

Term one program 2020

28 Jan—27 Mar



Manna Gum Community House is a not-for-profit organisation run by a community-based Committee of Management. There are a range of services provided 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

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: Vouchers, 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 to 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 now taking credit card payments in the office



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 Monday 10am-3pm, contact Michelle Travers tel: 0428 832 195

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

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



COMMUNITY EVENTS

POP-UP REPAIR CAFE

Join us for our first Repair Café at Manna Gum. Repair Cafés are popping up across the world in an effort to reduce landfill and bring together like-minded people who have a shared passion for environmental sustainability. Our Community Lounge and Shop will also be open where you can purchase a hot beverage and browse our range of recycled clothes and homewares.

We are seeking volunteers to support our Repair Café so that we can fix a range of items for community members including electrical goods, toys and clothing. Please contact the office for further information.

Saturday 14 March, 10am—1pm

Cost: FREE

YOUTH

OUR PLACE

Youth space for ages 12-25

At Our Place you will be warmly welcomed to come and relax in a safe and respectful environment. We will plan and cook our dinner each week. Activities may include art, music, craft and local projects. Transport home can be arranged—please book ahead. Contact Tracey James for further information 0419 899 337.

Mondays 3.30pm-6pm during school term starting February 3rd

Supported by an FRRR ABC Heywire Youth Innovation Grant

MOUNTAIN BIKE SAFETY

Learn some basic skills and safety in this two hour workshop. Also includes some basic bike maintenance. Please bring your bike helmet.

Tutor: Wheel Heat, Wonthaggi

Friday 21 February, 4.30pm-6.30pm

Cost: \$10

FOOD

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.

Friday 31 January, 6 March, 11am-1pm

Cost: \$7

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 19 February & 18 March 12pm

Cost: FREE

CREATIVE ARTS

BASKET WEAVING & STAINED GLASS

Returning in Term 2

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

Tuesday 18 February, 17 March & 21 April

1pm-3pm

Cost: \$20 for each workshop

LIFE DRAWING

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

Tutor: Kim McDonald

Saturday 21 March, 10am-3pm

\$70 / \$50 concession

FELTMAKING—SCRIBBLY GUM SCARF

Learn how to make a beautiful scarf with soft merino wool, silk chiffon and silk hankies. All materials are provided (this workshop fee includes an extra \$15 per person for the silks).

Tutor: Zetta Kanta

Saturday 15 February, 10am-2pm

Cost: \$65 / \$55 concession

GARDENING

SUMMER PRUNING at Manna Community Garden

Mark Brammer from the Strzelecki Heritage Apple Farm will return for his popular course on Summer Pruning. Mark owns a large collection of Heritage Apple Trees, at the top of the Strzelecki Ranges. The apple trees are grown sustainably using permaculture techniques. Mark will teach the essentials and benefits of pruning your fruit trees in the summer; discuss different types of trees and which ones benefit from a summer rather than a winter prune.

Monday 10 February, 10am-1pm

Cost: \$20

PROPAGATING NATIVE PLANTS AND EDIBLES

Learn how to propagate native plants and edibles from cuttings at the Manna Community Garden. You can use plants from the Community Garden or bring your own cuttings if you prefer. Please bring your own secateurs.

Tutor: Silvia Cardona from Deep Creek Nursery

2 individual workshops

Saturday 29 Feb & Monday 23 March, 10am-12pm

Cost: \$15



PETS

FOSTER FAMILY DOGS-POSITIVE TRAINING FUN

A six week positive training course using play for puppies (from 8 weeks) and adult dogs. Also includes advice about behaviour problems. Additional resources and a support group available on-line. Jenny is a Pro Dog Trainer who studied and gained practical experience in Devon, UK. She owns a 7-year-old Welsh Springer Spaniel and enjoys agility. Individual sessions are also available.

Tutor: Jenny Schram—contact 0491 140 071

Free information evening Tuesday 4 February 7pm

6 sessions from Tuesday 11 February 10am-11am

Cost: \$60

WELLBEING

YOGA—FIND YOUR EQUILIBRIUM

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 5.45am-6.30am & 7am-8am (Beginners)

Thursdays 5.45am-6.30am & 7am-8am (Energising flow)

Thursdays –6pm-7pm (Restorative relaxation/meditation)

**Special full moon class Sunday 9 February
9am-10.30am**

Enquiries & bookings call Cindy direct 0432 101 547

MEDITATION

Would you like to come and just sit? Bev Cowan practices meditation in the Zen Buddhist tradition (zazen) and facilitates a weekly gathering. Anybody who practices a different style of meditation is still welcome to come and sit together. Instruction on zazen is available for anybody if they come 15 minutes before the sitting.

Regardless of what may bring you to Zen, Zazen is itself a practice of letting go. The practice of Zazen is extremely simple and straightforward: just sitting. You simply sit with a straight posture and maintain awareness of your experience without getting caught up in assessing, comparing, or trying to change it. Basically you start exactly where you are, and in the end you are also just where you are. Along the way, there is no special technique and no pursuit of any special experience.

Facilitator: Bev Cowan

Wednesdays 4pm-4.30pm

Cost: FREE

GENERAL EDUCATION

AUSLAN—Level 1

In this fun and practical course you will learn how to communicate with deaf and hard of hearing people. Perfect for beginners! You will develop the skills needed to communicate with deaf people in a wide range of social and workplace settings through games, activities, group and pair work. Each class is exciting and interactive with people from all walks of life.

A wonderfully visual Australian language that you can use every day. Bookings and payments direct with The Auslan Company, www.learnauslan.com.au

Cost: \$200 / \$170 concession / under 17yrs \$150

2 sessions Saturday 28 March & 4 April

9.30am—4pm

BASIC MANDARIN FOR TRAVEL

A short course in the fundamentals of Mandarin Chinese including recognising some key characters. The course is designed as an introduction for those who are interested in this fascinating language as well as giving would-be travelers the basic language skills that will enhance their travel experience.

Taking expressions of interest

ENGLISH AS A SECOND LANGUAGE

Learn to read, write and speak English with confidence in individual classes or small groups. Assistance with preparation for the IELTS English Language test. Ring to organise suitable dates and times.

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.

8 x 2 hour sessions, 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. It also covers internet safety, backing up your data including using cloud computing for data storage. Basic computer skills required.

Tutor: Tim Beacham

8 sessions from Friday 7 February

10.00am-12.00pm

Cost: \$80 / \$50 concession



COMPUTERS (CONT'D)

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

4 sessions from Thursday 13 February

10am-12pm

Cost: \$100 / \$80 concession

EMPLOYMENT SKILLS

NEW HORIZONS

Discover employment opportunities in Gippsland's agri-food, hospitality, retail & manufacturing sector with job readiness skills provided in this six 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 10am-3.30pm

Returning in Term 2

Cost: FREE *eligibility conditions apply

Supported by Food and Fibre Gippsland and Paynesville Neighbourhood Centre

NATIONALLY ACCREDITED COURSES

RESPONSIBLE SERVICE OF ALCOHOL (RSA)

Accredited Unit SITHFAB002 Provide responsible service of alcohol

Completing an approved Responsible Service of Alcohol (RSA) program gives participants the skills and knowledge to contribute to a safe and enjoyable environment in licenced premises.

Tutor: Gary Hart, Bass Coast Adult Education

RTO #3720

Thursday 26 March, 9am-1pm

Cost: \$95 / \$85 concession

FOOD SAFETY LEVEL 1

Accredited Unit SITXFSA001 Use hygienic practices for food safety

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

Tutor: Gary Hart, Bass Coast Adult Education

RTO #3720

Thursday 20 February, 9am-4pm

Cost: \$120 / \$110 concession

PERFORM CPR AND APPLY FIRST AID L2 Accredited Units HLTAID001 & 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 8 February

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

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

CHAINSAW CERTIFICATE

Accredited Unit 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 session 9am-3.30pm. Taking expressions of interest

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 29 February

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. 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.