

## Timetable January – July 2024

### Monday

8.00am – 9.00am	Breakfast Club
9.30am – 11.30am	Drop In Playgroup
9.30am – 12.30pm	Google apps and the cloud
10.00am – 11.00am	Zumba Gold
12.30pm – 2.30pm	Art Start
1.15pm – 3.45pm	Digital Essentials Level 1: From Zoom to safe computer use
1.30pm – 4.30pm	Card Games — play 500
3.00pm – 4.15pm	Tai Chi

### Tuesday

8.00am – 9.00am	Breakfast Club
9.30am – 10.15am	Wise Moves Stretching Class
9.30am – 11.30am	Weekly Walk
9.30am – 12.30pm	Working with Word: Intro to Internet and Email
11.00am – 12.15pm	Tai Chi
12.45pm – 3.45pm	Introduction to Visual Arts
1.00pm – 2.30pm	Italian Conversation

### Wednesday

8.00am – 9.00am	Breakfast Club
9.45am – 12.45pm	Basic Literacy Through Cooking 1
10.30am	Free Food Access
1.00pm – 3.00pm	Basic Numeracy & Literacy
2.30pm – 5.30pm	Introduction to Fashion Sewing
6.00pm – 9.00pm	Introduction to Fashion Sewing

### Thursday

8.00am – 9.00am	Breakfast Club
10.00am – 11.00am	Zumba Gold
10.00am – 1.00pm	Get Crafty
11.00am – 11.30am	Cognitive Conundrums
11.30am – 1.30pm	Nourishing Together
11.30am – 12.30pm	Conversation Group

Check website for latest program information.



## Holden Street Neighbourhood House

ADDRESS 128 Holden Street, North Fitzroy  
POST PO Box 1145, Fitzroy North, VIC 3068  
PHONE 03 9489 9929  
E-MAIL [admin@holdenstreet.org.au](mailto:admin@holdenstreet.org.au)  
[www.holdenstreet.org.au](http://www.holdenstreet.org.au)



### Opening hours

Monday to Thursday 8.00am – 5.30pm

Closed on Public Holidays and most Fridays

### Public Transport - Getting there

Tram 11 Stop 24 — walk west along Holden St

Tram 96 Stop 19 — walk east along Holden St

Bus 250, 251 — stop IDs 668 and 359

Car parking — surrounding streets

Holden Street Neighbourhood House acknowledges the history and culture of the Wurundjeri people of the Kulin Nation, and pay our respects to Elders past, present and emerging.  
Always was, always will be, Aboriginal land.



## Holden Street Neighbourhood House

## Activities and Information Guide

January – July 2024

[@holdenstreet.org.au](https://www.facebook.com/holdenstreet)  
[@holdenstreet](https://www.instagram.com/holdenstreet)



ABN 15 398 624 647 TOID 6407 REG NO A0010350V

# Learn

## Google Apps and the Cloud

**Mondays 9.30am – 12.30pm**

29th Jan – 25th March

15th April – 24th June

An in depth look at Google Apps and how to use the cloud to sync information across different devices.

ACFE Eligible: Full fee \$200 / Concession \$140

Non ACFE: \$470

## Digital Essentials Level 1: From Zoom to safe computer use.

**Mondays 1.15pm – 3.45pm**

29th Jan – 25th March

15th April – 6th May

Designed to help learners understand the basics of various areas of technology, including different digital devices, their functionality and the ways to use these devices to connect.

ACFE Eligible: Full fee \$93 / Concession \$65

Non ACFE: \$285

## Working with Word: Introduction to the Internet and email.

**Tuesdays 9.30am – 12.30pm**

30th Jan – 26th March

16th April – 11th June

This course is designed to familiarise learners with computers and Microsoft Windows, while learning basic computer skills.

ACFE Eligible: Full fee \$200 / Concession \$140

Non ACFE: \$480

## Introduction to Visual Arts

**Tuesdays 12.45pm – 3.45pm**

6th Feb – 26th March

16th April – 11th June

Our visual arts course will inspire your creativity and develop a broad range of skills and knowledge to start your artistic career.

ACFE Eligible: Full fee \$350 / Concession \$245

Non ACFE: \$680

# Community Events

## Welcome Back Morning Tea

**Wednesday 24th Jan 10.30am – 12.00pm**

Join us for a warm Welcome Back Morning Tea as we kick off a new year at Holden Street. Open to all, let's reconnect after the summer break and celebrate together!

## March BBQ Series

**Fridays 1st, 15th, 22nd March 5.30pm – 7.30pm**

Our Annual end of Summer celebratory BBQs will be taking place again this March. We invite everyone to come and join us for a delicious BBQ dinner with fellow Holden Street Friends.

\$5 per person

## Swap Meet

**Saturday March 16th 10.00am – 2.00pm**

To celebrate the Sustainability in Yarra Project, Holden Street is hosting a 'swap meet'. We hope to offer our community a safe space to share their excess clothes, home goods, sporting equipment & toys. Keep an eye on our website for more details.

# Community Activities

## Holden Street Breakfast Club

**Monday – Thursday 8.00am – 9.00am**

Join our community breakfast club for a nourishing start to your day! Enjoy free breakfast and connect with neighbours.

FREE

## Drop-In Playgroup

**Mondays in school terms 9.30am – 11.30am**

Come and meet other people on the same crazy journey that is 'parenting'. We welcome 0–5-year-olds with access to amazing indoor and outdoor areas.

Gold coin donation

## Community Lunch

**Wednesday 27th March & 19th June**

**12.00pm – 3.00pm**

\$10 per person

## Neighbourhood House Week Games Night

**Tuesday 16th May 6.00pm – 8.00pm**

Don't miss our annual NH Week Games Night! Holden Street will be hosting a Trivia & Games Night at the House. Save the date and start brushing up on your general knowledge skills.

\$10 per person, with all proceeds supporting Holden Street.

## Morning Teas

**11.00am – 12.00pm**

Thursday 28th March: Easter

Monday 13th May: Neighbourhood House Week

Monday 27th May: Reconciliation Week

## Community Outings

Fun excursions discovering Victoria!

Bookings are essential.

**Fridays 9.30am – 4.30pm**

8th March: Celebrating International Women's Day  
14th June (Costs vary for each outing destination.)

## Get Crafty

**Thursdays 10.00am – 1.00pm**

Drop-in to this lovely group and get crafty! Bring your own materials, skills and ideas.

\$3 per session

## Cards Group

**Mondays 1.30pm – 4.30pm**

Learn to play a fun game of cards — specifically, 500 — no experience required.

FREE

## Italian Conversation

**Tuesdays 1.00pm – 2.30pm**

Come and learn basic Italian or practice your Italian conversation with this gorgeous group.

FREE

## Basic Literacy through Cooking 1

**Wednesdays 9.45am – 12.45pm**

31st Jan – 27th March

17th April – 19th June

Cooking and literacy go hand in hand. This class is specifically designed for adults with a disability.

ACFE Eligible: Full fee \$271 / Concession \$190

Non ACFE: \$590

## Basic Numeracy and Literacy

**Wednesdays 1.00pm – 3.00pm**

31st Jan – 27th March

17th April – 19th June

Adult learners, from marginalised backgrounds, will have the opportunity to improve skills in basic numeracy and literacy.

ACFE Eligible: Full fee \$171 / Concession \$120

Non ACFE: \$490

## Introduction to Fashion Sewing

Designed for adults looking to explore and expand their creative skills in fashion sewing enabling them to seek employment or further study in the field of fashion.

**Wednesdays Afternoon Class 2.30pm – 5.30pm**

**AND Evening Class 6.00pm – 9.00pm**

31st Jan – 20th March (Term 1)

17th April – 12th June (Term 2)

ACFE Eligible: Full fee \$157 / Concession \$110 per term

Non ACFE: \$465 per term

## Volunteering

Expand your skills and knowledge and open the door to new opportunities in the world of volunteering. Please contact the office.

Free 8-hour course. Flexible delivery.



## Cognitive Conundrums

**Thursdays 11.00am – 11.30am**

Unlock your mind's potential! Join our innovative program and delve into a world of brain teasers, puzzles, and mind-games. Challenge yourself and unleash your cognitive prowess.

FREE

## Men's Walk & Talk Group

**First Saturday of each Month 8.00am – 11.00am**

Unite with our men's walk and talk group — forge deep connections, experience nature's healing power, and embrace better well-being.

FREE

## Health & Wellbeing

### Nourishing Together

**Thursdays 11.30am – 1.30pm**

1st Feb – 21st March (Term 1)

18th April – 13th June (Term 2)

Discover the art of budget-friendly cooking. You will learn how to create nutritious meals with everyday resources, while helping our community. Plus, take home extra portions to share with your loved ones.

Full Fee: \$50 / Concession: FREE

### Zumba Gold

**Mondays & Thursdays 10.00am – 11.00am**

Dance, music, fun, and social connections with like-minded "goldies" to improve physical and mental wellbeing. Accessible online or in person.

Mondays OR Thursdays (12 Sessions): \$150

Mondays AND Thursdays (24 Sessions): \$228

### Wise Moves Stretching Class

**Tuesdays 9.30am – 10.15am**

Feel fabulous, feel stretched, feel uplifted in this ultimate stretching class. Participate in specifically designed sessions

\$110 per term

## Weekly Walk

**Tuesdays 9.30am – 11.30pm**

Set off from Holden Street and explore our beautiful neighbourhood. Dogs welcome!

FREE — Bring money for a coffee.

## Conversation Group

**Thursdays 11.30am – 12.30pm**

Discuss the week's happenings and everything else that matters.

FREE

## Art Start

**Mondays 12.30pm – 2.30pm**

8-Week Workshop starting 5th Feb

Get creative note with our community art class!

Explore diverse mediums, unwind, and embrace a moment for yourself in the world of art.

Full Fee \$200 / \$100 Concession

## Tai Chi Yang Style

**Mondays 3.00pm – 4.15pm**

**Tuesdays 11.00am – 12.15pm**

Tai Chi and Qigong for inner stillness, flowing energy, balance and movement. Suitable for beginners and experienced. Student pre-requisites: Be able to stand alternately on either foot. Loose fitting top, long pants and flat-soled runners.

Term 1 Mondays: 12th Feb — 7 weeks \$70

Term 2 Mondays: 22nd April — 8 weeks \$80

Term 1 Tuesdays: 13th Feb — 9 weeks \$90

Term 2 Tuesdays: 23rd April — 9 weeks \$90

## Change Your Posture, Change Your Life

**Mondays 5.00pm – 6.00pm**

6-Week Workshop starting 12th Feb

Come and learn how you are designed to sit, stand and move with coordination, balance and ease.

Using insights from the Alexander Technique identify unhelpful postural habits and find your way towards your natural springiness. Classes are a fun mixture of functional anatomy and experiential exercises that relate directly to your life.

Full Fee \$90 / \$60 Concession





## Welcome

Holden Street Neighbourhood House is a well-established public institution located in North Fitzroy that offers a safe place to connect, meet for educational, recreational, and skill-based activities and community programs free or at low cost. We provide information and referral support, sustainable food relief, social support, seniors' activities and much, much more.

## Volunteer information

Are you interested in volunteering in a friendly environment, where you can support others while developing your skills? There are currently opportunities in: Committee of Governance, garden & composting help, fundraising, digital mentors, programs and events support.

## Getting Help

Call in during office hours to arrange for help with filling in a form, or to find out about local community information and support services.

## Privacy

The House respects your right to information privacy. Personal information obtained during enrolment is stored securely, in accordance with Information and Privacy Legislation. Please contact us if you would like further details on our Privacy Policy. All House policies are available upon request.

## City of Yarra Community Gym

Memberships can be purchased from our office.

## How to Enrol

All programs and activities can be booked via our website or email [admin@holdenstreet.org.au](mailto:admin@holdenstreet.org.au)

If you have any queries about a program, please contact us. Enrolments will be offered to current participants and then taken on a first come, first served basis, until the program is full (unless specific criteria apply). A program may be cancelled or postponed if interest is low.

## Payments, Fees and Refunds

### Payments

We have these payment options:

1. Debit and credit card payment at the house.  
*External transaction fees apply.*
2. EFT direct to  
**Account name:** Holden Street Neighbourhood House Inc  
**BSB** 633-000  
**Account Number:** 131106577  
**Reference:** program name and your surname.
3. Via Social Planet website with credit card  
**[www.socialplanet.com.au/at/holden-street-neighbourhood-house-inc](http://www.socialplanet.com.au/at/holden-street-neighbourhood-house-inc)**  
*External transaction fees apply.*

A receipt can be provided. Each participant will be expected to pay the full cost of the program in which they enrol, prior to commencement of term.

Alternative arrangements can be discussed with office staff and instalments can be negotiated. Please note that eligibility for concession varies according to program.

*Please contact office staff with queries.*

### Learn Local Fees

For eligible students (concession and additional criteria), the tuition fee per program in 2024 is calculated at \$1.08 per hour up to a max of \$50. Additional fees are charged for materials and amenities.

### Refunds and Pro Rata Rates

We understand that life can be unpredictable, and you may need to withdraw from a program. There may be some flexibility if you would like to begin a course after the start date.

*Please contact office staff with queries.*

## House Hire

Holden Street Neighbourhood House is close to public transport, and street parking, and is adjacent to a fantastic park. It has its own child-safe outdoor and indoor play area.

Spaces available for hire:

- Multipurpose Room (with projector)
- Private office with own access (shared amenities/kitchen)
- Meeting Room
- Student Room (with projector)
- Zen Den/Break-out Room
- Private back Garden & BBQ

See website for bookings and fee information.

## Services

### Free Public Internet Access

Scanning, printing and photocopying available. Charges apply.

**Mondays – Thursdays 9.00am – 5.00pm**

### Food Relief and Food Pantry Access

Free, nutritious surplus food donated via Second Bite and Piedimonte's supermarket is available – BYO shopping bags.

**Wednesdays from 10.30am**

Visit the Food Pantry for dry goods situated near front gate any time. *Give a little, take a little, as you need.*

### Drop-In: Information and Referral Service

Need help with finding out about local community information or support services? Drop in and ask us.

**Monday – Thursday 8.30am – 5.00pm**

### Composting, Recycling & Sustainability

Drop by and see what we are doing and how you can be involved with composting, worm farm or dropping off goods for recycling (as per website).

