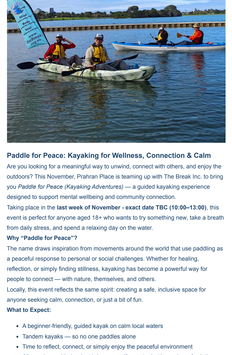
*****Download TERM 4 *Full Program Guide here******



Paddle for Peace: Kayaking for Wellness, Connection & Calm

Are you looking for a meaningful way to unwind, connect with others, and enjoy the outdoors? This November, Prahran Place is teaming up with The Break Inc. to bring you *Paddle for Peace (Kayaking Adventures)* — a guided kayaking experience designed to support mental wellbeing and community connection.

Taking place in the **last week of November - exact date TBC (10:00–13:00)**, this event is perfect for anyone aged 18+ who wants to try something new, take a breath from daily stress, and spend a relaxing day on the water.

Why "Paddle for Peace"?

The name draws inspiration from movements around the world that use paddling as a peaceful response to personal or social challenges. Whether for healing, reflection, or simply finding stillness, kayaking has become a powerful way for people to connect — with nature, themselves, and others.

Locally, this event reflects the same spirit: creating a safe, inclusive space for anyone seeking calm, connection, or just a bit of fun.

What to Expect:

- A beginner-friendly, guided kayak on calm local waters
- Tandem kayaks — so no one paddles alone
- Time to reflect, connect, or simply enjoy the peaceful environment
- All gear is provided — just bring yourself, a water bottle, and comfy clothes

Why Kayaking for Wellbeing?

Research shows that being near or on water helps lower stress, boost mood, and support mental health. The gentle, rhythmic motion of paddling encourages mindfulness, while the physical activity releases feel-good endorphins. Sharing this experience with others also builds social connection, trust, and a sense of belonging.

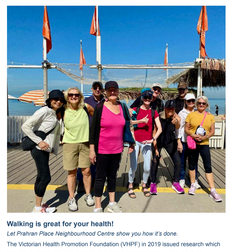
Cost: $40 per person

(This is more than 50% off the usual cost of a guided kayaking session.)

Register Your Interest

Spots aren't limited yet, but we'll need a minimum of 24 expressions of interest for the event to go ahead. Register now to be the first to receive full event details when enrolments open. No experience needed.

Let's come together, breathe deeply, and paddle toward peace — one stroke at a time.



Walking is great for your health!

Let Prahran Place Neighbourhood Centre show you how it's done.

The Victorian Health Promotion Foundation (VHPF) in 2019 issued research which may not surprise you. Our population's lack of physical activity has led to an increase in the number of overweight Australians. Never fear, Prahran Place has walking groups throughout the year catering for the community's desire to get fit, make new friends, and a bonus of sharing a coffee at the end of the walk.

The VHPF research also points out that regular walkers have a 30% reduced risk of becoming depressed. The Friday morning walk is a great chance for brisk walkers who like to keep up the speed with the company of other active friendly walkers. Participants must be able to walk a minimum of 5km in an hour. If speed walking is not your forte, join Wednesday mornings slower paced Heart Foundation Walk.

This group meets on Wednesday mornings at 9.30am to have a stroll around the local neighbourhood.

After Marie moved from Queensland to Melbourne she was looking to meet new friends. "I am in my mid 60s and was looking to get out and about in my new home," she said. "I wanted to join one of the technology classes but, as I work in that field, I was overqualified, and it was suggested a walking group would be more suitable for meeting new friends."

Prahan Place believe that while walking has many benefits for your physical and mental health, it is much more fun with friends. Marie said, "We have lots of laughs on our walk. Everyone is welcoming and supportive. If it is raining, our group participates in a gentle exercise session in the centre."

There is no cost involved in either the walks, but each participant must book into the walk of their choice.

The World Health Organisation (WHO) recommends 150 minutes of moderate intensity aerobic physical activity a week for adults. Walking for 30 minutes each day is a good way to meet these guidelines.

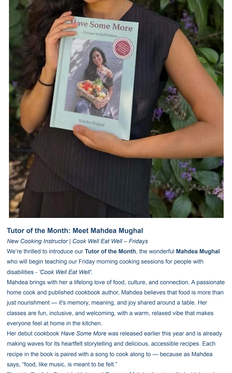
All walks start at the Neighbourhood Centre and run for 11 weeks each term throughout the year.

It's easy to get involved, just choose your preferred walk and register your name via the links below.

Walking Group Leisurely - Heart Foundation | Wednesday, 9.30am-11am (Term 4) - 29 Oct, 9:30 AM

Walking Group - Fast Paced Friday Walkers (GK) | Friday, 9.30am-11.30am (Term 4) - 24 Oct, 9:30 AM

Alternatively, call 9510 7052 during business hours or send an email to hello@prahranplace.org.au.



Tutor of the Month: Meet Mahdea Mughal

New Cooking Instructor | Cook Well Eat Well – Fridays

We're thrilled to introduce our **Tutor of the Month**, the wonderful **Mahdea Mughal** who will begin teaching our Friday morning cooking sessions for people with disabilities - '*Cook Well Eat Well*'.

Mahdea brings with her a lifelong love of food, culture, and connection. A passionate home cook and published cookbook author, Mahdea believes that food is more than just nourishment — it's memory, meaning, and joy shared around a table. Her classes are fun, inclusive, and welcoming, with a warm, relaxed vibe that makes everyone feel at home in the kitchen.

Her debut cookbook *Have Some More* was released earlier this year and is already making waves for its heartfelt storytelling and delicious, accessible recipes. Each recipe in the book is paired with a song to cook along to — because as Mahdea says, "food, like music, is meant to be felt."

Fluent in English, Spanish, Urdu, and German, Mahdea has travelled widely and loves exploring the stories behind the meals she creates. Some of her personal favourites from the past include:

- Nduja and lamb shank ragu
- Asian-style short ribs with slaw and rice
- Confit garlic focaccia loaded with fillings
- A family recipe for rouladen

Whether she's making slow-cooked lamb, fresh bread, or a simple salad with love, Mahdea's focus is always on connection — making sure everyone feels included and proud of what they've created.

We're incredibly lucky to have her on board. If you'd like to know more about how you or someone you know can enrol in *Cook Well Eat Well*, click this link.

Welcome to the team, Mahdea!



Prahran Place Neighbourhood House needs your help to keep our doors open.

Prahran Place is just one of the 1069 Neighbourhood Houses in Australia, founded by trail-blazing women in the early 1970s who wanted to get away from the kitchen sink and create opportunities to make meaningful change in their communities. Now days 185,000 women and men visit a neighbourhood house for friendship, wellbeing, learning, inclusion, and much more.

To keep these vital places, open the Victorian Government's Neighbourhood House Coordination Program (NHCP) is just one group that provides funding to around 400 neighbourhood houses and neighbourhood house networks across Victoria.

Prahran Place Program Manager Irene Ly, together with Principle Executive Officer Neil Barlow, and the rest of the team, are encouraging all participants and visitors to the centre, to drop into reception, collect a "***Keep Our Doors Open***" postcard. Donations are not required.

Simply fill in 'Why I love my Neighbourhood House." sign the card, add your name and address and return the card to reception.

The postcard reaches out to Victorian MP Ros Spence to urgently restore the historical levels of the Victorian Government support by:

- **Providing** community development programs and activities which lead to community-strengthening outcomes.
- **Supporting** diversity by promoting community participation and inclusion.
- **Facilitating** community development and capacity building in support of individuals and groups within communities.
- **Increasing** life-long learning opportunities for people to improve their training and employment pathways and community participation.
- **Undertaking** community development processes to address locally identified priorities and needs.

Show your support today—pick up a postcard and share why Prahran Place matters to you!

Stay connected with the Prahran Place community! Follow us on Facebook and Instagram for the latest news, classes, and events.

Have questions? Either respond to this email or contact the sender on hello@prahranplace.org.au

Prahran Place Ltd., 40 Grattan Street, Prahran, Victoria 3181, Australia, 03 9510 7052

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