



GETTING OUT THERE

Accessible and low cost activities in Port Phillip

August September 2011

What's New

ROAD TO P PLATES

Driver education for newly arrived migrants. Interpreters available. Includes understanding buying a car, road rules, child safety. Mary Kehoe Centre Albert Park. Fridays in August, 12.30-2pm Ph: Cristina Del Frate 9209 6385 **Cost: free**

SITE UNSEEN – needs volunteers!

Be part of an exciting interactive multimedia theatre piece, walks its audience through darkened streets of St Kilda – creates reality of people who are homeless. Created by arts & theatre workers and people who have been homeless – multiple performances in Oct 2011 Ph: Cathy Horsley City of Port Phillip 9209 6530 to register interest **Cost: free**

FIVE MINUTES OF FAME Open Mic Extravaganza

14th Sept @ 6-9pm the St Kilda Bowls Club
66 Fitzroy St
+dinner + prizes
Transport available
Contact Tullia 8598 6615
Cost: free

**CITY OF PORT PHILLIP
HOME LIBRARY
SERVICE** Not well? Not able to leave the house? Have your books delivered Ph: 9209 6652
Cost: free

A CENTURY OF LUNACY at Luna Park

Sat 17 Sep 2pm-4pm View historic film and photos, share your memories and learn how you can get involved. Tour and afternoon tea included . BYO memorabilia and photos if you have them. Must book 90907964 **Cost free**

VOLUNTEERS needed for Community Ball
13 Oct Ph: Sherridan Green 9209 6238

ART ATTACK

Port Melbourne Uniting Church
17 & 24 Aug 2pm-4pm All materials provided Ph: Peter Batten at SPUC 9690 1188 **Cost: free**

DIGITAL GARDENING

Learn computing through your love of gardening...also connect up with social gardening networks and the *Mary Basil Community Garden* in Albert Park. Ph: Gillian Morrison 9682 5390 to enrol
Cost: \$5 or free if in financial difficulties

BUSHWALKING

Sat 6 Aug Westerfolds Park Lower Plenty Ph Shayne Barnes Port Phillip Community Group 9534 0777 to book
Cost \$4 incl transport and BBQ lunch

LABYRINTH WALK Port Melbourne Uniting Church 2nd Sunday of the month 14 Aug 5pm-6pm Healing and Meditation **Cost: free**

Key contacts: ACCESS ARTS CoPP 9209 6530 SOCIAL SUPPORT CoPP 9209 6738
JCAAA 9209 6753 PORT MELBOURNE NEIGHBOURHOOD HOUSE 9645 1476
LEARN FOR YOURSELF 9682 5390 PORT PHILLIP COMMUNITY GROUP: 9534 0777

Produced by the City of Port Phillip's (CoPP) SOCIAL SUPPORT & RECREATION ACCESS SERVICE – Ph: KAREN WATSON 9209 6384 for info



Music and Arts, Learning, Fitness & Social

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MUSIC AND POETRY AT ECCOCENTRE

Cnr Blessington & Herbert St St
Kilda Sun 7 August 3.15pm – 5.30pm
Cost: \$5 concession incl snacks tea
and coffee

KICKSTART ART GROUP

Contemporary art class for people
who have experienced a mental
health issue Wed 1pm -3pm
Gasworks Art Studio Ph: Gillian
Armstrong 9682 5390 Cost: \$5

CITY OF VOICES

Inclusive Theatre Company –
welcomes people of all ages & stage
ability. Rehearsals Wed 5pm-7pm
South Melbourne Centre cnr Park St
& Ferrars Place Cost: free

ST KILDA SINGS Community Choir

Thursday 6.30pm at 114 Inkerman St
St Kilda – enter from Bath St
Ph: Josh 0437 006 420 for further
details Cost: free

LETTERS & NUMBERS –studio
audience needed (Elsternwick)– Ph:
9524 2518 tickets free

PUFFN FORUM (Ecocentre) – 12
Sept Topic: Verge gardens. Ph:
Alicia 9209 6338 Cost free

SOUTH SIDE SOCIAL CLUB

Musical afternoons, sing a longs
around the piano Thurs 1pm-3pm
Gasworks Richardson St Albert Park
8606 4200 Cost: free

WOMENS ACTIVITY GROUP

Great range of creative activities
Every 2nd Fri 1-4 Port Melbourne
Neighbourhood House Ph: 9645
1476 for info re group Cost \$3

ROOMERS MAGAZINE WRITING WORKSHOPS

Tues 1.30pm-3.30pm St Kilda
Library Community Room
Rooming house & SRS residents.
Past residents welcome too.
Ph Phillipa 0413 024 528 Cost free

SPARC THEATRE

Rehearsals South Melbourne Centre
Performing at Butterfly Club for
Emerald Hill Open Day
Jamming with jazz musicians
Aug 14 1pm-2pm; 2.30pm-3pm
Taking new performers – can drop
in to try Performers live in
supported housing Ph: Cathy
Horsley City of Port Phillip 9209
6530 Cost: free

COMPUTERS – Thurs Beginners
11am-1pm More advanced 1pm-
3pm Ph: Gillian Morrison Cost \$5
per session, \$58 for entire year, or
free for people in financial
difficulties (negotiated)

RAG THEATRE TROUPE – Tues
12pm-2pm South Melbourne Centre
director Scott Gooding. New
performance – Faust – new
performers welcome Ph: Cathy
Horsley 9209 6530 Cost: free

REFUGEE FESTIVAL

Performers from Congo, Sudan,
Burma, West Papua, Sri Lanka, Tibet
Sun 21 August 3-5pm
St Kilda Town Hall
Ph: Visier Sanyu on 9650 6811 for
tickets Cost: \$15 (including Middle
Eastern and West African dinner)

COMMUNITY BUS – free Call Marg
9209 6223 for timetables

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GOURMET WOMEN

Independently living women with mental health issues – meet at restaurants/cafes Ph Pt Melb Neighbourhood House 9645 1476 Transport home provided **Cost \$10**

ST JOSEPHS DROP IN

Chapman Memorial Hall, 80 Ross St Port Melbourne Drop In is Tues & Wed 10am-12pm + free fruit & veges, frozen sausages. Sausage sizzle suspended for winter. Ph: Tom Burns 0439 022 148 **Cost: free**

WALKING GROUP

Meets at 10.00am each Fri Alma Road Neighbourhood House 200 Alma Rd St Kilda followed by cuppa all welcome. Ph: Anthea Teakle 9525 8746 **Cost free**

SKOOTERS

Social gathering for people who drive motorized scooters/wheelchairs 11am-2pm Fri fortnightly Ph: Sandy Atherton 9696 4270 **Cost: free**

MONDAY DROP IN –

Mon 11am-3pm Sol Green Recreation Centre corner Coventry and Montague Streets Sth Melbourne - lunch & bus trips to great places

MEET AND KNIT KNITTING GROUP

Port Melb Neighbourhood House Fri 10.30am-12pm **Cost: gold coin**

COMMUNITY KITCHEN

Mon 6.30pm 114 Inkerman St St Kilda Community Kitchen – enter off Bath St Cook & eat together – from fresh produce! Fun & friendly All supplied Ph: Josh 0437 006 420 **Cost: free**

TAI CHI at South Melb Community Centre

Ph: PMNH 9645 1476 **Cost: \$3**

PELVIC EXERCISE GROUP for Women 50+

Burra Club 329 Dorcas St South Melbourne Every Fri 11am-1pm Ph: Sandy Atherton 9696 4270 **Cost: \$5 including light lunch**

FELDENKRAIS FOR SENIORS

Must join Linking Neighbours! Tutor extraordinaire Lena Rosenberg Middle Park Community Centre Ph: Karen Watson 9209 6384 to enrol **Cost: free**

GASWORKS WALKING GROUP

Meets Gasworks coffee shop every Tues & Thurs 9am **Cost: free**

GYM & SWIM

Every Thurs @ Fitness First, 97 Alma Road, St Kilda. Gym: 11.30-12.15 Swim: 12.15-1pm Meet at Reception. Led by Anne **Cost \$2 each \$3 for both.**

GYM

Every Tues 2pm-2.45pm at Fitness First 97 Alma Rd St Kilda Transport available **Cost \$2**

SWIMMING – every 2nd Friday 10am-11.30am at MSAC Transport avail **Cost free**

TENNIS FOR EVERYONE

Every Fri @ Middle Park Tennis Club near Middle Park light rail stop. 2pm - 3.30pm. Led by Sandi. Racquets & balls supplied **Cost \$1**

To book in for all activities above Ph Shayne PPCG 9534 0777

SCREEN PRINTING Albert Park Ph: Gillian Armstrong 9682 5390 **Cost: \$5**

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ACTIVITY	ORGANISATION	CONTACT
Activities – advice re activities	City of Port Phillip SSARA	Karen Watson 9209 6384
Art –Kickstart	City of Port Phil Access Arts	Gillian 9682 5390
Art Attack	Port Melbourne Uniting Church	Peter Batten 96901188
Art – Drop In at Alma NH	Port Phillip Community Group	Anthea Teakle 9525 8746
Arts and Culture Group	CoPP Social Support	Marg Moore 9209 223
Art – screen printing	Learn For Yourself	Gillian 9682 5390
Activities for older people	COPP Social Support	Marg Moore 9209 6223
Art Drama Music groups	City of Port Phil Access Arts	Cathy Horsley 9209 6530
Bushwalking	Port Phillip Community Group	Shayne Barns 9534 0777
Cooking – Kitchen Survival	Port Melbourne NH	9645 1476
Computers	PMNH, Alma Rd NH, LFY	
City of Voices Community Theatre	Port Melbourne NH	9645 1476
Drop In (Monday)	Port Melbourne NH	9645 1476
Songwriting/ music workshops	Music & Mental Health Network	Phil 0402 812 428
Five Minutes of Fame	Port Phillip Community Group	Tullia 9534 0777
Digital Gardening	Learn For Yourself	Gillian 9682 5390
Gardening	Simply Living Community Gard	Janet Hoare 9690 1188
Gourmet Women	Port Melbourne NH	Kate 9645 1476
Gym & Swim	Port Phillip Community Group	Shayne 9534 0777
Kitchen Survival Skills	Port Melbourne NH	9645 1476
Knitting – Knit & Knatter	South Port Uniting Care	Sandy 9646 1570
Literacy & Numeracy	Port Melbourne NH	Kate 9645 1476
Men’s BBQ	CoPP Community Access	Marg 9209 6738
Out Doors Inc – Adventure acti	Out Doors Inc	9417 2111
RAG/SPARC Theatre	City of Port Phillip Arts Access	Cathy 9209 6530
Reclink activities - sports	Sacred Heart	Brian 9537 1166
Roarhouse Open Mike	Roarhouse	0400 334 076
Roomers Mag/writing w/shops	Roomers Magazine	Phillipa 0413 024 528
Tennis	Port Phillip Community Group	Shayne 9534 0777
Walking Woof Club - dogs	Port Phillip Community Group	Tullia 9534 0777
Walking Group - general	Alma Rd Neighbourhood House	Anthea 9525 8746
Women’s Activity Group	Port Melbourne NH	Kate 9645 1476

This newsletter is produced by the City of Port Phillip’s
SOCIAL SUPPORT & RECREATION ACCESS SERVICE –
 Contact **KAREN WATSON 9209 6384** for advice on activities....

