



# Manna Gum Community House

## TERM THREE PROGRAM

### 12 July —17 Sept 2021

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 including 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.

Stay up-to-date with our program, events and community news by joining our e-news mailing list.

### mannagum hours and services

33 Station Road, Foster VIC 3960 (PO Box 176) tel 5682 1101 email [office@mgch.org.au](mailto:office@mgch.org.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: Doorways Service (Salvation Army). 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

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

Local jobs board updated weekly

Venue hire: Monday—Sunday at competitive rates

Manna Gum Community Lounge - Mondays & Tuesdays 10.00am-2.00pm

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.

**Free WiFi available at any time**

Interested in learning about technology, but don't have a device? Join our Digital Matters course or Technology Club and we can loan you a tablet for free to use at home. Please enquire at the office.



## Employment skills

### THE HUB

Want to jump back into work or study after kids? Come along to our course at Toora Primary School or Welshpool 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. Our experienced teachers can help you to find local job and study opportunities. Free on-site supervised playgroup, while we work together.



Tutor: Louisa Vale

**Thursdays 9am-11am Toora Primary School**

**Tuesdays 9am-11am Welshpool Primary School**

**Cost: FREE \***

Supported by The Alfred Felton Bequest



### 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. It covers setting up basic websites, getting your business onto Google, and much more.



Tutor: Louisa Vale

**6 x Thursdays 1pm-3pm from 22 July**

**Cost: \$40 / \$20 concession**

### NEW HORIZONS: GROWING FUTURES IN AGRICULTURE

Discover employment opportunities in Gippsland's agri-food sector with job readiness skills provided in this six week training program. Gain valuable insights and knowledge from industry professionals and on-site tours.



**Returning Term 4**

**Cost: FREE \***

**Supported by Food and Fibre Gippsland**

## Technology

### DIGITAL MATTERS

This 6-week course provides you with fantastic support to learn the basics of using digital technology including the internet and e-safety.



Suitable for total beginners. It is especially relevant for people interested in further study and job seekers who need skills in online recruitment.

Tutor: Louisa Vale

**6 x Wednesdays 10am-12pm from 21 July**

**Cost: \$20 / FREE concession**

### TECHNOLOGY CLUB

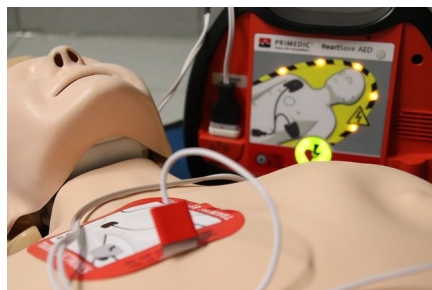
Troubleshoot technology questions with Tim Beacham from the Foster I.T. shop. B.Y.O. device or borrow one of ours. Suitable for laptops, phones or tablets. Absolute beginners are welcome!

**Wednesdays 1pm-3pm**

**Cost: FREE**

**Supported by South Gippsland Shire Council**

## Accredited



### PERFORM CPR and APPLY FIRST AID (L2)

**CPR \$60 HTLAID001 9am-10:30am**

This course provides the skills and knowledge to be able to handle cardiac emergency situations.

**Provide First Aid (Level 2) \$155 HTLAID003 9am-1:30pm**

This unit of competency describes the skills and knowledge required to provide a first aid response to a casualty.

**Education & Care First Aid \$180 HTLAID004 9am-2pm**

**Saturday 14 August or Thursday 16 September**

**Bookings direct with Victorian First Aid RTO # 41360**

**www.victorianfirstaid.com.au or call 0488 405 605**

## 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

**Friday 3 September 9am-4pm**

**Cost: \$120 / \$110 concession**

### 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 20 August 9am-1pm**

**Cost: \$95 / \$85 concession**

## Boats

### MARINE LICENCE

Transport Safety Victoria approved training course. Marine 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 11 September**

**9.30am-2.30pm**

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

## Youth

### OUR PLACE

Youth space for ages 12+

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.

**Mondays 3.30pm-6pm during school term**

**Supported by Toora & Foster Community Bank, FRRR Gardiner Foundation, VicHealth**

# 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: FREE \***

## FRENCH LANGUAGE

Learn French in a fun, informal environment including grammar and conversation. Suitable for people with some prior knowledge.

Tutor: Noelle Bonnin

**Wednesdays 12.30pm-2pm**

**Cost: Gold coin donation**

# Food

## COMMUNITY KITCHEN LUNCH

On the third Wednesday of the month we transform our hall into a pop-up café and 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 St Vincent de Paul**

**Wed 21 July, 18 August, 15 September 12pm—2pm**

**Cost: FREE**



# Creative arts

## LIFEDRAWING

Life model session with guided tutoring. Suitable for beginners or experienced artists. Some materials supplied.

Tutor: Kim McDonald

**Saturday 7 August 10am-3pm**

**Cost \$60 / \$50 concession**

# WRITING WORKSHOPS

The writing bug is alive and well. This workshop is for people who have the urge to write, with no experience necessary. Autobiography, humour, drama, small and big stories. This is for people who aren't too sure where and how to start. Tutor Michael Hyde is an author with over thirty five years of experience, thirty published books and thirty years of teaching writing. The workshop will cover getting started, characterisation, description and imagery, mood and atmosphere, dialogue and much more.

**Wednesdays 4pm-6pm from 28 July**

**Cost: Gold coin donation**



## BASKETMAKING

**Small woven basket with cordyline base**

For beginners and improvers. You will learn to make a small basket from natural fibres using square weaving and twining. Some materials provided, requirements list provided on enrolment.

Tutor: Margaret Balfe

**Saturday 4 September 10am-3pm**

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

## MODERN MENDING CIRCLE

On the second Monday of the month bring your hand sewing project for a mending session at the Community Lounge.

Stitch, chat, enjoy a hot drink and make new connections in the community. The modern mending movement is the antidote to fast fashion and celebrates visible mending and sustainability—prolonging the life of your clothes and reducing landfill.

Children are welcome.

**Monday 12 July, 9 August, 13 September 10.45am-12.45**

**Cost: FREE**

# 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.

Facilitator: Bev Cowan

**Wednesdays 3pm-3.30pm \*taking expressions of interest for a second alternative class time**

**Cost: FREE**

# Events



It's been forty years since our organisation was officially opened on 1 July 1981.

We are celebrating our Ruby Anniversary throughout the month of July with special events and art installations. Highlights include:

- Solar light display and art installation throughout the building and garden
- Historical exhibition in the main hall featuring archival programs, newspaper articles and photographs. We welcome local residents to share their stories about the Community House.
- 12 July, from 10.30am. Manna Garden Apple Planting Morning Tea. Celebrating with some trees that will give for decades to come. Past, present and future garden group members all welcome.
- 21 July—Special guest children's entertainer for the Foster Playgroup.
- 29 July—Launch of the Food Swap Trolley with South Coast Primary Care Partnership

Please call our office for detailed information about our courses. Bookings are required for some activities. Payment plans are available. Notice of withdrawal is required 7 days prior to the course to receive a full refund.

Physical distancing and hygiene procedures are required by all user groups, students, staff and volunteers.

Our COVIDSafe Plan is updated according to current Government health regulations and is available on our website.

\*Our funded Learn Local courses are free or very low-cost, eligibility conditions apply.



# Community Information and Support



## Planning for emergencies with the Australian Red Cross

Emergencies don't just include major natural disasters like bushfires, earthquakes or floods. A fall in the home that results in an unexpected hospital stay, a power outage, a car accident, or serious illness can also cause significant disruption and add stress to your life.

You can reduce the impact of emergencies, big or small, by being prepared.

**REDiPlan** is a free community education program providing practical information to help people make informed choices about preparing for all types of emergencies. It promotes resilience in households and communities, and helps people deal with the impacts of an emergency or disaster, ranging from severe storms, fires and floods to personal emergencies such as a loss in the family or health epidemic.

**Saturday 31 July, 11am—12.30pm, bookings essential**

## Assistance with the \$250 Power Saving Bonus

The \$250 Power Saving Bonus is a one-off \$250 payment which provides direct support to Victorian households experiencing power bill stress during the coronavirus pandemic. It is available to over 900,000 eligible Victorian households with at least one eligible concession cardholder. Claims will be accepted anytime up until 31 January 2022.

We are helping community members apply for the Power Saving Bonus. If you or someone you know meets the eligibility requirements, get in contact with us and we can help you make the claim online.



## Manna Gum Community Lounge

Open Monday & Tuesday - 10am-2pm

The Community Lounge is a welcoming place for all members of the community. Enjoy a hot drink and a complimentary homemade sweet treat. You can meet with friends or have a chat to our friendly volunteers. Preserves made from local produce and handmade crafts are available for purchase. We also have a book exchange, and outdoor seating in a large child-friendly backyard with a cubby and sandpit. Dogs also welcome on a lead. Free Wifi.

Winter soup available Mondays and Tuesdays for a \$4 donation.

The Lounge is staffed entirely by volunteers and all proceeds support Manna Gum's services and programs.



## 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](http://www.aa.org.au)

**Foster Playgroup** Wednesdays 10am-12pm, contact Lisa Poynton tel: 0422 161 230

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

**manna 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.