hope springs timetable

Term 4 2026

banyule
Network of Uniting Churches

Monday

10.30 am to 12.30 pm

Open Canvas Art Group

Artistic expression:
good for the spirit!

1 to 3 pm

Monday Arvo Music and Marimba/Percussion Group

Sing-alongs, quizzes, share song requests too!

Wednesday

10.30 am to 12.30 pm

What Women Want- Women's Group

A support program for women
(Contact Indu:
women.hopesprings@banyuleuc.org.au)

1 to 3 pm

Wednesday Arvo Drop In

Have a game of pool, hang out with friends and have a coffee or two. (Includes Worship on Wednesday (WOW) service 1st Wed of each month at 2pm for those interested)

Thursday

10 am to 12 pm
(2nd and 4th Thursdays of each month)

Community Garden Group

Growing indigenous bush tucker plants in our community garden
(Contact Megan:
megdav@optusnet.com.au)

7.30pm (2nd Thursday of each month)

hope springs Carers' Support Group

Support, information, friendship.
Contact staff for more information

Friday

Friday Events and Activities!

Includes:

Art Therapy groups
Music zoom groups
Springboard in-house events
**Springboard outings*

*For flyers and to be on email invitation list for zoom groups please **email Jon (Coordinator) at hopesprings@banyuleuc.org.au** or **Indu at women.hopesprings@banyuleuc.org.au***

***hope springs*: 105 Edwin St Heidelberg Heights 3081; Phone (03) 9459 8859**

Facebook : https://www.facebook.com/hope.springs.heidelberg website: https://banyuleuc.org.au/connecting-with-community/hope-springs/

hope springs Participant's Rights and Responsibilities

Rights

✔️ Everyone has the right to **feel safe**
✔️ Everyone has the right to **feel included**
✔️ Everyone has the right to be **treated with respect and fairness**
✔️ Everyone has the right to **participate in a well-run friendly group**

Responsibilities

Each participant is expected to:

✔️ Deal with others **courteously**
✔️ Have a **sharing attitude**
✔️ Come to hope springs programs free of the **influence of alcohol or illicit drugs**
✔️ Treat each other with **tolerance, respect, and sensitivity**
✔️ Help others **feel welcome**
✔️ Refrain from any language that is **sexist, homophobic, transphobic, racist, or intolerant of others in any way**
✔️ Refrain from **inappropriate sexual or aggressive behaviour and language**

Do NOT touch anyone without their permission/consent. We can greet each other in a number of ways; offer a handshake or a "high five", DO NOT hug or kiss without consent. We can also greet each other with "prayer hands" 🙏 or "elbows" as we did during covid

Thank you for helping to keep hope springs a safe and welcoming place for everyone! 🙂