



Manna Gum Community House

TERM ONE PROGRAM

28 Jan – 4 Apr 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 in terms 2, 3 and 4.

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 19 Feb, 19 March

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

14,21,28,February 7,14,21 March

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 28 March 4 April

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 16 March

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



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



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

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 15 March

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 Wednesday of the month,
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

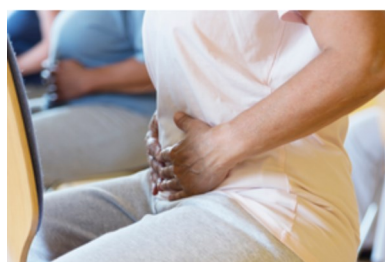
CHAIR YOGA

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.

Benefits of chair yoga include improving strength, flexibility and balance. It can improve sleep, reduce stress and improve our overall well-being.

Fridays 10am from 14 February

Contact Nat tel 0400 512 364



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

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 29 March

Cost: \$25

TAKING EXPRESSIONS OF INTEREST

On-location photoshoot with Nat

Nat will take a small group on-location for a photoshoot at one of South Gippsland's scenic spots. Weather depending, you may find yourself at Wilson's Prom or another of the region's beautiful beaches. Bring along your tool of choice (Camera, Tripod etc.), but a smartphone is a minimum to get the most from this experience. A moderate level of fitness is required.

ROCK PAINTING

Join the Manna Garden group for a fun and informal session painting rocks using acrylic paints. Learn how to look after your rocks by sealing them and find out how creative you can be!

Tutor: Janne McPhie

Monday 17 March 10am-12pm

Cost: Gold coin donation

Venue Hire



Looking for somewhere to host your next special event?
We have spaces available for hire at affordable rates. Our backyard has a brand new commercial BBQ available for use and with the outdoor space it is perfect for children's parties.
We offer a discount for not-for-profit and community groups and all profits go back into our organisation to maintain and improve our community services. See our website for more details.

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.



Gippsland Community Legal Service

Monday 17 March

10am-3pm

Private sessions with a lawyer are available to discuss common legal issues. Topics include fines, family violence, renting, mental health and more.

Free—booking required

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.