

## Community Programs Open to HACC PYP eligible adults.

Programs run throughout the year except on public holidays and over the Christmas period. Small fees, paid by the semester, apply for HACC participants.

All programs run online. To enrol please contact us at info@hch.org.au or info@trentwood.org.au or call us on 9819 5758.

| Program                 | Description  | Additional information  | Available to NDIS<br>Plan holders |
|-------------------------|--|---|-----------------------------------|
| <u>Manningham Men's</u> | Opportunity for all men to socialise in an online group conversation.  | Contact the Men's Shed directly on 9840 1681<br>Address: 41 Wetherby Road, Doncaster East, VIC,<br>3109<br>Open Monday – Friday 10am – 3pm.<br>Cost: Free | Yes                               |
| Community Kitchen       | Learn to cook delicious, healthy meals. This is a<br>hands on cooking program for participants to learn<br>basic cooking skills while cooking simple, nutritious<br>meals. | Mondays at Hawthorn Community House and Trentwood at the Hub.   | Yes                               |
| Rendezvous to Write     | A fortnightly writing program.   | Tuesdays at Hawthorn Community House and<br>Thursday at Trentwood at the Hub.   | Yes                               |
| Poetry and Art          | A weekly program that encourages you to explore<br>your creativity. This program is suitable for adults<br>living with mental health issues.                               | Wednesdays at Hawthorn Community House.   | Yes                               |



| Program                      | Description  | Additional information  | Available to NDIS |
|------------------------------|--|---|-------------------|
| continued                    | continued  | continued   | Plan holders      |
| Nova Art                     | An art program for people who want to explore their art in a supportive environment.                                 | Suitable for people living with mental health<br>issues. Lunch included.<br>Thursday or Friday at Hawthorn Community<br>House | Yes               |
| Saturday Art                 | An art program for people who want to explore their art in a supported environment.                                  | Saturdays at Hawthorn Community House   | Yes               |
| Changing Directions<br>Music | A music program for people who enjoy a singalong<br>and maybe even a dance in a relaxed and friendly<br>environment. | Mondays at Hawthorn Community House and<br>Trentwood at the Hub   | Yes               |
| CROP Writing                 | A weekly writing program for adults living with mental health issues.  | Mondays at Hawthorn Community House   | Yes               |