



Manna Gum Community House

TERM THREE PROGRAM

15 July – 20 Sept 2024

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, 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 community hub with a range of roles available including hospitality, customer service, tutoring, emergency relief, maintenance and gardening. We are a registered host organisation for Centrelink mutual obligation requirements and provide training for our volunteers in hospitality, community development, 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 Friday from 10.00am—3.00pm.

Services Australia Agency: Tues, Wed and Thurs 10.00am—3.00pm. Set up and access digital services at our agency and access point, or find information about Medicare, Centrelink and other Government services.

Emergency Relief: Doorways Service (Salvation Army). Frozen meals and essential items during office hours. New registrations & vouchers 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.

High quality scanning of slides, and photos also available.

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, or to support hearing impaired clients for our classes & events.
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



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. Includes guidance around setting up a small business and insight into the NDIS.

Tutor: Genevieve Moore

8 week course

Thursdays 10am-2pm

25 July—12 Sept

Cost: \$50/ FREE concession*

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.

No experience is necessary. Bring your own device or use one of ours.

Tutor: Genevieve Moore

Wednesdays 10am-11.30am at Toora Library

Cost: \$20 / FREE concession*

TECHNOLOGY CLUB

A casual drop-in session to troubleshoot technology questions.

Bring your own device or borrow one of ours. Suitable for laptops, phones or tablets.

Tutor: Tim Beacham

Wednesdays 1pm-3pm during school term

Cost: FREE

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

Food

COMMUNITY 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 July, 21 August , 18 Sept

12pm—1.30pm

HEALTHIER WAYS FORWARD

A program for seniors living in the Corner Inlet Area run by a Dietitian and Physiotherapist designed to help people gain a better awareness of how nutrition and movement can improve overall health, especially as we get older.

Topics presented include healthy eating for healthy ageing, basics of falls prevention, healthy eating for strong bones, moving your body, and chronic disease, gut health, getting back into exercise

6 week course

Fridays 2pm-3pm

26th July—30 August

Presented by the Positive Ageing Service team from South Gippsland Hospital. Contact Justine 5683 9782

FOODIES

A two week program for seniors living in the Corner Inlet Area

The "Foodies" group is run by a Dietitian. The program will focus on how nutrition can affect people as they age, as well as cooking for one.

Afternoon tea is included.

Friday 6th and 13th September

2pm—4pm

Presented by the Positive Ageing Service team from South Gippsland Hospital. Contact Justine 5683 9782



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. Persons under 16 years of age are not eligible to obtain a personal watercraft endorsement.

Tutor: Adam's Boat Course—Val Young

Present your certificate at VicRoads to obtain a licence with no further testing.

Sunday 15 September

9.30am-2.30pm

Cost: \$110 plus \$30 for PWC license if required

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

Cost: FREE

Supported by Toora & Foster Community Bank, Foster RSL, Rotary Club of Foster and Toora Lions.

Accredited

PERFORM CPR and APPLY FIRST AID (Level 2)

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

Healthguard First Aid Training Services RTO #21156

Saturday 14 September

8.30am-11.30am CPR only

8.30am-3pm full course

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

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

You can book online for all of our activities and programs through Social Planet
Visit socialplanet.com.au/at/manna-gum-community-house



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 LET'S GET TALKING!

A monthly French conversation group. Suitable for people with some prior knowledge.

Tutor: Noelle Bonnin

Second Friday of the month, 10am

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 1.30pm-3.30pm during school term.

Contact Michelle 0497 926 100

Provided by South Gippsland Shire Council

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 preschoolers.

Tutor: Jacqueline Southwell

Tuesdays 9am-11am during school term at Toora Primary School

Supported by Toora & Foster Community Bank, 'Celebrate Her' project, Latrobe Health Services and the MacKenzie Family Foundation

Cost: FREE

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.

Sandy Point Hall—Tuesdays at 11am

Contact Joyce tel 5684 1006

YOGA

Hatha Yoga with Amy Cameron. Classes are suitable for any level of experience.

Thursdays 5.15pm-6.30pm

Contact Amy Cameron 0427 705 898

NIA

Inspired by the martial arts, dance arts & healing arts, Nia is a transformational movement & lifestyle practice anchored in body-centred awareness.

Offering holistic conditioning and a connection to pleasure, Nia classes are suitable for every body; no experience necessary.

**Uniting Church—Foster
Fridays 9am-10am**

Contact Marg 0488 592 725

Creative Arts

CREATIVE WRITING

The Creative Writing Club of Corner Inlet' (search "CWCCI" on Facebook) invites writers of all experience levels to share their stories and ideas in an inclusive environment.

First Wednesday of the month, 7pm

Cost: Gold coin donation

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 31 August 10am-1.30pm

Cost \$50 / \$40 concession

PAINTING FROM WITHIN

Develop your own unique style by allowing your heart and soul to express, respond and invent. This process is not about painting a picture, it is using painting as a tool for self expression. It will develop your intuition and expose how our fears and judgements block us in our painting with the same habitual beliefs, ideals, or emotions that blocks us in our daily life. Everything provided, no experience is required and no critiques are EVER made about your painting.

Tutor: Cheryl Opie

3 week introductory course

Friday 16, 23 and 30 August

10am—1pm

Cost: \$40 / \$30 concession

Games Night

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

BYO game or play someone else's.

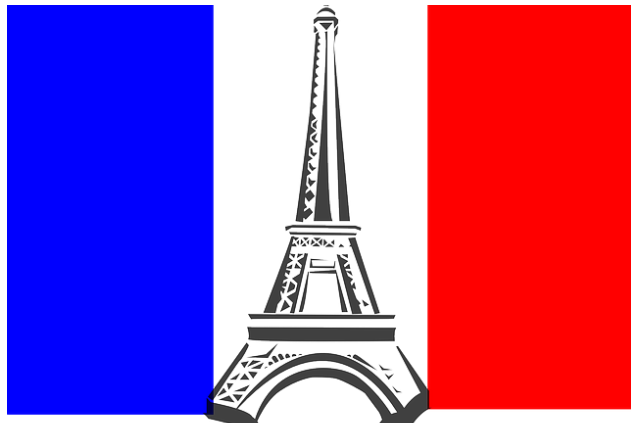
Families are very welcome—children need to be supervised.

From 6.30pm on the last Wednesday of the month

**Wednesday 31 July, 28 August,
25 September**

COST: Free

Upcoming events



BASTILLE DAY CELEBRATION

Live music with local musicians Rebecca Bone and Fiona Curram, and homemade French treats for afternoon tea. Join us at Manna Gum for this regular event celebrating French culture, music and cuisine.

Sunday 21 July
2pm

Support and information

CONNECTING WITH MY AGED CARE

A weekly drop-in session hosted by the Positive Ageing Service team from South Gippsland Hospital.

Open to anyone who is wanting more information about how aged care services work and how to access them. It is suitable for anyone over the age of 65 as well as families and carers.

Tuesdays 11am

ASSISTANCE WITH ONLINE FORMS

Our volunteers are able to help if you need assistance completing an online form like a passport application or a Working With Children Check.

By appointment only, please contact the office.



Community Café

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. Toasties and other lunch food available 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

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

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

U3A Prom Coast University of the Third Age tel: 0427 862 342

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.