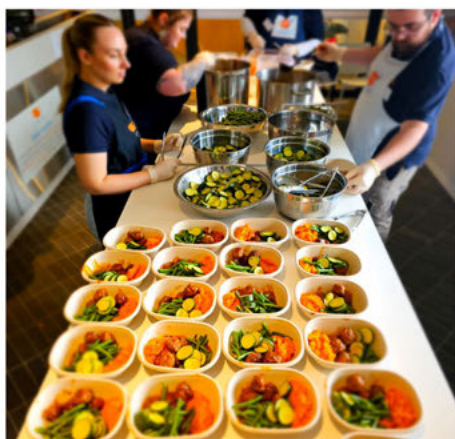


Morwell Neighbourhood House

Semester 1
February - June 2024





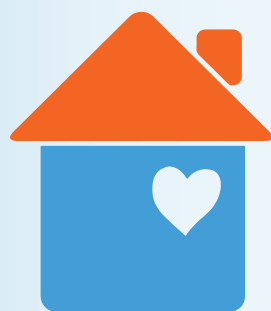
Morwell Neighbourhood House

Morwell Neighbourhood house is an established local Charity whose purpose is to be a Public Benevolent Institution for those people and families who are experiencing poverty, disadvantage or distress within Morwell and surrounding communities, and to advance the social and public welfare of the same communities: We lead positive social change and deliver value to participants through information, advocacy and friendship supports.

- We deliver programs that address food security.
- We provide programs that reduce social isolation and enhance well being.
- We develop activities that prevent sickness and distress.
- We provide support services for people experiencing hardship.
- We partner with organisations, community groups, government departments and philanthropic bodies to share and activate resources in order to grow, replicate, or introduce programs for the community.

Strengths Based Approach

We are community owned and community managed. We operate on the Community Development model of practice; we take a strengths and asset based approach to all of our work. We support individuals to grow, bring people together and develop our community's capacity to identify and find solutions for local issues. This means we focus our energies on supporting our community to be a stronger and a better place to live in. Our program and services are developed in response to the needs of the community. The program changes each semester and reflects services, workshops and social spaces our community have suggested.



Morwell Neighbourhood House

Committee

Staff and Committee of Morwell Neighbourhood House are all about building connections in our community and we would like to know your ideas for improving the Centre. We are always open to new concepts and will do our best to organise activities and events that you are interested in. If you have any suggestions or ideas for new workshops, please contact us or come in to have a chat with our Manager.

Volunteers

Volunteers are one of our most valuable resources. Without them we would not be able to do what we do. If you have an interest and would like to volunteer at the House, please speak to the Manager. All volunteer appointments are subject to the usual security checks)

Membership Information

Membership of the Morwell Neighbourhood House Centre is **\$2.00** per annum and is an opportunity to register your support for the House and our activities.

Public Holidays

The House is closed on Public Holidays.

Disclaimer

Morwell Neighbourhood House reserves the right to cancel or change service days, times, fees and workshops as required.



Privacy

The Morwell Neighbourhood House and Learning Centre respects your right to privacy. All personal information collected is kept in accordance with information privacy laws.

Photos

At Morwell Neighbourhood House we take photos of our events, groups, activities and donations. These images are often used on our social pages & in our publications. Please let staff know if you do not consent to photos being taken of you or published

Sustainable Development Goals

Our work at Morwell Neighbourhood House aligns with the United Nation's **Sustainable Development Goals** (SDGs). The SDGs provide a blueprint to transform our world in order to achieve a better and more sustainable future for all. They are a call to action to **end poverty and inequality, protect the planet, and ensure that all people enjoy health, justice, and prosperity**. It is critical that no one is left behind.

Neighbourhood Houses and Community Centres across Australia work towards these goals everyday. Here at Morwell Neighbourhood House, we're working towards the following Sustainable Development Goals: 1. No Poverty. 2. Zero Hunger 3. Good Health & Wellbeing 5. Gender Equality 10. Reduced Inequalities 11. Sustainable Cities & Communities 12. Responsible Consumption & Production 16. Peace, Justice & Strong Institutions

You can find out more about the SDGs here <https://sdgs.org.au/>





Food Security Programs

Emergency Food Relief

The Morwell Neighbourhood House Food Bank is a **FREE DROP IN** service open to anyone in need. All Latrobe Valley postcodes are welcome. You DO NOT need a health care or pension card. If you are shopping for a family, we will ask to sight something that indicates to us that you are shopping for more than one person. This could be a Medicare card or something else with family names on it.

Items available at the Food Bank can include: cereal, milk, soup, pasta, pasta sauce, biscuits, school snacks, rice, bread, limited seasonal fruit and veg, etc. If you need pet food or personal care products, please ask. **BYO BAGS!**

When: Tuesday & Thursday only from 9:30am – 3pm (Doors close at **2:45pm**)

We graciously acknowledge the partnership of Vinnies Morwell enabling us to deliver this service. We extend our gratitude to Mid Valley Baker's Delight, Farmbox Co & Foodbank Victoria for their continued support.

People's Kitchen- Social Innovation

People's Kitchen aims to boost food security at a local level, enhance community involvement, and share skills and knowledge about preparing easy and nutritious meals. The program engages organisations and community members to make healthy, home-cooked meals – providing local Food Bank clients with access to nutritious home-cooked meals. People's Kitchen is a key point of access for clients and volunteers to government, health, and community services. Get in contact with us to find out more and how you can get involved.

The People's Kitchen is an initiative of MorwellNH upscaled by partnerships with Latrobe Health Assembly, with sponsorship from Energy Australia Yallourn. We graciously acknowledge both as partners & supporters of our work.



Services

We understand that times can get tough, and providing for yourself and your family can become a challenge. If you're facing such difficulties, please don't hesitate to visit us.

Lawnmower Bank

Our community has identified access and cost as the barriers preventing them from mowing their own lawns. Our Lawn Mower Bank is a service available to those in Latrobe Valley who are experiencing hardship or difficulty getting access to a lawn mower to mow their lawns. If you require access to a lawn mower, you can book via phone or in person at the House. Lawn mowers must be picked up by 10am on the day of booking and returned by 2pm. We ask for a gold coin donation which will be contributed to fuel costs.

We graciously acknowledge Gippsland Mowers & Chainsaws and Latrobe City Council for sponsorship of the Lawn Mower Bank.

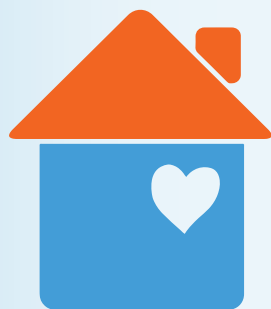
Test n' Tag

We offer a test n' tag service. Contact the house to find out more.

Rooms For Hire

We have a range of rooms for hire available suitable for different occasions. From a large conference room to small group spaces. All room hire is subject to availability.

Our work aims to align with Living Well Latrobe – Latrobe City's Municipal Public Health and Wellbeing Plan 2022-2025



Morwell Neighbourhood House

Pawsome Therapy - Bringing Cheer & Joy, the Honeybell Way!

Believe it or not but 1 in every 5 Australian either suffers, or has suffered from some sort of mental illness in their lives. Depression and anxiety make the top of the list.

Honeybell is a Golden Retriever, a Lund family pet. She is a part of the Morwell Neighbourhood House team. With the job title of **Director of Community Well being and Happiness**, Honeybell takes her work very seriously. She will bring you gifts & snuggle up for pats . Easily lifting the mood and providing reassurance and comfort. While she knows she's cute and adorable. She will still work hard to make you smile.

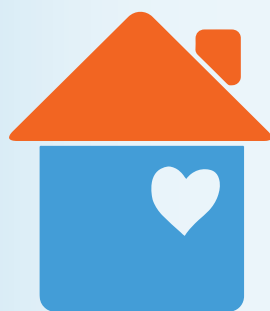
Shower n Power

If you use a electric wheelchair or scooter and you find yourself low on power while you're out, all you need to do is come in and ask to "Recharge". Coffee and tea available while you wait. As part of our emergency relief service, we also have a shower facility for people in need or experiencing homelessness.

Please note: This service is only available during office hours.

Haircuts

As an extension of our whole person support and if you use our foodbank or other services you can access hair cuts here. Once a month we have the volunteer services of a barber/ hairdressers. Getting a haircut can be essential for self care and therapeutic in nature simply because you've taken time out to treat yourself to a pleasant, self care experience. This is a free service. **Bookings are essential. Check our socials or call us for dates.**



Morwell Neighbourhood House

Social Activities

All activities run only during School Terms. Times may vary according to planned activities.

Community Breakfast

Start the day with a full tummy and great company. Enjoy a spectacular Community Breakfast at the House, dining on a feast of bacon, eggs, fresh fruit, toast & cereal. You get to meet new people, catch up with friends, and enjoy a delicious meal.

When: Tuesdays **9am–10am** from **13th February–26th March** and **24th April–25th June**.

Cost: Gold coin donation

We graciously acknowledge the support of Loy Yang B Power Station.

Lovable Larrikins

Blokes only for this one. The group aims to improve the economic, social, and civic participation for Latrobe Valley men. Reducing social isolation and encouraging social cohesion, the group comes together weekly with the support of an activities coordinator. Activities and events are determined by the group members.

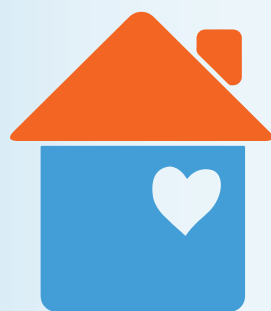
When: Friday's **10am–12pm** from **9th February** **Cost:** Free or low cost, according to activity pricing.

We graciously acknowledge Gippsland Combined Trade Unions Picnic & Social Committee for sponsorship of this program

Ladies who Lunch meet at a Kinder Cup Cafe

The group comes together weekly with the support of an activities coordinator. Coffee and tea provided by the café. Members will purchase lunch at their own cost.

When: Running **12pm–1:30pm** on **Wednesdays** from **7th February** **Cost:** BYO lunch



Morwell Neighbourhood House

Social Activities Continued

Queen Bee's

Women only for this one. The group aims to improve economic, social and civic participation for Latrobe Valley women. Female only groups are very important when it comes to reducing social isolation, encouraging social cohesion, and providing safe supported environments. Activities and events are determined by the group members.

When: Thursdays 10am–12pm from 8th February **Cost:** Free or low cost, according to activity pricing.

This activity is proudly supported by the Morwell Neighbourhood House

Expressions of Interest

Neurodivergent Social Group

A neurodivergent social group that is a space where uniqueness is celebrated, and differences are embraced. Welcoming anyone who identifies as neurodivergent – whether you're on the autism spectrum, have ADHD, or any other neurodivergent condition. Allies who genuinely want to learn and support are also encouraged to join.

Craft Circle

Bringing together people who enjoy various crafts, from knitting to DIY projects, for creative and social gatherings.

Language Exchange

A social group aimed at fostering cultural exchange where women can learn and practice different languages. Celebrating the collision of cultures & friendships.



Health & Wellbeing

All activities run only during School Terms.

The Social Singers

Did you know group-singing has numerous social and health benefits? It can provide community connection, boost our moods, strengthen our heart and lung health, and improve quality of life.

Social Singers aims to reduce social isolation and increase health and wellbeing in an inclusive and welcoming environment through song. Join us for an afternoon of singing to boost your mental and physical health, meet new people, learn some new skills, and have a lot of fun. The group comes to together weekly under the guidance of an activities coordinator.

There is **no audition, no judgement, no pressure** – just an afternoon filled with fun, socialising, and lots of music. All skill levels and abilities are welcome, including carers. No musical skill necessary.

When: Tuesday's **2:30pm–3:30pm** from **6th February**

Cost: Gold coin

The Striders' Walking Group

There are so many reasons to join our walking group 'The Striders'. Walking groups are safe and accessible activities to improve your health, build your fitness, socialise with others, meet new friends and create a sense of community. **The Striders meet at the House.**

When: Wednesday's **9am–10am** from **7th February**

Cost: Gold Coin



Gentle Exercise

Join our Gentle Moves Sessions ,a delightful exercise group dedicated to promoting a healthy lifestyle. Led by Annie, our expert instructor, these sessions focus on gentle movements that cater to all fitness levels. Partnering with **Latrobe Leisure**, we're excited to create a space where our community can connect, move, and feel good. Bring a friend and let's work on a journey to wellness together.

When: Friday's **10:30 – 11am** Feb 9th,16th, March 1st,15th, 22nd

May 3rd,10th,17th,24th, 31st, June 7th, 14th

Cost: Gold Coin

Garden to Plate

Garden to plate is about coming together to expand your skills, meet new people, and grow nutritious food – all while giving back to the community. Join us in the garden as we get our hands dirty maintaining the garden and growing a range of fresh herbs, fruit, and vegies that go straight to the community through our Food Bank and the People's Kitchen.

We'll teach you the basics of gardening through workshops and practical hands-on activities. These sessions will cover topics like soil preparation, planting techniques, crop rotation, and watering, so you can get started on your own kitchen garden with confidence.

Includes workshops and practical time in garden.

When: Monday's **10am–12pm** 19/2, 4/3, 18/3 15/4, 29/4, 13/5, 27/5

Cost: \$10.00 per session

Our garden workshops are subject to availability and rely on participant numbers to run.



Sustainability Programs

Free Store

The Free Store focuses on repurposing donated goods, providing low cost solutions to those most in need, and reducing the quantity of unwanted goods ending up in landfill.

We celebrate the rehoming and reusing of items. That's why at the Free Store, shoppers are encouraged to minimise household items going to landfill by shopping for **FREE**.

All items taken from the Free Store are weighed on the way out the door so we can capture exactly how much we are redirecting from landfill. While you shop for free, you're decreasing waste generation by reducing non-organic and organic material going to landfill and reducing the source of plastic pollution, litter and illegal dumping

When: Runs monthly Note: Dates and times may vary. Check our socials for Freestore events & updates.

Free Store Donations

Focusing our lens on redirecting household items & clothing from landfill we do open & welcome donations from time to time. All items must be clean and in good working order. Unfortunately we are unable to take donations of clothes.

Note: We are unable to accommodate Drop in Donations. Please call first to see if your donation is suitable & if we have the storage to take it. We appreciate your cooperation.

Healthy You-Latrobe Valley-Disruptive Innovation

The Healthy You Roadshow aims brings local support/health services on the doorsteps of communities and promotes the work that these services do within our region.

The events also provide a great opportunity for communities to come together, connect and take pride in their immediate townships.

The event are set up to provide an opportunity for interactive physical activities, conversations with service providers, free merchandise and products, free taste testings.

Get in touch if you want to bring Healthy YOU to your community.



Donations

Food Donations

We have two main objectives with our food bank; **reduce hunger**, and **eliminate food waste**. By donating food, we're feeding people, not landfill and supporting our local community. To help us with objective two, we encourage and welcome donations of non-perishable items eg long-life milk, cereal, pasta, tin soup & spreads for sandwiches etc.

Your support of our foodbank allows us to support families helping them to free up the budget to meet other basic needs.

Financial Donations

Morwell Neighbourhood House is a not-for-profit centre and registered charity. We run on a very limited budget. Our services are set up to advance the social and public welfare of the more vulnerable members of our community. We provide a range of supports and programs for people experiencing hardship and disadvantage.

We gratefully appreciate support via Cash donations or In-Kind (goods and services for free). Any monetary donations over \$2.00 are tax deductible. Please email **office@morwellnh.org.au** if you would like a receipt.

Donations can also be made via direct deposit, using the following bank details:

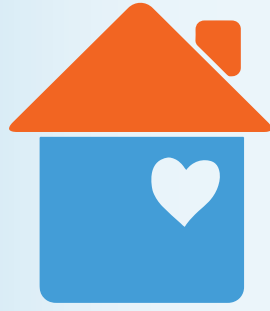
Name: Morwell Neighbourhood House

BSB: 313 140

Account: 12006545

Reference: Donation, your name.

Morwell Neighbourhood House is registered as a charity with the Australian Charities and Not-for-profits Commission ABN 412 587 230 06



Morwell Neighbourhood House

Language - Inclusion and Diversity

We have had some of our program messages translated to additional languages. This semester we have translated information on our Lawn Mower Bank and Foodbank to **Filipino & Urdu**. If you have any suggestions on other languages we could translate to, please contact us.

Lawnmower Bank

Ang aming Lawn Mower Bank ay isang programa ng Morwell Neighbourhood House kung saan maaring humiram ng lawn mower ng libre. Kinakailangan lamang po na kunin ang lawn mower ng bandang 10am at ibalik bago mag 2pm. Kung kayo po ay may kakayanan na magbigay ng gold coin donation ito po ay tatanawin naming malaking utang na loob dahil ito po ay gagamitin upang bumili ng gasolina para sa lawn mower

گھاس کاٹنے والی مشین

ہمارے علاقے کے لوگوں نے گھاس کاٹنے والی مشین کی قیمت اور اس تک رسائی کو اپنے احاطے میں گھاس کو مناسب حد میں رکھنے کے لیے رکاوٹ کے طور پر شناخت کیا ہے۔ ہماری گھاس کاٹنے کی مشین لائٹروب وادی میں رہنے والے ان لوگوں کے لیے مفت دستیاب ہے جو معاشی مشکلات کی وجہ سے گھاس کاٹنے والی مشین کا انتظام نہیں کر سکتے۔ اگر آپ کو گھاس کاٹنے والی مشین کی ضرورت ہے تو آپ فون یا آفس آ کر مشین بک کر سکتے ہیں۔ گھاس کاٹنے والی مشین بکنگ والے دن ۱۰ بجے سے پہلے لے کر ۳ بجے سے پہلے واپس کرنا ضروری ہے۔ گھاس کی مشین کو استعمال کرنے کے لیے ایک یا دو ڈالر عطیہ برائے پیٹرول کی درخواست ہے

Emergency Food Relief

Ang aming emergency food relief ay libre at bukas tuwing Martes at Huwebes mula 9.30am hanggang 3pm. Marapat lamang pong magdala kayo ng sarili ninyong bags. Ang serbisyong ito ay para sa lahat ng nakatira sa Latrobe Valley.

Tandaan lamang po na ang foodbank ay para sa mga taong nangangailangan ng kagyat na tulong sa pagkain at maaaring gamitin isang beses kada dalawang linggo. Hindi ninyo kailangan ng health care o pension card upang gamitin ang serbisyong ito.

فوڈ بینک برائے ہنگامی امداد

ہمارا فوڈ بینک منگل اور جمعرات کو ساڑھے نو بجے سے شام تین بجے تک کھلا رہتا ہے۔

فوڈ بینک میں بنیادی اشیاء موجود ہیں جو کہ اپنی مدد آپ کے تحت ضرورت مندوں کے لیے دستیاب ہیں۔ تمام اشیاء ترتیب سے الماریوں میں رکھی ہوتی ہیں جو کہ فوڈ بینک سے مدد لینے والے لوگ خود منتخب کر سکتے ہیں۔ فوڈ بینک آنے والے لوگوں کو وقت لینے کی ضرورت نہیں ہے۔



A Kinder Cup

Latrobe Valley Gov Hub, 65 Church St, Morwell VIC 3840 **Phone:** 0431 02 0 814

Email: akindercupmnh@gmail.com **Open** Monday—Thursday

****Note our Cafe is closed on public holidays & closes every on Friday's to activated for the People's Kitchen Program****

About A Kinder Cup Morwell Neighbourhood House has engaged in a social enterprise café called A Kinder Cup – and it's already changing lives for the better. Nestled in the heart of Morwell, our cosy café invites you to savour delicious food and coffee while fostering a strong sense of community. A Kinder Cup provides opportunities for people in our community, who have faced barriers, to gain some valuable on-the-job work and life experience.

Our Vision We believe that a simple act of kindness can change the world. When you enjoy our coffee or pay it forward, you're investing in programs that run through the Morwell Neighbourhood House and its social enterprise café, A Kinder Cup.

We want to spread the love Customers can pay it forward by purchasing a coffee or meal for someone else, or by simply sharing a message of kindness in their own unique way.

Keep Your Cup Join us in reducing waste and enjoy your coffee at a lower cost by bringing your reusable cup. Every small step towards sustainability counts.

Catering For small to medium corporate gatherings and celebrations we can bring the charm of A Kinder Cup to your event. Call or email to request our catering menu.

Ways you can get in contact with us include:

Visit us at 48 – 50 Beattie Crescent Morwell

Call us on 5134 5488

Email the manager coordinator@morwellnh.org.au

Email the office office@morwellnh.org.au

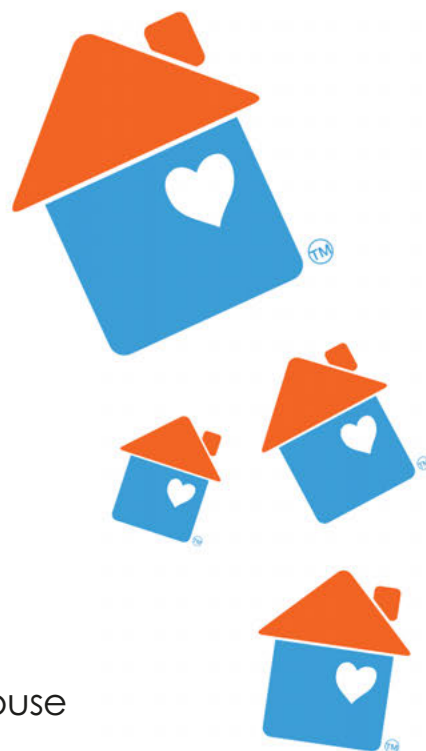
Snail Mail 48 – 50 Beattie Crescent Morwell

Check out our website at www.morwellnh.org.au

Follow us on Twitter @MorwellNH

Follow us on Facebook @morwell neighbourhood house

Check out our photos on Instagram Morwell Neighbourhood House



House Hours

9am – 3:30pm Monday – Friday



A Kinder Cup
A Kinder Cup – it's more than a coffee

65 Church Street, Morwell
akindercupmnh@gmail.com
0431 020 814

Follow us on Facebook
[@AKinderCupCafe](https://www.facebook.com/AKinderCupCafe)



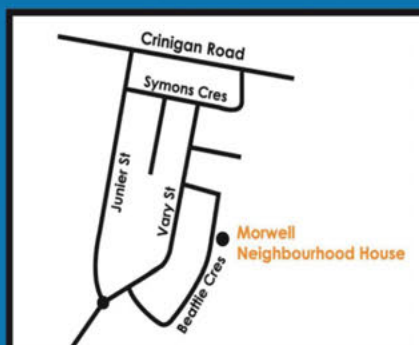
The People's Kitchen
Morwell Neighbourhood House



**Latrobe Health
Assembly**

How to get here:

Bus Route 21: Crinigan Rd
From Mid Valley and
Commercial Road
(Get off at Mitchell House)



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