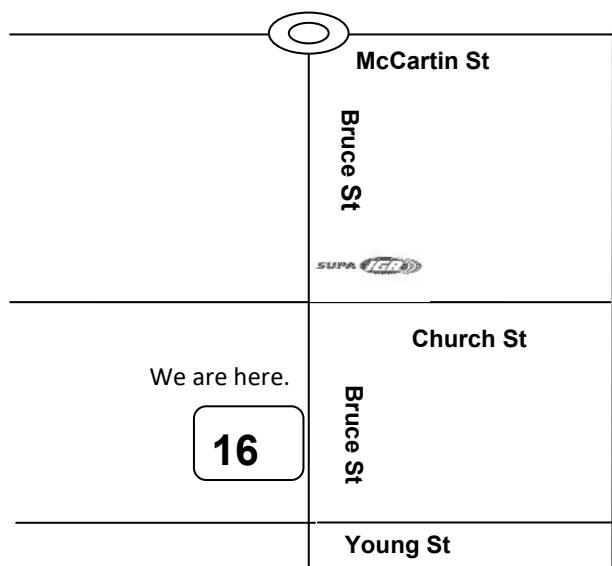


# where to find us



16 Bruce Street, Leongatha 3953

Office Hours: Mon - Fri, 9:00 am - 3:30 pm

**Email:** [office@leongathacommunityhouse.org.au](mailto:office@leongathacommunityhouse.org.au)

**Website:** [www.leongathacommunityhouse.org.au](http://www.leongathacommunityhouse.org.au)

**Facebook:** [www.facebook.com/leongathach/](http://www.facebook.com/leongathach/)

Registered No A1136 L

ABN: 48 180 414 316



5662 3962



# LEONGATHA COMMUNITY HOUSE Inc.



## Courses and Activities

Quarter 2, 2018

1 April - 30 June



**Please note: Some regular groups and activities will not take place during school holiday periods or on public holidays.**

**Please contact the House to confirm meeting dates and times.**

### Settling in to autumn

A major task for all Community/Neighbourhood Houses in February is our annual report to the Victorian Department of Health and Human Services. The report captures the level of activity in and around the Community House for the previous calendar year.

It's a big job and fairly onerous, but it's very exciting to discover that our level of activity in 2017 was almost double that of the previous year, and our visitors to the House increased by a quarter!

Basically, we are growing - which is fantastic!

The downside to that increase in activity is that we've experienced some growing pains - scheduling clashes, insufficient equipment sometimes, and late promotion of events. And, our promised new kitchen hasn't arrived yet!

But, just as the hustle and bustle of the busy summer season gives way to the slower patterns of autumn, similar rhythms exist here at the Community House. Our busy summer season of growth and change is giving way to a time of "tidying the nest" and integrating what was new into the everyday.

Thank you to all our visitors—regular and new—for your patience and flexibility over the last few months. And, as always, I invite you to enjoy YOUR Community House as we settle into autumn.

Eunice Donovan  
Coordinator

# program information

## Wanted - Tutors

***Do you have a skill you would like to share as a volunteer tutor or as a paid sessional tutor?***

Give us a call, or drop in to the office, to talk about running a course or workshop.

## PAYMENTS AND REFUNDS

1. Fees may be paid by cash, cheque or direct debit. Direct Debit details are **Bendigo Bank BSB: 633-000 Account: 107 338 337**. Please include your name and course name in the reference section.
2. Fees include GST and are to be paid 1 week prior to commencement of class.
3. Payment plans are available for all classes; please speak with the co-ordinator when booking.
4. A full refund will be given if a class is cancelled by the Leongatha Community House.
5. If a student withdraws more than 5 working days prior to a class commencing, a refund will be given. An administration fee may be charged.
6. No refund will be given if a student withdraws less than 4 working days before a class commences.
7. No refund will be given if a student withdraws from a class once it has commenced.

# user groups

We are proud to be the chosen "home" for the following groups that meet at the Community House. Additional or new groups are always welcome.

Please note: the Community House does not run these groups; if you want to participate in any of them, we do have contact details.

**Fibre Group** meets on the 4th Sunday at 10:30am

**Leongatha AI-Anon** meets weekly on Mondays at 4.00pm

**Leongatha Arts & Crafts Society** meets on the 4th Thursday at 10:00am.

**Leongatha Horticultural Society** meets on the 2nd Thursday at 4:00pm.

**Leongatha Probus Knit & Natter** meets on the 1st Monday at 10:00am

**Leongatha Stamp Club** meets on the 4th Monday at 1.00pm

**South Gippsland Labor Branch** meets on the 2nd Tuesday at 7:00pm

**South Gippsland Walking and Adventure Club** meets on the 4th Thursday of every 2nd month at 8:00pm.

**T.O.P.I.C (Take Off Pounds In Company)** meets weekly on Thursdays at 12:30pm

**Woorayl Probus Knit & Natter** meets on the 3rd Monday at 10:00am

**Woorayl CERC** meets on the 3rd Monday of every second month at 10.00am



Leongatha Community House is proud to be a drop-off point for donations to **Gippsland Farmer Relief**.

All donations of non-perishable foodstuffs, hygiene products, and/or cleaning products are gratefully accepted.

# general information

The Leongatha Community House

## Creative Library

contains books, magazines, and patterns for a wide variety of creative activities including painting, knitting, crochet, beadwork, papercraft, embroidery, sewing, and much more.

Rental periods up to 2 weeks

Rental cost: gold coin donation

## JIGSAW PUZZLE SALE

It's time for a clear-out! All our jigsaw puzzles are on sale; come on in and grab a bargain!

ALL PUZZLES \$1.00

Leongatha Community House Inc is a proud member of Neighbourhood Houses Victoria and the Australian Neighbourhood Houses and Centres Association. You can be assured that your Community House meets all required standards of operation.

To find out more, please call or drop in to the House during open hours.



Leongatha Community House receives support from South Gippsland Shire Council and the Victorian Department of Health & Human Services.

# accredited training

**Note: Accredited training courses will only go ahead IF there are sufficient enrolments.**

Details	Dates	Cost
<p><b><u>Food Safety Level 1</u></b></p> <p>Designed for those who handle and/or sell food whether in Health &amp; Community Services, Food Processing or the Hospitality Industry.</p> <ul style="list-style-type: none"> <li>• <b>SITXFSA101</b> Follow Workplace Hygiene Practices</li> <li>• <b>FDFFS1001A</b> Follow Work Procedures to Maintain Food Safety</li> <li>• <b>HLTFS207C</b> Follow Basic Food Safety Practices</li> </ul> <p>RTO: CFT International #21120</p>	<p>Saturday</p> <p>28th April</p> <p>9.00am - 1.00pm</p>	<p>\$95</p>
<p><b><u>Responsible Service of Alcohol</u></b></p> <p>All people serving alcohol in Victoria must have this certificate, approved by Liquor Licensing Vic.</p> <p>RTO: CFT International #21120</p>	<p>Saturday</p> <p>19th May</p> <p>9.00am - 1.00pm</p>	<p>\$80</p>

# arts and crafts

Details	Dates	Cost
<p><b><u>Wet Felting (for Kids 8-12 years)</u></b> (Janice Graham)</p> <p>Inspire imagination these school holidays by enrolling your child in a Wet Felting Workshop. At the end of the session, each child will go home with a necklace or bracelet or small picture.</p> <p><b>Bring a towel and an apron or over-shirt</b></p>	<p>Friday</p> <p>6th April</p> <p>10.00am - 12.00noon</p>	<p>\$15</p>

# arts and crafts

Details	Dates	Cost
<p><b><u>Vic Rocks (for kids under 10 years)</u></b></p> <p>It's the latest craze! Paint rocks, take them away and hide them in parks and public places for other kids to find!</p> <p><b>Rocks and paints provided</b></p>	<p>Monday</p> <p>9th April</p> <p>10.00am - 11.00am</p>	<p>\$5 per child</p> <p>(Discounts for families of 3 or more)</p>
<p><b><u>Acrylic Painting for Beginners and Beyond</u></b> (Paul Hendry)</p> <p>Want to try your hand at painting with acrylics? Perhaps you just want some extra tips? Discover the fun of painting with acrylics in our friendly group.</p>	<p>Friday every week</p> <p>10:00am – 12:00noon</p>	<p>\$5</p>
<p><b><u>LCH Craft in Company</u></b></p> <p>Bring along your WIP's (Works in Progress) or UFO's (Un-Finished Objects) and progress them in good company over a cuppa. Share your successes, and/or learn some new skills.</p>	<p>Thursday every week</p> <p>10:00am – 12:00noon</p>	<p>Gold coin donation</p>
<p><b><u>Make your own Planter-Box</u></b></p> <p>At the end of this workshop, you'll go home with a planter-box and the skills and knowledge to create more.</p> <p><b>All tools and materials included</b></p>	<p>Tuesday</p> <p>10th April</p> <p>10.00am - 12.00noon</p>	<p>\$44.00</p>
<p><b><u>Concertina Book</u></b> (Peter Lendon)</p> <p>Learn some basic book-binding techniques, and create your own concertina book.</p> <p><b>All materials and equipment supplied</b></p>	<p>Monday</p> <p>30th April</p> <p>1.00pm - 2.30pm</p>	<p>\$20.00</p>
<p><b><u>LCH Sewing &amp; Patchworking Group</u></b></p> <p>Gather with others to design, sew, and finish off your projects. Share ideas and motivation with others and make new friends too. Beginners welcome!</p> <p>Machines and supplies available for beginners.</p>	<p>Tuesday every week</p> <p>1.00pm - 4.00pm</p>	<p>Gold coin donation</p>

# special events

## ***Neighbourhood House Week (30th April - 6th May)***

Saturday 5th May

8.00am - 12.00noon

Community members who, on most days, are unable to visit the Community House because they are working or at school or otherwise engaged, are invited to our special Community Day. Watch our website and Facebook page for more information.

## ***Volunteer Week (21st - 27th May)***

Monday 21st May

Times to be decided

We're working with Volunteering Victoria to host a special forum that will explore the ways in which volunteers throughout Leongatha can be better supported. Watch our website and Facebook page for more details.

## ***Biggest Morning Tea***

Friday 1st June

10.30am - 12.00noon

\$5.00 per person

Escape the winter chill and share a cuppa with us, as we raise money for the Cancer Council to help fund research for the prevention and cure of cancer in all its forms. Grab some free information, chat with new and long-time friends, and just have some fun. We'd love to meet you!

# coming up

## Important dates for your diary!

April 2	Easter Monday Public Holiday
April 16	Start of school term
April 25	ANZAC Day Public Holiday
June 11	Queen's Birthday Public Holiday
June 29	End of school term

**Please note that, while most of our groups continue to meet during school holidays and even on public holidays, some do not. Please contact the House to check if whether the group you're interested in, is meeting.**

# prevention work

While we offer a great program of scheduled activities that aim to reduce social isolation and build the inclusion, skills, and knowledge of community members, YOUR Community House is also involved in a number of preventative strategies - some short-term and some ongoing - in the following areas:

1. Family and domestic violence
2. Young people's needs
3. Gambling and older women
4. Active ageing
5. Suicide prevention
6. Elder abuse prevention

If you'd like more information about how we're involved, or what we're doing, or would like to become directly involved in any of this work, please ask. Your help and input will be very welcome!

# arts and crafts

Details	Dates	Cost
<p><b><u>Drawing &amp; Painting Group</u></b> (Pat Dale)</p> <p>Do you try to draw or paint at home, but never find the time? Join a friendly group of like-minded people who create paintings or drawings and benefit from the exchange of techniques and ideas.</p> <p><b>BYO paints and equipment</b></p>	<p>Tuesday every week</p> <p>10:00am – 12:00pm</p>	<p>\$5</p>
<p><b><u>LCH Knitting &amp; Crochet Group</u></b></p> <p>Join this friendly group, BYO lunch and your knitting or crochet project.</p>	<p>1<sup>st</sup> Sunday of every month</p> <p>10:30am – 3:00pm</p>	<p>Gold coin donation</p>
<p><b><u>Mosaics for Beginners</u></b> (Susanne Naudi)</p> <p>Learn how to cut and place tiles, and come away with a completed project. Some materials and all equipment provided.</p> <p><b>Bookings Essential: only 4 places available</b></p>	<p>Tuesday</p> <p>12th June</p> <p>10.00am – 3:00pm</p>	<p>\$55</p>
<p><b><u>Spinning for Beginners</u></b> (Janet Staben)</p> <p>Learn the basics of spinning wool from experienced spinner, Janet, and discover this satisfying and ancient tradition.</p> <p><b>Spinning wheels, all materials and equipment supplied.</b></p> <p><b>Bookings essential: only 5 places available</b></p>	<p>Wednesday</p> <p>2nd May</p> <p>5.00pm - 7.00pm</p>	<p>\$25</p>
<p><b><u>Dorset Buttons</u></b> (Susan Lendon)</p> <p>Hear the fascinating history of Dorset buttons from their innovation in the 1600's, and learn the skills of this heritage craft, in this special workshop.</p> <p><b>All materials supplied.</b></p>	<p>Monday</p> <p>30th April</p> <p>1.00pm - 3.30pm</p>	<p>\$20</p>

## arts and crafts

Details	Dates	Cost
<p><b><u>Random Weave Basketry</u></b> (Pat Dale)</p> <p>For beginners and advanced basket-makers, this workshop will allow you to create sculptural objects, and make use of pruning's and vines that you may have in your garden.</p> <p><b>All materials supplied.</b></p> <p><b>BYO: sharp secateurs, medium-size cable ties, an old towel, and your lunch.</b></p>	<p>Saturday</p> <p>12th May</p> <p>10.30am - 3.30pm</p>	<p>\$60</p>

## just for fun

Details	Dates	Cost
<p><b><u>Coffee Club</u></b></p> <p>Start your week well with good company, gentle conversation, and a hot cuppa. What could be better?</p>	<p>4th Monday of every month</p> <p>10.00am - 12.00noon</p>	<p>FREE</p>
<p><b><u>Movie Appreciation</u></b></p> <p>Enjoy a group outing to a movie at the Stadium4 Cinema, then stay for a cuppa at the RSL Bistro, and share your thoughts about the movie.</p>	<p>Monday</p> <p>30th April</p> <p>Contact for exact time</p>	<p>Movie and meal at your own cost</p>

## computers & technology

Details	Dates	Cost
<p><b><u>Photography with Mobile Phones</u></b> (Sarah Oxley)</p> <ul style="list-style-type: none"> <li>• <b>SmartPhone Photography:</b> tips &amp; tricks for getting the best from your SmartPhone camera</li> <li>• <b>Instagram for Beginners:</b> learn about Instagram, how to upload photos, how to share photos, etc.</li> <li>• <b>Instagram for Advanced Users:</b> tag your location, advanced editing tips, videos, and more.</li> </ul> <p><b>BYO SmartPhone</b></p>	<p>Monday</p> <p>30th April</p> <p>5.00pm - 7.00pm</p>	<p>\$25</p>
<p><b><u>Know your iPad/Android tablet</u></b> (Sarah Oxley)</p> <p>Find your way around your tablet, and learn to use your device with confidence.</p> <p><b>BYO tablet</b></p>	<p>Saturday</p> <p>19th May</p> <p>10.00am - 1.00pm</p>	<p>\$33</p>

## legal and life matters

Details	Dates	Cost
<p><b><u>Legal Information Sessions</u></b></p> <p>This series of free information sessions is made possible by the generous sponsorship of Ian Symonds and Associates. Ian can provide information on:</p> <ul style="list-style-type: none"> <li>• Wills and Powers of Attorney</li> <li>• Advance Care Planning</li> <li>• Conveyancing</li> <li>• Retirement/aged care accommodation</li> </ul>	<p>2nd Tuesday every month</p> <p>9:30am - 10.30am</p>	<p>FREE</p>
<p><b><u>Using myGov: hands-on workshop</u></b></p> <p>Do you have trouble using the myGov website? Join Penny from Centrelink for a hands-on session that will show you how to set up your account and then how to get around it.</p> <p><b>BYO tablet or laptop</b></p>	<p>Tuesday 24th April</p> <p>10.30am - 11.30am</p> <p>OR</p> <p>Tuesday 10th May</p> <p>2.00pm - 3.00pm</p>	<p>FREE</p>

# hobbies and skills

Details	Dates	Cost
<p><b><u>Intro to Geocaching</u></b></p> <p>Geocaching is a treasure hunt suitable for everyone who can use a mobile device! Using map coordinates and GPS you can find a “geocache” - they come in all shapes and sizes and finding them can be as easy or as hard as you like to make it.</p> <p>Join us to find out all about it!</p> <p><b>BYO smartphone or mobile device</b></p>	To be finalised - contact the House for more information	\$5 per person Discount for families of 3 or more
<p><b><u>LCH 500 Card Group</u></b></p> <p>Whether you're new to the game, or you've played before, come along and enjoy the intricacies of 500.</p>	Friday every week 9.30am - 12:00pm	Gold coin donation
<p><b><u>LCH Solo Card Group</u></b></p> <p>Come along and learn how to play this interesting and fun card game.</p>	Monday AND Friday every week 1:00pm – 4.30pm	Gold coin donation
<p><b><u>LCH Photography Group</u></b></p> <p>Do you own a DSLR camera and have an interest in photography? Do you want to learn all aspects of photography? Do you have photography knowledge you could share with beginners?</p> <p>Come along to our monthly meetings to share in all things photography!</p>	3rd Tuesday of every month 7.00pm - 9.00pm	Gold coin donation
<p><b><u>Creative Writing</u></b> (Paul Hendry)</p> <p>Have you ever wanted to write your autobiography, some poetry, or a story? Let published author, Paul Hendry, show you how to write things that are interesting and that other people will enjoy reading.</p>	Friday for 6 weeks 6th April - 11th May 1.00pm - 2.00pm	\$15

# health

Details	Dates	Cost
<p><b><u>50+ Yoga</u></b> (Annabelle van Tongeren)</p> <p>A gentle one-hour class encouraging strength, balance and relaxation. Suitable for all levels.</p> <p>Wear comfortable clothes and flat shoes.</p>	Monday every week 10.30am - 11.30am	\$15 \$12 conc
<p><b><u>Wonder Women Support Group</u></b></p> <p>Peer support for women survivors of domestic violence. Recognise the strength within, and embrace your inner “wonder woman”.</p> <p>The group is supported by an experienced domestic violence counsellor.</p>	Thursday every week (except 4th Thursday of the month) 10.00am - 12.00noon	Gold coin
<p><b><u>Leongatha Pain Support Group</u></b></p> <p>You no longer have to suffer chronic pain alone. Learn more about managing chronic pain, share your experiences and knowledge with others, and improve your quality of life.</p> <p>Leongatha Pain Support Group is supported by the Australian Pain Management Association</p>	Wednesday every week 10:00am - 12:00noon	Gold coin
<p><b><u>LCH Walking Group</u></b></p> <p>Enjoy walks around the town (and beyond) in good company. Enjoy some fresh air and see new views of your town. Leave from the Community House.</p>	Wednesday every week 9:30am	Free
<p><b><u>Tai Chi for Health</u></b> (Tania Bird)</p> <p>Experience for yourself the life-changing benefits of Tai Chi! This program is <u>safe, effective and easy to learn</u>, and suitable for men and women of all ages.</p> <p>Wear loose clothing and flat shoes.</p> <p><b>Note: These sessions are conducted at the Dakers Centre in Smith Street. Call for details.</b></p>	Tuesday every week Beginners: 9.45am - 10.30am Advanced: 10.30am - 11.15am	\$5 per session

# health

Details	Dates	Cost
<p><b><u>Well Together: mental health education</u></b></p> <p>This workshop will give information and ideas about how to support people affected by mental health issues. Family members, friends, colleagues—let's create more supportive and inclusive communities for those living with mental health conditions.</p> <p>For more information, contact Michelle on Ph.56624106 or email <a href="mailto:mdebenham@wellways.org">mdebenham@wellways.org</a></p>	<p>Tuesday 1st May 10.00am - 1.00pm</p> <p>OR</p> <p>Tuesday 22nd May 6.30pm - 9.30pm</p>	FREE
<p><b><u>Circle Dancing</u></b> (Tania Bird)</p> <p>Learn a variety of international folk dances, all danced in a circle, and join with others to enjoy a refreshing lunchtime energy boost, and a lot of fun!</p> <p>No previous dance experience needed.</p> <p><b>Note: These sessions are conducted at the Dakers Centre in Smith Street. Call for details.</b></p>	<p>Tuesday every week 11.45am - 12.30pm</p>	\$5 per session

## ROOM HIRE

Rooms are available for hire day or evening. Community (not-for-profits) or business rates will apply.

Seven (7) days cancellation notice for a room booking is required for a refund.

To book a room please contact the House on 5662 3962 or drop in to 16 Bruce Street.

## OTHER SERVICES AVAILABLE

Photocopying, faxing and laminating services, public access to computers, internet and Wi-Fi are all available for small fees.

To use these services please contact the House on 56623962 or drop in to 16 Bruce Street to make a booking.

# health matters

Details	
<p><b>Welcome to our new series of FREE information sessions on health-related matters.</b></p> <p><b>We've invited speakers with expertise on various issues to share their knowledge with you.</b></p>	
<p><b><u>Breast Health and Breast Care</u></b></p> <p>BreastScreen Victoria's Health Promotion Officer will discuss the latest on breast care, breast awareness, and breast screening.</p>	<p>Wednesday</p> <p>18th April</p> <p>5.30pm - 7.00pm</p>
<p><b><u>My Health Record</u></b></p> <p>Phoebe Hicks from Gippsland Primary Health Network will discuss the benefits of setting up a "My Health Records" and outline the process of doing so. This will be followed at a later date by a hands-on workshop to help you actually set up your record.</p>	<p>Wednesday</p> <p>18th April</p> <p>10.30am - 11.30am</p>
<p><b><u>Heart Health</u></b></p> <p>Kathryn Croatto from Gippsland Southern Health Service will share ideas and tips for maintaining a healthy heart. Free blood pressure checks also available.</p>	<p>Wednesday</p> <p>2nd May</p> <p>10.00am - 11.00am</p>
<p><b><u>Crohn's &amp; Colitis</u></b></p> <p>Jo Hinchliffe, author of '<i>Nip it in the Bowel</i>', will discuss the principles of food combining as a way to help manage the symptoms of Crohn's or Colitis, and explore recipes that follow those principles.</p>	<p>Wednesday</p> <p>30th May</p> <p>10.30am - 11.30am</p>
<p><b><u>Bowel Cancer Screening</u></b></p> <p>80 Australians die from bowel cancer every week. Explore the facts about the Bowel Cancer Screening Test and how to complete it, to make sure you're not one of the 80!</p>	<p>Wednesday</p> <p>20th June</p> <p>(time to be confirmed)</p>