



SELBY COMMUNITY HOUSE



PROGRAMS & ACTIVITIES TERM 1, 2019



KOMBUCHA & SAUERKRAUT WORKSHOPS

With Gemma Macri

Learn the basics and benefits of fermentation by making your own kombucha and sauerkraut. These raw fermented food and drinks are nutrient rich with living cultures and beneficial to gut health. During the kombucha class you will learn about the brewing and bottling process including flavouring and make your own first brew to continue at home. During the sauerkraut class, you will learn about the dry salt method for making sauerkraut and make your own jar of sauerkraut to take home. **BYO** sterilised 750ml glass jar for each class.

Kombucha – Saturday 23rd Feb 10.00am-12.00pm

Cost \$50 plus \$10 materials (Tastings, scoby & recipe included)

Sauerkraut – Tuesday 19th March 6.00-8.00pm

Cost \$50 plus \$8 materials. (Recipe included)



PAEDIATRIC FIRST AID & CPR

With Revive2Survive

For new parents or those wanting to be updated on the latest first aid techniques, this information session will cover baby & child CPR, asthma, anaphylaxis, choking, drowning, bites & stings. This course is perfect for parents, grandparents and carers that can't attend a weekday course.

Saturday 16th March 10.00am-12.30pm Cost \$50

Selby Folk Club

Meets at Selby Community House on 1st Friday in the Month:

1st February
To Be Announced

1st March
To Be Announced

Check out our website:
www.selbyfolkclub.com.au

Selby Community House Inc.
9.00am to 3.00pm
Mon to Thur
9.00am to 1.30pm Fri
during school term &
closed public holidays.
ABN: 23 553 499 345
Inc: A0036043B

To book into courses and activities call us or call in. Payment terms: cash, EFT or credit card. Come visit or see us online:

Public Forum:

STREET ART vs. GRAFFITI

The evening will start with a slideshow of powerful street art taken from recent travels in the Middle East. But here's the point - wherever we found such amazing art with profound social and political meaning, we found not one scratch on bus or shop windows and no tagging nor vandalism of any kind. Mere coincidence? Why does Melbourne seem to be afflicted with senseless tagging? This will be a wide-ranging forum that wants to hear all manner of suggestions as to how to get to the root cause of the aimlessness of too many of our youth.



Wednesday 13th March at 7pm

Gold coin donation to cover cost of a light supper.

All warmly welcome. No need to book.

WE ARE CLOSED ON DAYS OF TOTAL FIRE BAN & HIGH RISK

www.selbyhouse.com.au

Also follow us on  



Find us next to Minak Reserve
1 Minak Rd via Charles St
Selby VIC 3159 - Mel 75 K10
P 9754 2039 F 9754 8822
E selby@selbyhouse.com.au

IT'S EASIER THAN YOU THINK!

Adult, Community and Further Education (ACFE)

Reach your goals with face to face support to keep you on track at your learning pace. Quality Pre-Accredited courses displaying the Learn Local Logo are designed as further learning and employment pathways. All fees cover tuition, amenities & membership and will be refunded if courses are cancelled prior to commencement. **Certificate on completion.**



COMPUTER TRAINING For Individuals and Small Business Support

IPADS / TABLETS (19EMPIPADS)

This course is for those new to or wanting to develop iPad fluency skills and gain knowledge to use the fundamental aspects of iPad / Tablet. Covers basic usage, apps, email, iTunes, cloud storage & more. No experience required.

Fridays 9.30am-12.00pm 8th Feb-29th Mar (8 weeks)
Cost \$50 (con) or full fee \$90 Childcare avail.



FLEXIBLE COMPUTER TRAINING

(19EMPITFLEXI)

Update your computer skills or start from the beginning, this course allows you to learn at your own pace with Chris' assistance.

Choose from any Microsoft Office, Windows, Quickbooks, Xero or MYOB applications. Manual: \$45

Fridays 12.30pm-2.45pm 8th Feb-29th Mar (8 weeks)
Cost \$50 (con) or full fee \$90



SOCIAL MEDIA—SAVVY Business pages (19EMPSOC)

Starting or own a small business and wanting to grow your social media presence to help market your business? Learn how to set-up a business and Facebook page to advertise. Create electronic flyers, newsletters, access online financial systems and blogs that extend your business and marketing knowledge.

Thursdays 9.15-11.30am 7th Feb-28th Mar (8 weeks)
Cost \$50 (con) or full fee \$100



JOB READY (19EMPJOB)

This course offers valuable employability and development skills incl. Resume writing, Job opportunities, Cover letters and Interview skills and much more to build your job portfolio and prospects.

Cost \$20 (con) or \$50 full fee

Please call to register your interest for this course



SHORT COURSES— COMMUNITY HOUSES

WORKING TOGETHER

At Olinda Community House Call 9751-1264

FLEXIBLE COMPUTER TRAINING (19EMPITFLEXI)

Update your computer skills or start from the beginning, this course allows you to learn at your own pace with Chris' assistance. Choose from any Microsoft Office, Windows, Quickbooks, Xero or MYOB applications.

Tuesdays 1.30pm-3.45pm 12th Feb-2nd Apr
Cost \$50 (con) or full fee \$90



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This course is for those new to or wanting to develop iPad fluency skills and gain knowledge to use the fundamental aspects of iPad / Tablet. Covers basic usage, apps, email, iTunes, cloud storage & more. No experience required

Wednesdays 1.30pm-3.15pm

13th Feb-3rd Apr (8 weeks)

Cost \$50 (con) or full fee \$90



CREATIVE ARTS

EXPERIMENTAL DRAWING PAINTING & PRINTMAKING

With Lee Goller

(Experienced teacher . BA & MA Fine Art)

Learn about the compositional skills of line, tone, colour & shape to develop your own unique designs and translate this into collage, lino and mono prints. (without press) Basic materials supplied. Byo A3 sketch book, extra paints, brushes or drawing and collage materials.

Mondays 10.00am-12.30pm

11th Feb-18th Mar (6 weeks) Cost \$108



CROCHET CLASS

This exciting class is for beginner and experienced crocheters. Learn how to crochet basic stitches and follow patterns. Using exotic, plain and textured yarns and a rainbow of colours you can create anything you desire.

Wednesdays 10.00am-12.00pm

6th Feb-27th Mar (8 weeks) Cost \$120

Childcare available.



ADVANCED BOTANICAL DRAWING & PAINTING

With Susie Parry

This course is a follow up to the Beginners Botanical Drawing and Painting course where students will improve on observation skills tonal values, pencil and ink rendering, composition, colour, watercolour and gouache technique. Explore, develop and understand a variety of techniques to create your own detailed studies.

Prerequisite Intro to BD&P Part 1 & 2.

Tuesdays 10.00-12.30pm

12th Feb-2nd Apr (8 weeks) Cost \$170



FREE YOUR VOICE-SINGING CLASSES

With Clive Weeks

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

Wednesdays 7.00-8.30pm

13th Feb-3rd Apr (8 weeks) Cost \$90



VEGAN & PALM OIL FREE SOAP MAKING

With Sharrn Watts

Learn how simple it is to make your own handmade vegan and palm oil free cold process soap in a hands-on fun class. Learn about all the safety requirements of making soap and the equipment and ingredients needed – all supplied for the day. Handouts will be given to each student and everyone will take home 500ml (approx 5 bars soap) that we make on the day. BYO essential oils.

Saturday 16th March 1pm-3pm.

Cost \$65 + \$5 material fee paid on the day.



**HAVE YOU CONSIDERED USING YOUR
COMMUNITY HOUSE FOR YOUR NEXT
CELEBRATION, COURSE OR MEETING?**



MON	TUE	WED	THU	FRI
7.00-8.30PM PRESENT AWARENESS CIRCLE	9.15-10.15AM QI GONG	10.00-11.00AM STRETCH & STRENGTHEN	7.00-8.15PM HATHA YOGA	
7.00-8.15PM HATHA YOGA	10.45-12.00PM YANG STYLE TAI-CHI			



HEALTH AND WELLBEING

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 balance physically, mentally & emotionally. Suits all ages, beginner or experienced.

Mondays 7.00-8.15pm 4th Feb-1st Apr (excl. 11/3)(8 weeks) Cost \$120
Thursdays 7.00-8.15pm 7th Feb-4th Apr (9 weeks) Cost \$135



QIGONG CLASS

With Kirsten (15+ yrs teaching)

Dip. Shiatsu & Oriental Therapies, certified Qigong instructor.

Qigong features meditative flowing exercises that align breath, mind, and body to help to build energy (Qi) whilst releasing chi stagnation throughout the body. Benefits include- increased lung capacity, calming of the nervous system, healthier digestion & toxin elimination, ease of muscular pain. Please bring water & wear loose clothing and flat comfy shoes.

Tuesdays 9.15-10.15am 5th Feb-2nd Apr (9 weeks) Cost \$140

YANG STYLE 24 FORM TAI-CHI CLASS

With Kirsten

Tai-Chi is a graceful and mindful Chinese martial art exercise that has many health benefits, including improving coordination and balance, lowering blood pressure, reducing anxiety and improving general well being. (experience in qigong or tai-chi required, places limited). Please bring water & wear loose comfy clothing and flat shoes.

Tuesdays 10.45am-12.00pm 5th Feb-2nd Apr (9 weeks) Cost \$150

STRETCH & STRENGTHEN

With Rachelle Hayes

(Massage and Thai therapist for 18 yrs)

Increase your flexibility, strength and body awareness with gentle stretching and strengthening techniques. This class is for all ages and promotes joint range of movement, co-ordination and decreased muscle tension.

A wonderful way to start any day.

Wednesdays 10.00-11.00am 6th Feb-3rd Apr (9 weeks)
Cost \$135 Childcare available.



PRESENT AWARENESS CIRCLE

With Dom Condello

Based on Eckhart Tolle's teachings, we will come together to explore and experience our growing ability to be consciously present and aware in every moment. This growing awareness will help you in your relationships daily life as you understand and accept every moment and yourself more deeply.

Mondays 7-8.30pm Cost \$15 Casual (please bring exact money)
18th, 25th Feb, 4th, 18th, 25th Mar (5 weeks)



SPECIAL INTEREST WORKSHOPS

CELLULAR & CORE TRANSFORMATION INTRODUCTION

With Mark Elliott

An Invitation to heal your past, open up your world, explore who you are and what you are here to do. Are you ready to heal the wounds that are disabling you, to remove the obstacles and chains that prevent your liberation?

Come to this introduction where you can leave it all behind and immerse yourself in a process of discovery and renewal which involves body, mind, emotion and spirit. Since 2009 Mark trained in Core Transformation and Cellular healing which is of a pre Celtic tradition taught by Irish mystic teacher Ger Lyons.

Tuesday 5th Mar 7.00-10.00pm Cost \$35



CELLULAR & CORE TRANSFORMATION WORKSHOP

With Mark Elliott

Explore your inner landscape, remove your blockages and limitations to heal the past, learn how to access higher levels of powerful transmutation and open up to your future potential. Mark has over 20 years experience in shamanic training, a practitioner with cancer patients and dying people, qualifications in Transpersonal Art Therapy This full day workshop allows for the possibility of the most profound transformation.

Sunday 10th Mar 10.30am-6.30pm Cost \$70

GRANDPARENTS & KIDS COOKING CLASS

(+6 years)

Cook Up Something Grand with your most precious. A special family time to have fun in the kitchen and take home yummy treats for the whole family. BYO apron and 2 containers.

Saturday 2nd March
10.00am-12.00pm
Cost \$60



ADVANCED CARE PLANNING INFORMATION

With Carmen Barnsley

What if you become suddenly ill or had an accident and were unable to communicate? Have you made your wishes known to others? Having an Advanced Care Plan can help family and healthcare practitioners meet your needs. Carmen Barnsley, a non-practicing nurse and now an End of Life Transition Doula (Death Doula), is giving a talk on what an Advanced Care Plan is. Why you should have one and how to get started.

Tuesday 12th Mar 6.30- 8.30pm

Cost: Gold Coin Donation. Please call to book in.



CHILDREN'S ACTIVITIES



BOOKABURRA STORYTIME

Reading from a very young age can have a positive effect on a child's emotional, social and language development. Reading to children has enormous benefits on their ability to succeed at school and learning.

Bring your child along to listen to wonderful stories.

Mondays 11.30am-12.15pm

Fortnightly beginning 4th Feb FREE.

No service on public holidays & school holidays.



PLAYGROUPS: New Members always welcome

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

Supported Playgroup by Yarra Ranges Council

Supported playgroups provide activities for you and your child to explore together in a safe and friendly environment. Explore how young children develop through weekly small-talk topics. For families with a child/ren under school age and a current Health Care Card. **FREE**

Tuesdays 9.30-11.30am. Morning tea provided.

Maternal and Child Health Service

Local Maternal and Child Health Nurse, Ann Ferguson is available on the 2nd and 4th Tuesday of every month. Please call 1300 368 333 for appointments. (Closed in school holidays and fire danger season)

Friends of Minak Reserve

Meets at 10am -1st Sunday of the month at Selby Community House. Weed eradication along the creek and planting days.

OCCASIONAL CHILDCARE PROGRAM

Our program provides your child with a fun, social and playful outlet allowing you some well earned time out to recharge, attend an appointment or just be hands free to spend a morning doing other things. **COME & TRY first hour parent/child transition FREE**

Mondays, Wednesdays & Fridays

9.30am-1.30pm

4 hour session

Licensed with the Dept of Education
& Early Childhood Development

The Australian government provides financial support for this childcare service under the Childcare Subsidy

A HUGE THANK YOU to all the individuals and organisations that contributed to the Yarra Ranges funded **COMMUNITY MOSAIC ART PROJECT** completed in 2018. Special thanks go to the facilitator of the project Belinda Conibeer from Beliana Mosaics, and artist Nikki Wellington who beautifully captured the native flora and fauna in our local area. The mosaic mural is permanently displayed in the Indigenous bush foods garden at the rear of the Selby Community House, for everyone to enjoy for many years to come.



General House Information

Selby Community House Inc., founded in 1975 as a community initiated focal point, is an incorporated not-for-profit association, run by a Voluntary Committee of Management 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. Any feedback or suggestions about new programs is encouraged.

Committee meetings are held **monthly on the 2nd Thursday of the month 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 an Annual Report is available after that date.

Privacy Policy

Selby Community House respects your rights to information privacy. Information that we collect and hold is kept in accordance with information privacy regulations. Any further enquiries can be directed to Selby Community House Staff.

Volunteers - Anyone interested in volunteering at the House is encouraged to contact us. Volunteers play a vital role in enhancing and expanding our services and activities provided.

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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.

From all of us at Selby Community House Inc., to each of our benefactors and funding agencies for your generous support, guidance and assistance. It really makes a difference. Thank you to:
Yarra Ranges Council
Adult Community and Further Education
Dept of Education and Early Childhood Development
Dept of Health and Human Services

