



Manna Gum Community House

TERM FOUR PROGRAM

3 OCT—20 DEC 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
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. 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



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

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.

Delivered for the first four weeks of every school term

Tutor: Louisa Vale

Flexible delivery hours—please enquire

Cost: \$40 / FREE concession*

WORK FOR YOURSELF Care and Support Sector

People with National Disability Insurance Scheme (NDIS) plans employ workers to support them to live, learn and work.

This course teaches you how to become a sole trader and provide in-home 'light touch' services such as gardening, shopping and cleaning to people with NDIS plans.

You will learn about the steps involved to become a sole trader; the care and support sector; insight into the NDIS; professional conduct and boundaries and how to set up and manage your business.

Tutor: Louisa Vale

Fridays 9am—1pm

7 October—9 December

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 5 October

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 12 November

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

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

THIS TERM WE ARE NOT HOSTING 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 6 November

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 October, 16 November

Christmas Lunch 21 December

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 5 October

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

CHILDREN'S WEEK EVENT



The **Long Low Lunch** is a children's garden party set around a low table serving up bite-sized, delicious food for children. A celebration of Spring, local produce, community, wellbeing and good food choices. Includes music and wellbeing workshops for children with local presenters.

Sunday October 30 11am—1pm

Cost: FREE

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

Gardening

COMPOSTING

This hands-on workshop includes information about which types of composting suit different environments, with a focus on hot composting. There will also be an opportunity to talk about trouble shooting. Please bring gloves, all materials are supplied.

Tutor: Carolyn Rowson

Saturday 19 November, 10am-12pm

Cost: \$15 / \$10 concession

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

Hatha Yoga with Rachel Sands. Classes are suitable for any level of experience

Thursday 5.15pm-6.30pm

Contact Rachel 0428 873 192

WALKING GROUP

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

Fun & Games

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

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 25 November 2pm-4pm

Cost: \$10

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 5 November 10am-3pm

Cost \$60 / \$50 concession

Venue Hire

We have spaces available for hire at affordable rates. We offer a discount for not-for-profit and community groups. All profits go back into our organisation to maintain and improve our community services.

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 22nd
November 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
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 20th October & 17th November
12pm-3pm**



Hearing Australia

Health Hearing Check Day

Tuesday 4th October 10am-1pm

Free—booking required

For anyone over the age of 18



\$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

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.