

Selby Community House

Victoria's longest serving Community House

Term 2, 2020

April 14th-June 26th

What's On:

Selby Folk Club

In May Selby Folk Club is proud to present bluegrass sensation Kimberley Wheeler's Roadside Holiday. This modern Folk/Americana acoustic band plays original songs and a reworked traditional repertoire. The songs are moody, evocative, with sophisticated vocal harmonies.

This wonderful act will be followed by the sensational Tinman in June who were one of the headliners at SelbyFest 2019.

Tickets are \$15 cash at the door. Doors open at 7.30pm and music kicks off at 8pm. Supper is available for a gold coin or two.

Please note April is cancelled due to current health recommendations.



Selby Childcare Centre

Our Occasional Childcare program provides your child with a fun, social and playful outlet allowing you some well earned time to recharge, go out to attend an appointment, or just be hands free.

9.30am-1.30pm

Monday, Wednesday & Friday

Cost \$44

Try first hour parent/child transition **FREE**

Licensed with the Dept. of Education & Early Childhood Development. Financial support for this service by the Australian government under the Childcare Subsidy.

Selby Folk Club:

Selby Folk Club meets the first Friday in the month at Selby Community House.

Checkout our website:
www.selbyfolkclub.com.au

3rd April
Postponed

1st May
Kimberley Wheeler's
Roadside Holiday

5th June
Tinman

Starts 7.30pm
Tickets at door, cash only

Public Forum

Rescuing and Caring For Injured Wildlife

We've all heard about the billion animals killed by our recent fires, but what are the practicalities of saving those who survive? Join us for a slide show and discussion with Carol Seeger who has, for over 30 years, been looking after injured native animals and birds. By the end of the evening we should all have learned some invaluable practical tips for when we're confronted by an animal in need.

Wednesday 27th May at 7pm

All welcome. No need to book. Gold coin donation to cover cost of a light supper.

1 Minak Road via Charles Street,
Selby VIC 3159

T 03 9754 2039

E programming@selbyhouse.com.au

W www.selbyhouse.com.au

ABN 23 553 499 345

Opening Hours:

Mon~Thurs 9am~3pm & Fri 9am~1:30pm

To book into courses and activities please call, come in or check our website

We are closed on school and public holidays and Total Fire Ban days.



Education and Training



Pre-Accredited Training



Enhance your skills or learn new ones. These quality Short courses are designed to help reach your goals with face to face support to keep you on track. They provide pathways to Employment. Funded by Adult, Community and Further Education (ACFE) and Learn Local.



ENGLISH AS A SECOND LANGUAGE ~ With Yvonne DeLacy (20ALNESL)

This 6 week course is for non-English speakers to improve their spoken and written English. Meet with other new-comers to Australia and learn about Australian culture and society in a friendly atmosphere. Morning tea provided. Childcare available.

Wednesdays 10am-12pm 29th April-3rd June (6 weeks) Cost \$75 or \$40 Concession.

NEW



RETURNING TO EARNING (20EMPRETURN)

Explore conventional and alternative pathways for carers or those with participation barriers to return to paid employment. Focus on identifying existing skills, determining desired outcomes and build employability skills and confidence.

Thursdays 9.30am-12pm 30th April-4th June (6weeks) Cost \$75 or \$40 Concession

NEW



IPADS AND TABLETS MADE EASY! (20EMPIPADS)

For those new to or wanting to develop iPad fluency skills. Covers basic usage, Apps, emails, iTunes, cloud storage & more. Hands on experience in real life scenarios to improve communication, listening, goal setting. Designed to increase employment opportunities.

Fridays 9.30am-12pm 17th April-5th June (8 weeks) Cost \$90 or \$50 concession.



FLEXIBLE COMPUTER TRAINING (20EMPITFLEXI)

Update your computer skills or start from the beginning with tutor support. Choose from Microsoft Office– Excel, Word, Windows, Publisher, Quickbooks, Xero or MYOB.

Fridays 12.30-2.45pm 17th April-5th June (8 weeks) Cost \$90 or \$50 concession.



Creative Arts



INTRODUCTION TO BOTANICAL DRAWING & PAINTING ~ With Susie Parry

In this intensive course you will develop observational skills and learn about composition, tonal values, pencil & ink rendering and colour. Explore & develop a variety of techniques to create your own detailed botanical studies. Morning tea provided.

Tuesdays 1.30-4pm 21st April-9th June (8 weeks) Cost \$170

NEW



ADVANCED BOTANICAL DRAWING & PAINTING ~ With Susie Parry

This follow up course allows students to improve on observation skills, tonal values, pencil & ink rendering, composition, colour, water colour & gouache technique. Explore, develop and understand a variety of techniques. Prerequisite Intro to BD&P Part 1 & 2.

Tuesdays 10am-12.30pm 21st April-9th June (8 weeks) Cost \$170



AUSSIES KNITTING FOR WAR-AFFECTED KIDS & crocheters, sewers, quilters etc.

Join this craft group who use their skills to warm kids who are the victims of conflict in the Middle East. Everyone welcome, and welcome to work on their own project.

First Monday of the month. 4th May, 1st June, 6th July. 10am-12.30pm.

Gold coin Donation for tea/coffee.

NEW



VEGAN & PALM OIL FREE SOAP MAKING ~ With Sharnn Watts

Learn how simple it is to make your own handmade cold process soap in a hands-on fun class. Learn about the safety requirements, equipment and ingredients needed- all supplied. Handouts given & everyone will take home approx.5 bars of soap. BYO essential oils.

Monday 25th May 10am-12pm Cost \$70 plus \$5 materials.



Health and Wellbeing



QIGONG ~ With Kirsten, Level 3 ZiRan Instructor, 15+ years teaching, member WTQA. Come and enjoy the meditative flowing exercises that will increase lung capacity, strengthen and soothe the nervous system and improve your wellbeing. Beginners welcome. Please bring water and wear loose clothing and comfortable flat shoes.

Tuesdays 10-11am 14th April-23rd June (excl. 9/6) (10weeks) Cost \$175



HATHA YOGA ~ With Spyros Topalis

Yoga improves health, fitness & tones the whole body. Increase your vitality and quality of life while gaining strength, flexibility and emotional balance. Suits all ages.

Mondays 7-8.15pm 20th April-22nd June (excl. 8/6) (10 weeks) Cost \$150



TRAUMA RELEASE EXERCISES (TRE) ~ With Heather Evans

You will learn 6 simple & gentle exercises that will allow you to shake out tension without revisiting any trauma. Benefits include improved sleep, inner balance, & resilience.

Thursdays 1-2.15pm 28th May-18th June (4 weeks) Cost \$70 or \$56 concession



NEW

INTRODUCTION TO BUILDING BOUNDARIES FOR BALANCE ~ With Joanne Aldridge

Learn about the 7 key boundaries that we can develop to nurture our heart and soul. We will explore one to two boundaries with practical tools to help you learn about verbal boundaries or energy and mental boundaries. You will also learn a meditation to practise at home.

Thursday 20th April or Tuesday 19th May 7-9pm Cost \$25



STRETCH AND STRENGTHEN ~ With Rachelle Hayes -Massage & Thai Therapist for 23yrs. Increase your flexibility, strength and body awareness with gentle techniques. Promotes joint range of movement, coordination & decreased muscle tension. Suits all ages.

Wednesdays 10-11am 15th April-24th June (11 weeks) Cost \$165 Childcare available



Workshops



NEW

MOTHER'S DAY FLOWER BOUQUET ~ With Susan Bennett

Learn to master making a gorgeous hand-tied bouquet for your mum this Mother's Day eve. Or better yet, treat your mum to a relaxing and fun morning working with flowers and come together! Using fresh flowers from local wholesalers and traditional floristry techniques, you will be taught the steps involved in making a humble bunch of flowers look like something very special. Bring your own scissors or gardening secateurs.

Saturday 9th May 10am-12pm Cost \$65 includes materials



NEW

CHEESEMAKING AT HOME ~ Labneh, Ricotta, Camembert & Halloumi

Cheesemaking is a simple skill anyone can learn. It only takes a little knowledge to become a master and the superior handmade flavour will impress anyone. A light lunch of spanakopita and baked camembert will be provided and we will taste test ricotta and halloumi once it's freshly made. Each participant will take home three cheeses as well as recipes and your own cheese mould so you can make many more.

Saturday 23rd May 10am-1pm Cost \$120



NEW

UNDERSTANDING RESOURCE THERAPY ~ With Marcelle Yoxon -Clinical Resource

Therapist BPsySC. Resource Therapy theorises that the personality is made of different parts. In order for healthy psychological functioning it is necessary that these individual parts feel safe and have the ability of the person to function effectively and efficiently. Find out why the part that presents an issue in therapy is seldom the part that needs change.

Wednesday 20th May 1-2.30pm Gold Coin Donation



NEW

HOW TO KEEP THE CASH FLOWING ~ Facilitated by Small Business Victoria

Cash flow is the life blood of every small business. Not enough cash flow and things start to go wrong. If your spending more time juggling cash than running your business, making a profit but still struggling to pay the bills, then this essential small business workshop will ensure you are never caught short again.

Tuesday 23rd June 7-9pm Cost \$20



Children's Activities



ROCKABILBIES ~ With Kristy Lewis

Family music classes for children aged 0-5 years. Original music for little rockers. Contact Kristy Lewis for bookings on 0415 288 811 or kristy@rockabilbies.com

Mondays 9.30am or 10.30am



LET'S PLAY YOGA KIDS ~ With Brooke Pearce

Sessions are a fun and engaging way to promote children's holistic wellbeing. Through songs and games we create poses together that allow the mind and body to get creative, stretch and relax!

Fridays 12.45-1.30pm 1st May-5th June (6 weeks) Cost \$78 Age 3-5yrs

NEW



Bushfoods Garden



Seasonal Planting: Prostanthera Rotundiflora

Also known as Round Leaf Mint Bush – Native Oregano, this plant is a culinary herb with aromatic foliage. It is excellent for native bees and can be planted under eucalyptus. It flowers in Spring, and is covered in gorgeous purple blooms. Used medicinally by the Kulin people for colds and headaches, it can be found growing in the Bush Foods Garden at Selby Community House. To learn more about the wonders of indigenous plants,

contact Dance of the Plants for workshop dates:

danceoftheplants@gmail.com

www.danceoftheplants.org

To save paper & post we will soon will be discontinuing our letterbox drop! To continue to receive this newsletter by post please contact us on 9754 2039.



Services:

PLAYGROUPS ~ New Members always welcome!

We currently have vacancies in our new Playgroups. If you would like to bring your parents/carers group, please call to discuss days and times that would suit your group.

MATERNAL CHILD & HEALTH SERVICE

Local Maternal and Child Health Nurse, Ann Ferguson is available on the 2nd and 4th Tuesday of every month.

(Closed in school holidays and fire danger season).

Please call 1300 368 333 for an appointment.

VOLUNTEER OPPORTUNITY ~ Please call 9754 2039

We are currently looking for Volunteers to join our exciting new volunteers program! If you have a spare couple of hours and an interest in your community, we would love to match you up with little jobs you already have skills for and/or new skills you would like to gain.

HOUSE HIRE

Selby Community House is available for community events, meetings and functions at the discretion of the Committee of Management. With a main lounge area, fully equipped kitchen, Children's room, Computer training room, Art/multipurpose Studio and numerous outdoor areas available. Please call for details on cost and availability.

FREE Public Internet/Computer Use

Available between 9am and 3.00pm.



This brochure was printed on recycled paper

Selby Community House Inc., founded in 1975 as a community initiated focal point, is an incorporated not-for-profit association, run by a Voluntary Board of Governance and operates in a Yarra Ranges Council building co-located with the Maternal and Child Health Service. All are welcome regardless of religion or cultural preference. All feedback or suggestions about new programs is encouraged.

Committee meetings are held bi-monthly on a week night at 7.30pm. New members are always welcome and anyone interested in being involved in the management of the house should call for further information about nomination. Annual General Meeting is held in September and Annual Report is available after that date.

Privacy Policy: Selby Community House respects your rights to information privacy. Information collected and held is kept in accordance with information privacy regulations.