

Selby Community House

Victoria's longest serving Community House

Term 4, 2020

What's On:

October 5th -
December 18th

Welcome back!

For Term 4 we warmly welcome you back, with classes and workshops back to normal, while adhering to safety measures to keep the community and staff safe.

With the second lockdown interrupting Term 3, we were eager to stay connected with our community more than ever. Our Learn Local short course students participated in a morning tea together via Zoom for Adult Learner's Week, a recipe swap was enjoyed and for children that weren't able to attend childcare, we sent surprise activity packs by post to keep them busy. Selby Childcare remained open for children of essential workers.

Exciting times are ahead at Selby Community House with our Bushfood Garden having some permanent weatherproof signs and an information board installed. Stay in the loop for ArtSpace Selby later this year, as we turn our foyer, lounge and meeting rooms into exhibition spaces for emerging artists. If you would like to be involved, either as an exhibiting artist or volunteer to help at exhibition openings, please contact our office.

Pizza Party! Celebrating Children's Week in Yarra Ranges

Drop in to enjoy some fun for the kids and socialise with other families, all while snacking on fresh Pizza from our own Pizza Oven. There will be music, dancing and games. All welcome. Limited places due to social distancing restrictions, so please RSVP to programming@selbyhouse.com.au or call 97542039 for more information.

Friday 30th October 1.30-3.30pm

Community Lunches

Come and sit by our cosy fire or out in the sun in our bush foods garden and enjoy a FREE lunch and reconnect with friends both old and new. Food will be vegetarian and delicious! Last day of the Term. Social distancing restrictions will be adhered to.

Friday 18th December 12.30-1.30pm



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.

Next up will be :

Moonshine Coalition

Grand Baxter

Tinman

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 Nikki Raine who cares for 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 25th November 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.



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.



INTRODUCTION TO INDIGENOUS GARDENING (20VOCINDIG)

This course will provide an introduction to horticultural techniques, regional conservation and residential landscape design using native plants. You will gain hands-on experience on site at Selby Community House. Pathway to further studies in horticulture and botany.

NEW

Date to be confirmed. Please register your interest (6weeks) Cost \$90 / \$50 Con.



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 21st October-25th November (6 weeks) Cost \$75 / \$40 Con.



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 9th October-27th November (8 weeks) Cost \$90 / \$50 Con.



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 9th October-27th November (8 weeks) Cost \$90 / \$50 Con.



Creative Arts



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 26th October 10am-12pm Cost \$70 plus \$5 materials.



INTRODUCTION TO BOTANICAL DRAWING & PAINTING ~ With Susie Parry

NEW

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 13th October-8th December (excl. 3/11) (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 13th October-8th December (excl. 3/11) (8 weeks) Cost \$170





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 7th October-16th December (11weeks) Cost \$165 Childcare avail.



QIGONG ~ With Kirsten, Level 3 ZiRan Instructor, 15+ years teaching, member WTQA. Come and enjoy these meditative, flowing & powerful exercises that will increase lung capacity, strengthen and soothe the nervous system and improve your wellbeing. This term will focus on Ziran level 1 form. Beginners welcome.
Tuesdays 9.30-10.30am 6th October-8th December (10 weeks) Cost \$180



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 5th October-14th December (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 15th October-5th November (4 weeks) Cost \$70 or \$56 Con.



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.
Thursdays 10-11am 8th October-10th December (10 weeks) Cost \$117 or \$15 casual

NEW



Workshops



GREEN CLEANING AT HOME- Techniques and products for a healthier cleaner home. Find out how to create a clean, healthy home by replacing harmful chemicals with effective green cleaning. In this practical online session (via Zoom) with cleaning expert Tania Struzina, you will be introduced to a cleaning system that really works. Learn about cleaning tools to save you time and how to make your own simple and safe cleaning products to save you money and reduce your environmental impact.
Friday 23rd October 7-8.15pm FREE

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. Take home 3 cheeses, recipes & cheese mould to make many more at home.
Saturday 14th November 10am-1pm Cost \$120

NEW



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 19th November 6.30-8.30pm Cost \$39

NEW





Children's Activities



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 23rd October-27th November (6 weeks) Cost \$60 Age 3-5yrs

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

* 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.