



Manna Gum Community House

TERM TWO PROGRAM

24 April-23 June 2023

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 hospitality, 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 Cafe - 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

Hearing Loop available for loan, courtesy of South Gippsland Shire Council—enquire with the office

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.

View our program online 



Skills for study
work and life



Employment Skills



THE HUB

The Hub is a gathering of parents & children who meet each week at Toora Primary School during the school term. It provides an opportunity to socialise, support and engage with other parents and carers in the Corner Inlet community. There is no cost to attend, and an onsite supervised playgroup is available for parents with pre-schoolers.

Tutor: Jacqueline Southwell

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

Cost: FREE *



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: Genevieve Moore

9 week course

Thursdays 10am-2pm

27 April—22 June

Cost: \$20 / FREE concession*

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

Technology

BASIC TECHNOLOGY

An introduction to using smartphones, iPads/tablets, and laptops

Learn about the basics of navigating the digital world, staying safe online and making technology work for you. Phones, tablets and computers are all included in this program, and no experience is necessary. Bring your own device or use one of ours.

Tutor: Genevieve Moore

Wednesdays 9am–10.30am at Manna Gum

Tuesdays 12pm-1.30pm at Toora Library

Tuesdays 10am—11.30pm at Welshpool Rural Transaction Centre

Cost: \$20 / FREE concession*

TECHNOLOGY CLUB

A casual drop-in session to troubleshoot technology questions with Tim Beacham from the Foster I.T. shop. Bring your own device or borrow one of ours. Suitable for laptops, phones or tablets.

Wednesdays 1pm-3pm during school term

Cost: FREE

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.

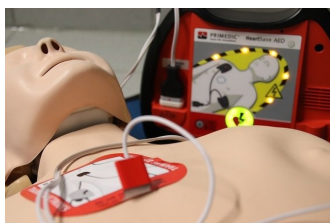
Tutor: John Barrie

RTO Healthguard First Aid Training Services RTO #21156

Saturday 6 May

**8.30am-11.30am CPR only
8.30am-3pm full course**

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



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.

Returning Term 3

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 17 May, 21 June

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. Hot dinner is provided. 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

Cost: FREE

Please call our office for detailed information about our courses. Bookings are required for some activities.

You can now book online for all of our activities and programs through Social Planet.

Visit socialplanet.com.au/at/manna-gum-community-house

NEIGHBOURHOOD HOUSE WEEK

8 - 14
MAY 23

Locals connecting Locals

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 26 April

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

During school term

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 1pm-3pm 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 3 June 10am-3pm

Cost \$60 / \$50 concession

WRITING WORKSHOPS

If you have a small or big writing flame burning inside it's better to let it have an outlet instead of bottling it up. If you have a writing idea, no matter whether it's fully worked out or simply roaming around in your head, this course will help you start to see your ideas take form. Tutor Michael Hyde is an author with over thirty five years of experience, thirty published books and thirty years of teaching writing.

Taking expressions of interest for a six week evening course. Suitable for ages 18+

Cost: Gold coin donation

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 8.45am, 10am for beginners

Sandy Point Hall—Tuesdays at 11am

Contact Joyce tel 5684 1006

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") we are taking expressions of interest to schedule a regular meditation class—please contact the office to express interest.

Facilitator: Bev Cowan

Events

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 very welcome—children need to be supervised.

From 6.30pm on the last Wednesday of the month

Wednesday 31 May, 28 June

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 19 May, 2pm-4pm

Cost: \$10

MOVIE NIGHT—NEW!

Manna Gum is starting a monthly movie night fundraiser on the last Friday of the month. We welcome you to join us and would love some input into how the night may evolve. Contact the office to join our movie night mailing list to stay updated.

Friday 28 April, 26 May, 30 June

Cost: Free, bookings required for catering purposes



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.

Support and information

FREE INFORMATION SESSION

Join us for
**Victorian
Law Week**

Victorian
Law Week
15-21 May 2023

**Wills & Power of
Attorney**

**Tuesday 16th May
10am**

presented by Gippsland
Community Legal Service

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 4 May & 1 June 10am-1pm



— PROM COAST —
mums

Pop-up Shop

Help us keep quality
resources in the circular
economy. New and preloved
baby's and kid's clothes (size
2-16) available as well as
some baby items. Everyone
welcome, all items are free!

Saturday 20 May, 17 June 9am—12pm

we help with
**POWER
SAVING
BONUS**

**GET ANOTHER
\$250
WITH THE NEXT
ROUND OF PSB**

AND

we also help with **Victorian Sick
Pay Guarantee**

38 hours a year sick and carer's pay
for casual and contract workers.

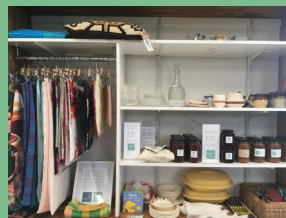
Community Cafe

Open Monday & Tuesday - 10am-2pm

The Community Cafe 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 welcome on a lead. Free Wifi.

Hot soup available Tuesdays for a \$4 donation.

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



Community House User Groups

Stockyard Creek Quilters Group Monday 10am-3pm, contact Anne Lustgraaf tel: 0428 851404

South Gippsland Bird Observers 8pm last Fri of the month. Contact Howard Plowright tel: 5682 2680

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

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

Gippsland Disability Advocacy Peer Led Support Group, contact Brianna Matthews tel: 0447 033 967

Hatha Yoga with Rachel Sands Thursdays 5.15pm-6.30pm, contact Rachel tel: 0428 873 192

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.