



Manna Gum Community House

TERM FOUR PROGRAM

4 Oct —17 Dec 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, family 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
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: 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

* **Essential services remain open throughout COVID-19 lockdowns**

Interested in learning about technology, but don't have a device? Enrol in a Learn Local course or come along to our 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 as a learner. Our experienced teachers can help you find a local job or 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

NEW HORIZONS: KICKSTART YOUR CAREER IN COMMERCIAL CLEANING

Discover employment opportunities in Gippsland's commercial cleaning and property maintenance sector with job readiness skills provided in this five week training program. Gain valuable insights and knowledge from industry professionals and work experience at local workplaces.

Wednesdays and Fridays for five weeks

10am-3pm starting 5 November

Cost: FREE *

Supported by Food and Fibre Gippsland

Technology

DIGITAL CONFIDENCE

This 8-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

8 x Thursdays 1pm-3pm from 28 Oct

Cost: \$20 / FREE concession



TECHNOLOGY CLUB

A casual drop-in session to 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

GET TECHY, GET READY!

There are a range of apps that can help you in times of emergency. Come along to this free workshop to learn how to download and use emergency apps, scan important documents in case you need to leave home in a hurry and stay connected.

Morning tea provided.

Saturday 27 November

10.30am-12.30pm

Cost: FREE

Hosted by South Gippsland Shire Council and the State Emergency Service (SES)

Accredited

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 22 October 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 3 December 9am-1pm

Cost: \$95 / \$85 concession

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**

Returning Term 1 2022

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.

Sunday 14 November

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. Returning 8 November

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

Returning Term 1 2022

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 17 November and Christmas Lunch 15 December, 12pm—2pm

***Subject to COVID restrictions**

Cost: FREE

Creative arts

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. 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 characterisation, description and imagery, mood and atmosphere, dialogue and much more.

Taking expressions of interest

Cost: Gold coin donation

LIFE DRAWING

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

Tutor: Kim McDonald

Saturday 4 December 10am-3pm

Cost \$60 / \$50 concession

BASKET MAKING

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 11 December 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 8 November, 13 December 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

Cost: FREE

Families

FOSTER PLAYGROUP

For parents, grandparents and carers—everyone is welcome to join this playgroup for the Corner Inlet area. Playgroup is the perfect place to create friendships and help your child gain valuable social skills. Bring a piece of fruit and a gold coin.

Wednesdays 10am-12pm

Contact Tess 0429 006 047

SUPPORTED PLAYGROUP

A supported playgroup is a great way for parents to enjoy precious family time with their child while they grow and develop and to meet other families, enjoy a cuppa and relax. Based on Play and the importance of having fun with your child this playgroup is run by supported playgroup facilitator, Michelle and is held in a safe and nurturing environment.

Thursdays 9am-11am during school term.

Contact Michelle 0497 926 100

Supported by South Gippsland Shire Council

CHILDREN'S WEEK WORKSHOP

Build a sculpture inspired by the theme ‘Create a Friend’ using found objects, recycled materials, paint and ready-made objects. Hosted by local artists Janie Frith and Sue Gilford. Lunch and refreshments provided. Bookings essential, limited spaces.

Saturday 23 October 10am-1pm

Cost: FREE

This Children's Week event is presented by Manna Gum Community House in partnership with the Victorian Government



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 seven 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.

**Make a
secure
donation**



Corner Inlet Christmas Appeal

Manna Gum works in partnership with schools, health services, St Vincent de Paul, Toora & Foster Community Bank, Foodbank Victoria and the Salvation Army to provide a brighter Christmas for those in need. Community donations are gratefully received.

There are several ways to make a contribution:

- Drop off a gift or gift voucher at a Bendigo Bank branch (Toora, Welshpool or Foster) or directly to Manna Gum before 10 December. Gift vouchers to support local businesses are encouraged. Ideas for gifts can be found on the homepage of our website.
- We accept credit card, cash or cheque donations at our office
- Make an online donation through GiveNow
<http://www.givenow.com.au/cornerinlet>

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—reopening in November

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

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.