

COMMUNITY BUILDING IN OUR NEIGHBOURHOOD

Castlefield Community Centre

**Program and Activity Guide
Term 1 2020
28 January to 27 March**



Quilting



Child Care



One World Choir

505 Bluff Road

Hampton 3188

Telephone: 9598 0662

Email: castlefield@bayciss.org.au

Web: castlefield.org.au

Office hours:

Monday and Wednesday 9am to 4pm

Tuesday, Thursday and Friday 9 am to 1pm

About Us

Castlefield delivers a range of programs as well as hires facilities to other community groups, private businesses and individuals. Our purpose is to build a sense of community in our local neighbourhood—come and be a part of it.

Castlefield is funded by the **Department of Health and Human Services** under the Neighbourhood House Coordination Program and **Bayside City Councils** Major Grants Program. We gratefully acknowledge both the financial and partnership support provided by State and Local Government. Castlefield also receives support from **All Souls Opportunity Shop, Buxton Realestate and the Stronger Communities and Active Neighbourhoods programmes.**

Did you know Castlefield is a BayCISS Neighbourhood House? BayCISS provides information and support including counselling, legal advice and tax help to all community people in the Bayside and North Kingston local government areas. BayCISS also provide advocacy, referral and emergency relief to low income and vulnerable clients in these areas.

BayCISS

12 Katoomba St.
Hampton East, 3188.



BayCISS Opening Hours:

Monday to Friday 10 am to 4pm



buxton



**CASTLEFIELD
COMMUNITY
CENTRE**

Children's Activities

Short Hours Child Care Program

At Castlefield our philosophy is to nurture children's creativity and social skills through play in small groups. Short Hours Child Care has a maximum of 10 children in the 2-3 year old groups and 13 children in the 3-4 year old sessions. Our experienced childcare staff provide a warm and welcoming atmosphere in which your child can grow and develop. The program includes music, cultural celebrations, fine motor skills activities, creative play, art and craft, social and outdoor activities.

2 and 3 year olds sessions:

Time: 9 am to 1 pm Monday
9 am to 12.30 Tuesday and Thursday
9am to 12 noon Wednesday

Lynne



3 and 4 year old sessions:

Time: 1 pm to 4 pm Wednesday
9 am to 1.00 pm Friday

Robyn



Fees are between \$37 and \$47 per session. Please discuss concessions with the staff.

Our Child Care staff are Lynne and Robyn. A separate parent's information booklet is available with more detailed information and can be mailed to you on request.

Monday Morning Playgroup

Our playgroup caters for children between newborns and 3 years of age and we maintain a limit of 10 families per session to ensure a safe and pleasant environment both indoors and outdoors. Playgroup is a great way to meet other parents and support each other on your parenting journey. Our Playgroup is facilitated by Monika who has many years experience and creates a welcoming atmosphere.

When: Mondays Monika
Time: 9.30 am to 11am
Fees: \$6 per family per session payable on a term basis
\$10 per family on a casual basis



Children Activities Continued.....



Super Speak Public Speaking and Drama for Ages 6-14

Your child can learn to communicate with confidence, purpose and skill and have heaps of fun with our award winning public speaking and drama program. We teach children aged 6-14 of all confidence levels to be more confident and creative communicators for life. They will learn about expressive skills, vocal variety, body language, speech structuring, speech clarity and much more.

When: Senior group - ages 10-14 on Saturdays from (12.30 pm - 1.25 pm)

Junior group – ages 6-9 on Saturdays from 1.30 pm - 2.25 pm

Phone: 03 9572 5249 Email: info@superspeak.com.au Bookings are essential and enrolments can be made online at www.superspeak.com.au

Mini Maestros

A fun and educational music program for babies, toddlers and pre-school children. This popular program stimulates young minds, builds confidence and fosters a love of music. Classes are age-specific to cater for children's developmental stages. Your role as a parent or caregiver is also unique in follow-up activities to help reinforce concepts learned in class.



When: Term time for nine weeks

Time: 9.30 am to 12.30 pm (30 to 45 minutes for age specific groups)

**Contact: Julia 0414 944 918 or julia.kaplan@minimaestros.com.au
www.minimaestros.com.au Bookings are essential.**

ATADS Dance

Alanna's Theatre and Dance Studio offers dance instruction and education without the stress and pressure of examinations or competitions. Beginner students or those older students who have dabbled in dance in their younger years are welcome to our safe and nurturing environment. Classes are fun and relaxed, nurturing each student's individuality to build their confidence, love and appreciation for Dance.

When: Mondays and Wednesdays during school terms

Contact: Alanna for further details. Phone 0419 641 477

Email: alanna@atads.com.au or visit: www.atads.com.au

Mondays—Creative Ballet, Mini Junior Acro and Adult Jazz. 4.15pm to 6.45pm

Wednesdays—Mini Jazz and Junior Jazz. 4.15 pm to 6.00 pm

Children's Activities cont....

BusyFeet Bayside



BusyFeet is an activity designed to create a special place through dance and music for children with disabilities aged 6 to 16. The program provides the opportunity for parents to develop friendships and discuss issues with others in similar circumstances. Brighton North Rotary established BusyFeet in

Bayside in 2015 with the support of the club and funds from local entities. The group is run by a qualified dance teacher with the children being supported 1:1 by a volunteer from Rotary and the local community. All volunteers have a Working with Children check.

When: Tuesdays during school terms resuming 4 February

Time: 4.30 pm to 5.15 pm

Ludstone Street Facility

Programs at 19 Ludstone St Hampton are a partnership between Hampton Community Centre, Department of Health and Human Services, Bayside City Council and Castlefield Community Centre.

Gentle Exercise

Join Tom for this gentle resistance training program for those looking to ease themselves back into exercise or those looking to maintain a basic level of fitness. All welcome. No booking required. Mondays 12:30pm - 1:30pm Cost: Free for residents \$5 for others.

Book Loans and Device Advice

Heather Northwood and Natasha Kamenev from Bayside Libraries will be available to help you with library loans and advice on using your device whether it is your iPad/iPhone or another smart phone. Heather will introduce you to new short stories, poems or chat about what you are reading. Natasha is also happy to have Russian conversation. Join Heather and Natasha for a cuppa and chat. All bibliophiles welcome. No bookings required. When: Thursdays on a fortnightly basis 3:00pm-4:00pm Free! Starting 5 March.

Gardening

Join Francisca to learn all about growing vegetables and follow it up with a morning tea together.—**Mondays 10.30 to 12 noon.**

Yoga

A one hour yoga session followed by meditation.

When: Last Saturday of the month 10 to 12pm.

Cost: FREE

Adult Activities



Our choir is led by professional musicians Andrea Khoza and Annemarie Sharry who have many years experience of developing and leading choirs. The choir is loads of fun. The music is dynamic, joyful and uplifting. Everyone is welcome, you don't need to have sung in a choir before, read music and there are no auditions.

When: Thursdays 30 January to 26 March (9 weeks)

Time: 7.30 pm to 8.45 pm

Cost: \$15 waged and \$10 concession paid on a term basis. Casual \$20 per session. Contact: The office on 9598 0662 or castlefield@bayciss.org.au

Song Circle

Join in a relaxing session of ChantSongs (short, meditative melodies/mantras) clear enough to sing along with on first listening). Connect and harmonise over a cycle of pure sounds including Sanskrit and Indigenous Australian chants. Sessions are guided by experienced, inspiring and encouraging musician, **Diana Clark-de Vries**.

When: Sunday 23 February, 22 March, 24 May (special event Wed 10 June)

Time: 2.00 pm to 3.30 pm. Cost:\$20, (\$15 concession). Pre-booked, \$25/\$20 at the door

Booking: TryBooking. ChantSong Circle enquiries - SMS Diana 0433 855 580

Email: dmc@dianaclark.com.au or phone Castlefield on 9598 0662 or email castlefield@bayciss.org.au

Relax - Recharge - Rejuvenate Meditation Courses

Stephanie Rother a qualified hypnotherapist, naturopath, yoga and meditation teacher leads these 4 week courses that include gentle yoga movements, relaxation and meditation. Designed to give you a little mini-break, the course will enable you to learn a range of mediation techniques that you can easily apply at home in your own time. Each session is structured so that you can relax and re-energise yourself while learning how to meditate at the same time.

When: Monday at 7:00 pm 10 Feb, 17 Feb, 24 Feb and 2 March (4 weeks term)

Contact: Stephanie on 0413 019 959 or e-mail steph@infinitehealth.net.au for further information or to book.



Adult Activities cont.....

Castlefield Garden Club

Meet the first Thursday of each month at 1.00 pm to share gardening knowledge, seedlings and cuttings. Guest speakers and workshops will be held on different varieties of plants, ornamentals, edibles and ideas stemming from your own interests. Join our mailing list to stay in touch with special events.

When: First Thursday of each month starting 6 February

Time: 1 pm to 3.00pm.

Cost: Gold coin donation

Gentle Strength and Balance with Nikki Licheri

Nikki's classes are simple, easy to follow without confusing equipment. Making use of a chair for body weight exercises, the goal of each class is to finish feeling better! The exercises are designed to create strength without bulk and build toned, functional bodies that meet the needs of everyday activities. Nikki is qualified to offer lots of options. She sequences a range of gentle exercises and activities that are fun to do using concepts found in the Pilates method.

When: Every Friday starting 31 February

Time: 10.45 pm to 11.30 pm. Arrive 10 mins early

Cost: \$10 paid on a term basis \$15 casual attendance

English Conversation

This program focuses on building confidence in speaking and listening in English. Each week is focused on a special topic and activities include vocabulary and grammar study, short readings and a lot of discussion. The tutor Laura Cerbus will provide a welcoming atmosphere to help you grow confident in English.



When: Every Tuesday during term time starting 4 February.

Time: 7-8.30pm

Cost: FREE

Tuning in to Kids - Emotionally Intelligent Parenting

This program runs twice a year in terms two and four. The next dates are Wednesday 29 April to Wednesday 3 June. To book please call Denise Howells at BayCISS 9555 9910 or 9555 6560

Castlefield Social Bridge Group

Our social Bridge is a group for players with some experience. Bridge is played in sets of four with two competing teams. Researchers have discovered that mentally challenging games such as bridge which offer intellectual and social stimulation, may help develop your memory and stimulate your immune system. It is NOT a supervised group or an affiliated Bridge club. Experienced duplicate Bridge players only and new members MUST have their own partner. Bookings are essential. Contact Judy on 0410 515 220. The Bridge group will operate from **3 Feb to 7 December**

When: Every Monday including during school holidays.

Time: 1 pm to 4 pm.

Cost: \$5 per session including afternoon tea.

Patchwork and Quilting

You may already be experienced or you might be a beginner. Patchwork and quilting have two groups on alternate Tuesdays. The patchwork group is full however you are welcome to join the quilting group. This is a group for people who want to learn a new skill, or add to their existing quilting skills. People who enjoy the company of others who are passionate about fabric and textiles and the wonderful combinations you can make with this beautiful craft. The groups are facilitated but essentially it is about sharing your skills and learning together.

When: Every Tuesday resuming 28 January

Time: 9.30 am to 11.30 am

Cost: \$6 per session paid on a term basis

Art for All Abilities

Experienced artist Janis Morgan will help you discover your inner artist with a range of activities using different materials. This supportive group is great for people of all abilities. **No experience necessary.**

When: Tuesdays resuming 4 February

Time: 1 pm to 3.00 pm

Cost: \$10 per session on a term basis

Children's Birthday Parties

**We hire our facilities for children's parties.
Contact the office for details 9598 0662**

Adult Activities cont.

RAW Garden

We have formed a partnership with RAW Garden at 325 South Street Brighton East, just around the corner from us.



RAW is a grassroots organisation whose purpose is to celebrate women and diversity and to assist women to nurture each other and connect. RAW celebrates the uniqueness & aspirations of multicultural women through gardening, storytelling, crafts & cooking to nurture ourselves & our community.

Regular Activities: Check website for details <http://raw-australia.org.au>

First Sunday of the month - RAW Storytelling

Second Sunday of the month - Resilient and resourceful gardening.

Third Sunday of the month - RAW Connections

Fourth Sunday of the month - Community, Culture and Cuisine

Volunteering at RAW Garden

RAW Gardening - Every Tuesday

10:00-15:00 ~ 325 South Road, Brighton East.

RAW is currently seeking volunteers to help with the garden upkeep and general maintenance. Join us for a delicious lunch too.

Contact: sumaya@raw-australia.org.au

THUNDERBIRD Dancers with Jenny LEE



TBIRDS dance club began in 1997 – Jenny Lee has 23 years of teaching numerous dance styles throughout Melbourne. Styles include New Vogue, Ballroom, Rock & Roll, Latin and Line Dancing.

Physical Health benefits of dancing are widely known but Jenny believes the emotional side to be of equal value. Let go of stress, hear the music and share some quality time with friends. We have a mid-afternoon tea/coffee break to ask any questions and to catch up with other class members.

Jenny welcomes you to come along each week for exercise and lots of fun. Learn movement to music at your own pace. Music is guaranteed to bring a smile to your face. Partners not required.

When: Tuesday afternoons starting 4 February.

Time: 1.30pm through to 4.30pm.

Enquiries: Jenny LEE,

0421 824 737, tbird.dancers4@optusnet.com.au



castlefield@bayciss.org.au
tel: 9598 0662

Support Groups

Carer's Art Space

Run by MOIRA Disability and Youth Services, this group provides parents of children with disabilities the opportunity for mutual support through art, guided by a qualified art therapist. Not good at art? Don't worry! The benefits lie in the process.

When: 3rd Monday of every month except school holidays—17 Feb, 16 Mar, 20 Apr, 18 May, 15 Jun, 20 Jul, 17 Aug, 19 Oct and 16 Nov
For more information contact the MOIRA parent support Officer, 8552 2222 or hello@moira.org.au

Rostrum – Public Speaking Group

Rostrum welcomes new members and visitors. If you have to do a wedding speech, a funeral eulogy, a job interview, a presentation for work or academia, Rostrum can give you the skills and practice to make it a great success. And we guarantee that you will have fun!

When: Wednesdays, (except the first of the month) resuming 12 February
Time: 7.15 pm to 9 pm
For more information, email vicclub54@rostrum.com.au

Alcoholics Anonymous Groups

A confidential program for those with an alcohol dependence problem. You can just turn up to any of the meeting times. If you require further information, go to the AA website www.aa.org.au

AA Sunrise

Mon/Wed/Fri 6.30 am to 7.30 am and Tues/Thurs 6 am to 7 am (Room 1)
Saturday and Sunday— 7.00 am to 8.00 am (Room1)

AA Hampton Topic Hour: Saturdays 5.30-6.30pm (Room 2)

AA Sunday: 11 am to 12.30 pm (Room 1)

AA Mid Week Chat: Tuesdays 6.30 pm to 7.30 pm (Room 2)

AA Friday Night Recovery: 6 30 pm to 7.30pm (Room 1)

Al Anon Group

A supportive group for the families of people with an alcohol dependence problem.

Sundays: 11 am to 12.30 pm (Room 2)

General Information

Volunteers

We rely on the very generous support of volunteers who give their time to undertake a range of tasks either in the office or helping with programs. If you are interested, speak to Ros Porter about opportunities available. Volunteering is a great way to feel a part of your community to share your skills and meet new friends.

Enrolment

When you enroll for an activity in most cases, you will be asked to make a payment for the whole term. This enables us to give certainty to our tutors and reach numbers to make programs viable. If you have financial difficulties, we are happy to have a conversation to organise regular payments. Activities are subject to sufficient numbers. In the event that an activity is cancelled due to insufficient numbers, your fees will be refunded. Some of our classes will have a free introductory session. Fees for activities on a term basis are due at the beginning of the term and can be paid at reception during office hours or during the first session. We do not have credit card facilities. The term dates are based on government school holidays.

Fees

Fees can be paid by bank transfer, cheque or cash. A receipt will be given for cash or cheque payments only. Each activity has a different fee, depending on the nature of the activity. Please see the individual activities to find out their cost and how they can be paid.

Public Holidays

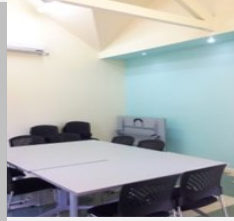
Activities will not run on public holidays. School holidays may have special arrangements, so please ask when enrolling if your activity is affected by school holidays.

Refunds

Please choose your enrolment carefully. Castlefield is not responsible for a change in your circumstances. Refunds will only be issued if a least seven day's notice before the start of the term is received when payment is on a term basis. Fourteen days notice is required for child care.

Hall and Room Hire

We have a number of rooms available for hire. They can be hired on a longer term regular basis or for one off events and activities. Please speak to Ros Porter about availability, fees and charges on 9598 0662. To hire our facilities you must have Public Liability. For one off events we can assist you to obtain insurance cover.



Community Centres in Bayside

Bayside City Council supports a range of community centres and between them there is a huge range of programs and activities for people of all ages and abilities.

Brighton Recreation Centre—9592 3033 www.brightonrec.com.au

Hampton Community Centre—9598 2977 www.hampcomm.org

Highett Neighbourhood Community House—9555 3797 www.highett.org.au

Sandybeach Centre—9598 2155 www.sandybeach.org.au

CAR PARKING

Castlefield has no dedicated parking. The adjacent Car Park is both owned and managed by the shop keepers. We encourage everyone using Castlefield to walk, ride, car share or catch a bus. If you drive, please avoid spaces immediately in front of the shops. We like to be good neighbours, so your cooperation is greatly appreciated. There is parking in adjacent streets; however, there is no parking on Bluff Road.



505 Bluff Road, Hampton 3188

Phone: 9598 0662

Email: castlefield@bayciss.org.au

Website: castlefield.org.au



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