



## Longbeach PLACE Inc & network

15 Chelsea Road, Chelsea. PH: 97761386.

# OPEN DAY TRAIL

Connect with local services and meet new people!  
Supporting and celebrating Neighbourhood House Week  
and National Volunteer Week.

**Performance by 'Three Sides of the Coin'**

**Saturday 8th May**

**10am—2pm**

Activities, sausage sizzle, roving performers, gardening,  
face painting, classes, and more!

It's time to explore your local community services in Chelsea  
to find out how you can stay connected, learn something new  
and feel engaged.



**Longbeach PLACE schedule of events**  
**Classes are free but places are limited!**

	Room 6	Room 1 & 2
10AM - 11AM	Learn English Workshop Fun games	ART GROUP
11AM - 11.30AM	Learn English Workshop Fun games	ZUMBA
11.30 - 12PM	YOGA	ZUMBA
12PM - 12.30PM	YOGA	Break
12.30 - 1.15PM		Three Sides of the Coin: Performance about gambling harm Paul Owen chat (5 mins)
1.15PM - 2PM	PILATES	CRAFT GROUP

**Longbeach Place offers activities & classes that cover a huge range: computers, English, art, social, book & exercise groups. We also run community development projects & hire our venue to community groups. Sausage sizzle between 11am-1pm Come and meet the team!**



**Chelsea Community Support Services Inc.**

1A Chelsea Road. PH: 97728938

We support the local community with emergency relief such as food vouchers and parcels, utility relief and help with medical, dental and pharmaceutical expenses.

During the Open Day Trail we will have a children's **face painter** between **10-12pm**.

Our staff and volunteers will be available to discuss our services and we are also running a **Winter Coat Appeal**—so please drop off your warm winter coats to help vulnerable people this winter.

### Three Sides of the Coin performance

12.30pm at Longbeach PLACE



Gambling is a public health issue that impacts us all. Come and hear stories of two women harmed by gambling-one presented in person and the other in a 6 minute theatrically devised video story.

Both stories will be followed by a Q&A with the women involved. Learn what you can do to prevent our community being further harmed by gambling.



The **Green Glade Garden** at the Church of Christ will be open for you to explore from 10am-2pm. We will have some seedlings and plants on hand for you, as well as gloves to protect your hands so you can *'get your hands dirty'* with us!

We will also have **karate sessions** with Ivan between 11.30-2pm AND **Yoga** sessions with Pink Lotus. To book please call Karen Tully on 0414 773 912.

No restrictions– we welcome everyone regardless of age, gender, circumstance, mental or physical health status. Please call Judi for further information on: 9773 0301.



We are located at the rear of Church of Christ at 5 Blantyre Ave. You can enter from the rear of the property via the laneway from Blantyre Ave or Chelsea Road.

The modern Men's Shed is an updated version of the shed in the backyard that has long been a part of Australian culture. Members come from all walks of life and the bond that unites them is that they are men with time on their hands and would like something meaningful to do with that time! Come and take a tour of the shed-we will have some of our work on display.

New members are always welcome.



Chelsea Library is hosting Twilight Sessions at the library on Tuesday evenings. They are seeking to bring the community together with social activities that range from movie nights, bingo sessions, trivia night and music.

**The Jackson Combo** have been involved with the library Twilight sessions and will be roaming around the venues at our Open Day Trail.

This cheeky band of wandering minstrels play everything from Elvis to Justin Timberlake! Watch out for them when you're checking out our participating venues!



Longbeach PLACE Inc. would like to acknowledge that this event is being held on the traditional lands of the Boon Wurrung people of the Kulin nation, and pay our respect to Elders both past, present and future.



A huge **THANK-YOU** to these organisations for their support with the Open Day Trail.