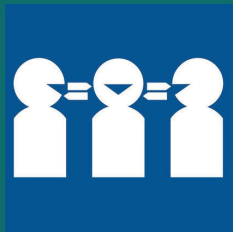


We welcome all feedback. It helps us improve our service. Please contact us for further information.



The Harrow Bush Nursing Centre aligns itself to the National Safety Quality Health Standards accreditation



CONTACT US AT

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Follow us on Facebook Page
'Harrow Bush Nursing Centre'

Hours

8.30am to 4.30pm
Monday to Friday
Closed Public Holidays

The Harrow Bush Nursing Centre is a charity and endorsed as a Deductible Gift Recipient. All donations over \$2 are tax deductible.



HARROW NEIGHBOURHOOD HOUSE

A place to connect, inspire, belong.



Neighbourhood Houses
The heart of our community



ABOUT US

The Harrow Neighbourhood House (formerly Bay Riders Community Centre) was established in 2007 and originally based in a house on Swanston Street, Harrow. During 2010-11, the building became unsuitable and so it was demolished and the land leveled making it the venue for the Harrow & District Men's Shed and the Neighbourhood House moved into the Harrow Bush Nursing Centre. The program relies on volunteer input, donations, grants and annual funding from the DHHS.

HEALTH & WELLNESS

We provide numerous opportunities for people to participate in health and wellness programs which have included:

- Pilates
- Child friendly Pilates
- Yin Yoga
- Contemporary Dance

GENERAL INTEREST

We provide a range of general interest workshops and activities for the community including:

- Cooking workshops
- Sketching and art classes
- Book club
- RSA, First Aid, CPR, and various seminars such as Understanding Centrelink Youth Allowance
- Public internet access
- Defensive Driving training

SCHOOL HOLIDAY PROGRAM

The school holiday program has been running since 2011 and we have been fortunate to receive several grants over the years to ensure a diverse, fun and healthy program for our school aged children. Some activities include:

- Surf camp in April
- Caving
- Arts and crafts including art therapy
- Cooking
- Clay target shooting
- Archery
- Wildlife interactive displays
- African drumming
- Golf clinic
- Gaming with Headspace Horsham

We also support our local children to attend other school holiday programs in the region. Our staff and volunteers have all received Working with Children Checks and where necessary have training in Anaphylaxis, CPR and First Aid.

CHILDREN & YOUNG ADULTS

We ensure that both children and young adults can benefit from our programs such as:

- Seminars and workshops
- Defensive Driving training including AustDrive 1 & 2. This accredited driving instruction from the Australian Driving Institute is conducted in Harrow annually, usually June/July
- Weekly playgroup available at the Centre and facilitated by the West Wimmera Shire Council.
- Child friendly Pilates allows parents to undertake Pilates with their small children
- Annual youth forum

HARROW & DISTRICT MEN'S SHED

The Harrow and District Men's Shed is an important outlet for men in our district. The shed is a part of the Neighbourhood House program and all men are welcome to attend. You can work on projects or simply turn up for a social catch up and a cuppa! A small fee is applicable to help cover costs.

The Harrow Men's Shed provides an opportunity for men in the community to hone their skills and socialise on a weekly basis. The shed also has occasional excursions and trips, BBQ lunches and involvement in community events and projects. If you would like further information about what is happening at the Harrow & District Men's Shed please contact the Harrow Men's Shed Officer or administration staff at the Harrow Bush Nursing Centre.

The shed is also pleased to undertake project requests for a reasonable fee to cover costs. If you have a project request for the Harrow & District Men's Shed, forms are available from the Harrow Bush Nursing Centre or direct from the website at www.hbnc.org.au, or you can call us on (03) 5588 2000 and a form can be emailed or posted out to you.