



## 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.



## 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.

**Wednesdays 12 - 1pm 22 April to 24 June**



To enrol in any of our activities head to 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



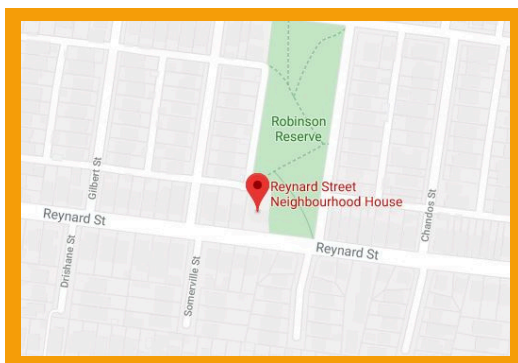
Phone  
(03) 9386 7128



Email  
admin@rsnh.org.au



Website  
rsnh.org.au



Facebook  
ReynardSNH



Instagram  
@ReynardSNH

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

## Community Kitchen

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

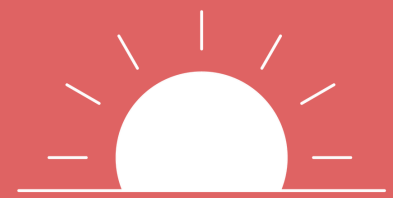
If you're interested in using or hiring our commercial kitchen for workshops or your own cooking needs please give us a call.



## 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  
11 April, 9 May, 13 June**



Reynard Street  
Neighbourhood House

**2026 Program  
Term 2  
20th April to 26th June**



A place for everyone to learn,  
connect & play



## Community Cafe

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

**Tuesday to Friday during school terms  
9:30am - 12pm**

## MENU

REYNARD ST.  
NEIGHBOURHOOD HOUSE

**Coffee Classics**  
Regular Size \$4.80  
Large Size \$5.50

**Tea & Non-Coffee**  
Hot Chocolate \$4.80  
Chai Latte \$5.30  
Matcha Latte \$5.30  
Babycino \$1.00

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

**Food**  
Ham & Cheese Toastie \$5.00  
Tomato & Cheese Toastie \$5.00



## Health & Wellbeing

### 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 May, 3 June

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, a water bottle, and a mat.

Thursdays 6 - 6:45pm / 9 April to 9 July  
\$195 (13 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  
13 April to 6 July

\$204 (12 weeks\*) \*Closed on King's birthday

Thursdays 6:45 - 7:30pm / 23 April to 9 July  
\$221 (13 weeks)

((Register your interest in booking page))

## 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 9am - 12:30pm / 7 May to 25 June  
\$110 / \$90 for ACFE Subsidised (8 weeks)



## Art

### INTRO TO VISUAL ART

Experiment with different materials and techniques in a fun and supportive environment. Perfect if you're looking for a creative outlet each week, or want to put a folio together for yourself or studies in art and design. Materials provided and you can bring your own.

Thursdays 5:30 - 8pm / 23 April to 25 June  
\$180 / \$120 for ACFE Subsidised\* (10 weeks)



## Children's Programs

### COMMUNITY PLAYGROUPS WEDNESDAY (0-5y.o.)

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 / 22 April to 24 June  
\$160 / \$105 conc. (10 weeks)

### -LITTLE GARDEN EXPLORERS (0-5y.o.)

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

Thursdays 10am - 12pm / 23 April to 25 June  
\$160 / \$105 conc. (10 weeks)



### NEW PARENT GROUP

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.

## Skills Pathway



Expression of Interests are now open for our Skills and Employment Pathway programs! This program is designed for women-identifying individuals who are navigating career transitions and seek a supportive, women-focused learning environment. Expression of Interests are available via the QR code below.

### GROWING CONNECTIONS

If you're looking for a safe, encouraging place to learn, create and connect with others through cooking, we'd love to have you join us. This course includes Safe Food Handling training.

Mondays [times TBC]  
Free with registration

### SEEDS OF CHANGE

Build skills in horticulture and operating a nursery through our skills pathway program. This course includes First Aid Training.

Mondays [times TBC]  
Free with registration

## Creative

### 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 10am - 1:30pm / 23 Apr to 25 June  
\$150 / \$110 for ACFE Subsidised\* (10 weeks)



## Hospitality

### 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 2:30 - 4:30pm / 23 April to 25 June  
\$110 / \$90 for ACFE Subsidised\* (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 / 21 April to 23 June  
\$110 / \$90 for ACFE Subsidised\* (10 weeks)

## Workshops

### MISO MAKING WORKSHOP

Join us for an authentic miso-making class using accessible yet high-quality ingredients. Explore the history and health benefits of miso while enjoying delicious umami-infused snacks made with miso.

Saturday [dates TBC] 10:00am - 1:00pm

This workshop includes take home miso, miso-inspired light meal and dessert (Miso cheesecake!)



\*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, unless sold out!



Note: classes require minimum participant enrolments to run.