

Community Lunch

Come and join us for a **FREE** lunch. We use rescued and surplus food to make a delicious and healthy feast for everyone to enjoy. This is a great way to get to connect with other members of your local community. All welcome.

**Every Friday during the school term 12:30 – 1:30pm
31st January to 4th April**



Food Market & Meals

Come along and fill a bag with groceries and fresh fruit and veggies for \$5. A free take away meal is also available. BYO container please.

**Wednesdays 12 – 1pm
5th February to 2nd April**



Gardening Workshops

Join us for our monthly workshops to develop your gardening skills and knowledge.

**Second Saturday of each month 11am - 1pm:
8th February and 8th March
\$25 / \$15 (Free for RSNH Volunteers)**



Monthly Food & Garden Swap

Join us to exchange your garden produce, preserves, seeds and seedlings. Share garden tips, ideas and recipes. Meet with neighbours and other gardeners.

**Second Saturday of the month 10:30am -12:30pm:
8th February and 8th March**

Community Kitchen

We have a commercial-grade kitchen, complete with everything you might need.

If you're interested in using or hiring our commercial kitchen for workshops or your own cooking needs please give us a call.



Community Cafe

Did you know we have a cafe? Come and relax in the sensory garden or on the deck. Our volunteers serve up great coffee! Now also serving delicious sweet and savoury treats lovingly prepared by our Community Kitchen.

**Monday to Friday 9:30am - 12pm,
During school terms**



Community Pantry

Located at the front of RSNH, the pantry is open 7 days a week for community members to donate and / or access free staples and dry goods. Some fresh food is available too. **Give what you can and take what you need.**

If you are experiencing food insecurity and need access to meals, we can connect you with other services in Merri-bek. Please call us or come and chat at reception for more information.

Venue Hire

We offer venue and meeting room hire for private functions, meetings, workshops and more. For further information, give us a call, send an email/enquiry form or just drop in. We recommend you visit the House before making a booking.



Volunteer

We have a wide range of volunteering opportunities from gardening to kitchen assistant. If you are interested, have a look at our website or come and have a chat at reception.

Membership

Show your support and become a member of RSNH. Becoming a member entitles you to nominate and elect members for the Committee of Management. See our website for more information.

Donations

Contribute to our not-for-profit organisation and help us to continue all the work that we do for our wonderful little community. We gladly accept any donation, big or small. Visit the 'donate' section of our website.

Enrol

To enrol in any of our activities head to our website, send us an email or give us a call



Contact Us



104a Reynard St
Coburg 3058



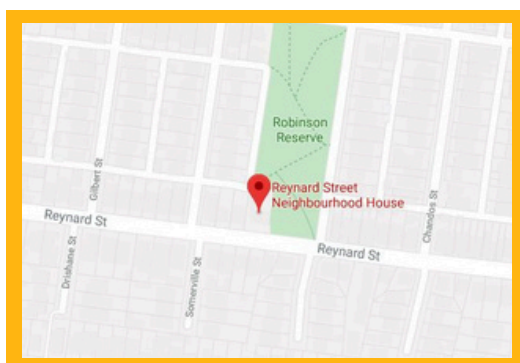
Phone
(03) 9386 7128



Email
admin@rsnh.org.au



Website
rsnh.org.au



Facebook
ReynardSNH

Instagram
@ReynardSNH

**Opening hours:
Monday to Friday 9am - 4pm**

2025 Program

Term 1

28th January to 4th April



Reynard Street
Neighbourhood House

♥ A place for everyone to learn, connect & play ♥



Children's Programs

COMMUNITY PLAYGROUPS

Our community playgroups provide an opportunity for children aged 0-5 years to participate in a range of social and creative activities.

All playgroups run 10am to 12pm

Tuesdays (ages 0 to 2)

28th January to 1st April

\$120 / \$60 conc. (10 weeks)

Wednesdays (ages 0 to 5)

29th January to 2nd April

\$150 / \$70 conc. (10 weeks)

Thursdays (ages 0 to 5)

30th January to 3rd April

\$150 / \$70 conc. (10 weeks)



Health & Wellbeing

WALKING GROUP

Walking is good for you and it's fun! Join us for a weekly walk around Coburg, starting and ending at the House. Stay for Chatty Cafe afterwards at 11am and Community Lunch at 12:30pm. Affiliated with the Heart Foundation.

Fridays 10 – 11am

31st January to 4th April

Free (10 weeks)

DEEP ECOLOGY - FALLING IN LOVE WITH THE WORLD

Join this monthly gathering to connect with others through interactive exercises that offer wider surprising perspectives on climate change.

First Wednesday of the month 6 - 8pm

5th February, 5th March and 2nd April

Free - register with Pauline on 0421 828 742

CARDIO CIRCUIT

Circuit is a form of body conditioning or resistance training targeting cardio, strength and endurance.

Please bring a towel, water bottle, and a mat.

Mondays 9:30 – 10:15am

3rd February to 31st March

\$120 (8 weeks)*

***No class on 10th March (Labour Day)**



Thursdays 6 – 6:45pm

30th January to 3rd April

\$150 (10 weeks)

PILATES

Strengthen and tone the body with a focus on core, posture and flexibility. Work on your balance and body awareness through guided floor exercises. Please bring your own mat.

Mondays 5:30 – 6:15pm or 6:30 – 7:15pm

3rd February to 31st March

\$136 (8 weeks)*

***No class on 10th March (Labour Day)**

NEW! Due to popular demand, we're excited to add an extra Pilates class to our schedule!

Thursdays 6:45 - 7:30pm

30th January to 3rd April

\$170 (10 weeks)



Language

ENGLISH BASICS

Improve your reading, writing, listening and speaking skills in a fun and friendly environment. For beginner-level learners.

Wednesdays 9:30am – 12pm

29th January to 2nd April

\$50 / Free for ACFE Eligible Individuals (10 weeks)

ENGLISH INTERMEDIATE

Develop your English skills and digital literacy. Gain confidence in listening, speaking, reading and writing. For intermediate-level learners.

Wednesdays 12:30 – 3pm

29th January to 2nd April

\$50 / Free for ACFE Eligible Individuals (10 weeks)

Technology

COMPUTER BASICS

This beginners course is designed for people new to computers. Learn basic computer functions and begin to use Word and Excel, plus how to send emails and navigate the internet.

Thursdays 9:30am – 12pm

30th January to 3rd April

\$50 / Free for ACFE Eligible Individuals (10 weeks)

CONNECT CLUB WITH WORK READINESS

This course will prepare you for employment opportunities, provide volunteer work, supportive social networks and activities to connect socially.

Fridays 10am – 1pm

31st January to 4th April

\$50 / Free for ACFE Eligible Individuals (10 weeks)

Creative

SEWING PROJECTS

All levels welcome. Have a sewing project you've started or would like to start? Join this group to receive ongoing support from the instructor in a comfortable, friendly setting.

Tuesdays 10am – 1:30pm

28th January to 1st April

\$90 / \$70 for ACFE Eligible Individuals (10 weeks)

BEGINNERS SEWING

Through the creation and completion of small projects, learn a variety of basic sewing skills in a friendly environment. In the final weeks, make a garment of your choice with ongoing guidance from the instructor.

Thursdays 9:30am – 1pm

30th January to 3rd April

\$90 / \$70 for ACFE Eligible Individuals (10 weeks)

VISUAL ART

Learn the techniques to draw and paint across all mediums such as acrylic, graphite pencil, watercolour, colour pencil and gouache. Come and join us, meet some friends and be the artist you always wanted to be.

Thursdays 5:30 – 8pm

30th January to 3rd April

\$90 / \$70 for ACFE Eligible Individuals (10 weeks)

MIXED MEDIA ART

This hands-on class offers a diverse range of activities, from 3D clay sculpting and paper mache moulding to the intricate craft of macramé and the vibrant world of mosaics. All materials provided.

Mondays 5:30 – 8pm

3rd February to 31st March

\$72 / \$56 for ACFE Eligible Individuals (8 weeks)*

***No class on 10th March (Labour Day)**



Social

GROWING TOGETHER GARDENING GROUP

Join this gardening group with a focus on inclusion, relaxation and making friends in the community garden space.

Fridays 10am – 12:30pm

31st January to 4th April

Free (10 weeks)

INCLUSIVE GARDEN ART

Come along and get creative making art for our Community Garden. A great way to make new friends & connect with our local community.

Fridays 10am – 12pm

31st January to 4th April

\$140 / \$90 conc. (10 weeks)

SINGING BY DAY

Do you enjoy singing? Do you like to sing with others? This is a relaxed and easy-going group. All welcome – no experience needed, just a willingness to have a go!

Fridays 1 – 2pm

31st January to 4th April

\$5 to register (10 weeks)

COMMUNITY COOKS

Designed to help participants develop fundamental cooking skills in an inclusive environment. People living with disabilities and their carers are encouraged to participate. Plan and prepare a new meal each week!

Tuesdays 2:30 – 4:30pm

28th January to 1st April

\$90 / \$70 for ACFE Eligible Individuals (10 weeks)

Horticulture

URBAN FOOD GARDENING GROUP

Learn the foundations of growing plants by working in a fun and relaxed environment. A great way to gain and share skills and knowledge with a hands-on approach.

Thursdays 12:30 – 4:30pm

30th January to 3rd April

\$80 / \$50 for ACFE Eligible Individuals (10 weeks)

Permaculture Garden Design Course **NEW!**

Learn to create sustainable, beautiful gardens with our Garden Design Classes, combining permaculture principles and hands-on design. Perfect for all skill levels.

Saturdays 9:30am - 12:30pm

15th February to 5th April

\$144 / \$120 for ACFE Eligible Individuals (8 weeks)



Hospitality

BASIC BARISTA WORKSHOP **NEW!**

Learn the basics of making coffee and operating the coffee machine, as well as latte art, essential front-of-house and money-handling practice.

Saturday 8th February

9:30am - 2:00pm

\$50



CREATIVE COOKING

Learn to cook well-balanced, nutritional food on a budget. Get essential tips on wasting less food and using more garden produce. Ideal for anyone wanting to learn more about cooking.

Thursdays 2 – 4pm

30th January to 3rd April

\$90 / \$70 for ACFE Eligible Individuals (10 weeks)

Please register online to join our programs. You can join at any time throughout the term.

Note: classes may not go ahead if we don't have enough participants.

