



Manna Gum Community House

TERM ONE PROGRAM

29 Jan– 28 March 2024

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 Friday from 10.00am—3.00pm.

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. New registrations 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.



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

Thursdays 10am-2pm

Returning Term 2

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

new day

Wednesdays 10am-11.30am at Toora Library

Cost: \$20 / FREE concession*

TECHNOLOGY CLUB

A casual drop-in session to troubleshoot technology questions.

Bring your own device or borrow one of ours. Suitable for laptops, phones or tablets.

Tutor: Tim Beacham

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

Returning Term 2

2 x Sundays 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 2 March

8.30am-11.30am CPR only

8.30am-3pm full course

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

Food

PASSATA MAKING DAY

We are taking **Expressions of Interest** for a passata making day in partnership with Manna Community Garden. Dates to be confirmed, please contact the office.

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 February, 20 March

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.

Sunday 24 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. 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

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 28 February, 27 March

COST: Free

Please call our office for detailed information about our courses. Bookings are required for most 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 31 January

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

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

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.

7pm Wednesday 14 February and then the first Wednesday of the month.

Cost: Gold coin donation

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 16 March 10am-1.30pm

Cost \$50 / \$40 concession

BEADING

Using seed beads you will learn how to make a daisy chain to create earrings or a bracelet.

This guided workshop is suitable for beginners, all materials are provided.

Tutor: Sally Cowan

Saturday 23 March 10am-1pm

Cost: \$20

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 starting 6 February

Contact Joyce tel 5684 1006

YOGA

Hatha Yoga with Rachel Sands. Classes are suitable for any level of experience.

Thursdays 5.15pm-6.30pm

Contact Rachel 0428 873 192

NIA

Inspired by the martial arts, dance arts & healing arts, Nia is a transformational movement & lifestyle practice anchored in body-centred awareness.

Offering holistic conditioning and a connection to pleasure, Nia classes are suitable for every body; no experience necessary.

Fridays 9am-10am

Contact Marg 0488 592 725

Gardening

SEED SAVING

To save seeds is to preserve food culture. It is free and gives control over your own crops. Come and learn the simple but vital knowledge of seed saving. Bring along empty jars, plastic snap lock bags or paper bags with your enthusiasm.

Tutor: Juneen Schulz

Monday 18 March, 10am-12pm

Cost: \$5

PICKLING—SUMMER PRODUCE

Pickling and fermenting your food is a great way to "save the seasons" and save money. BYO some small jars, zucchinis and pickles.

Tutor: Juneen Schulz

Saturday 17th February, 1pm-3pm

Cost: \$20

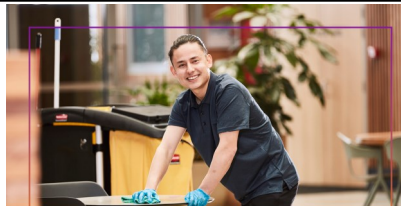
Support and information



Coffee with the Gippsland Community Legal Service

**Tuesday 12 March
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 required



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.

No Interest Loans



For school essentials you need now.
No fees. No interest. Ever.

Borrow up to \$2000. Pay back what you borrow.

Neighbourhood Houses Victoria is proud to be partnering with Good Shepherd Australia New Zealand to make No Interest Loans available to help parents and carers on low incomes get their kids back to school with new school equipment and education essentials.

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 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.

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

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

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.