

# Term three program 2019

## 15 July—20 Sept



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](mailto:mannagum@dcsi.net.au)  
[www.mannagumcommunityhouse.org.au](http://www.mannagumcommunityhouse.org.au)

Find us on Facebook and Instagram @ [mannagumcommunityhouse](#)

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. Register on 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: Tues & Thurs 10.00am—3.00pm, Mon & Fri 10.00am-2.00pm 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 tel: 0428 832 195

**South Gippsland Bird Observers** 8pm last Fri of the month. New members welcome, contact Joyce Simpson tel: 5682 2147

**Alcoholics Anonymous** tel: 0408 122 222 [www.aa.org.au](http://www.aa.org.au)

**SMART Recovery** enquiries tel: 5667 5506 [www.smartrecoveryaustralia.org.au](http://www.smartrecoveryaustralia.org.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.



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

### BASTILLE DAY LUNCH

**Saturday 13 July, 12pm for a 12.30 start**

Celebrate French culture at Wiggy's Restaurant on the Green with a three-course gourmet meal and live entertainment with French local singer George Gabriel. \$30 per head, drinks at bar prices. Bookings essential, call the Foster Golf Club direct on 5682 2272.

Thanks to all of our generous sponsors, especially Wiggy's Restaurant on the Green.

### NAIDOC WEEK

**Wednesday 10 July, 2pm-4pm**

Join us to celebrate the history, culture and achievements of Aboriginal and Torres Strait Islander peoples. Includes a creative art workshop for children (age 5+), and AFL Gippsland Football activities. Radio 3mFM will be there with an outside broadcast. Afternoon tea by the campfire in the Manna Community Garden.

**Supported by South Gippsland Shire Council**

**FREE EVENT**

## CREATIVE ARTS

### BASKET WEAVING

Create a coiled and stitched bowl or platter using wool or acrylic yarns. Please request a materials list on enrolment and instructions are provided. Beginners welcome.

Tutor: Margaret Balfe

**Tuesday 13 August, 10am-3pm**

**Cost: \$40 / \$30 concession**

### CARD MAKING

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

Tutor: Sheryl Lorenz

**3 individual workshops in Port Franklin**

**Tues 16 July, 20 August & 17 September, 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

**Taking expressions of interest for Term 4**

**Cost: \$80 / \$60 concession**

### 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

**Taking expressions of interest for Term 4**

**Cost: \$80 / \$60 concession**

### LIFE DRAWING

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

Tutor: Kim McDonald

**Saturday 31 August**

**\$70 / \$50 concession**

### 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 19 July 11am-1pm**

**Cost: gold coin donation**

### CREATE FELTED SLIPPERS

Come and create your own felted slippers from Australian merino wool. Made from eco-friendly, renewable materials. Perfect for chilly winter evenings. All materials supplied

Tutor: Zetta Kanta

**Saturday 10 August, 10am-2pm**

**Cost: \$50 / \$40 concession**

## FOOD

### COMMUNITY KITCHEN

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

**Supported by Foster St Vincent de Paul**

**Wed 17 July, 21 August, 18 September 12pm**

**Cost: FREE**

### FOODIE FRIDAY

On the first Friday of the month Kelly Collard hosts an informal cooking session preparing a variety of foods. Two-course lunch included. Limited places available, bookings essential.

**Friday 2 August, 6 September, 11am-1pm**

**Cost: \$10 / \$5 concession**

## GARDENING

### GRAFTING

This workshop provides participants with the basic knowledge and techniques for grafting which can be applied to fruits such as apples, pears, plums and stone fruit. There will be demonstrations and discussion with ample time for participants to ask questions and even try their hand at grafting. Bring along your own wood to graft (last year's growth up to a pencil thickness) or use scions provided. If you have a grafting knife and secateurs please bring them along.

Tutor: Mark Brammer from Strzelecki Heritage Apple Orchard

**Tuesday 30 July, 10am-12pm**

**Cost: \$40 (includes root stock)**



\*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

### YOGA—FIND YOUR EQUILIBRIUM Returns 25 July

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**

## GENERAL EDUCATION

### WOMEN WITH TOOLS—NEW!

Through making a useful wooden box to take home, you'll get comfortable using standard tools, and planning and carrying out your own D.I.Y projects. B.Y.O tools or use those provided. All materials supplied.

Tutor: Jenneke Kijlstra-Shone is a local apprentice carpenter, mother and a member of SALT - Supporting and Linking Trades. She is passionate about woodwork and helping others find the confidence to create!

**Saturday 24 August, 10am—2pm**

**Cost: \$90 / \$70 concession**

### FRENCH CONVERSATION

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

Tutor: Noelle Bonnin

**Wednesdays from 17 July, 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 & BUSINESS

### 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 x 2 hour sessions, currently taking expressions of interest**

**Cost: \$80 / \$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 31 July, 1pm-3pm**

**Cost: \$70 / \$60 concession**

### 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 25 July, 11am-12pm**

**Cost: \$100 / \$80 concession**

### STARTING YOUR BUSINESS: How to turn an idea into a business

Get ready to take your business from idea to reality and onwards to success. Learn how to test your idea, product or service; assess your business readiness and next steps to fill any gaps; analyse your market; decide the business structure that's right for you; understand and manage your business risks and opportunities; prepare a business plan; complete all the steps to register and set up your business; access ongoing advice and support to help your business grow. Receive a free one-on-one mentoring session with an experienced small business mentor.

**Monday 19 August, 5pm-8pm**

**Cost: \$30**

**Presented by Small Business Victoria**

### MARKETING YOUR BUSINESS: How to get it right the first time

Develop an effective marketing action plan that will be an essential tool to help your business attract and retain a loyal customer base.

Learn how to set marketing goals that work; choose the right activities for your business; use market research and maximise customer service; make the most of marketing processes and systems; develop an effective marketing action plan; attract and keep customers coming back; get your business noticed and maximise social media.

**Monday 26 August, 6pm—8pm**

**Cost: \$20**

**Presented by Small Business Victoria**



# EMPLOYMENT SKILLS

## OUR PLACE

Want to jump back into work or study after kids?

Come and join us for coffee and some adult conversation about where to next. Work with our teachers to jump some hurdles and explore some issues we all face!



We cover a wide range of topics each term, from legal matters to finance, finding a TAFE course that fits, family health and current affairs. If you have a small business idea or are looking for work we can help too. There are regular guest speakers and we provide connections to upcoming community events and adult education classes.

Free on-site child supervision with qualified early childhood educators is provided for preschool aged children.

Tutor: Louisa Vale

**8 sessions from Wed 17 July, 10am-12pm**

**Toora Primary School, 5 Harriet St, Toora**

**Cost: FREE \*eligibility conditions apply**

## FINANCIAL WELLBEING FOR WOMEN

This course assists women to build their knowledge, skills and confidence around managing money. Delivered in a safe, supportive, informal environment. Learn about managing debt, saving, accessing financial services and setting goals for the future.



Tutor: Louisa Vale

**8 sessions from Monday 22 July, 10am-3pm**

**At SGBCLLEN, 71 Ogilvie St, Leongatha**

**Cost: FREE \*eligibility conditions apply**

# 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

**Thursday 15 August, 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

**Thursday 29 August, 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

**Returning term 4**

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

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

## 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.

**Tuesday 3 September, 9am-3.30pm**

**Cost: \$200**

# 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 7 September**

**9.30am-2.30pm**

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

We regret that we have been forced to add a small increase to the price of some courses in this program in order to cover costs. After consulting with a number of members we have decided to change our approach to discounting course attendance. From 1 July, discounted course fees will be offered to eligible concession course holders whether or not they are members. Members who are not eligible concession card holders will no longer be offered a discount. We aim to keep the costs of our courses as low as possible and believe they offer good value for money but welcome feedback on our programs and suggestions about how they could be improved.

## 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.