

Selby Community House

Term 1, 2020

Jan. 28th–April 27th

What's On:

Selby Folk Club

Currently in its 42nd year, the Selby Folk Club showcases musical talent to our community.

On the first Friday of every month Selby Community House swings open its doors and Selby Folk Club sets the stage, where musicians, both locally and from far and wide, perform to an attentive crowd capturing a sense of engagement and intimacy.

Tickets available at door (cash) and supper provided for a gold coin donation and includes mulled wine, tea, coffee and cakes.



Jenny Biddle

Alistair Fleming Photography



Gardening Australia Filming in our Bushfoods Garden

This January, ABC's Gardening Australia will be visiting Selby Community House and filming an episode featuring Sonia Murray of Dance of The Plants. Sonia is a local botanical enthusiastic, with a wealth of knowledge on indigenous plants.

Stay tuned to find out when the episode will go to air by following us on Facebook.

Repair Café—Expression of Interest

In 2020, Selby Community House would like to open a Repair Café and are currently seeking expressions of interest. If you have any skills you think would be beneficial to our community then please get in touch.

Selby Folk Club:

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

Checkout our website:
www.selbyfolkclub.com.au

7th February
Jenny Biddle

6th March
(TBC)

Starts 8pm
Tickets at door, cash only

Public Forum

Beyond The Climate Emergency

Join a climate reality leader trained by the Al Gore team, as we look past the crisis and the frustrations to discover the opportunities presented by our changing climate. The institutional solutions as well as the personal practical actions will be presented to help us transition into an era of earth stewardship.

Wednesday 4th March 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 9 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 Jan-25th Mar (9 weeks) Cost \$90 or \$50 Concession.



RETURNING TO EARNING ~ With Joanne O'Connor (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 Jan-26th Mar (9 weeks) Cost \$90 or \$50 Concession



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 31st Jan-20th Mar (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 31st Jan-20th Mar (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 4th Feb-24th Mar (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 4th Feb-24th Mar (8 weeks) Cost \$170



FREE YOUR VOICE– SINGING ~ With Clive Weeks

Do you want to learn to sing or take your singing to the next level? In these group sessions which include individual coaching, you will receive instruction on vocal technique, voice placement, repertoire selection & development, and stagecraft.

Wednesdays 7-8.30pm 12th Feb– 18th Mar (6 weeks) Cost \$70



VEGAN & PALM OIL FREE SOAP MAKING ~ With Sharnn Watts

Learn how simple it is to make your own handmade cold press 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.

Saturday 14th Mar 1-3pm Cost \$70 plus \$5 materials.



Health and Wellbeing



QIGONG– BEGINNERS WELCOME~ With Kirsten, Zi Ran Qigong Instructor
Qigong features meditative flowing exercises that align breath, mind and body to help build energy (Qi) whilst releasing Qi stagnation. Beneficial for body and mind.
Tuesdays 10am-11am 4th Feb-24th Mar (excl. 10/3) (7 weeks) Cost \$120



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 3rd Feb-23rd Mar (excl. 9/3) (7 weeks) Cost \$105



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 6th Feb-12th Mar (6 weeks) Cost \$90 or \$72 concession



NEW

YOGA ~ With Shelley Duncan– Member of Yoga Australia
An intermediate general Hatha style yoga class. Shelley has 6 years of yoga experience and has completed her 350 hour yoga teacher training course.
Fridays 10-11am 31st Jan-27th Mar (9 weeks) Cost \$160 or \$19 casual



NEW

BUILDING BOUNDARIES FOR BALANCE ~ With Joanne Aldridge
Learn how to build or strengthen your personal and professional boundaries. You'll gain tools to help you stay centred and find the ideal balance in your relationships.
Thursdays 9.30-11am 6th Feb-19th Mar (7 weeks) Cost \$147



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 29th Jan– 25th Mar (9 weeks) Cost \$135



Workshops



NEW

HOW TO GROW MUSHROOMS AT HOME ~ With Sena Goztepeli
This practical workshop will provide you with an understanding of fungi, and will take you through the knowledge required to grow your own mushrooms all year round. It includes materials, an oyster mushroom kit (valued at \$30), notes and ongoing support.
Saturday 15th Feb 10am-1pm Cost \$65



NEW

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. Please enrol by calling Revive 2 Survive on 1300 000 112 or book online at www.revive2survive.com.au
Tuesday 18th Feb 5.45-7.45pm CPR only or 5.45-9.45pm for both.
Cost \$145 for both Lvl 2 & CPR or \$55 CPR only



CLUTTER BUSTER! ~ With Kathleen Robb
This workshop will give you tools to break down the overwhelming task of decluttering into simple achievable steps. Learn mindset strategies to help when you feel stuck & ways to deal with different types of clutter. Discuss and brainstorm where you get stuck.
Saturday 15th Feb 10am-12pm Cost \$20



NEW

WEIGHTLOSS THAT WORKS~ With Kathleen Robb
This is for you if you have weight to lose but fed up of trying diets that are hard to stick to or don't work. Learn the strategies that are scientifically supported to help you lose weight healthily AND how to make these healthy new habits actually stick easily. You'll learn the mindset, mindfulness, habits and research that supports healthy weight loss.
Saturday 22nd Feb 10am-12pm 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

● **MOBILE CHILDREN'S LIBRARY**

Encourage the love of reading! Eastern Regional Libraries will be visiting Selby Community House. Enjoy story time with your little ones and books can be also be borrowed.

Mondays 10.30am



Occasional Childcare Program

4 hour session
Cost \$44

Mon, Wed & Fri
9.30am-1.30pm

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

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.



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 be 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.