

# REDUCE REUSE RECYCLE

Reynard Street Neighbourhood House is deeply committed to minimising our environmental impact by embedding the principles of Reduce, Reuse, and Recycle into every aspect of our programming and physical spaces. We strive to lead by example, fostering a culture of sustainability that empowers our community to protect the planet through mindful resource use, waste reduction, and shared environmental responsibility.



**To enrol in any of our activities head to our website!**




## 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.

### House Hire Rates

- Weekend Hire (all-day): \$400
- Weekend Hire (half-day): \$250  
Morning: 8am-1pm, Afternoon: 2pm-7pm

### Room Hire Rates

- Room Hire: \$35/hour for Non-Profit, \$60/hour for Profit Groups
- Weekday Kitchen Hire: \$40 for Non-Profit, \$60 for Profit Groups

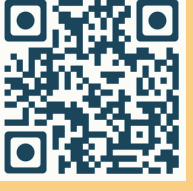
## Community Kitchen

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.



## Enrol

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



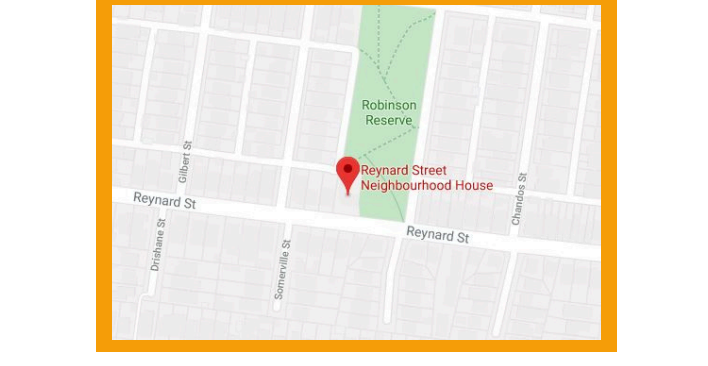
## Contact Us

**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

Reynard Street Neighbourhood House acknowledges the traditional owners of the Coburg area in which we work, the Wurundjeri Woi-wurrung people. We recognise their continuing connection to land, skies, waterways and community. We pay our respect to them and their culture, and to their Elders past, present and future.



## 2026 Program Term 3 13th July to 18th September



*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.

**Wednesday and Thursday during school terms  
9:30am - 12:30pm**

### MENU

REYNARD ST. NEIGHBOURHOOD HOUSE

|                             |        |
|-----------------------------|--------|
| <b>Coffee Classics</b>      |        |
| Regular Size                | \$4.80 |
| Large Size                  | \$5.50 |
| <b>Tea &amp; Non-Coffee</b> |        |
| 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 |
| <b>Food</b>                 |        |
| Ham & Cheese Toastie        | \$5.00 |
| Tomato & Cheese Toastie     | \$5.00 |



## Free Programs

### GROWING CONNECTIONS

We provide a welcoming space for women & non-binary people to create community, gain skills in a commercial kitchen & broaden their employability pathways.

**Mondays 9:30 - 12:30 / 13 July to 14 Sept**  
Free with registration (10 weeks)



### SEEDS OF CHANGE

We provide a welcoming space for women & non-binary people to create community, gain skills in the garden & broaden their employability pathways.

**Mondays 9:30 - 12:30 / 13 July to 14 Sept**  
Free with registration (10 weeks)



### DEEP ECOLOGY - FALLING IN LOVE WITH THE WORLD

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

**First Wednesday of the month 6:00 - 8:00pm**  
/ 5 Aug, 2 Sept  
Free - register with Pauline on 0421 828 742

### FOOD 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**  
/ 8 Aug, 12 Sept  
Free

## Social

### COMMUNITY LUNCH

Come and join us for a delicious and healthy lunch. We 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.

**Wednesdays 12:30 - 1:30pm / 15 July to 16 Sept**  
\$5



## Children's Programs

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

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

**Wednesdays 10am - 12pm / 15 July to 16 Sept**  
\$160 / \$105 conc. (10 weeks)

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

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 / 16 July to 17 Sept**  
\$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.



## Wellbeing

### 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 / 16 July to 17 Sept**  
\$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**  
/ 13 July to 14 Sept  
\$170 (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 2:00 - 4:00pm / 16 July to 17 Sept**  
\$110 / \$90 for ACFE Subsidised\* (10 weeks)

## Creative

### SEWING FOR EVERYONE

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 - 12:00pm / 16 July to 17 Sept**  
\$150 / \$110 for ACFE Subsidised\* (10 weeks)



### EXPERIMENTING WITH ART

Learn fundamental creative skills across drawing, painting, collage making, printmaking and sculpture. Experiment with different materials and techniques in a relaxed and supportive environment. Perfect if you're looking for a creative outlet each week, or want to put a folio together for yourself, or in your studies.

**Thursdays 5:30 - 8pm / 16 July to 17 Sept**  
\$180 / \$120 for ACFE Subsidised\* (10 weeks)



## Workshops

### MISO MAKING WORKSHOP

Experience the art of authentic miso-making using accessible yet high-quality ingredients. Explore the history and health benefits of miso while enjoying delicious umami-infused snacks made with miso.

**To Be Confirmed**  
\$130 Includes: Miso handbook, take home miso, miso-inspired refreshment and dessert



### BEEWAX CANDLE MAKING WORKSHOP

Join Veronica to learn about the importance of bee's, with a demonstration on how to make beeswax candles and where to find ethical candles.

**To Be Confirmed**

\*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.

