

NECCHI PROGRAM JAN-JUNE 2021

Bookings for NECCHi activities can be made via our website at www.necchi.org/current-program

NECCHi is considerate of financial pressures - please contact us to discuss payment options

Slow Art Collective @NECCHi

Inspired by the connections developed by the East Coburg Community Care group throughout the COVID-19 lock-downs, this collaboration will involve an interactive installation that invites neighbours and community members to contribute and engage with this participatory artwork. The structure will use bamboo, yarn, fabrics and flowers and will celebrate what it means to be a Moreland Neighbour.

The structure will be outside the East Coburg Neighbourhood House from 1st March until the 18th April and will incorporate workshops led by Slow Art Collective as well as other local artists/designers (check our website for more details on the workshops).

Exhibition dates: 1st March - 18th April

Workshop Dates: Thursdays in March from 4.30-6.30pm (4th, 11th, 25th March) | Workshops are FREE

Closing performance: 18th April



Passata Party Vol. 1

Mamma mia, è una festa passata!

Come along to the first annual NECCHi Passata Party (Vol. 1) - a day to celebrate the best thing about summer - passata!

Supervised by our hawk-eyed Certified Italian Nonna™, come and learn the art of passata. Using our homemade mouli (passata machine), you will work together to pick, clean, boil, mash, sieve and bottle beautiful fresh tomatoes, and take home a bottle of the freshest, most authentic passata you've ever tasted!

Lunch included.

Places are strictly limited, so book fast. Nonna is waiting for you.

27th March, 10-4pm | East Coburg Neighbourhood House | Tickets \$50 full price / \$35 Concession

Newlands Little Seeds Playgroup

Connect with your kids and other local families at Newlands Little Seeds Playgroup - join us for a range of enriching activities to support your child's physical, mental and social development.

Play games, be creative, make music, and listen to stories with your children while meeting and connecting with other parents and carers in the Newlands, Coburg, Preston, and Reservoir areas.

Your facilitator, Rose will devise a range of engaging activities and set up space every week - all you need to do is show up.

Wednesdays from 10th February - 23rd June

(excluding school holidays), 9.30-11.30am

| Newlands Neighbourhood House | from \$16 (discounts for multiple classes)



Merri Merri Creek Sound Walks

These sound walks are about experiencing the local environment through listening, once in the morning, once in the evening. There will be a short introduction, and then we'll walk together in silence. Hosted by a local sound artist, the walks are a safe shared space to connect with the world through listening.

Meet at bench in Egan Reserve (junction of Rennie St and Merri Creek).

Sunday 21st March, 10-11 am | Sunday 18 April, 5-6 pm | FREE!



Screen Printing

Create your own wearable art based on the work of local artist, Claire Mosley.

Claire's work is inspired by our local natural spaces and what she sees on adventures in the outdoors, down creeks, in trees and our skies. In this workshop, you will be able to choose from three of Claire's illustrations to adorn a t-shirt, tote bag or tea-towel.

There will be three sessions for three of our different colours - dark green, pink, or yellow and you can print on a T-shirt, Tea-towel, or tote bag.

April or May date to be announced - check our website for updates | East Coburg Neighbourhood House | \$10 tickets (includes a tote bag or tea-towel or BYO T-shirts for printing)

Hand built ceramics with Anna Mallyon

In this class, Anna will share her vast knowledge of the science and art of building technically robust ceramic art - a range of technical aspects of ceramics practice will be covered including glazes, clay bodies and firing. This is a rare opportunity to focus on key technical skills not often covered in short courses.

This is one of the few opportunities to learn with this unique teacher - to ensure a high-quality learning experience, the number of participants is capped at 10 - don't miss out on a sought-after place in this class.

Wednesdays from February 10th - March 17th, 6.30-8.30pm | East Coburg Neighbourhood House | \$300 for all six workshops | payment options available.



Head, Heart, Spirit, Hands with Silent Army

Head, Heart, Spirit, Hands are four workshops for socially conscious creatives, illustrators, designers and cartoonists.

In these workshops, local artist and publisher, Michael Fikaris of Silent Army Comic Art Collective, will explore themes of local stories and story-telling, our post-lock-down lives, and issues related to democracy in Australia.

Over the four-weekly workshops, you will work with Fikaris to produce a poster sized image to be included in a free, newsprint publication for distribution in the Moreland community.

Thursdays 4th, 11th, 18th, 25th April, 5-9pm | East Coburg Neighbourhood House | \$10 per session / \$40 for all

Community Cooking

Join us online for our live Community Cooking sessions. Our community cooking experts will show you how to cook their specialty dishes, sharing their secret tips and tricks.

We send out our recipes before each session so you can buy ingredients and follow the recipe along at home.

Details of each session are to come - if you're a foodie with a passion for the Coburg/Preston/Reservoir community, let us know if you'd like to star in one of our Community Cooking sessions.

Email programs@necchi.org if you're interested.

Third Tuesday of the Month (16/2, 16/3, 20/4, 18/5, 16/6) 6.30-7.30pm | Online | FREE!



Tai Chi

Tai Chi is the mindful practice of slowly and gracefully following martial arts movements, helping us to slow down both our mind and body.

Mounting evidence shows that Tai Chi can help with a range of physical health concerns including build flexibility and strength as well as improving cardiovascular fitness. If you're looking for a meditation practice but can't sit still, Tai Chi may have similar benefits and has the potential to help with issues like stress, anxiety and depression.

This weekly class is held at the NECCHi Newlands Neighbourhood House and is suitable for most ages.

Thursdays from 11th February- 24th June (excluding school holidays) | Beginners 10-11am, Intermediate 11am-12 noon | Newlands Neighbourhood House | from \$13 (discounts for multiple classes)

Iyengar Yoga

Looking to get back on the mat after 2020? Our Iyengar yoga class will help you establish your new yoga practice or to build on your existing yoga experience.

Join this community focused yoga class with yoga-teacher, Trish Lloyd as she teaches yoga poses, alignment, and sequences that are accessible to anybody at any stage of their lives.

Tuesdays from 9th February until 22nd June (excluding school holidays), 7-8pm | Newlands Neighbourhood House | from \$16.50 (discounts for multiple classes)



EXPLORE COMMUNITY ACTION

COMMUNITY CLIMATE ACTION SERIES

The Community Climate Action Series are workshops that aim to empower the local community and provide hope through action in a time of ecological crisis and climate emergency.

Our 2021 series will focus on connection, reconciliation and healing.

Workshops are fortnightly and include a Welcome to Country, discussions about Reconciliation and what it means for different communities, nature connection, and weaving sessions.

13th February, Welcome to Country with a Smoking Ceremony

27th February, Reflecting on History, Culture, White Privilege and Racism

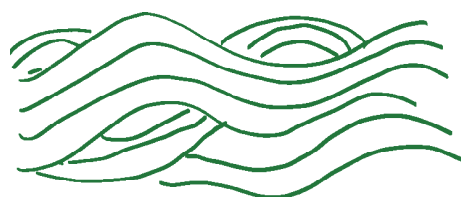
13th March, Flow foREST Therapy guided by Leesa Nash

27th March, Movie, soup and discussion

All workshops are on Saturdays from 2-4pm at Newlands Neighbourhood House and include time to connect with others. Children are welcome.

The series is hosted by Neighbours United for Climate Action (NUCA) and Newlands Parents for Climate Action at Newlands Neighbourhood House.

To find out more about the Community Climate Action Series, go to: www.facebook.com/communityclimateaction



Along the Merri Merri: Community Creekulum

A series of three workshops for Moreland residents over three weeks in May/June 2021 on the Merri Merri. These workshops will bring Moreland residents together to consider our different relations and responsibilities when on Wurundjeri Country, led and informed by Wurundjeri Woi Wurrung ways of knowing, seeing and caring for lands and waters.

The site-focused workshops will involve listening, sharing, observing, planting. No prior knowledge is required, and participation with friends, housemates and family members is encouraged.

More information on dates and how to book will be available in late January via the NECCHI mailing list and socials, so stay posted. You can find @along_the_merri_merri on Instagram to follow along.



Community Gardening Workshops

Learn to feed your family and Indigenous birds, insects, and other animals with our 2021 gardening series. Sessions run every second Saturday and cover home food production and gardening for biodiversity.

Biderup and luk seasons (Woiwurrung for Dry season and Eel season)

Over the Biderup and luk (Feb-March) season, the gardening series will run from the Newlands Neighbourhood House and will focus on growing food for yourself, your family and your community – these sessions will focus on soil and composting, planning your garden beds, growing veggies from seed and propagation, dealing with pests, and growing sweet fruit.

Waring season (Woiwurrung for Wombat Season)

Warring series will run from East Coburg Neighbourhood House and will focus on growing a garden for biodiversity – if you're keen to convert your nature strip or a patch of lawn to an Indigenous plant oasis, these workshops will show you how. Learn how to remove lawn and prepare your soil, come along on a biodiversity walk, find out more about bush foods, and how to design and care for your Indigenous garden.

You can come to all or single sessions – watch this space for the theme of each session.

Running fortnightly from Feb 13th – June 12th (excluding school holidays) From \$5

See www.necchi.org/current-program to register.

Happening in the NECCHI rooms:

There are a range of community groups and organisations using NECCHI spaces to offer their services and projects to our community – if you're interested in any of the below programs that are running from NECCHI, contact them directly for more information:



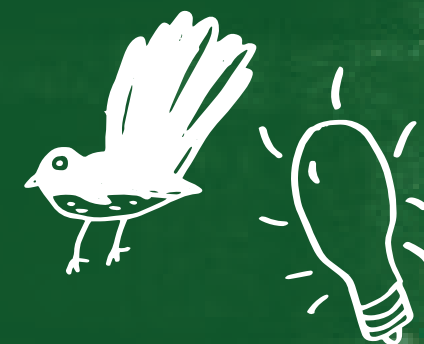
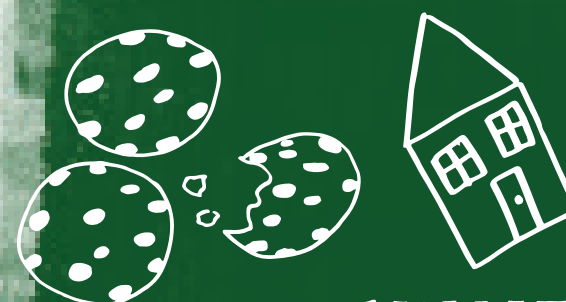
Self-care classes with Cathy Dowden Alexander Technique. Mindful body workshops at East Coburg and Newlands, each with a special topic (e.g. lifting, pain, feet, calm). Email Cathy at: downden.cathy@gmail.com

The Whitegum Potters create artwork from clay on Thursday afternoons at Newlands. For more information contact: whitegumpotters@gmail.com

Fiona offers kids sewing classes from the East Coburg Neighbourhood House, to find out more, contact NECCHI.

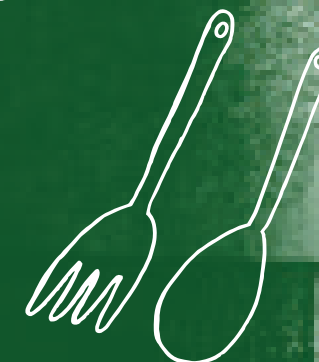
Playgroup for Spanish speaking families runs from Newlands on Mondays from 9.30 – 11.30am.

A playgroup for families interested in learning French runs from East Coburg. To find out more, contact: leteissierpro@gmail.com



WHAT'S ON AT NECCHI?

Activities, workshops, and things to do at Newlands and East Coburg Neighbourhood Houses



NECCHI possibilities

Are you looking to learn or experience something new? We have a number of people looking at running programs at NECCHI and would like to know if our community is interested. Email programs@necchi.org if you like the sound of any of the below activities or you have an idea that you think our community will love.

East Coburg Playgroup

Are you looking for a play group near the East Coburg Neighbourhood House? If the answer is yes, email programs@necchi.org



Creative Connections

Creative Connections are art-based sessions aimed at supporting wellbeing and emotional literacy for children and young people. Art can help us tap in to our earliest ways of knowing and experiencing the world around us and can be an important way to access and reflect on our experiences.

These group sessions will help to connect young people with their own identity and experiences and build relationships with other young people.

If you're interested, email programs@necchi.org and we will keep you up to date with session info.

What is NECCHI?

NECCHI is made up of the Newlands Neighbourhood House and East Coburg Neighbourhood House. NECCHI staff work across both houses to bring the community a range of activities and events, to reach out to community to provide support, and to make community spaces available.

Do you have an idea for a community class, project or activity, or need a space in Coburg? Get in contact with NECCHI staff – our offices are open from Tuesday to Friday, 10am – 4pm:

Email: enquiries@necchi.org

East Coburg Neighbourhood House

32 Nicholson St, Coburg
Ph: 99135472

Newlands Neighbourhood House

20 Murray Rd, Coburg North
Ph: 85282332