



### The People's Kitchen & The GROW Hub

Morwell Neighbourhood House brings community, sustainability, and food together through The People's Kitchen and The GROW Hub two connected programs creating nutritious meals, reducing food waste, and strengthening local connections across the Latrobe Valley.

### The People's Kitchen — Bookings Open for 2026

Starting 20 February 2026 | Fridays

Cook for community while building skills and connections. The People's Kitchen transforms rescued and surplus food into healthy meals that support local families and MNH programs. Perfect for: community groups, schools and training groups, businesses, volunteers, and individuals wanting to give back.

### The GROW Hub — Get Involved in 2026

The GROW Hub (Gippsland Regional Opportunities for Waste to Wellbeing) turns surplus local produce into preserved foods, shared meals, and hands-on workshops. From harvesting backyard fruit through The Fruit Loop to culturally inspired workshops via Stirring Stories, the GROW Hub supports food relief, skill-building, and sustainability with produce shared through MNH Foodbank and The People's Kitchen.

Why Get Involved?

- Reduce food waste
- Support local food relief
  - Learn new skills
- Build strong community connections
- Strengthen local sustainability

#### Join Us

Donate fruit or produce, register fruit trees, volunteer, join a workshop, or book a People's Kitchen Day.

<http://www.morwellnh.org.au>  
(03) 5134 5488

48-50 Beattie Crescent, Morwell VIC 3840  
Together, let's grow, cook, and connect in 2026.

### Did You Know?

Morwell Neighbourhood House has its very own Lawn Mower Bank? Running since 2012, it's a community-owned service that makes borrowing a mower simple and free for Latrobe Valley residents.

You can borrow one of our mowers – during house opening hours.

**Bookings are essential:** pick up by 10 am & return by 2 pm the same day. First-time borrowers just need to complete a loan agreement form and bring current ID with name and address.

Proudly supported by Latrobe City Council, Gippsland Water, and Gippsland Mowers.



### Shower & Power

Need a safe place to shower? We've got shower packs ready. Running low on power for your phone, wheelchair, or scooter? Come by & recharge.

Coffee & tea available while you wait.

### Contact Us

48-50 Beattie Cres, Morwell 3840

 (03) 5134 5488

 [manager@morwellnh.org.au](mailto:manager@morwellnh.org.au)

 [www.morwellnh.org.au](http://www.morwellnh.org.au)

Monday to Friday  
9am -3pm

# What's On January to June 2026

## PROGRAM



Morwell  
Neighbourhood  
House

As we begin the year, Morwell Neighbourhood House welcomes January–June 2026 with fresh energy, new opportunities, and a strong focus on community connection. This six-month program is about coming together, trying something new, and supporting one another.

We're launching and expanding programs including The People's Kitchen and The GROW Hub, alongside our regular classes, workshops, and community activities. From cooking and sustainability to learning, creativity, and wellbeing, there's something for everyone.

Volunteers are at the heart of everything we do. If you're interested in volunteering in the kitchen, garden, at events, or behind the scenes, we'd love to hear from you every contribution makes a difference.

Thank you to our community partners and local residents for your continued support. We invite you to explore what's on offer and be part of the welcoming Morwell Neighbourhood House community.

**Bec Arnason** Manager

## SESSION INFORMATION

### BE CONNECTED

Build digital confidence and stay safe online! Get help with smartphones, tablets, computers, and apps in 1:1 or group sessions at your own pace. Book today!

### MOVE AND CONNECT

Experiencing stress, isolation, or the effects of gambling harm? Join weekly leisure centre tasters, nature walks, and group activities that lift mood, build routine, and help you reconnect with yourself and your community.

### FORM HELP

Are you struggling with forms? We can support you step-by-step through the process so you can feel confident in completing forms & applications, both online and paper. **Bookings essential**

### LOVABLE LARRIKINS

A relaxed, weekly men's group for connection, laughs, and low-pressure activities. Come along, meet new people, and enjoy a friendly, supportive environment.

### SHE-LEBRATE

A vibrant, welcoming space for women of all cultures to connect, share & celebrate.

Enjoy conversations, workshops, guest speakers, & shared meals exploring wellbeing, identity, & community. Whether new to Morwell or a long-time local, you'll find friendship & belonging here.

*BOOKINGS ESSENTIAL*

### ART & CRAFT WITH COFFEE

Looking for a creative outlet in a friendly, no-pressure space? Join us each week for our craft catch-ups, whether it's Tuesday's Queen Bees or Friday's Art & Coffee. Bring along your own project or try something new with some materials provided.

From knitting and crafting to painting & scrapbooking, all crafts & skill levels are welcome. It's a relaxed, welcoming space to share ideas, enjoy a cuppa, and connect with others through creativity

### DANCE AND GROOVE

Get moving and have fun every Friday with Dance and Groove! Join Halla at Morwell East Senior Citizens Centre for an hour of music, dancing, and laughter. Learn new moves, freestyle to your favourite tunes, and connect with others in a friendly, welcoming atmosphere..

### COMMUNITY LUNCH DATES

Monday 23rd February 11:30am - 1:30pm  
 Monday 30th March 11:30am - 1:30pm  
 Monday 27th April 11:30am - 1:30pm  
 Monday 18th May 11:30am - 1:30pm

### COMMUNITY GARDENING VOLUNTEERS

Join our volunteer gardening group at Morwell Neighbourhood House! Help grow, maintain, and enjoy our garden plots. Whether you're a beginner or a green thumb, all are welcome to dig in and share the harvest!

### FRIENDSHIP GROUP

Looking for a relaxed, friendly way to meet new people? Join our Friendship Group on Wednesdays at Morwell Neighbourhood House! Share laughs, make connections, and enjoy time with others in a welcoming, supportive space. Everyone is welcome along and make new friends!

MON	TUE	WED	THU	FRI
10am - 3pm <b>Be Connected</b> (Digital Literacy Workshops)	9:30am-3pm <b>Foodbank</b> + 10am-12pm <b>Ladle Links</b>	10am-2:30pm <b>The Grow Hub</b> <b>Stirring Stories</b>	9:30am-3pm <b>Foodbank</b> Last entrance 2:45pm	10am-11am <b>English Please</b> + <b>Art and coffee</b>
10:30am-12pm <b>She-Lebrate</b>	10am-12pm <b>Queen Bees</b>	10am - 12pm <b>Friendship Group</b>	10am-2pm <b>Ladle Links</b>	10am-12pm <b>Lovable Larrikins</b>
11:30am-1:30pm <b>Community Lunches</b> (See dates on brochure)	9am-1pm <b>Volunteer gardeners</b>	10:30am - 12pm <b>Move and Connect</b> Latrobe Leisure Morwell	1:30 PM - 3 pm <b>Be Connected</b> (Digital Literacy)	11.30 am - 12.30 pm <b>Dance and Groove</b>
12:30pm-1:30pm <b>Form Assist</b> By appointment only	1pm - 3pm <b>Card and Board</b> <b>games social group</b>	9am - 2pm <b>Harvest Group Grow</b> <b>Hub</b>	6pm-7:30pm <b>Autistic Social Group</b> (Fortnightly)	9am-3pm <b>The People's Kitchen</b> By appointment only