, as well as techniques to create depth, reflections, and spatial harmony. Camila also offers tailored guidance for students working on individual projects. Whether you are drawn to painting human figures, wildlife, or your own imaginative scenes, this course will provide you with the tools and support to achieve your artistic goals. Join us to bring your vision to life with the vibrant possibilities of acrylics! Does not include materials, we will send a link of where to buy them.

Mondays starting 19 May 1 - 3pm (6wks) Price: \$120

#### Artlinks at Warrandyte

Artlinks is a creative art group run by Access Health and Community. The group meets weekly at the Senior Citizens Centre in Warrandyte. This program is about getting together, making new friends, enjoying art and craft projects and having fun. No art skill required! Contact us at Trentwood Community House for further details and about transport options.

Wednesdays 10am - 3pm (ongoing) Price: \$10 per week with a My Aged Care referral

#### Art classes with Karen (All levels)

Develop your creativity and be inspired! Karen teaches a variety of mediums - bring your own project or be guided to explore with your medium choice including Drawing and Oil, Acrylic and Watercolour painting. Advice will be given in the class as to what needs to be purchased. Beginners and experienced welcome.

Fridays starting 2 May 10am - 12pm (10wks) Price: \$200

## French Conversation

Suitable for students with 6 months to 1 year experience in the language. Continue your language journey in this new class with Marie, a native French speaker. Covers reading, writing, grammar and conversation. \*The French Book used for the class is "French Experience". It can be ordered online or purchased at the "International Book Shop" in Kew.

Tuesdays starting 22 Apr 10.30am - 12pm (11wks) Price: \$231

# Sewing – All Levels

Whether you would like to learn the techniques to start you off on your sewing journey or some professional techniques and finishes to take your sewing to the next level, this is the class for you! BYO sewing machine. Bookings essential.

Tuesdays starting from 27 May 12.30 - 3pm (6wks) Price: \$210

## Upcycle Your Old or Broken Jewellery Workshop

Give new life to and creatively redesign some beloved or broken costume jewellery components. Bring your old or broken watches, earring, pendant, chain etc. to learn some basic jewellery making techniques, BYO jewellery findings (head-pins, link clasps, chains etc.) or tutor can supply some for an extra \$5.

Tuesdays starting from 10 Jun 9.30am - 12pm (1wk)

# Be Involved



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

# **Ancestry for Beginners Course**

Join Lee, our genealogy guru and solve your family mysteries and learn some research tips and tricks. Discover broader family connections, stories and more family photos. This four-week course will cover the basics to get you started to find more about your family tree, and how to link the relationships between people in your family over generations. Some notes included. Small group sessions so bookings are essential.

Mondays starting 26 May 1 - 3pm (4wks) Price: \$110

#### **Ancestry for Beginners Introduction**

Are you interested in learning about your family history? Join Lee, as she gives an introduction to genealogy, and a brief guide on where to start finding your ancestors. Please book via phone or email by Monday 5 May. As part of Neighbourhood House week, light refreshments will be provided after the presentation.

Monday 12 May 1 - 3pm Price: \$15

#### **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 Starting 28 Apr 1 - 3pm (ongoing)

#### Confidence blossoms life Mandarin to English

Basic conversation class to increase confidence in day to day living in Australia. Topics covered include clothes, food, life and travel. Share ideas and bring interests each week.

Thursdays starting 1 May 10am - 12pm (8wks) Limited English. Price: \$20 per term + \$5 Print Resources

#### 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.

Thursdays fortnightly starting 8 May 12.30 - 3pm (5wks) Price: \$67

#### \$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 your NDIS plan. Ref: 04170013661T

Mondays starting 28 Apr 10am - 12pm or 1 - 3pm (ongoing)

# Be Sustainable

Bring, Learn and Fix



Got a favourite item (household, electrical, mechanical, furniture, clothing/jewellery, toy or bike) that is damaged or no longer works? Don't throw it away - visit our Repair Café. Our aim is to:

- Bring together people who fix things with people who want things fixed.
- Encourage people to fix faulty items instead of increasing landfill.
- Create more Fixers by teaching you our tricks and techniques, helping you understand safety where appropriate, and giving you the courage to give it a go! Reduce amount of discarded items before their time.
- Bring your broken or serviceable items from home,
- and together with our volunteer specialists (aka Fixers), start making repairs.

The third Sunday of every month, 18 May, 15 Jun & 20 Jul 10am - 12pm.

To confirm the café is meeting, please visit their Facebook page at facebook.com/northbalwynrepaircafe or email at northbalwynrepaircafe@gmail.com or visit us at the Hub

# Electronic Waste Station (e-waste)

Drop off small appliances, batteries, mobile phone and computer accessories.

# **Bread Tags**

Did you know our Hub is a collection point for "Bread Tags for Wheelchairs" which is an initiative that sends plastic bread bag tags to be recycled, to help fund wheelchairs for underprivileged people in Africa. Last year our Hub community members contributed 1,000+ bread tags to this wonderful charity. Don't forget the tags need to be plastic!

# For Kids and Young Adults 썔



## **Study Time**

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

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

