



# Manna Gum Community House

## TERM THREE PROGRAM

### 11 July — 16 Sept 2022

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.

## 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](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. 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, closed on Saturdays for winter

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? 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.



You can now book online for all of our activities and programs through Social Planet.  
Scan this QR code or visit [socialplanet.com.au/at/manna-gum-community-house](https://socialplanet.com.au/at/manna-gum-community-house)



## Employment Skills



### THE HUB

Want to jump back into work or study after kids? Come along to our course at Toora 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**

**Cost: FREE \***

### GAINING THE EDGE

**Starting a TAFE course in 2022? Already enrolled but need more support?**

This program provides support alongside your TAFE studies. It is delivered in a safe, supportive learning environment to small classes via group workshops and individual support sessions. Remote learning options are also available.

You will learn about:

Time management

Strategies to suit your individual learning style

Navigating TAFE learning platforms like the Moodle

How to best to communicate with the TAFE and your future workplace.

**16 week program**

**Delivered for the first four weeks of every school term**

**Fridays 10am-3pm**

11 Feb – 4 Mar

29 April – 20 May

15 July – 5 Aug

7-28 October

Tutor: Louisa Vale

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

**Midyear intake is available**

## Technology

### DIGITAL ESSENTIALS 'The Early Birds'

**Computer and digital skills for work, study and life.**

Join our enthusiastic group of 'early birds' who meet on a Wednesday morning to learn about the basics of navigating the digital world. It is also suitable for people interested in further study or who need skills in online job recruitment. Phones, tablets and computers are all included in this program, and no experience is necessary.

Tutor: Louisa Vale

**10 x Wednesdays 9am-11am from 13 July**

**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.

**Wednesdays 1pm-3pm during school term**

**Cost: FREE**

**Supported by South Gippsland Shire Council**

## Accredited

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

Workplace Nationally Accredited Course. This course teaches how to recognise and provide immediate and effective First Aid treatment to any person suffering a sudden injury or illness. Includes CPR.

Tutor: John Barrie

RTO Healthguard First Aid Training Services RTO #21156

**Saturday 20 August**

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

**Cost: CPR \$70, First Aid L2 \$140**

**THIS TERM WE ARE NOT PROVIDING FOOD SAFETY AND RESPONSIBLE SERVICE OF ALCOHOL. HOWEVER WE CAN PROVIDE SUPPORT TO ACCESS THESE TRAINING COURSES ONLINE**

## 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 11 September**

**9.30am-2.30pm**

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

## 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 19 July, 17 August**

**12pm—2pm**

**Cost: FREE**

## Youth

### OUR PLACE

Youth space for ages 11+

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 CONVERSATION

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

Tutor: Noelle Bonnin

**Wednesdays 1pm-2.30pm from 13 July**

**Cost: Gold coin donation**

## 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

## Creative Arts

### LIFE DRAWING

Life model session with guided tutoring. Suitable for beginners or experienced artists. Some materials supplied. BYO easel or use one of ours.

Tutor: Kim McDonald

**Saturday 27 August 10am-3pm**

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

## Gardening

### GRAFTING

Learn basic knowledge and techniques for grafting which can be applied to fruits such as apples, pears, plums and stone fruit. Topics covered includes: why we use grafting, rootstock types, the most common types of grafts that home gardeners can use to produce new trees, reworking existing trees to new varieties, and rejuvenating old trees. If you have a grafting knife and secateurs please bring them along.

Tutor: Mark Brammer from Strzelecki Heritage Apple Orchard

**Saturday 13 August, 10am-12pm**

**Cost: \$20 (root stock available for \$6))**

### PROPAGATING

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 your prefer. Please bring your own secateurs.

Tutor: Silvia Cardona from Deep Creek Nursery

**Tuesday 6 September, 10am-12pm**

**Cost: \$15**

### SEED SAVING

To save seeds is to preserve food culture. Saving seeds is free and having control over your own crops. Come and learn the simple but vital knowledge of seed saving. Bring along empty jars, plastic snap lock bags or paper bags with your enthusiasm.

**Monday 29 August 10am-12pm**

**Cost: \$5**

## Wellbeing

### TAI CHI FOR HEALTH

Tai Chi is a gentle way to improve your strength and stability, being mindful of your movement, breathing, posture and falls prevention.

**Uniting Church, Foster - Thursdays at 9am**

**Sandy Point Hall—Tuesdays at 3.45pm and 5.15pm**

Contact Joyce tel 5684 1006

### YOGA

Rachel Sands is keen to know if there is an interest for weekday, evening classes at Manna Gum. She runs Hatha classes suitable for almost everyone.

If this is of interest to you please contact Rachel on 0428873192 and let her know your availability and interest.

### WALKING GROUP

We are taking expressions of interest for a walking group. Please contact the office.

## Fun & Games

### TRIVIA AFTERNOON

Do you enjoy testing your knowledge in a fun way? Join us for an afternoon of trivia. Afternoon tea provided. Table of six, or walk in and join a table. Prizes to be won!

**Friday 26 August 2pm-4pm**

**Cost: \$10**

### GAMES NIGHT

Come along and have some fun, join a group or bring a friend or two.

BYO game or play someone else's.

Families are welcome.

**From 6.30pm on the first and third Wednesday of the month**

**COST: Free**

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.

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.

## Support and information



### Coffee with the Gippsland Community Legal Service

**Tuesday 30th August  
10am-3pm**

Join us at our Community Lounge to discuss common legal issues in this non-judgemental and engaging session. Topics include fines, family violence, renting, mental health and more. Private sessions with a lawyer are available. Free—booking required



wellways

Wellways Family Services is coming to Manna Gum Community House for a pop-up visit.

Are you a family member, friend, or neighbour providing care and/or support to a person living with mental health issues?

Come and see us and have a private chat about what might be helpful for you.

**Thursday 4th August 12pm-3pm**



Manna Gum Community House welcomes guest speaker Mark McManus from The Restoration Project. Mark's story is one of hope and inspiration about his personal journey through drug addiction and rehabilitation

Free—booking required

**Wednesday 3 August 7pm**

Light supper provided



**\$250**  
Power Saving Bonus

**Access the new  
\$250 Power Saving  
Bonus from 1 July**

The new Power Saving Bonus is available for EVERY household. Manna Gum staff can assist community members to access the bonus online. Call ahead to make an appointment

## Manna Gum Community Lounge

**Open Monday & Tuesday - 10am-2pm Closed Saturdays during winter**

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.

Hot soup and a roll available 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 Anne Lustgraaf te: 0428 851404

**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)

**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.