

Term two program 2019

23 April—28 June



Manna Gum Community House is a not-for-profit organisation run by a community-based Committee of Management and offers a range of services including adult education, school holiday activities, special events, emergency relief, training and education pathways information, and access to government services.

House membership is only \$5 per year for an individual and \$10 for families. It provides a voice at the AGM and reduced fees for skill share activities.

We welcome volunteers to join our busy organisation with a range of roles available in customer service, tutoring, maintenance and gardening. We are a registered host organisation for Centrelink mutual obligation requirements and provide training for our volunteers in hospitality, retail and office administration.

mannagum hours and services

33 Station Road, Foster VIC 3960 (PO Box 176) tel 5682 1101 email mannagum@dcsi.net.au
www.mannagumcommunityhouse.org.au

Office hours: Monday to Thursday from 10.00am—3.00pm. Closed Fridays and public holidays

Centrelink and Medicare Agency: Tues and Thurs 10.00am—3.00pm

Emergency Relief: Frozen meals and essential items during office hours. Registration for the service available Tuesdays or by appointment by phoning the office. Private and confidential service

Internet and computer access, printing, photocopying, A3 & A4 laminating and scanning available during office hours

Local jobs board updated weekly

Venue hire: Monday—Sunday at competitive rates

At our welcoming Manna Gum Community Lounge and Shop you can purchase recycled goods at bargain prices and enjoy a hot drink with a complimentary home baked sweet. OPEN: Mon, Tues, Thurs and Fri 10.00am—3.00pm and Saturdays 10.00am—1.00pm

Free WiFi



We are wheelchair accessible. Please let us know if you have any special needs or if you require support to enable you to participate fully.

community house user groups

Stockyard Creek Quilters Group Mon 10am-3pm, contact Michelle Travers 0428 832 195.

Alcoholics Anonymous tel: 0408 122 222 www.aa.org.au

SMART Recovery tel: 02 9373 5100 www.smartrecoveryaustralia.com.au

mannagum garden group meet every Monday 10am-12pm at Manna Community Garden, corner Hyland Street and Court Street. New members welcome, contact Juneen Schulz tel: 0427 809 509.



Inc No A0007556K ABN 46 633 550 717 TOID 20075



Like us on Facebook: facebook.com/mannagumcommunityhouse

Please call our office for detailed information about our courses. [Bookings are required for all activities.](#) Payment plans are available. Notice of withdrawal is required 7 days prior to the course to receive a full refund. Early bookings are appreciated to allow our tutors and volunteers time to prepare.

COMMUNITY EVENTS

STEP UP! Victorian Youth Week event

Saturday 13 April, 10am-2pm

Celebrate Youth Week at Manna Gum with art and multi media workshops. Find out information about local youth support services and meet some inspiring young people. Bake a potato by the camp fire at the Manna Community Garden for lunch.

Free event.

Supported by FRRR ABC Heywire Youth Innovation grant and Victorian State Government

STEP UP! Art exhibition workshops

Saturday 6 & Sunday 7 April, 10am-3pm.

All young people aged between 12-25 are invited to participate in our workshops in the lead-up to Victorian Youth Week and our Step Up! exhibition. Come to Manna Gum and work alongside two experienced artists to brainstorm/design/create your own art piece for our exhibition.

Leila and Liz have both held many exhibitions in Melbourne and in regional areas. They both work with a range of mediums and between them have lots of ideas to help you complete your piece!

You tell us what your medium is: paint/photo/draw/sculpture and we help you to complete a piece from concept to curation

CREATIVE ARTS

BASKET MAKING—RANDOM WEAVE

This workshop will introduce you to random weaving techniques for constructing baskets and sculptural shapes with lots of texture and interest. It is important that you provide your own materials harvested within a few days of the workshop—please request a materials list on enrolment and instructions are provided. Beginners welcome.

Tutor: Margaret Balfe

Friday 17 May, 10am-3pm

Cost: \$30 / \$26 members

CARD MAKING

Create three lovely paper projects/cards to share with someone special in your life. All materials are provided and use high quality products, so you will leave with some beautiful handmade projects.

Tutor: Sheryl Lorenz

3 individual workshops in Port Franklin

Tues 7 May, 25 June & 16 July, 1pm-3pm

Cost: \$20 for each workshop

STAINED GLASS—CREATE A GLASS SUNCATCHER

Make your own sparkling stained-glass suncatcher and learn leadlighting, soldering and glass-cutting techniques.

Tutor: Cat Blamey Wheeler

3 sessions Tues 7, 14 & 21 May, 10.30am-12.30pm

Cost: \$60 / \$56 members

STAINED GLASS—INTERMEDIATE

Individual Projects and Repairs

For people who have completed the Create your Own Suncatcher course, this course extends those skills and enables participants to be guided through personal projects and repairs.

Tutor: Cat Blamey Wheeler

3 sessions Wed 5, 12 & 26 June, 10.30am-12.30pm

Cost: \$60 / \$56 members

LIFE DRAWING

Life model session with guided tutoring suitable for beginners or experienced artists. Easels and some drawing materials provided. 2 individual workshops.

Tutor: Kim McDonald

Saturday 4 May & 22 June, 10am-3pm

\$50 / \$46 members

KNITTING

Every Friday at 11am Tanja Aitchison leads an informal, social knitting circle in the Manna Gum Community Lounge for people working on their own projects.

Fridays from 26 April 11am-1pm

Cost: gold coin donation

CREATE FELTED BEADS

Learn to make felt beads and embroider them with colourful threads and glass beads to make into a necklace. Learn how to make a sliding knot, so that necklace can be adjusted to any height. These felting techniques are fun and meditative. Each bead becomes a story. These super-fun beads can be also made into a bracelet, wall decoration or keychain.

Tutor: Zetta Kanta

Saturday 11 May, 10am-2pm

Cost: \$40 / \$36 members

FOOD

COMMUNITY KITCHEN

On the third Wednesday of the month we host a Community Kitchen lunch made from fresh local foods. Come early and help prepare the meal! All welcome.

Supported by Foster St Vincent de Paul

Wed 17 April, 15 May, 19 June, 12pm-2pm

Cost: FREE

GARDENING

ORGANIC PEST MANAGEMENT

Learn how to adopt organic principles to grow your own organic herbs, fruit and vegetables and combat pests and diseases. Find out about crop rotation, companion planting, soil building and analysis and learn how to reduce the incidence of weeds and eliminate the use of chemical fertilisers and pesticides.

Tutor: Kirsty Fletcher

Saturday 18 May, 10.30am-2.30pm

Cost: \$30

WELLBEING

YOGA—FIND YOUR EQUILIBRIUM—NEW!

Unleash the life you seek through Yoga with Cindy Hasthorpe, Former Australian Representative in Ultra Marathon & local Nurse. Learn from someone who has walked the journey! Improve flexibility & balance. Restore tired bodies and minds. Experience a safe, welcoming environment.

Tuesdays 7am-8am (Beginners)

Thursdays 7am-8am (Energising flow)

Thursdays 7pm-8.15pm (Restorative relaxation/meditation)

Enquiries & bookings call Cindy direct 0432 101 547



*We are a Learn Local organisation. Learn Local courses assist people with skills for employability, enhancing their business or further education. They are subsidised by the state government and there are eligibility requirements to qualify for the discounted course fee. Please contact the office for further information.

WELLBEING (CON'T)

WOMEN'S CIRCLE

Believing in empowerment, understanding and authentic connection between women.

Facilitator: Jess Johnson

5 sessions, fortnightly on Wednesdays 10am-12pm

Taking expressions of interest

Cost: \$100

FULL MOON WOMEN'S CIRCLE

For centuries people have come together to celebrate different seasonal and celestial points throughout the year, using nature as a guide to bring more balance to our lives.

Facilitator: Jess Johnson

Thursday 18 April, 7pm

Cost: \$20

SINGING YOUR TRUE NATURE

In this workshop you will learn expressive vocal exercises to help process thoughts and emotions through sound and learn how to work at a deeper level with the voice, breath and movement to improve health and wellbeing, ending the session with a relaxing voice bath for you to experience the magic of sound. Wear relaxed clothing and bring a comfy mat and a cosy rug.

Enquiries call Nicky de Gruchy 0457 173782, bookings essential.

Sunday 26 May, 3pm-5pm

Cost: \$30/\$25 concession

GENERAL EDUCATION

FRENCH CONVERSATION

French conversation on a variety of topics in an informal and friendly environment.

Tutor: Noelle Bonnin

Wednesdays from 24 April, 1pm-2.30pm

Cost: gold coin donation

ENGLISH AS A SECOND LANGUAGE

Learn to read, write and speak English with confidence in individual classes or small groups. Ring to organise suitable dates and times.

8 x 2 hour sessions

Cost: \$80 per term

READING, WRITING AND MATHS

Get help to improve your basic skills including assistance with preparing for further study or work. Individual or small group classes available

8 x 2 hour sessions

Cost: \$80 per term

COMPUTERS

BASIC COMPUTER SKILLS

with Intel® Learn Easy Steps

Designed for absolute beginners to gain confidence with computers, learn about Microsoft Office and the online world.

Tutor: Louisa Vale

8 x 2 hour sessions, currently taking expressions of interest

Cost: \$80 / \$50 concession

COMPUTERS BEYOND BASICS

with Intel® Learn Easy Steps

This course extends your knowledge of computers and develops some essential skills for working in an office or working from home. Basic computer skills required.

Tutor: Louisa Vale

8 sessions from Monday 29 April 10.30am-12.30pm

Cost: \$80 / \$50 concession

DIGITAL MARKETING FOR BUSINESS

Grow your business and gain an awareness of low-cost digital marketing technologies. This course is for small business owners, start-ups, community groups and managers.

Tutor: Louisa Vale

6 sessions, from Monday 6 May, 6pm-8.30pm

Cost: \$100 / \$50 concession

CREATE A PHOTO BOOK

Learn about photo management and scanning and how to turn your digital photos into a printed product including photo books and calendars—which makes a great gift for family and friends.

Tutor: Louisa Vale

4 sessions from Wednesday 15 May, 1pm-3pm

Cost: \$70 / \$60 concession

IPAD & TABLET—GET SET UP!

Troubleshooting and assistance with setting up your tablet or iPad for absolute beginners, including your Apple ID.

Tutor: Tim Beacham

2 sessions Thursday 2 & 9 May, 10am-11am

Cost: \$15

IPAD & TABLET—EXPLORE THE DIGITAL WORLD

Learn the functions of an iPad or Android tablet including browsing the Internet, using applications, e-safety, email, contacts, camera & photo functions & internet shopping.

Tutor: Tim Beacham

8 sessions from Thursday 16 May, 10am-11am

Cost: \$80 / \$70 concession

EMPLOYMENT SKILLS

TOORA BUB HUB

Want to jump back into work or study after kids?

Come along to our course at Toora Primary School and work with us as adult learners. We include lots of guest speakers and different topics that support you as a parent and a learner. This term Anglicare is providing six Parentzone sessions on 'Parents Building Solutions.' Our experienced teachers can help you to find local job and study opportunities.

Free on-site childcare, while we work together.

Tutor: Louisa Vale

8 sessions from Wed 24 April, 10am-12pm

Toora Primary School, 5 Harriet St, Toora

Cost: FREE *eligibility conditions apply

Supported by The Alfred Felton Bequest



EMPLOYMENT SKILLS (CONT'D)

NEW HORIZONS

Discover employment opportunities in Gippsland's Agri-food, Hospitality, Retail & Manufacturing sector with job readiness skills provided in this new 6 week training program. Gain valuable insights and knowledge from industry professionals and on-site tours.



Tutor: Louisa Vale

**2 days per week for 6 weeks from Thurs 16 & Fri 17 May
10am-3.30pm**

Cost: FREE *eligibility conditions apply

**Supported by East Gippsland Food Cluster and
Paynesville Neighbourhood Centre**

NATIONALLY ACCREDITED COURSES

Responsible Service of Alcohol (RSA)

All people serving alcohol in Victoria need this certificate which is approved by the Director of Liquor Licensing Victoria

Tutor: Bass Coast Adult Education RTO #3720

Friday 24 May, 9am-1pm

Cost: \$95 / \$85 concession

Food Safety Level 1

For people handling food for public consumption ie: milk bars, cafés, clubs, school canteens.

Tutor: Bass Coast Adult Education RTO #3720

Tuesday 28 May, 9am-4pm

Cost: \$120 / \$110 concession

Perform CPR (HLTAID001) and Apply First Aid (L2) (HLTAID003)

Workplace Nationally Accredited Course with APL. Please wear suitable clothing for the activities. Apply First Aid (L2) valid for 3 years when completing CPR the 2 years in between, this includes CPR, Anaphylaxis, Epipen and Asthma (Epipen and Asthma certificates are an extra \$45 each.)

Tutor: John Barrie, APL Group RTO # 3586

Saturday 25 May

8.30am-11.30am CPR only, 8.30am-5pm full course

CPR \$70, First Aid L2 \$165 (includes CPR)

Chemical Handling Certificate and Refresher

AHCCHM303A: Prepare and Apply Chemicals
AHCCHM304A: Transport, Handle and Store Chemicals.
Accredited course covering state legislation, pest control, labelling and calibration of a boom spray. Completion provides Chemcert registration for 5 years and eligibility to apply for ACUP from DELWP.

Tutor: Australian Safe T Training RTO # 21852.

Taking expressions of interest

2 x sessions, 9am-3pm.

Full course \$330 Refresher \$270

Chainsaw Certificate

AHCARB205A: General maintenance, sharpening chain and using basic cutting techniques on fallen timber, plus relevant legislation and OHS. BYO ear muffs and safety glasses (essential) and chainsaw if you have one (or let staff know when booking). Wear leather boots and suitable clothing.

Tutor: Australian Safe T Training RTO # 21852.

1 x session, 9am-3.30pm

Taking expressions of interest

Cost: \$120

We can facilitate individual or group bookings for the following courses:

Traffic Controller Ticket and Update (RIIWH205D and RIIWH302D), Operate a Quad Bike (AHCMM212A), Forklift certificate (TLILIC2001A)

Please contact the office for further information

BOATS

Marine Licence

TSV approved training course. Marine Licence (formerly Recreational Boat Licence) & PWC Endorsement (Jetski) if required. Marine Safety Boating Handbook supplied on enrolment, this MUST be pre-read. Please bring photo ID. For 12-16 year olds, please bring: 1. Original birth certificate or passport, 2. Medicare card and 3. Bank account statement or item showing current address.

Persons under 16 years of age are not eligible to obtain a personal watercraft endorsement.

Tutor: Marine Training Services—Val Young

Present your certificate at VicRoads to obtain a licence with no further testing.

Saturday 1 June

9.30am-2.30pm

Cost: \$110 plus \$30 for PWC licence if required

VENUE HIRE

Manna Gum Community House has three spaces available for hire at affordable rates conveniently located on the edge of Foster's CBD. We offer a discount for not-for-profit and community groups. When you hire a space with us, your local community benefits. All profits go back into our organisation to maintain and improve our community services. Please visit our website, or call the office on (03) 5682 1101 for enquiries and bookings.