

Term Four Program

6 October - 19th December



Hours & Services

Our Office

33 Station Road, Foster VIC 3960
(PO Box 176)

Phone 5682 1101

Email office@mgch.org.au

Office Hours - Monday to Friday 10am - 3pm

Services

Services Australia Agency helping connect digitally to Medicare, Centrelink and other Government Services.

Monday to Friday 10am - 3pm

Foodbank Frozen meals, bedding, and essential household items during office hours

Other Services

Internet & Computer Access by Appointment
A3 & A4 Printing, laminating, photocopying & scanning available during office hours

Local jobs board updated weekly

Free Wi Fi available anytime

Hearing loop available for loan

Book exchange

For more information on these services as well as local learning courses visit our website

Manna Gum Community House is a not-for-profit organisation governed by a community-based Board 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.

Community House User Groups

Stockyard Creek Quilters Group

Monday 10am-3pm

Contact Anne Lustgraaf, Phone 0428 851404

Alcoholics Anonymous

Phone 0408 122 222 or visit www.aa.org.au

Violin tuition

Contact Claudene-Marie Adams, Phone 0481 302 925

U3A Prom Coast University of the Third Age

Phone 0427 862 342

Chair Yoga

Friday 10am-11am Contact Nat, Phone 0400 512 364

Manna Garden Group

Monday 10am-12pm. New Members Welcome

Contact Juneen Schulz, Phone 0427 809 509

You can book online!

Scan the QR code for all of our activities and programs through Social Planet



For more information visit mannagumcommunityhouse.org.au

Classes, Skill Building & Community

Learn Local

Introduction to Permaculture

Saturday 22 & 29 November
8.45am - 5.00pm
Cost: \$60 / \$50 concession

Whether you are a complete beginner, wish to refresh your knowledge or just want to work out if Permaculture is for you, this weekend course will send you home with a head full of new ideas for your own plot.

Course fee includes hands-on workshops on hot composting techniques, no-dig gardening, seed saving and a garden design component. Lunch is also included. The course is held at Fish Creek.

Tutor: Penelope Swales (Piggery Road Permaculture)

Food

Community Lunch

Supported by St Vincent de Paul
Third Wednesday of the month,
12pm–1.30pm

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.

Community Café

Monday & Tuesday
10am–2pm

Enjoy a hot drink and a complimentary homemade sweet treat. Browse locally-made preserves and crafts for sale. Relax in our spacious, child-friendly backyard with outdoor seating, a cubby, and sandpit. Dogs on leads are welcome. Enjoy toasties and various hot meals available by donation.

All donations through the Community Café help fund Manna Gum's community programs.

Wellbeing

Tai Chi for Health

Tuesdays at 11am - Sandy Point Hall

Tai Chi is a gentle way to improve your strength and stability, being mindful of your movement, breathing, posture and falls prevention.

Contact Joyce—tel 5684 1006

Death Café

Thursday 16 October
10am-12pm
Cost: FREE

Join us for an open, safe and supportive conversation around death and dying.

Tea, coffee and biscuits will be provided. Bring a plate to share, if you like

Contact Cheryl Opie—tel 0428 820 100

Meditation - Soil to Stars

Thursdays 5.30-6.30pm during school term
Cost: \$5 members / \$10 casual

Combining gentle movement with guided meditation, Soil to Stars Meditation is a space to carve out a moment of well being for your Self and cultivate awareness practices for deep inner connection.

Facilitator: Sarah Atkinson

Makers Circle - Soil to Stars

Thursdays 6.30pm during school term
Cost: \$5 members / \$10 casual

Come and enjoy the creative power of group energy with the Soil to Stars Makers Circle, an evening to bring along your own art or craft project or be guided in the basics of a new creative adventure. The circle opens with a basic relaxation session.

Facilitator: Sarah Atkinson

Youth

Our Place

Youth space for ages 11+
Mondays 3.30pm-6pm during school term. Cost: FREE

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.

Supported by GippsSport, South Gippsland Shire Council, Qube & Marinus Link



Language

English as second language

8 x 2 hour sessions
Cost: FREE *

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.

French Conversation

Wednesdays—except Community Lunch days, 1.30–2.30 pm
Cost: Gold coin donation
Tutor: Noelle Bonnin

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

Accredited

Perform CPR and Apply First Aid (Level 2)

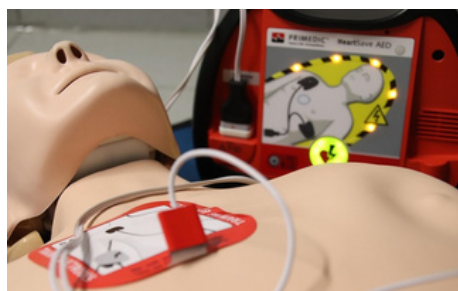
Sunday 9 November
8.30am - 11.30am CPR only

8.30am - 3.00pm Full Course
Cost: CPR \$70, First Aid L2 \$140

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



Families

Foster Playgroup

Wednesdays 10am-12pm
During school term

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.



Supported Playgroup

Thursdays 1.30pm-3.30pm during school term.

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.

Contact Michelle 0497 926 100
Provided by South Gippsland Shire Council



I Play Here!

Children's Week Workshop

Wednesday 22 October, 10am
Cost: Free

I Play Here offers children a unique, free opportunity to engage with the physical world through creative, hands-on experiences. Sessions take place both within the grounds of Manna Gum Community House and neighbouring Manna Community Garden.

Local artist and facilitator Beth Arnold will provide a "kit" of creative activities for open-ended, sensory exploration. Children can look forward to making "smell jars" using garden scents and building with local clay. All activities are directly inspired by the immediate environment, offering an embodied way for children to connect with their local place.

This Children's Week event is presented by Manna Gum Community House in partnership with the Victorian Government

The Hub

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

Cost: FREE

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

Supported by the MacKenzie Family Foundation



Creative Arts

Basic Sewing

Taking expressions of interest

A workshop for people who are new to sewing. Learn how to use a pattern, how to put fabrics together and about functions of the sewing machine including tension and stitch adjustments.

Please contact the office to express interest

Tutor: Joyce Wright

Mending Cafe

Second Wednesday of the month, 7pm,
Cost: FREE

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.

Life Drawing

Saturday 8 November, 10am-1.30pm

Cost \$50 / \$40 concession

Life model session with a facilitator. Suitable for beginners or experienced artists. Some materials supplied. BYO easel or use one of ours.

Facilitator: Kim McDonald



Walk Against Family Violence

Wednesday 3 December

11am - South Gippsland Hospital

Together with Manna Gum, South Gippsland Hospital, local schools, community organisations and businesses, show solidarity and raise awareness during the 16 Days of Activism to end violence against women.

The Walk Against Family Violence supports communities where everyone is safe, equal and respected.

How to book

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

You can book online! Scan the QR code for all of our activities and programs through Social Planet



Upcoming Events



Carers Week Information Session

Wednesday 9 October from 1pm

Are you caring for a family member or a friend? Join Latrobe Community Health Service for a FREE information session about Carer Programs at Manna Gum Community House. Iris Gaillard, Carer Events Support Coordinator for Bass & South Gippsland will present the support available for unpaid carers and answer all your questions in a relaxed atmosphere.



Halloween Spooktacular

Friday 31 October, 4pm-7pm

Free entry

Come along and have fun at our family-friendly community event! Enjoy live music with The Stony Six, a sausage sizzle, and free entry for everyone. There will be spooky stories, face painting, art installations, and fortune tellers to entertain kids and adults alike. Supported by South Gippsland Shire Council.

Support & 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

Tuesdays 11am

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.

