

Term Three Program

13 July – 18 September 2026



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

Food Pantry 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

Manna Gum 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

Meditation - Soil to Stars

Thursday 5.30pm-6.30pm,
Sarah Atkinson, Phone 0431 833 648

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

Technology

Tech Club

Wednesdays 1pm–3pm during school term, Manna Gum Community Lounge
Cost: FREE

A free, casual drop-in session to answer any questions about technology for phones, tablets and computers. We can help and provide some guidance on common topics like internet safety, social media, email, apps and settings and more.

Tutor: Becca Brockett

Cooking

Sourdough Basics with Kate Smiley

Saturday 1 August, 11am–2pm
Cost: \$15

Learn the basics of sourdough through a hands-on demonstration and leave with confidence, and your very own sourdough starter to take home. Together we'll prepare and share a meal, making this a warm and social time for anyone keen to begin their sourdough journey.



Fermenting Group at Manna Gum

Last Sunday of the month, 11am–1pm
Love fermentation, or curious to learn? Join our new fermenting group to meet fellow ferment enthusiasts, swap skills and share a light lunch made from seasonal garden veg. Come along, learn something new, or share what you know. Last Sunday of the month, 11am–1pm. All welcome!

Accredited

Perform CPR and Apply First Aid (Level 2)

Saturday 8 August
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

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 0402 663 055

Death Cafe

Friday 14 August
10.30am–12.30pm
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

Microsoft Excel

Build your confidence using Microsoft Excel in this practical, hands-on short course. Learn how to create spreadsheets, use formulas, organise data and create charts, with skills you can use at home, in volunteer roles or at work.

Suitable for beginners and those wanting to refresh or build on existing skills. Course will be 4 – 6 weeks.
Call the office to register an Expression Of Interest 5682 1101

Tutor: Becca Brockett

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 Cafe

Monday, Tuesday & Thursday
10am–1pm

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 Cafe help fund Manna Gum's community programs.

Carer Catch Up - Foster

Second Tuesday of the month
11am–1pm

Cost: Free event for unpaid carers only
Morning tea provided.

Are you caring for a family member or a friend? Join our Carer Catch Up at Manna Gum Community House.

Our Carer Catch Up group will provide a safe space for carers to come together monthly, where you can talk about your caring role, or just catch up with like-minded people.

New carers are always welcome, so if you know other people caring for a loved one, you are welcome to bring them along. Free event for unpaid carers only. Morning tea provided.

Please note: No session in August. In July, we will welcome Mental Health Nurse Jeannette Glennen about Mental Health Crisis Management.

RSVP for catering: 1800 242 696 (press 5, ask for Iris in Carer Programs) or Email: Iris.Gaillard@lchs.com.au or Text: 0400 107 541

La Trobe Community Health Service

Families

Foster Playgroup

Wednesdays 10am–12pm
During school term. Cost: FREE

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.

The Hub

Mondays 9.30am–11.30am during school term at Toora Primary School Gymnasium. 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
Contact beth.programs@mgch.org.au
Supported by the MacKenzie Family Foundation

Youth

Our Place

Youth space for ages 12+
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.

To register and for more information contact ourplace@mgch.org.au

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



Creative Arts

Eco Dyeing with Debra Farley

Friday 4 September / 12pm–2.45pm
Cost: \$20 / \$17 concession

Eco dyeing and printing uses natural materials — plants, sticks, rust, rope — to create patterns on fabric. Materials are wrapped into a bundle, sometimes pre-dyed using natural dyes, then steamed for an hour. Once unwrapped, a beautifully printed piece of fabric emerges. Across the session, you'll explore the process, including fabric preparation. Bring your own found materials and cotton fabric (op shops are great for this!) Max 10 participants, ages 16+.

Wet Felting a Scarf with Heather Scott

Saturday 15 August 12.30pm–4.30pm
Cost: \$45 / \$40 concession

Warm up this winter by learning the art of wet felting. Heather will lead participants through making their own wet felted scarf, a wonderful hands-on introduction to the felting process.



Introduction to Studio Portrait Photography with Tim Marchinton

Saturday 22 August / 12.30pm–4.30pm
Cost: \$15
Participants: up to 6, minimum age 16

Join Tim for a fun, hands-on session in studio photography. You'll learn the basics of working in a photographic studio environment, including lighting techniques, backdrops and props, while capturing images that reflect the unique personality of the model. All equipment is supplied, and participants will be emailed copies of their photos at the conclusion of the shoot and will receive printed references and suggestions as to how they can set up their own mini studio. Tim has over 35 years of experience photographing wildlife, landscape and portraits.

Block Printing with Rosie Lyons @ Manna Gum

Wednesday 12 August & Wednesday 9 September / 12.30pm–2.30pm
Cost: \$35 / \$30 concession, per session. You're welcome to book one session or both.

Rosie Lyons will guide you through the art of block printing onto fabric. Bring your own t-shirt, scarf or table runner and watch it transform! A beautiful and creative session suitable for all.

Drawing from the Garden

Sunday 9 August, 10am–1.30pm
Cost \$30 / \$25 concession

Join artist Kim McDonald to explore different ways of observing and drawing in the garden environment. Immerse yourself in the Manna Community Garden (outside when weather permits) and respond visually in this relaxed, accessible workshop. Participants will experiment with ink and DIY brushes, exploring different mark making. BYO sketchbook and drawing materials, some supplied.

Facilitator: Kim McDonald



Learn Local

Introduction to Permaculture

Saturday 7 & 14 November
8.45am–5.00pm
Cost: \$60 / \$50 concession, includes lunch

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. Includes hands-on workshops on hot composting techniques, no-dig gardening, seed saving, and a garden design component.

Tutor: Penelope Swales (Piggery Road Permaculture) Held at Fish Creek Hall and Buckley Park Community Farm

Language

French Conversation

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

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

English as second language

Cost: FREE

New to Australia? Want to improve your English? For people with English as their second language
Do you need assistance in improving your skills in reading, writing, speaking, listening.

Manna Gum Community House can assist you in improving your English skills. Please ring the office, 5682 1101 to organise suitable dates and times.

Have Questions About FOGO and Waste Service Changes?

Council's Waste Education Officer will be available at Manna Community House on Thursday 30 July, between 10:00am and 1:00pm to answer your questions – no appointment required, just drop by.

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



Garden

Repair Club with Trevor Wheeler

Saturday 29 August, 10am—12pm
at Buckley Park Community Farm
Cost: \$20 Concession/Members
Manna Gum & Buckley Park, \$25 Non members

A hands-on workshop around the lifespan of tools. Build on your tools experience and skills. BYO ear protection and safety glasses, if you have them. Stay tuned for more information. **Tutor: Trevor Wheeler**

Citrus Pruning Workshop with Donna Robinson

Saturday 12 September, 11am—1pm
Cost: \$25 Concession/Members Manna Gum & Buckley Park, \$35 Non members

Get hands-on and learn the essentials of citrus pruning with experienced professional gardener Donna Robinson. You'll learn essential pruning tools and techniques. Please bring your own secateurs, notepad and pen.
Tutor: Donna Robinson



Paper Cranes Over Foster

Paper Cranes Over Foster is an ongoing community art project centred around community folding sessions; a collective gesture of peace, hope, and connection in uncertain times. Come together to fold paper cranes from recycled materials including old magazines and coloured squares. It will accumulate into a final installation.

Would you like to host your own session at your school, work, or community?
Contact Beth at programs@mgch.org.au

First 72 Hours Community Workshops

Storms, power outages, floods and fires can disrupt daily life quickly.

Join this practical community workshop with South Gippsland Shire Council to learn simple steps to help you and your household prepare for the first 72 hours after an emergency.

At this session you will:

- Create a simple emergency plan
- Find out what supplies you may need at home
- Learn where to get emergency information and support
- Connect with local people and services

Everyone is welcome to attend and refreshments will be provided.
Manna Gum Community House, Wednesday 29 July 10.30am ,
Morning tea. Book: <https://form.jotform.com/261390830958061>

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.

