



## 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 continue all the work we do for our wonderful little community. We gladly accept any donation, big or small. Visit the 'donate' section of our website.



## 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 during school terms**  
**9:30am - 12pm**



### MENU

REYNARD ST.  
NEIGHBOURHOOD HOUSE

#### Coffee Classics

Regular Size \$4.00  
Large Size \$4.50

#### Tea & Non-Coffee

Chai Latte \$4.50  
Hot Chocolate \$4.50  
Matcha Latte \$5.00  
Babycino \$1.00

+ extra shot \$0.50  
+ soy, oat, lactose free \$0.50  
+ takeaway cup \$0.50

#### Pastries & Snacks

Seasonal Pastries \$3.00 ~  
Biscuits \$2.00  
Cake Slice \$3.00  
Ham & Cheese \$5.00  
Toastie \$5.00  
Tomato & Cheese  
Toastie



MONDAY-FRIDAY



09:30AM-12:00PM

## 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



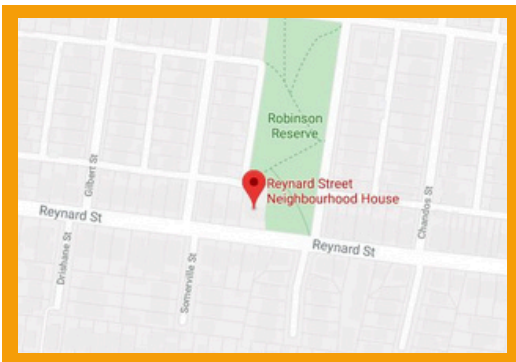
Phone  
(03) 9386 7128



Email  
admin@rsnh.org.au



Website  
rsnh.org.au



Facebook  
ReynardSNH



Instagram  
@ReynardSNH

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

## 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.



## 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**  
**9 August and 13 September**

## Pop up Food Market & Meals

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

**Wednesdays 12 – 1pm / 23 July to 17 September**



**2025 Program**  
**Term 3**   
**21st July to 19th September**



*A place for everyone to learn,  
connect & play ❤️*

## 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.

## 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 terms 12:30 – 1:30pm**  
**25 July to 19 September**





## Children's Programs

### COMMUNITY PLAYGROUPS

#### -HELLO BAMBINI (0-5y.o.)

NEW!

Join us for a playful, welcoming playgroup with a touch of Italian! Explore crafts, songs, dancing, indoor/outdoor play in our sensory garden, and connect with other families

**Wednesdays 10am - 12pm / 23 July to 17 September**  
**\$135 / \$63 conc. (9 weeks)**

#### -LIL' GARDEN EXPLORERS (0-5y.o.)

NEW!

Discover, dig, and play with Little Garden Explorers! A nature-based playgroup where toddlers and their grown-ups connect with the earth through mud play, garden adventures, and creative nature activities.

**Thursdays 10am - 12pm / 24 July to 18 September**  
**\$135 / \$63 conc. (9 weeks)**



### NEW PARENT GROUPS

Create or join this friendly and open group of new mums and dads. This is a family-run group which share experiences, milestones and support while making friends and having fun.

• **Get in touch with us to find out more information about fees, dates & times available.**

## Health & Wellbeing

### HEART FOUNDATION 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 / 25 July to 19 September**  
**Free (9 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**  
**6 August, 3 September**  
**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 / 18 August to 15 September**  
**\$75 (5 weeks)**

**Thursdays 6 - 6:45pm / 21 August to 2 October**  
**\$105 (7 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**  
**18 August to 29 September**  
**\$119 (7 weeks)**

**Thursdays 6:00 - 6:45pm / 21 August to 2 October**  
**\$119 (7 weeks)**

## Language

### ENGLISH BEGINNERS

Ready to learn English in a fun and friendly way? Build your skills and confidence while making new friends! This beginner-friendly course will help you improve your reading, writing, listening, and speaking skills through games, group activities, and real-life conversations.

**Wednesdays 9:30am - 12pm / 23 July to 17 September**  
**\$55 / Free for ACFE Subsidised\* (9 weeks)**

### ENGLISH FOR EVERYONE

Build your confidence in English with real-life conversation, everyday skills, and fun local excursions —English for Everyone is here to support your learning journey!

**Wednesdays 12:30 - 3pm / 23 July to 17 September**  
**\$55 / Free for ACFE Subsidised\* (9 weeks)**



## Technology

### COMPUTER BASICS

NEW!

Learn to use a computer with confidence! Get hands-on skills in email, internet, and everyday tasks in a supportive class for beginners of all levels.

**Mondays 9:30am - 12pm / 21 July to 15 September**  
**\$50 / \$30 for ACFE Subsidised\* (9 weeks)**

### WORK READINESS FOR ALL-ABILITIES

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

**Fridays 10am - 1pm / 25 July to 19 September**  
**\$50 / Free for ACFE Subsidised\* (9 weeks)**

## Creative

### CREATIVE THREADS

NEW!

Turn old clothes into your own creations! Join costume designer Ruby for a fun, hands-on workshop where you'll learn to sew, upcycle, and style unique pieces. All levels welcome!!

**Tuesdays 5:30 - 8:30pm / 22 July to 16 September**  
**\$240 / \$160 for ACFE Subsidised\* (9 weeks)**



### BEGINNERS SEWING

Want to learn to sew in a fun, flexible environment? Join our beginner-friendly sewing course where you'll build skills at your own pace through creative projects that suit your style—no experience needed!

**Thursdays 9:30am - 1pm / 24 July to 18 September**  
**\$110 / \$88 for ACFE Subsidised\* (9 weeks)**

## 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 - 12pm / 25 July to 19 September**  
**Free with registration (9 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 / 25 July 19 September**  
**\$10 to register (9 weeks)**

## Horticulture

### URBAN FOOD GARDENING

Learn to grow fresh, sustainable food in any urban space! This hands-on course covers soil health, composting, pruning, natural pest control through permaculture principles, and more. Perfect for backyards, balconies and community spaces.

**Thursdays 1:00 - 4:00pm / 24 July to 18 September**  
**\$80/ \$60 for ACFE Subsidised\* (9 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 16 August 9:30am - 2:00pm**  
**\$110 / \$55 for ACFE Subsidised\***

### 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 / 24 July to 18 September**  
**\$110 / \$88 for ACFE Subsidised\* (9 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 / 22 July to 16 September**  
**\$110 / \$88 for ACFE Subsidised\* (9 weeks)**

•**ACFE - Adult, Community and Further Education**  
Subsidised short, low-cost courses to help adults develop core skills for study, work, or life.

**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.

