



Term three program 2020

13 Jul —18 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 \$5 per year for an individual and \$10 for families.

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.

anna gum hours and services

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

Find us on Facebook and Instagram @ [mannagumcommunityhouse](https://www.instagram.com/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. Home delivery available. Private and confidential service

Internet and computer access available by appointment

Printing, photocopying, A3 & A4 laminating and scanning available during office hours

Local jobs board updated weekly

Venue hire: Monday—Sunday at competitive rates

Manna Gum Community Lounge and Shop - under renovation—opening soon!



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 Fri of the month. New members welcome, contact Joyce Simpson tel: 5682 2147

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

Equilibrium Yoga contact Cindy Hasthorpe tel: 0432 101 547

Violin tuition contact Claudene-Marie Adams tel: 0481 302 925

anna 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.



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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.

Due to COVID-19 restrictions, this term we are bringing back a limited program. Physical distancing and hygiene procedures are required by all user groups, students, staff and volunteers.

EMPLOYMENT SKILLS

NEW HORIZONS

Discover employment opportunities in Gippsland's agri-food & manufacturing sector with job readiness skills provided in this six week training program. Gain valuable insights and knowledge from industry professionals. Remote learning options are available.

Tutor: Louisa Vale

Thursday 6 August —Friday 11 September

2 days per week Thurs and Fridays 10am-3.30pm

Cost: FREE *eligibility conditions apply

Supported by Food and Fibre Gippsland

GETTING READY FOR TAFE

Are you considering a new career direction but not sure where to start? This course will ensure you have the necessary skills and confidence to take full advantage of the free study opportunities currently being offered by TAFE.

You will learn study skills, digital literacy and assignment writing. Our course gives you a unique head start and ensures you are prepared for the mandatory assessment of language, literacy and numeracy (LLN) skills to enrol in certificate courses.

20 hours over 2 weeks

Taking expressions of interest in July

Cost: FREE

Supported by TAFE Gippsland

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. Remote learning options available.

Tutor: Bass Coast Adult Education RTO #3720

Wednesday 29 July, 9am-1pm

Cost: \$95 / \$85 concession

PERFORM CPR (HLTAID001) AND APPLY FIRST AID (L2) (HLTAID003)

Workplace Nationally Accredited Course. Please wear suitable clothing for the activities. Apply First Aid (L2) valid for 3 years when completing CPR the 2 years in between. This course includes CPR. Please enquire with the office if you require an EpiPen and Asthma certificate.

Tutor: John Barrie, Healthguard RTO #21156

Sunday 26 July

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

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

FOOD SAFETY LEVEL 1

For people handling food for public consumption including milk bars, cafés, clubs & school canteens.

Tutor: Bass Coast Adult Education RTO #3720

Wednesday 26 August, 9am-4pm

Cost: \$120 / \$110 concession

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

Supported by an FRRR ABC Heywire Youth Innovation Grant

WELLBEING

MEDITATION

Come and join us, whether you are new to meditation or have your own practice. Sitting together now and then is important. Simply sit with a straight posture, breathe normally, allow thoughts to come and go and simply be. If you would like to learn the Zen Buddhist practice of Shikantaza ("Just Sitting") please come 15 minutes earlier for brief instructions.

Wednesdays 3pm-3.30pm *new time

Cost: FREE

Facilitator: Bev Cowan

CREATIVE EXPRESSION—Art workshop

Create, unwind, practice mindfulness, meet new people in a relaxed environment. All abilities welcome. Hosted by Within Australia.

Contact 1300 737 412 for further information and bookings.

Tuesdays 10am-12.30pm

Cost: FREE

LANGUAGE

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

FRENCH FOR BEGINNERS

Wednesday afternoons

Taking expressions of interest

