



Manna Gum Community House

TERM FOUR PROGRAM

2 Oct—20 Dec 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, 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.

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

Services Australia Agency: Tues 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). 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, or to support hearing impaired clients for our classes or 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—Term 4

Thursdays 10am-2pm

5 October—30 November

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 9am–10.30am at Manna Gum

Tuesdays 12pm-1.30pm at Toora Library

Cost: \$20 / FREE concession*

TECHNOLOGY CLUB

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

Wednesdays 1pm-3pm during school term

Cost: FREE

BUILD A BASIC WEBSITE

Wix is an easy tool to use to create a simple website for free. This Learn Local short course will include support to create a website from scratch and include tips on design and marketing. Ideal for sole traders, micro-businesses and community groups.

Tutor: Elizabeth Collins

2 x Sundays

29 October & 5 Nov, 10am-1pm

Cost: \$20 / FREE concession*

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

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 11 November

8.30am-11.30am CPR only

8.30am-3pm full course

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



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 18 October, 15 November

Christmas lunch 20 December

12pm—2pm

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.

Term 4 date to be confirmed

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

Gardening

COMPOSTING WORKSHOP

This hands-on workshop includes information about which types of composting suit different environments, with a focus on hot composting. There will also be an opportunity to talk about trouble shooting. Please bring gloves, all materials are supplied.

Tutor: Carolyn Rowson

Saturday 21 October, 1pm—3pm

Cost: \$20 / \$10 concession

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



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 4 October

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

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 and Latrobe Health Services

Cost: FREE

COOKING AND CLAY WORKSHOP



Two workshops for children aged 6-12 years: a 'make your own animal' clay workshop and a cooking workshop. Lunch is included and the event is free. *"This Children's Week activity is presented by Manna Gum Community House Inc in partnership with the Victorian Government"*.

Saturday 28th October

10am-1pm *Bookings essential

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 2 December 10am-3pm

Cost \$60 / \$50 concession

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

YOGA

Hatha Yoga with Rachel Sands. Classes are suitable for any level of experience. New 5-week block starting 5th October.

Thursdays 5.15pm-6.30pm

Contact Rachel 0428 873 192

Fun & Games

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 25 October, 29 November

COST: Free

MOVIE NIGHT

A monthly movie night fundraiser on the last Friday of the month. Contact the office to join our movie night mailing list and stay updated on the program.

Friday 27 October, 24 November 7pm

Cost: FREE, food available by donation



Support and information



Coffee with the Gippsland Community Legal Service

**Tuesday 28 November
10am-3pm**

Join us at our Community Lounge to discuss common legal issues in this non-judgemental and engaging session. Topics include fines, family violence, renting, mental health and more. Private sessions with a lawyer are available. Free—booking

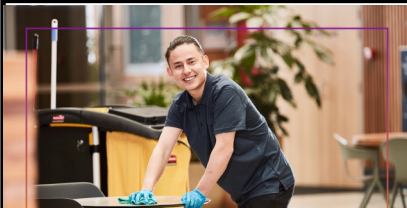


Christmas Hamper Drive



Manna Gum Community House provides Emergency Relief to people who are doing it tough in the Corner Inlet district. We support families and individuals with food and gift hampers at Christmas time. Donations gratefully received through the online GiveNow campaign, or at the office.

www.givenow.com.au/cornerinletchristmasappeal2023



Sick and carer's pay for casual and contract workers.

Don't wait until you're sick.
We can help you sign up today.
vic.gov.au/sickpayguarantee



Partnering with



Manna Gum is an official community outreach provider for the **Victorian Sick Pay Guarantee**.

Speak to us if you need a hand to sign up or make a claim.



Hearing Australia

Health Hearing Check Day

Tuesday 17 October 10am-1pm

Free—booking required

For anyone over the age of 18

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. Toasties available Mondays.

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

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

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.