

Share, Learn, Enjoy, Grow



SUSSEX NEIGHBOURHOOD HOUSE

PROGRAM GUIDE

Term 4

OCTOBER - DECEMBER 2025

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**Sussex
Neighbourhood
House**



7 Prospect St,
Pascoe Vale, 3044



9354 2210



sussexnh.org.au



enquiries@sussexnh.org.au



ABOUT US

Sussex Neighbourhood House is a community hub committed to providing lifelong learning through social activities that are inclusive, accessible, and sustainable for the local community. We offer a range of activities suitable for all ages and abilities.

Our community is made up of diverse cultures, beliefs, abilities, bodies, sexualities, ages and genders. We are committed to access, equity, participation and rights for everyone: principles which empower, foster harmony and increase the wellbeing of an inclusive community.

First Time at Sussex?

We would like you to get the most out of your classes.

You are welcome to visit Sussex Neighbourhood House anytime to see where your class is held. Have a look around and have cuppa.

If you would like to get to know some of the other participants or the tutor, we are happy to offer a free trial. Please contact us to arrange a time.

We welcome Carers attend classes with participants if required.

Classes are relaxed, some are quiet and some can get loud. Speak to staff about the types of classes that would suit you.

Parents are welcome to stay in the Hub where tea, coffee, and free Wi-Fi is available while children attend classes.

If you need to use a quiet space, you can sit in the library just off the kitchen.

Our toilets are accessible.



CLASS POLICIES & ENROLMENTS

Your assistance in helping to keep the costs of the classes as low as possible is appreciated.

Bookings are essential!

Classes are confirmed once the number of enrolments required to cover the cost of running the class is achieved.

REFUNDS

Enrolments will be for the full term.

A full refund will be provided if you withdraw at least 7 days before the commencement date of the class.

After commencement, refunds will only be considered in special circumstances. Refund requests must be in writing and a refund fee of \$20 will be retained.

Book and Pay.

Online, by phone or in person?

- Pay via credit/debit card or cash. Card payments made via the Square terminal will incur a 1.6% processing fee.
- Agencies can request an invoice.
- If you are having difficulty with payment a payment plan can be arranged

Multi-Booking Discount

Take advantage of our 10% off the standard rate when enrolling in 2 or more classes.

*Learn Local Programs- Eligibility criteria apply.



 **Office Hours**
Mon to Fri, 8:30am - 4:30pm

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 **@sussexneighbourhoodhouse**

 **Sussex Neighbourhood House Inc.**

Subscribe to our mailing list to stay up to date with what's on at Sussex, head to www.sussexnh.org.au and scroll to the bottom of the page to join



Creativity – Arts & Crafts

Unleash your inner artist and explore your creative potential! Our creativity courses include painting, drawing, crafts, clay, sewing, and more, offering a space to experiment and thrive. Whether you're a beginner or experienced, you'll find a supportive environment to express yourself and develop your skills.

Sewing for Beginners

Learn to sew in a friendly environment with our resident professional pattern & dress maker, Jan Bowles. Suitable for all skill levels. Some materials and sewing machines supplied, or bring your own if you prefer.

Makers, Menders & Basketry

Interested in creating through recycling, making, mending, and basket weaving? A resourceful social group for the crafter in you. Enjoy creative sessions with like-minded locals and a cuppa. BYO project.

Craft Circle

For people looking to knit or crochet socially in a calm environment. Also, for keen quilters, patch-workers, lovers of embroidery or anything else the crafter in you desires.

Mixed Media

An arts and crafts program designed for adults with disabilities. Participants will use a variety of different mediums to explore creativity in a safe environment. All materials included.

A discount of 10% is applied if enrolled in both Creative Movement and Dance and Mixed Media



Kids Create

Stimulate the imagination & spark your kid's creativity with Tiffeny! Kids Create is a small creative expression group for **kids in Grades 3-6**, where young, hopeful creatives are invited to explore a topic in artistic forms of their choice. All forms of creative expression welcome!

Crochet & Chat



A relaxed social group for crochet lovers of all skill levels. Bring your projects, share ideas, and enjoy crafting in good company.

Fortnightly sessions

Clay Art for Adults

A social and community-based inclusive program, tailored for adults with disabilities. Create and glaze unique small works of art using hand building techniques. Materials and firing included.

Small Objects in Clay

Create and glaze unique small works of art with our new and experienced clay tutor - using hand-building techniques. Materials and firing included.

Clay Art for Kids

With our new and experienced clay art teacher, enjoy this hands-on opportunity for kids to have fun creating with clay. Learn how to make, decorate and glaze by creating a different project each week. Materials and firing included.

For 8-12-year-olds.



Creativity - Arts & Crafts

Knitting

Suitable for all knitting skill levels and those looking for guidance with their own project. Some materials provided to get you started.

Youth Artspace

Start, renew or fulfil your passion for art learning new alternate skills in an open studio space. A great opportunity to build on your VCE portfolio or to increase your artistic awareness.

For Grades 7-12

Art Space

A fantastic opportunity to get creative with company, Art Space is an open social group where you can bring along your own art projects to work on and share them with like-minded locals over a cuppa. Everyone is welcome, even if you're just coming for a chat.

Little Artists

Ignite kid's spark for creativity with Michelle! This fun arts program for **kids in Grades K-3** fosters children's wellbeing and capacity to focus on a task by engaging the imagination.

Drawing & Watercolour

With renowned artist, Ted Dansey, this class covers all the important principles and techniques of both drawing and watercolour. Ted encourages a 'learn as you go' style of painting.

Learn to enjoy the medium and 'keep it simple' through demonstration and guidance from Ted.



Creativity - Arts & Crafts

No programs on November 3rd & 4th

 for kids/youth

Program	Day	Term Dates	Time	Sessions	Conc. Fee	Stand. Fee
Sewing for Beginners	Monday	13 Oct - 1 Dec	9:30am - 12pm	7	\$98	\$109
Makers, Menders & Basketry	Monday	8 Oct - 15 Dec	10:30am - 1:30pm	11	Gold Coin	
Craft Circle	Monday	8 Oct - 15 Dec	1pm - 3pm	11	Gold Coin	
Mixed Media	Monday	13 Oct - 1 Dec	2pm - 3:30pm	8	\$222	\$246
Kids Create	Monday	13 Oct - 1 Dec	4:15pm - 5:45pm	7	\$150	\$167
 Crochet & Chat	Monday	22 Sep - 8 Dec	5:30pm - 7:30pm	6	\$28	\$31
Clay Art for Adults	Tuesday	14 Oct - 2 Dec	1pm - 3pm	7	\$362	
Clay Art for Kids	Tuesday	14 Oct - 2 Dec	5pm - 6pm	7	\$156	\$174
 Small Objects in Clay	Tuesday	14 Oct - 2 Dec	6:30pm - 8:30pm	7	\$222	\$246
	Thursday	16 Oct - 4 Dec	1pm - 3pm	8	\$253	\$282
Knitting	Tuesday	30 Sep - 2 Dec	6:30pm - 8:30pm	7	\$124	\$138
	Thursday	2 Oct - 4 Dec	7pm - 9pm	7	\$124	\$138
Drawing & Watercolour	Wednesday	15 Oct - 3 Dec	10am - 12pm	8	\$268	\$298
Art Space	Wednesday	8 Oct - 10 Dec	1pm - 3pm	10	Gold Coin	
Little Artists	Wednesday	15 Oct - 3 Dec	4pm - 5pm	8	\$154	\$171
Youth Artspace	Wednesday	8 Oct - 3 Dec	6:30pm - 8:30pm	9	\$72	\$108

Digital Skills & Technology

Stay connected in the digital world! From learning the basics of computers to coding and media production, our courses are designed for all levels of experience. Build confidence with technology, enhance your career prospects, or simply enjoy discovering the endless possibilities of the digital age.

Introduction to Microsoft Office



This course is designed for people who have a very basic knowledge of computers and want to learn or advance their skills in Microsoft programs such as Word, PowerPoint, and Excel.

Understanding Smartphones



For people who are new to smartphones. Classes will begin with the basics, guiding students through how to turn on and use smartphones for everyday living.

Let's Animate: Introduction to 3D Animation

Learn how to use 3D animation software to create your own computer generated graphics in this course. **Ages 11 to 25.**

From Sketch to Screen NEW!

Learn the fundamentals of 3D modelling and animation in this hands-on Blender workshop for adults, perfect for complete beginners. Guided step-by-step, you'll design, animate, and export your own digital creations using professional-grade software.

Digital Skills for Everyday Life



This course will empower you to carry out actions such as emailing, online shopping, and social media use on all IT devices.

Gaming Bugs NEW!

A safe, social, and sensory-aware gaming group for girls in Grades 3-6, designed with neurodivergent players in mind. Build friendships, play your favourite games, and enjoy a welcoming, neuro-affirming space that celebrates your strengths.

for kids/youth

No classes on November 3rd & 4th

*eligibility criteria apply - see page 4

Program	Day	Term Dates	Time	Sessions	Conc. Fee	Stand. Fee
Introduction to Microsoft Office	Tuesday	7 Oct - 2 Dec	9:30am - 12pm	8	\$12.50	
Let's Animate	Tuesday	7 Oct - 25 Nov	5:15pm - 6:15pm	8	\$50	\$56
NEW! Gaming Bugs	Wednesday	15 Oct - 3 Dec	4:15pm - 5:15pm	8	\$36	\$40
NEW! From Sketch to Screen	Wednesday	15 Oct - 26 Nov	6:30pm - 8pm	8	\$142	\$157
Understanding Smartphones	Thursday	9 Oct - 4 Dec	1pm - 3:30pm	9	\$12.50	
Digital Skills for Everyday Life	Friday	17 Oct - 5 Dec	12:15pm - 2:15pm	8	\$12.50	

Language & Communication

Empower your voice and connect with the world! Join our language classes or conversation groups to improve your speaking, writing, and comprehension skills. Whether learning English or mastering another language, our courses are inclusive, practical, and tailored to your goals.

English Conversation Group

A casual and volunteer-led group focused on improving English conversation skills in a relaxed social setting.
No booking required.

English for Everyday Life

Learn the words, phrases, and simple grammar needed to chat with neighbors, navigate local shops, and feel more at home.

English for Beginners (Level 1)

This program assists learners in developing their English language skills for improved day to day interactions, community engagement and participation.

Continuing English (Level 2)

Learn useful vocabulary and grammar to take your English to the next level. Level 2 is for learners looking to improve their English and for those who have completed Level 1.

The English Hub

Build everyday English skills and confidence through conversation, reading, writing, and practical activities in a supportive group setting.

EAL Offsite

Foundation English courses offered at local primary schools or community centres. Perfect for beginners with limited background speaking English.

Spanish for Adults: Beginner

A class for beginners and those with basic Spanish language. Continue to learn and improve Spanish speaking skills in a group learning environment.

Spanish for Adults: Intermediate

A course for those who want to enhance fluency and polish their Spanish language skills through conversation and group education.



Language & Communication

No classes on November 3rd & 4th

*eligibility criteria apply - see page 4

Program	Day	Term Dates	Time	Sessions	Conc. Fee	Stand. Fee
NEW! English Conversation Group	Monday	6 Oct - 1 Dec	10am - 11:30am	11	FREE	
English for Everyday Life	Friday	17 Oct - 5 Dec	10am - 12pm	8	\$12.50	
English for Beginners (Level 1)	Friday	17 Oct - 5 Dec	10am - 12pm	8	\$12.50	
Continuing English (Level 2)	Tuesday	7 Oct - 2 Dec	12:30pm - 2:30pm	8	\$12.50	
The English Hub	Thursday	16 Oct - 4 Dec	11:45am - 1:45pm	8	\$12.50	
Spanish for Adults: Beginners	Monday	13 Oct - 1 Dec	6:30pm - 8pm	7	\$150	\$167
Spanish for Adults: Intermediate	Tuesday	7 Oct - 2 Dec	6:30pm - 8pm	8	\$171	\$190
NEW! English at Mickleham South Community Centre	Monday	13 Oct - 1 Dec	11:15am - 1:15pm	8	FREE*	
NEW! English for Women: Mickleham South Community Centre	Monday	13 Oct - 1 Dec	9:15am - 11:15am	8	FREE*	
NEW! English at Kalkallo Community Centre	Monday	13 Oct - 1 Dec	9:15am - 11:15am	8	FREE*	
NEW! English at Glenroy West Primary School	Thursday	9 Oct - 4 Dec	9:15am - 11:15am	9	FREE*	
Foundation English at St Dominic's School	Thursday	9 Oct - 4 Dec	12:30pm - 2:30pm	9	FREE*	
Continuing English at St Dominic's School	Thursday	9 Oct - 4 Dec	9:30am - 12pm	9	FREE*	

Performing Arts, Music & Movement

Find joy and expression through music, dance, and performance! Participate in ukulele classes, choir groups, or Tai Chi and Yoga sessions to build confidence, improve wellbeing, and celebrate the power of movement and rhythm. Perfect for beginners and enthusiasts alike.

Creative Movement & Dance

Develop creative imagination through dance, music and drama in a friendly and supportive social context. Tailored for adults with disabilities.

A discount of 10% is applied if enrolled in both Creative Movement and Dance, and Mixed Media

Yoga with Simone

Hatha Vinyasa Yoga led by the passionate and experienced Simone Litchfield. Be guided with a flowing and mindful approach to asana (postures) & Pranayama (breath). This class fosters strength, flexibility and tranquillity.

BYO mat.

Yoga with Melisa

Hatha Yoga with the wonderful Melisa - incorporates a balance of challenging and restorative physical positions, meditation, breathwork and guided relaxation.

BYO mat.

Chair Yoga

Chair Yoga with Simone - find your mobility in a way that is soft and gentle but also supportive and beneficial. This class invites awareness and integrity into the body and activate the muscles that help you find length up through the spine for better posture and energy flow.

Tai Chi Beginner

Perfect for those who wish to learn the art of Tai Chi & improve their health through the use of gentle mind-body exercises. Beginner level class with our experienced Tai Chi instructor Averil.

Tai Chi Intermediate

Post-beginner Tai Chi program with Averil, compassionately designed to improve balance, coordination & strength using simple mind-body exercises.

Tai Chi Advanced

For participants with experience of Tai Chi who are seeking to build on their practice with a more challenging form.

Keyboard Lessons for Kids: Beginner & Intermediate classes

Music classes for **kids aged 7-12**. With our experienced music teacher, learn in a small group and at your own pace.

BYO keyboard.

Ukulele for Adults

Want to learn ukulele? Join the multi-talented Phil Hudson and further your musical abilities in a small and friendly group setting! Learn new chords, tablature and strum patterns. Suitable for all levels.

BYO Ukulele.

Skylarks Community Choir

Love to sing? Join our friendly and inclusive community choir led by the multi-talented Phil Hudson from Black Sheep Music.

Mat Pilates

An inclusive, community-focused class that builds mobility, strength, and breath awareness through Pilates-based movement. Suitable for all levels, just bring a mat and water bottle to join in!

NEW!



Performing Arts, Music & Movement

 for kids/youth

No classes on November 3rd & 4th

Program	Day	Term Dates	Time	Sessions	Conc. Fee	Stand. Fee
 Mat Pilates	Monday	6 Oct - 1 Dec	10:30am - 11:30am	8	\$134	\$149
Creative Movement & Dance	Monday	13 Oct - 1 Dec	12:30pm - 2pm	7	\$222	\$246
Keyboard Lessons for Kids Intermediates	Monday	13 Oct - 1 Dec	4:30pm - 5:20pm	7	\$130	\$145
Keyboard Lessons for Kids Beginners			5:30pm - 6:20pm			
Yoga with Simone	Monday	6 Oct - 1 Dec	7:30pm - 8:30pm	8	\$134	\$149
	Tuesday	7 Oct - 2 Dec	9:30am - 10:30am	8	\$134	\$149
Chair Yoga: Morning Session	Tuesday	7 Oct - 2 Dec	11am - 12pm	8	\$91	\$101
Chair Yoga: Afternoon Session			12:15pm - 1:15pm			
Yoga with Melisa	Wednesday	8 Oct - 3 Dec	6:30pm - 7:45pm	9	\$154	\$171
Tai Chi Advanced	Thursday	9 Oct - 4 Dec	9:30am - 10:30am	9	\$134	\$149
Tai Chi Intermediate			12:30pm - 1:30pm			
Tai Chi Beginners			11am - 12pm			
Ukulele Beginners	Thursday	16 Oct - 4 Dec	10am - 11am	8	\$137	\$152
Ukulele Intermediate			11:15am - 12:15pm			
Skylarks Community Choir	Thursday	9 Oct - 4 Dec	1pm - 2:30pm	9	\$93	\$103

Social & Community Engagement

Foster meaningful connections and become an active part of the community! Our social and community programs include volunteering opportunities, inclusive group activities, and initiatives to give back to the local area. Join us to share, learn, and grow together.

Book Club

Do you enjoy reading and discussing books with others? Come and join our wonderful Book Club! With topical book choices, this monthly social group would love to hear your ideas. Books provided by Merri-bek City Council Libraries.

Family History Group

An informal group for locals passionate about researching their family history. Sussex provides use of computers, a range of databases & source materials.

Gardening Social Group NEW!

Come along and meet new people as you engage in gardening activities together, learn about gardening techniques, and share ideas. An opportunity have a hand in the establishment of our front garden.

Introduction to Gardening

NEW!

New to gardening? Learn how to grow your own herbs, veggies, and flowers in this friendly, hands-on course. Gain confidence as you explore soil prep, plant care, seasonal planting, composting, and pest control. Perfect for beginners and renters alike.

Sallywags Playtime

Facilitated by the enthusiastic Rose and suitable for babies to pre-schoolers, Sallywags is a joyous playgroup that covers music, rhymes, dance and fun crafts during the term. A wonderful opportunity to meet other local families.

Sallywags for Bubs

Designed for babies under 2 years for parents and caregivers to enjoy a peaceful place to connect with their baby and other caregivers. A term filled with the joy of music, rhymes, and mat time activities. Facilitated by the lovely Rose, it's the perfect chance to connect with serene moments for your little one and connect with other local families.

Chess Club

A fun and educational club for learning, improving, and practicing your chess, all taught by a skilled chess teacher.

Ages 12+

Lego Masters NEW!

Join our brand-new Lego Masters program for kids and get creative with a huge range of Lego every Monday during the school term. Build solo or team up with friends to tackle fun challenges and bring your ideas to life!

Ages 9-13

Chess Social Group

NEW!

Whether you're a beginner or an experienced player, come along for a relaxed and friendly morning of chess. Connect with like-minded players, learn new strategies, and enjoy the game in a welcoming community space.

For Adults.

Pieceful Puzzle Club NEW!

Calling all puzzle enthusiasts! Whether you're a casual puzzler, a speedy problem solver, or simply looking to connect with others over a shared hobby, this group has something for you.

Cuppa & Care NEW!

A relaxed chat with your local pharmacist over a warm drink, there will be focused topics where you can ask questions, share concerns, and pick up helpful health tips



Social & Community Engagement

 for kids/youth

No classes on November 3rd & 4th

*eligibility criteria apply - see page 4

Program	Day	Term Dates	Time	Sessions	Conc. Fee	Stand. Fee
Book Club	3rd Monday of the Month	From 20 Oct	1pm - 3pm		Gold Coin	
 Adult Chess Social Group	Monday	From 6 Oct	10am - 12pm		FREE	
 Lego Masters	Monday	TBC				
Chess Club	Tuesday	7 Oct - 25 Nov	4pm - 5pm	8	\$37	\$41
Introduction to Gardening	Tuesday	14 Oct - 2 Dec	10am - 12pm	7	FREE	
 Gardening Social Group	Wednesday	From 8 Oct	10am - 11:30am		FREE	
 Scallywags Playtime	Thursday	9 Oct - 4 Dec	9am - 10:30am	9	\$159	\$177
			11am - 12:30pm	7	\$159	\$177
	Friday	10 Oct - 5 Dec	10am - 12pm	9	\$210	\$233
Chatty Café	Friday	From 10 Oct	10am - 12pm		FREE	
 Cuppa & Care	Fridays	17 Oct & 20 Nov	10:30am - 11am	2	FREE	
Pieceful Puzzle Club	Monthly Saturday	18 Oct, 15 Nov, 6 Dec, 17 Jan	10am - 1pm		Gold Coin	
Family History Group	1st Saturday of the Month	4 Oct, 1 Sat, 6 Dec	1:30pm - 4:30pm		Gold coin	

Workshops & Events

Discover new passions or sharpen your skills in a workshop format! These short-term courses are perfect for busy schedules and curious minds. Our community events are open to the public for us to celebrate altogether!

Youth Fest

For ages 12+ join in a friendly E-sports gaming session featuring consoles and PCs, or help bring a co-designed community mural to life through painting and creativity. Both events offer a chance to connect, have fun, and celebrate youth voices in our community.

SNH Financials Info Night

Come along to a pre-AGM session to better understand how the financials at SNH work and ask questions to committee members and bookkeepers.

Annual General Meeting

Join us as we reflect on the past year and share future plans. All are welcome to attend and hear updates from our Committee and staff.
Open to all, RSVP

A Special Repair Cafe

Join our regular repair cafe as we host a small morning tea for Seniors Month & enjoy a free trial session of Mat Pilates by local instructor Beck - now running regular classes at SNH from Term 4!

Lunch & Learn: Digital Help

Learn digital basics in a relaxed café-style setting with the help of friendly high school student mentors. Bring your own device or use ours to practise skills like texting, using apps, and staying safe online. Plus enjoy a free light lunch!

For over 50's, RSVP

End of Year Event

A joyful afternoon of connection, creativity, and community. View displays and performances from our year-long programs while sharing food and conversation. Come celebrate a wonderful year with us! **Open to all, RSVP**

Let's Shoot: Intro to Screen & Multimedia

An intensive short course offering an overview of the skills and technologies used in screen and multimedia industries. **Open to teens and adults.**

Cultural Cooking

Join us as we delve into different cultural cuisines every term, from Pakistani to Polish, you'll learn new dishes each time!

This term:

Indian in celebration of Diwali!

Skylarks Choir Performance

Support our Sussex Skylarks Choir as they hold a free performance at Federation Square in celebration of Seniors Month!

Held at Federation Square on the corner of Swanston St & Flinders St, Melbourne city.

First Aid Refresher

Accredited Certificate Course
Ideal for parents, volunteers of clubs, organisations, school canteens, and those applying for jobs.

HLTAID011 - Provide First Aid

Preparing Your Garden for Summer

Learn practical tips for keeping your garden thriving through a Melbourne summer.



Workshops & Events



Program	Day	Term Dates	Time	Sessions	Conc. Fee	Stand. Fee
Homework Club	Thursday	24 Jul - 18 Sep	6:30pm - 8:30pm	9	FREE	
Youth Fest: Mural	Tuesday	23 & 30 Sep	11am - 4pm	2	FREE	
Youth Fest: Video Games	Tuesday	23 & 30 Sep	11am - 4pm	2	FREE	
Finance Night	Thursday	23 September	6:30pm - 7:30pm	Open to community - RSVP		
Skylarks Choir Performance	Sunday	5 October	TBC	FREE at Fed Square		
Repair Cafe Morning Tea & Mat Pilates	Sunday	5 October	Repairs: 10am - 1pm Pilates: 10:30am - 11:30am	Repair Cafe: Pay as you feel Pilates: FREE		
Lunch & Learn: Digital Help	Wednesday	15 October	12:30pm - 2:30pm	FREE		
Annual General Meeting	Wednesday	15 October	6pm - 7pm	Open to community - RSVP		
Preparing your Garden for Summer	Thursday	30 October	7pm - 8:30pm	1	\$30	
Dungeons & Dragons: For Teens	Saturday	11, 18, 25 Oct	1pm - 4pm	3	\$15	\$30
Dungeons & Dragons: For Adults	Saturday	8, 15, 22 Nov	1pm - 4pm	3	\$15	\$30
Indian Diwali Cooking	Saturday	8 November	1pm - 3pm	1	\$50	\$60
First Aid Refresher Course	Tuesday	11 November	10am - 2:30pm	1	\$80	\$160
Let's Shoot: Intro to Screen & Media	Thursday	20 & 27 Nov	12pm - 3pm	2	FREE	
End of Year Event!	Thursday	4 December	3pm - 6pm	Open to community - RSVP		



PASCOE VALE REPAIR CAFE

1st Sunday of the Month

10am - 1pm

@ Sussex Neighbourhood House

7 Prospect Street, Pascoe Vale

Neighbours helping neighbours fix stuff!

The repair café is all about repairing things together.

With a community of skilled, volunteer repairers every month, we can repair electronic appliances, bicycles, and toys, mend garments and sharpen knives, and perform general hammer and nail repairs.

If you can bring it through the door, we'll do our best to fix it! Don't throw it away - give your items a second life at the repair café.



PASCOE VALE FOOD COLLECTIVE

2nd Saturday of the Month

9:30am - 11:30am

@ the Pascoe Vale Senior Citizens Centre

20 Norton St, Pascoe Vale (Opposite James Reserve)

Low waste, bulk buying for residents of Pascoe Vale and surrounding suburbs.

Grocery and cleaning products are sourced in bulk and provided for distribution to members and visitors on a monthly distribution day.

We encourage the community to bring their own containers for filling – but always have clean jars and paper bags on hand to make the process easy!





Sussex
Neighbourhood
House

Room Hire

Architecturally designed and fully mobility accessible | Available 7 days a week from 6am to 11pm.



Room 1 & 2

9.3m x 7.15m

Natural lighting, 2 digital screens, 2 whiteboards, sliding doors to outdoor courtyard, room divider, adjacent kitchen



Room 3 & 4

8.5m x 7.6m

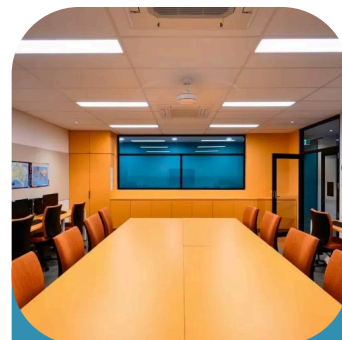
Carpeted room, 2 digital screens, 2 whiteboards, room divider, adjacent kitchen



Community Hub

10m x 12.3m

Fully equipped kitchen.
Access to disability toilets and baby change station



Computer Lab

6m x 7.5m

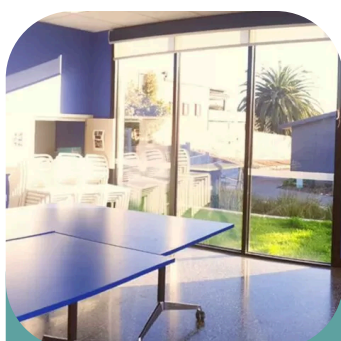
12 computers with internet access, and an interactive smart screen



Pool Hall

10m x 15m

Includes kitchen with ample bench space, hallway access to bathrooms, public wi-fi, heating, with tables and chairs



Art Room

9.9m x 6.8m

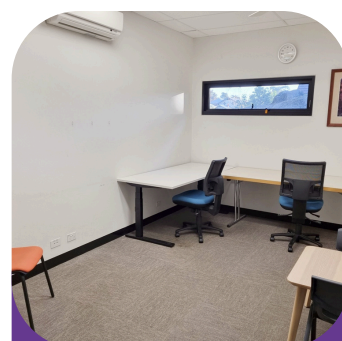
Open studio space with natural light, sliding doors to outdoor section, and 2 sinks.



Meeting Room

3.7m x 5.3m

Bench space with sink, whiteboard, and sliding door to outdoor courtyard



Office Space

3.1m x 4.5m

Suitable for up to 3 desk spaces, internet & telephone, reception

Recycle @ Sussex

SNH is home to a number of recycling collection points. We have dedicated sorters, for your lids and tags, and we partner with local initiatives who proudly recycle for us.. Some even reconstruct your recyclables into brand new things!



AUSSIE BREADTAGS FOR WHEELCHAIRS

We collect plastic bread tags that are then sent to be recycled locally. This project raises funds to buy wheelchairs for disadvantaged people, mainly in South Africa.

Learn More:

ozbreadtagsforwheelchairs.org.au



LIDS4KIDS

Lids4Kids rescues plastic bottle lids from landfill and recycles them to protect our environment for future generations and wildlife. We've partnered with the Jesuit Social Services' Ecological Justice Hub where they melt down the lids on site to re-mold them into practical items for sale.

Learn More:

www.lids4kids.org.au
jss.org.au



COFFEE POD COLLECTION POINT

Your aluminium capsules are collected at our reception, then sent to a local specialist recycling plant to separate the coffee from the aluminium so they can both go on to live a second life.

Learn More:

www.nespresso.com/pro/au/en/our-choices



PROJECT PAIR UP

Project Pair Up collects mismatching containers and lids from the community and pairs them up so they can be given back or donated. You can find a collection box at reception.

Reusable cups also accepted!

Project Pair Up has also partnered with Packshare in collecting supermarket shopping bags to reuse for giving away food without having to buy new bags.

Learn More:

www.facebook.com/ProjectPairUp



RECYCLE4CHANGE

Recycle4Change (R4C) collects containers through the Victorian Container Deposit Scheme. A yellow collection bin will be outside our front door during business hours for you to donate eligible containers. Half of the 10c refund will go to R4C and half to SNH.

Learn More:

www.recycle4change.com.au



LAPTOP COLLECTION

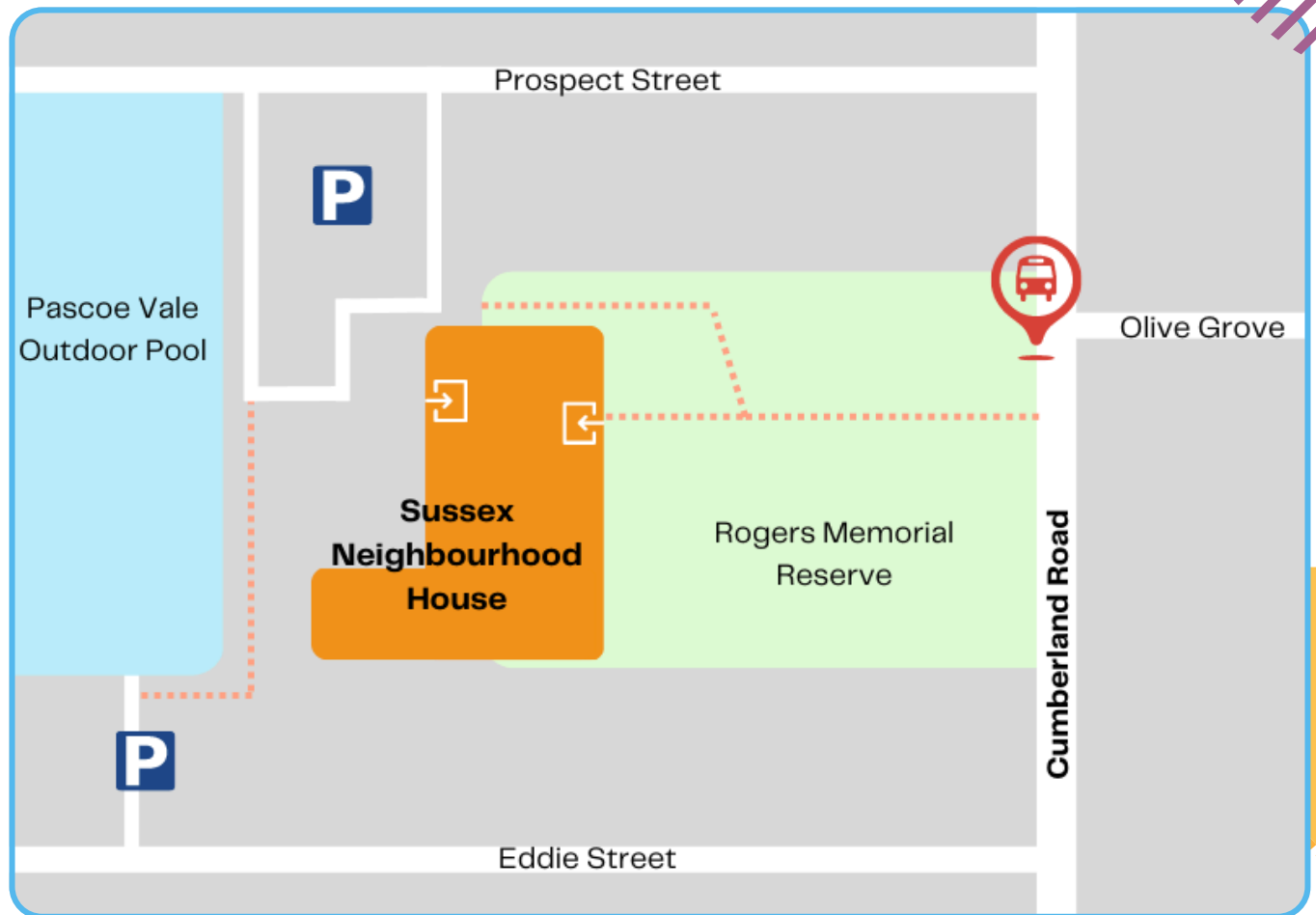
Glee Givers is a not-for-profit that works to refurbish devices and pass them on to those without access to technology. allowing them to connect and reducing e-waste at the same time.

GleeGivers is looking for **Windows Laptops 2015 or newer, MacBook Pro/Air 2013 or newer, & iMac 2019 or newer.**

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