

Access creative and general interest groups

Create, learn and connect with the community.

Our creative and general interest groups



Available in Doncaster East:

Artlinks

This program provides clients the chance to meet regularly and develop friendships while taking part in art and craft projects. All levels of skill welcome. Activities include painting, pottery, felting, mosaics and drawing.

Music group

Hosted twice a month, this group meets to share and enjoy music ranging from the 1930s to today. This warm and welcoming group fosters friendships in a relaxed and comfortable environment. Participation promotes a reduction in stress and anxiety, enhanced memory, improved quality of life and provides the opportunity of meeting people with similar interests.

Manningham Men's Shed

This program provides the sanctuary of a shed to men of all ages and backgrounds where they can spend time socialising, while making or 'fixing things' and learning or passing on new skills.

Activities and projects can change but include:

- Woodworking projects
- Mechanical projects
- Painting
- Access to computers and tablets (wi-fi available)
- Socialising - BBQs, cuppas, footy tipping, crosswords
- Bus outings to places of interest as planned by the group, and
- Fundraising projects.

Available at the Hawthorn Community House:

Changing Directions

Changing Directions is a music and art program for people with an Acquired Brain Injury (ABI). It is designed to encourage creative expression and is a great opportunity for social interaction.

Cooking Small, Eating Well® (CSEW®)

A practical demonstration-based cooking program suited for older people, adults with disabilities and their carers. This program encourages you to eat well, maintain your



health and independence, build your knowledge on nutrition and your cooking skills.

Rendezvous to Write

Set a writing appointment in your diary each month. Receive guidance for current writing projects and develop your writing muscles with exercises and prompts.

Life Writing Program

For people who are elderly, frail, isolated or housebound but not thought-bound. The Life Writing Program offers a broad range of creative topics to make it easy and fun to start your writing journey. Writers are individually linked to an 'encourager' who reads the writer's work and offers helpful feedback.

German Intermediates

Come and learn German in a fun and friendly environment. This course is suitable for people who have some knowledge of the language.

Nova Art

This all day art program provides an opportunity for people who have a mental illness to work on their artwork individually in our fully equipped art studio. The program is facilitated by a community artist who will support your creative development.

Rhythm 'N' Soul Choir

Four-part harmony choir that rehearses weekly and sings pop, soul, folk and gospel. You don't need to be able to read music, just come and enjoy an evening of singing together.



Multicultural Learning Program

This group provides the chance for older people to improve their English through conversation and activities. You can also join the iPad activity group to practice your English skills and learn to use new technology.

Lifelong Learning Meetings

LLM is for older people who enjoy learning, sharing ideas and making new friends. The meetings include guest presentations, discussions and afternoon tea.

Available at The Cottage, Richmond:

Richmond Life Writers

Be inspired by the life stories of others and write and share your own memories in this group, followed by tea and coffee a chance to make connections with those who have shared their experiences.

Everyday English

Bringing together people from all parts of the world, this group provides the opportunity for older people to develop confidence with English and make new friends.

Seniors Sing-along

Enjoy music and memories of a younger time in a fun environment. Meet new people and enjoy socialising with others in this vibrant, social group.

Available at the Collinson Room, AccessHC Richmond:

Introduction to drawing

Learn the basics of drawing including composition and perspective with our experienced art teacher and socialize in a friendly atmosphere. This program welcomes participants who are NDIS eligible.



Our fees

We offer subsidised and fee-for-service health care with private health insurance rebates available. The cost of services depends on your income level and we will help you access funding you are eligible for. We support My Aged Care and National Disability Insurance Scheme (NDIS) clients. Ask us how we can help you.

About us

We are a quality, not-for-profit, accredited health and community service providing doctors, dentists, allied health, counselling, alcohol and drug, child and family services and social support programs. We offer services for all ages and work as a team to support you.

Access Health and Community provides activities for you to express your creativity.

The interest group activities offer support to people who may be faced with situations that limit their social connections, such as recovery from illness or injury, physical and/or mental health conditions, or living with a disability.

Our music, art, craft and other interest programs offer you a great chance to make more social connections, reduce stress and worry, learn creative skills and create something special in a friendly environment.

Where to find creative and other interest groups

Contact us for more information

☎ 03 9810 3000

✉ info@accesshc.org.au or visit

🌐 accesshc.org.au

Hawthorn Community House

32 Henry Street

Hawthorn VIC 3122

☎ (03) 9819 2629

🌐 hch.org.au

584-586 Glenferrie Road

Hawthorn VIC 3122

☎ (03) 9819 5758

🌐 hch.org.au

Manningham Men's Shed

41 Wetherby Road

Doncaster East VIC 3109

Doncaster East

1/1020 Doncaster Road

Doncaster East VIC 3109

The Cottage

Richmond Uniting Church

310 Church St (*Access via Waltham Place*)

Richmond VIC 3121

AccessHC Richmond

283 Church Street

Richmond VIC 3121

We are a child safe organisation.

AccessHC is committed to providing services for our diverse community.