

Selby Community House

Victoria's longest serving Community House

Term 3, 2020

July 13th - September 18th

What's On:

Welcome back!

While everything slowed down around us we took the opportunity to reach out to the community via online meditation, care package drop offs and online communication. The Community House has been getting a little makeover to freshen things up, and we have planned an amazing Community Nature Playground which we are excited to open later this year. Our Community Photography Competition has been popular with a variety of interpretations being received - the theme being aspects of daily life during Covid-19. Exhibition dates will be advised. For Term 3 we warmly welcome you back, with classes and workshops back to normal, while adhering to safety measures to keep the community and staff safe.

Kids Community Art Project



Take a look at the evolution of the SelbyFest 2019 Kids Community Art Project facilitated by local artist Nikki Wellington. Thank you to all our helpers who added tiles (see back page). A very special thank you to Nikki for her vision and all her hard work running the project. The mosaic will be installed into the native gardens within the amphitheatre at Selby Community House and a booklet of photos and names of those contributed will be kept in the main foyer. Come and check it out for yourself!

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. Our delicious vegetarian lunches are prepared by local chef Glen McLeod from Armageddon BBQ. Last Friday of the Month and Term. **Dates: 26th June, 31st July, 28th August, 18th Sept. 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 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 9th September at 7pm. All welcome. Gold coin donation/light supper.

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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.



NEW

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 5th August-9th September (6 weeks) Cost \$75 / \$40 Con.



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 6th August-10th September (6weeks) 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 17th July-4th September (8 weeks) Cost \$90 / \$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 July-4th September (8 weeks) Cost \$90 / \$50 Concession



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 14th September 10am-12pm Cost \$70 plus \$5 materials.



NEW

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 July-8th September (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 21st July-8th September (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 15th July-16th September (10weeks) Cost \$150 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 14th July-15th September (10weeks) Cost \$180



QIGONG SEATED MEDITATION ~ With Kirsten McCulloch

This class begins with standing Qigong warm-ups and moves into seated Qigong movement and meditation (Taoist). As you relax the body and let go of tension you allow the spaciousness, creating room for light and peace to enter one's being. Beginners welcome.

Tuesdays 11am-12pm 14th July-15th September (10weeks) Cost \$180

NEW



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 13th July-14th September (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 23rd July-20th August (5 weeks) Cost \$88 or \$70 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.

Thursdays 10-11am 16th July-17th September (10 weeks) Cost \$117 or \$15 casual

NEW



Workshops



SPRING FLOWERS WORKSHOP

Using Spring flowers from local wholesalers we will create two gorgeous vase table arrangements suitable for styling up your next dinner party. If you've ever wondered how to make a humble bunch of flowers look good in a vase, or just love the idea of an afternoon to yourself surrounded by the smell of fresh Spring blooms, this workshop is for you.

Saturday 22nd August 10am-12pm Cost \$65 includes materials

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 20th August 6.30-8.30pm Cost \$39

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 15th August 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 19th August 1-3pm Gold Coin Donation Please call to register

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 31st July-4th September (6 weeks) Cost \$60 Age3-5yrs



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

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.

We would like to thank the following people for their involvement in the Kids

Community Art Project: Amarlie & Mya Bernstein, Sefi & Maia Dupanloup, Wren Freeman, Oliver & Adara Gipps, Kate Griffith, Evie & Isaiah Grigg, Olivia Jones, Ruby Jones, Scarlet Mulcahy, Taylor Prince, Vinnie & Violet Raines, Rex, Poppy Sanderson, Sophie Stevens, Bridie T, Tahlia, Van, Dee Van Der Wath, Oliver Watson, Lylah, Asta & Elvie Weir, Alex & Xavier Wellington, Lux Zeilinski.

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.