



Manna Gum Community House

TERM TWO PROGRAM

22 April – 4 July 2025

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



Manna Gum's Learn Local programs for technology support and employment skills are returning soon.

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 21 May, 18 June

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

2, 9, 16, 23, 30 May & 6 June

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 13 & 20 June

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.

Returning Term 3

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. Snacks, drinks and a meal provided. Art, music, craft and local projects. Young people can take part if they choose. All activities are youth-led.

Mondays 3.30pm-6pm during school term

Cost: FREE

Supported by Toora & Foster Community Bank



Mending Cafe

Join us at Manna Gum for an evening Mending Cafe - casual and fun sessions, regular mending with instruction when necessary, and special guests. Come to meet friends or bring a friend with you.

Second Wednesday of the month, 7pm

Cost: Free



Accredited

HLTAID010-Provide basic emergency life support

If roads were cut and emergency services delayed, would you know what to do if someone was in need urgent medical assistance?

This unit describes the skills and knowledge required to recognise and respond to life-threatening emergencies in line with the Australian Resuscitation Council (ARC) Guidelines. This unit applies to all workers who may be required to provide an emergency response in a range of situations, including community and workplace settings.

Provided by South Gippsland Shire Council as part of their community training calendar.

Healthguard First Aid Training Services RTO #21156

Saturday 3 May, 2pm-5pm

FREE—bookings via South Gippsland Shire Council.

https://www.southgippsland.vic.gov.au/homepage/532/community_training



*Level 2 First Aid returns Term 3

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 weekly French conversation group. Suitable for people with some prior knowledge.

Tutor: Noelle Bonnin

Wednesdays—except Community Lunch days, 1.30—2.30 pm

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.

Facilitator: Beth Arnold

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

CHAIR YOGA

An accessible yoga class to suit all individuals regardless of age or physical ability. Chair yoga is a gentle form of yoga where the chair is used as a prop to perform yoga poses while seated or with support from the chair.

Fridays 10am from 14 February

Contact Nat—tel 0400 512 364

MEDITATION Soil to Stars

Sarah Atkinson is an experienced Yoga Teacher having taught at the Miyoga Club and studies Tibetan Buddhism, yoga and meditation at the Nyingma Institute (Berkeley CA). She is currently completing her teacher training at the Australian Centre for Meditation and Mindfulness.

4 x Thursdays

May 15—June 5, 5.30-6.30pm

Cost: FREE

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 31 May 10am-1.30pm

Cost \$50 / \$40 concession

BASIC IPHONE PHOTOGRAPHY

Nat is hosting "beginner" workshops where she'll share her passion and expertise using something available to most: an iPhone. Perfect for budding photographers, these hands-on sessions will dive into the world of photography, showing you how to capture stunning shots with just your iPhone. Whether you're a total newbie or simply looking to broaden your understanding of what your iPhone can do, these workshops will ignite your creativity and kickstart your very own photography journey.

Tutor: Natalie Van Aken

Saturday 17 May, 11am-12pm

Cost: \$25

PET PORTRAITS

Join us for a creative adventure as we explore drawing your beloved pets across two exciting sessions! In our first session, we'll dive into drawing techniques, experiment with different materials, and discover the charm of capturing animal subjects. Bring along photos of your furry friends as we plan and select which ones we'll bring to life in our second session.

Tutor: Constance Barker

2 x Saturdays

14 & 28 June, 10.30am—3pm

Cost: \$70



Upcoming events

Victorian

Law Week

19 - 25 May 2025

WILLS, POWER OF ATTORNEY & DISASTER PREPAREDNESS

Supported by the Family Law Pathways Information Kiosk

Lawyers from Gippsland Community Legal Service will present legal information sessions regarding Wills, POA and disaster preparation, with the Family Law Pathways information kiosk providing essential information for separating couples and families across the Gippsland Region, the kiosk also offers information about intersecting support services to guide you through your options and help connect you to the right resources.

Tuesday 20 May 11am—2pm

OP-SHOP TOUR

Join us on a fun and bargain-filled tour to explore the op shops in Wonthaggi and Leongatha on the Venus Bay Community Centre's e-bus 'Sunny'. We will stop halfway to share a community lunch at Venus Bay Community Centre. Lunch included in the cost

Departs 9.30am, Wednesday 28th May, \$25 per person



Support and information

HELP WITH 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.



CONNECTING WITH MY AGED CARE

A free 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 (or over 50 for Aboriginal or Torres Strait Islanders) as well as families and carers.

Tuesdays 11am

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.



neighbourhood
HOUSE WEEK 12 - 18
MAY '25

