

# Dromana Community House

Neighbourhood House Little Gum Early Learning Food Rescue and Share

Fifteen Gibson street O417 467 734 January to April 2024

#### **Contact Us**

O417 467 735

dromanacommunityhouse@gmail.com dromanacommunityhouse.com



Families, Fairness and Housing





Dromana Community House respectfully acknowledges the Traditional Owners of the land where we are located, and Bunurong Boon Wurrung peoples of the Kulin Nation and pay respect to their Elders past and present.

We promise to continue caring for – The Land / the water ways / the sky/the animals / the people.



# Dromana Community House **Enrol now!**

Offering a range of affordable activities including health and well-being, art, craft, and support for the community

Our Food share is growing as food prices rise and families are in aned.

The Little Gum Early Learning Centre is an integral part of the "House"

Office hours: 9 am to 2.30 pm Monday to Wednesday

#### **Annual Registration fee**

We appreciate your fees are paid in advance Debit or Credit Card preferred

Phone: 0417 467 734

Bank details: BSB 633 000 Account # 150336 014

#### **ACTIVITY FEES**

A one off annual fee of ten dollars is required to be paid by all, enrolling in activities.

#### **Little Gum Early Learning**

\$30 annual registration per child or \$40 per family plus \$75 deposit which comes off your fees.

#### On Line enrolment

Coming in Term 1 2024

We offer low cost activities and prepayment secures your place. Prices are as advertised and we do require minimum bookings for activities to proceed.

Full refunds will be given when an activity is cancelled.





#### At Little Gum we:-

- Provide a safe and welcoming environment where children are encouraged to grow and develop into confident little learners
- Believe in inclusion and recognize that each child is their own person, celebrating the special characteristics that make them unique.
- Follow the Early Learning Years Framework.
- Provide Occasional Childcare and are licensed with Children's Services Victoria.
- Offer up to 16 places per day.
- Offer Childcare Benefits to reduce your fees.

Fees: S75 per session - before Childcare Rebates S3O annual registration per child or S4O per family



15 Gibson Street, Dromana Ph: 0417 467 734

### **Our Community**

#### **Garden Gathering**

Visit local gardens and nurseries of interest with these keen gardeners Cost:\$5 plus entry fees if applicable \$10 Annual registration fee

#### **Dromana Community Garden**

We meet at Marna Street Tuesdays: 9 am to 1 pm weekly

Sundays: 10 am to 12 pm 2nd in month

\$10 annual registration Pay direct to the Garden

BSB: 633000.Acc: 150129963

#### The Community Plate

We are all connected to food that is local, healthy and abundant., check out the Facebook page.

#### **Chatty Cafe Trivia Tuesdays**

Eyes down and get set over lunch for some Trivia Weekly Prizes. Noon to 12.45 pm

# Fee: \$5 Dromana Association

Aim: To nurture a community of local people, groups and businesses collaborating to create great environmental, economic and social outcomes for the Dromana area.

#### Sinaina Circle

Join us for a sing along and perform out and about in our community. Thursdays at 1.30 pm to 3pm Fee: \$5 plus \$10 annual registration.

Sona Book \$16

We get out and about performing. The Mornington Youth and Citizen's Brass Band also perform alongside us at evets.







#### **PENINSULA Community WIG CENTRE**

A free community service available to women living on the Mornington Peninsula experiencing hair loss due to treatment for cancer. Ph: O4O7 525 119

### **Neighbourhood House**

#### Monday

Little Gum Early Learning - 9 am to 2 pm

Pop up food cart - 9.30 am

Family History - 9 am to 12 noon-\$5

French Club Lunch - 12 to 1pm - \$5

Art Studio with Julie Hamilton 1 pm to 4 pm - \$120 four sessions

Book Club - First of the month - \$5

#### Tuesday

Little Gum Early Learning - 9 am to 2 pm

Pop up food cart - 9.30 am

Community Garden working bee - 9 am to 1 pm

Tuesday walking - 9.15 am Morning coffee - 10.15 am - \$10 annual

plus reao \$10

Wicking beds and Feng Shui TBA

Trivia Tuesday Chatty Cafe - 12 to 1pm - \$5

Cafe Catch up - 1st and 3rd of the month

Pop up food cart - 9.30 am

Watercolour and Acrylic with Beatrice - 12.30 to 3.30 pm - \$160

Hooks and Needles - 12 noon to 1.30 pm - \$3

Garden Gathering - 2 pm Last of the month - \$5

Homework club - 4pm - Dromana Lions Club

Community Garden Committee - 5.30 pm -First/month

#### Wednesday

Little Gum Early Learning - 9 am to 2 pm

Pop up food cart - 9.30 am

Supporting students Active Volunteering with Tracey

Let the blokes "cook up a storm" - \$5

Men's lunch box - \$5

Hikers - ask for the schedule -\$10 annual plus rego \$10

Boomerang Bags/Patched and Pieced - 12 noon to 3 pm

#### **Thursday**

Little Gum Early Learning - 9 am to 2 pm

Dromana Food Share - 10 am to 10.30 am

Dromana Community Singers - \$5 1.30 pm to 3. pm

Grab and Go meals - 4pm - 4.30 pm - no cost

#### Friday

Little Gum Early Learning - 9 am to 2 pm

Pop up food cart - 9.30 am

Mosaics - 930 am - 1130 am - \$10



# **Workshops and Events**





#### **Grow Some Food**

Feel like helping out in our raised beds in the Seed Pod garden?

Tuesdays 2.30 pm to 3.30 pm

#### **BUNNINGS ROSEBUD**

A big thank you to Marlene for supporting the house volunteers and newly established 'Seed Pod Garden" which has been filled with raised garden beds and seedlings.



Dromana Community Garden

#### WICKING BED WORKSHOP

Dromana Community Garden Marna street Dromana ' 10 am to 11.30 Phone to book - 0417 467 734







# Feeling Fit and Fabulous

#### **Tuesday Walkers**

This group has been walking for many years now, along the beach boardwalk- all weather!

9.30 am- sign on at the House and return for a coffee

\$10 annual registration and \$10 for the activity per annum

#### Wednesday Hikers - join for itinerary.

We walk for 12 to 15 kms each Wednesday from different locations on the peninsula. Register to receive the Itinerary.

S10 annual registration and S10 for the activity per annum

#### **Zumba Gold**

Coming in 2024. Please register your interest Phone 0417 467 734

#### Let them "Cook up a Storm" for blokes

Cooking sessions for blokes who will stay on to share a lunch box with other blokes welcome to join in at the table from 12 noon. Wednesdays 9.30 to 12.45

Fee: \$5 plus \$10 annual rego

#### **Foundation Bulk Food Store**

Pick up your Boomerang Bag and whole foods locally
10/217 point Nepean road Dromana 3936

#### Prana Yoga and Wellness

Beach Street Yoga Collective partners with Dromana Community House Yoga by Donation to Dromana Community House Food Relief. www.pranayogaandwellness.com.au

#### **KUZO Group training**

Try one FREE CrossFit class so you can experience what it feels like to enjoy getting in shape!
Unit 1/3 Thomson Terrace Dromana gday@kuzo.com.au
O434 963 113



Dromana Community House is committed to reducing food waste and poverty.







#### FOOD SHARE THURSDAYS

Second Bite deliver a pallet of food on Thursdays and volunteers pack a box of fruit and vegetables for over 55 families attending Local Churches and the community donate canned foods and milk too.





FROM 10 AM TO 10.30 AM

#### **GRAB** and **GO** Thursdays Hot Meals

Rob and volunteers hone cooking skills and prepare a delicious hot three course meal to Grab and Go for families in need











Volunteers rescue food from Vinnies Kitchen, Coles McCrae, Dromana Aldi, Ritchies Dromana, Woolworths Bakeries, Torello, Baker's Delight, Pier Street Bakery, Dairy Lane and local gardens

# Volunteering

Our community is ready, willing and able to give back! Volunteering is a way to get to know your community, feel appreciated and make a difference.



There are may ways we can volunteer and there is a place for everyone!

#### **Be Connected**

Assisting Seniors with their phones, Ipads and computers

#### **Boomerang Bags - Say no to plastic bags!**

Retailing at the Community Bank Southern Peninsula Sales support Dromana Food Recue and Share.

#### **Local Opportunity Shops**

Retail, sorting or display, for a couple of hours per week!

#### The Rotary Club of Dromana

Looking for friends to help out on special events like the Dromana Community Market

#### **Dromana Community Garden**

Lend a hand mowing, weeding or whipper snipping

Tuesdays: 9 am to 1 pm and

Second Sunday from 10 am to 1pm

#### **Dromana Community House**

House keeper wanted for Wed. and Fridays 9am to 12 noon.

Receptionist - Wed. 12 to 2 pm and Fridays 12 to 2 pm

Food Rescue- For pick up at Coles and Aldi weekly

Food Share - Wait list

Cooking for Grab and Go - Waitlist

Volunteers from our local Secondary Colleges who are undertaking Certificate 11 in Active Volunteeering are working in the Food Share Project.

Over 25 volunteers rescue food from:-

Coles McCrae, Dromana Aldi, Ritchies Dromana, Woolworths Bakeries, Torello, Baker's Delight,

Pier Street Bakery, Bright Sparqe, Dairy Lane and local gardens





#### **Artistic Pursuits**

#### Monday

#### **Art Studio**

Julie Hamilton, supports and guides you while building your

individual painting style. Starts 5th Feb.

Time: 1 pm to 4 pm - continues in the school holidays

Fees: \$120 per 4 weeks plus \$10 annual rego.

#### Cricut - We have the machine ready to use!

Easy Cricut projects for beginners are the perfect place to start! Get your feet wet with fun & simple Cricut crafts

Time:: 1 pm to 3pm \$5 plus your material ,plus \$10 annual rego

Introduction February 12th, 2024 Fee \$10

#### Tuesday

#### Watercolour sessions

Beatrice Manoukian inspires this creative group of artists using pencils, acrylics and watercolours. Time: 12.30 to 3 pm Fees: \$160 for eight sessions.

plus \$10 annual rego. Starts 6th Feb.

#### Watercolour Workshop with Beatrice.

Book now for the next scheduled workshop

Friday 12 noon to 3 pm Fee: \$50 plus \$10 annual rego

#### **Hooks and Needles**

Join us to learn basic knitting/crochet

Time: 12 noon to 1.30 pm Fee: \$3 plus \$10 annual rego.

#### Wednesday

#### **Boomerang Bags**

We gather to sew bags from recycled fabric. Time: Wednesdays from 12 to 3 pm No cost

\$10 annual rego

#### Join us for lunch at 12 noon between classes

Patched and Pieced with Annie

Bring along your UFO's

Time: 12 pm to 3 pm Fee: \$3

\$10 annual rego

#### Friday

#### **Mosaics with Elain Baker**

For beginners includes basic supplies.

Time: 9.30 am to 11.30 am

Fee: \$10 per week plus \$10 annual rego



### **Lifelong Learning**

#### Monday

Family History with Lynne Mc Kenzie

Find out how to research your family tree and

share the results in this supportive group.

Bring along your lap top.

Time: 9 am - 12 noon. Fee: \$5 plus \$10 annual rego.

#### Dejeuner Cafe - Lunch included

Stay on for lunch. and converse in French with others

Time: Monday starting 12 noon to 1 pm

Fee: \$5 plus \$10 annual rego. **Book Club** with Liz Bentley

First of the month at 3 pm Fee: \$5 plus \$10 annual rego.

#### **Tuesday**

#### **Be Connected Online Learning for Seniors**

Monthly workshops with Sara Higgins. Time: 9.30 to 11.30- 19TH February.

Main room

Fee: \$6 plus \$10 annual rego.

#### Tuesday Trivia Quick Bite lunch

Eyes down at noon. Enjoy lunch with freinds and a spot of Trivia with a weekly prize.

Time: Tuesday starting 12 noon to 1pm - Kitchen

Fee: \$5 plus \$10 annual rego.

#### One on One Phone/Ipad / Computer Assistance

First of the month booking essential Sara is a font of knowledge we call her Wiki her background is in desk top publishing, PR and trouble shooting.

Fee: 30 min. \$15 plus \$10 annual rego From 1 pm

#### Wednesday

#### Let the blokes "Cook up a Storm"

Wednesdays 9.30 to 1 pm Cooking sessions for blokes who stay on to share a lunch box with other blokes You are welcome to join in at the table from 12 noon. Take home a meal too. Cost \$5 plus \$10 annual rego







Dromana Community House is committed to The 5 Rs: Refuse, Reduce, Reuse, Repurpose, Recycle Australian Initiative

Blister packs (the packaging that pills and tablets come in) cannot be recycled at home through your council's kerbside recycling service.

Made from aluminium and plastic, the packaging requires

You drop off empty blister packs for recycling at the house A project of

the Rotary Club of Dromana







Dromana Community House
15 Gibson street, Dromana
Together we can make a positive difference to
our community and our environment.
Victoria's Container Deposit Scheme
Get 10¢ back by returning eligible containers.



Mobile recycling trailer
The Mobile Recycling Trailer will be located at
15 Gibson street
from 4/3/2024 to 29/3/2023

The recycling trailer is available for residents to drop off their unwanted clothing and small electrical items.

The trailer takes items such as clean clothing, hats, shoes, bags and electrical items such as hair dryers, toasters, drills, mobile phones, tablets and laptops (please remove batteries and recycle at participating facilities).

Savee items from landfill and work towards our zero waste future.

#### The Little Library

Borrow or swap a book in our llittle book box which was made lovingly for us by the <u>Safety Beach Dromana Men's Shed</u>



Boomerang Bags is a global, grassroots movement

Connecting and empowering local communities to tackle plastic pollution at its source.

We collect fabrics and repurpose into shopping bags











Prizes



**BYO** drinks **Based on Family Fued** 

Z1 FEK 71174



15 Gibson street, Dromana 3936

\$10 TICKET | 6 TO 8

Book a table for your family or class mates

# WICKING BED WORKSHOP

Dromana Community Garden Marna street Dromana ' 10 am to 11.30 Phone to book - 0417 467 734

> Cost: Members free \$10 visitors Membership is \$10

We will plant a tree, so that next generation can get air for free











