

Selby Community House

Victoria's longest serving Community House

Term 1, 2021

January 28th -
April 1st

What's On:

Wombalana Adventure Garden

We are currently working on an exciting project in our playground. Incorporating wild designs by international designer Stephen Mushin, the garden will be a nature play paradise with native plants, activities and a giant wombat! We will keep you up to date on its progress with the launch date set for April 2021.

Farewell to Darcy Duggan

Darcy, a dear friend of the House, passed away far too soon on October 21st. Darcy moved to the Hills with his family in the 1980's and dedicated his life to environmental education and advocating for environmental protection. Darcy's reach touched and guided many organisations- Friends of Minak Reserve, the Southern Dandenong's Landcare Group and Save the Dandenongs to name a few. He truly valued community connectedness knowing it reflected the natural world, so naturally gravitated towards Selby Community House on Minak Reserve. We will miss Darcy's incredible charisma, expertise and generosity but find comfort in the knowledge he has gone home to his special place in the bush.

Community Lunches

Come and enjoy a FREE vegetarian lunch! RSVP to programming@selbyhouse.com.au
Friday 26th March 12.30-1.30pm

ARTSPACE SELBY

Please come and enjoy the first exhibition for Artspace Selby:
Selby Community Photography Exhibition
We asked the Selby Community to present an image which offered a glimpse into their lives during the Covid-lockdown

Exhibition dates: 18 December – 18 February 2021
(open during office hours)

Public Forum

All about Wheatgrass

Perhaps the most widely-acknowledged superfood is plain old dark leafy greens, and wheatgrass juice is the ultimate means of delivering high octane chlorophyll! While the cost of growing wheatgrass for daily consumption is only around 10cents per shot, the practicalities of delivering a steady daily supply can be tricky. Join Karl Williams for a slideshow as well as a practical demonstration of the system he's devised over 30 yrs.
Wednesday 10th March at 7pm. All welcome. Gold coin donation/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.



Selby Folk Club:

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

Checkout our website:
www.selbyfolkclub.com.au

Events are currently postponed until social distancing restrictions are eased further
Please check the website for updates

<https://selbyfolkclub.com.au/>



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.



IPADS AND TABLETS FOR BEGINNERS (21DIGIPADS)

For those new to or wanting to develop iPad fluency skills. Covers basic set up and usage, Apps, emails, calendar, iTunes, cloud storage & more. Hands on experience in real life scenarios to improve communication, listening & goal setting. No experience required.

Fridays 9.30am-12pm 5th February-26th March (8 weeks) Cost \$90 / \$50 Concession



FLEXIBLE COMPUTER TRAINING (21EMPITFLEXI)

Update your computer skills or start from the beginning. This course allows you to learn at your own pace, with tutor support. Choose from Microsoft Office, Word, Excel, PowerPoint, Windows, Publisher, or software accounting Quickbooks, Xero or MYOB.

Fridays 12.30-2.45pm 5th February-26th March (8 weeks) Cost \$90 / \$50 Concession



Creative Arts



STENCIL ART WORKSHOP

Learn the fundamentals of Stencil Art with Melbourne based artist George Manioudakis.

NEW

In this 2 hour introductory workshop you will learn all the skills necessary to create a simple single or multi-layer stencil, producing an artwork on canvas you can take home and hang straight on the wall. Learn about the origins and history of stencil art, how to turn an illustration into a stencil, how to cut, what blades to use, spray can control, layering and other techniques. People of all ages are welcome and it is suitable for anyone who has never made a stencil but wants to learn.

Saturday 27th February 10am-12pm. Cost \$60 Materials included.



SINGING SESSION & CUPPA~ With Jacqui

In the tradition of the Irish Singing Session, the 'Cup o' Tae, this group will welcome you to sing a prepared song for the group in a relaxed setting. All cultures, ages, abilities, gender identities welcome. Unamplified. Please bring a water bottle.

NEW

Mondays 10am-12pm 1st February-29th March (excl. 8/3)

Cost \$10 or \$5 concession. Casual sessions.



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.

NEW

Tuesdays 1.30-4pm 2nd February-23rd March (8 weeks) Cost \$170



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 2nd February-23rd March (8 weeks) Cost \$170



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 and container to take soap home in.

Monday 15th March 1-3pm Cost \$70 plus \$5 materials.



Health and Wellbeing

- STRETCH AND STRENGTHEN** ~ With Rachelle Hayes -Massage & Thai Therapist 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 3rd February- 31st March (9 weeks) Cost \$135 Childcare avail.
- QIGONG** ~ With Kirsten McCulloch –Certified Ziran Qigong instructor, member WTQA. Come and enjoy these meditative, flowing & powerful exercises that will increase lung capacity, strengthen and soothe the nervous system and improve your overall wellbeing. Beginners welcome. Please wear flat comfy shoes and bring a water bottle.
Tuesdays 9.30-10.30am 2nd February-30th March (9 weeks) Cost \$170
- 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 1st February-29th March (excl. 8/3) (8 weeks) Cost \$120
- 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 7-8pm 11th February-4th March (4 weeks) Cost \$70 or \$56 Concession.
- YOGA WITH SHELLEY D'SYLVA** ~ Diploma in Yoga teaching
A Hatha style Yoga class that aims to restore and strengthen the body, mind and soul. Shelley completed her 350hr Yoga teacher training course at Surya Yoga & Meditation Studio.
Fridays 10-11am 5th February-26th March (8 weeks) Cost \$94 or \$15 casual
- TAI CHI (Yang Style 24 form)** ~ With Kirsten McCulloch
Align your mind, body and breath with these fun and beautiful flowing movements that benefit general health and wellbeing. "As you relax the body and let go of tension, you create spaciousness within, allowing room for light and peace to enter your being".
Beginners Welcome. Please wear flat comfy shoes and bring a water bottle. Limited spaces.
Tuesdays 11.15am-12.15pm 2nd February-30th March (9 weeks) Cost \$170



Workshops

- 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. Take home 3 cheeses, recipes & cheese mould to make many more at home.
Saturday 13th March 10am-1pm Cost \$120
- FIRST AID FOR PROFESSIONALS** ~ With Revive 2 Survive
This course covers both Level 2 First Aid & CPR and is for those with existing experience who are confident in their skills. Appropriate for health care professionals and those who update their skills regularly. This course is comprised of 2 hours onsite plus online theory assessment. Please enrol by calling Revive 2 Survive on 1300 000 112.
Tuesday 23rd February 6-8pm Cost \$130 for both Lvl 2 & CPR or \$60 CPR only
- VEGETARIAN MEXICAN FIESTA!**
Come and learn some of the basic techniques of Latin cooking with your Amigo 'hefe Glen'. Make fresh, healthy & delicious Mexican food in this fun, hands-on class. We'll start with 'make & eat' Guacamole and sip on Margaritas (spiked/virgin) whilst we learn how to make and bake Cheese Arepas, Smoky chilli bean stew and Pico di Gallo. Gluten free.
Thursday 4th March 6.30-8.30pm Cost \$39



Children's Activities

NEW

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!

Wednesdays 11.45am-12.30pm 17th February-24th March (6 weeks) Cost \$60 Age 3-5yrs

NEW

SELBY FACILITATED PLAYGROUP

Parents stay and meet other families while the children play and explore various age - appropriate activities assisted by a qualified childcare worker. Indoor and outdoor play in a beautiful setting. **Ages 0-5**

Tuesdays 9.30-11.30am 2nd February-30th March (9 weeks) Cost \$90 Siblings \$45



SELBY CHILD CARE CENTRE

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

9.30am-1.30pm Monday, Wednesday & Friday Cost \$44

8.30am-4.30pm Thursday Cost \$105

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

Please email occ@selbyhouse.com.au for enquiries and bookings.

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

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.