

PROGRAMS & ACTIVITIES TERM 4, 2018

ADVANCED CARE DIRECTIVES

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.

For anyone interested in completing their Advanced Care Directive, a further three workshops will be available at a mutually agreed time to assist participants to complete their documents (fees will apply).

Wednesday 14th November 7- 8.30pm Cost: Gold Coin Donation

FIRST AID FOR PROFESSIONALS

Presented by Revive2Survive

This course is for those with existing first aid experience who are confident in their skills. It is appropriate for experienced first aiders, health care professionals and those who update their skills regularly. Current qualifications must be presented to be admitted to this course.

This course is made up of 4 hours face to face training plus approximately 8 hours of home based learning – (practical competencies completed and theory assessment marked in class). This course covers both Level 2 First Aid & CPR.

Tuesday 13th November 5.45-9.45pm Cost \$125 or \$60 CPR only

Selby Folk Club

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

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:

THREATS TO THE MEDIA, THREATS TO OUR DEMOCRACY

Fairfax has been subsumed, Murdoch and Fox want the world and there's growing confusion between real and fake news.... how can the state of our media get worse? Well, 28%

long-term budget reductions to the ABC are now cutting into its bones, and the Liberal federal council has voted to privatize the ABC. But there is hope! The Friends of the ABC will present their strategy to save - nay, empower! - our national treasure, the ABC.

Gold coin donation to cover cost of a light supper. All Welcome
Wednesday 21st November at 7pm. No need to book.



IT'S EASIER THAN YOU THINK!

Adult, Community and Further Education (ACFE)

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.

ENDLESS OPPORTUNITIES . Reach your goals with face to face support to keep you on track at your learning pace.



COMPUTER TRAINING

For Individuals and Small Business Support

IPADS / TABLETS (18ESIPADS)

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 exp. required.

Fridays 9.30am-12.00pm 26th Oct-14th Dec
Cost \$50 (con) or full fee \$90 FREE Childcare avail.



FLEXIBLE COMPUTER TRAINING (18ESITFLEXI)

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 approx

Fridays 12.30pm-2.45pm 26th Oct-14th Dec
Cost \$50 (con) or full fee \$90



SHORT COURSES- COMMUNITY HOUSES

WORKING TOGETHER

At Olinda Community House Term 4 Call 9751-1264

FLEXIBLE COMPUTER TRAINING (18ESITFLEXI)

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 23rd Oct-11th Dec
Cost \$50 (con) or full fee \$90



INTRO. TO MYOB (18MYOB0030)

For those with some bookkeeping knowledge wanting to computerise their accounting methods and/or small business this is the course for you. You will complete this course confident in using the MYOB system.

Manual: \$45 approx
Wednesdays 1.30pm-3.30pm 24th Oct-12th Dec
Cost \$50 (con) or full fee \$90



STARTING YOUR BUSINESS

Facilitated by Small Business Victoria

Marketing Your Business—How To Get It Right First Time

An effective marketing strategy should boost your brand, capture customers, keep them coming back, and ultimately save you time and money. Find out why just a website and a Facebook page is not going to cut it at this back-to-basics workshop that will show you how to develop a marketing action plan.

Tuesday 23rd October 7.00-9.00pm Cost \$20



Taking Your Business Online—What You Need To Know

Get yourself ready to launch your business online at this essential digital workshop that goes right back to basics to build a complete picture of the opportunities ahead. Learn how to make informed choices about websites and social media, get across search engines and online advertising, size up the benefits each offers your business and know where to access the right tools to begin.

Tuesday 13th November 7.00-9.00pm Cost \$20

CREATIVE ARTS

LEATHERBOUND JOURNAL WORKSHOP

With Louise Perkins (Rapt in Hide)

Come along and make yourself a beautiful reusable leather journal cover. Basic hand sewing skills required everything is supplied. Check out Rapt in Hide on Facebook & Instagram to see more.

Saturday 20th Oct 10.00am - 1.00pm Cost \$60

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 Childcare available.
17th Oct-12th Dec (9 weeks) Cost \$135

MOSAICS

With Belinda Conibeer (Beliana Mosaics)

Learn to make your own mosaics masterpiece at your own pace in a relaxing atmosphere. Using a variety of materials. Beginners to advanced welcome in this beautiful studio in the bush. Mosaic Kit for Beginners \$30, or bring your project along to work on in class.

Fridays 10.00am-12.30pm Childcare available
12th Oct-2nd Nov & 16th Nov-7th Dec (2 x 4 weeks) Cost \$80

ADVANCED BOTANICAL DRAWING & PAINTING

With Susie Parry

(Prerequisite Intro to BD&P Part 1 & 2)

Tuesdays 10.00-12.30pm
23rd Oct-11th Dec (8 weeks) Cost \$170



INTRODUCTION TO BOTANICAL DRAWING & PAINTING

With Susie Parry

This course is an intensive introduction to Botanical Drawing and Painting. Develop observation skills and learn about tonal values, pencil and ink rendering, composition, colour, watercolour and gouache. Explore, develop and understand a variety of techniques to create your own detailed studies.

Thursdays 10.00-12.30pm
18th Oct-6th Dec (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
24th Oct-28th Nov (6 weeks) Cost \$65



LEATHERBAG MAKING WORKSHOP

With Louise Perkins (Rapt in Hide)

Come along and learn the basics of leatherwork putting together your own beautiful upcycled leather bag. Everything is supplied, all you need is basic hand sewing abilities. You can bring things you may wish to embellish your bag with. Old leather belts make great bag straps or perhaps you have some beautiful beads or buttons you might like to use. Check out Rapt in Hide on Facebook & Instagram to see more.



Saturday 27th October 10.00am-3.00pm Cost \$120

REMEMBER WE OFFER FREE CHILDCARE WITH ANY GOVERNMENT RECOGNISED STUDY OR COURSE

ALCOHOL INKS-IMAGINE AND CREATE

With Stephanie of Sullcher Creative Designs

Unlike watercolours, acrylics, or oils, alcohol inks offer a whole new experience in painting! There are 3 workshops available:

Beginners – This workshop covers the basics of applying this fun medium and all the technical support and information you'll need to create a number of pieces.

Saturday 10.00-12.30pm 3rd November Cost \$70

Intermediate - In this workshop you will have the opportunity to expand your skills in inks and create a large scale artwork on hard-wood or yupo paper using a variety of techniques.

Saturday 10.00-12.30pm 10th November Cost \$90

Advanced – Explore colour palettes in more detail and trial a variety of ink brands as well as have a play with a range of alcohol ink tools. In this class you will have the opportunity to create a hand painted and sealed cheeseboard and coaster set.

Saturday 10.00-12.30pm 24th November Cost \$120



FROM THE RECYCLED TO THE INCREDIBLE

With Joanne Vasila

Want to see the amazing happen out of what would be otherwise called useless? Come and experience the transformation of recycled and discarded objects into wonderful, beautiful and functional items. They will surprise you as they take on a whole new look like never before. No creative skills necessary. BYO recycled items, but not necessary.

Mondays 7-8.30pm

15th Oct-26th Nov (6 weeks) Cost \$50



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 8th Oct-10th Dec (9 weeks) Cost \$135

Thursdays 7.00-8.15pm 11th Oct-13th Dec (10 weeks) Cost \$150



QIGONG CLASS

With Kirsten (15+ yrs teaching)

Dip. Shiatsu & Oriental Therapies, certified Qigong instructor.

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

Tuesdays 9.15-10.15am 9th Oct-11th Dec (10 weeks)

Cost \$ 150



YANG STYLE 24 FORM TAI-CHI CLASS

With Kirsten McCulloch

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. Please wear loose clothing and flat comfy shoes. Places limited. Experience required. Ongoing class.

Tuesdays 10.45am-12.00pm 9th Oct-11th Dec (10 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 10th Oct-12th Dec (10 weeks)

Cost \$150 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 \$)
8th Oct-3rd Dec (9 weeks) (no class Cup Day Eve)



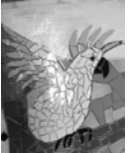
SPECIAL INTEREST WORKSHOPS

COMMUNITY MOSAIC ART PROJECT

We have a community art project funded by the Yarra Ranges Council that all ages and abilities can participate in. This size project has never been undertaken in the community before and we are very excited to have the broader community create it. Qualified facilitators will guide the way offering onsite and offsite opportunities to participate.

Mondays 10am-12.30pm and Fridays 1.30-3.30pm, an evening session and Saturday will also be offered monthly.

If you or your group want to participate at another venue, please let us know and we can bring the project to you. Please assist us by advising if you are attending a session, thank you



GREEN ROOVES AND WALLS

With Gary Simpson

An introduction to green infrastructure via green roofs and living walls. Provides basic information to equip homeowners, or those planning to build, with the knowledge of how to integrate the landscape into the building fabric. Covers construction methods, systems and materials as well as the horticultural challenges and benefits of growing plants on buildings.

Saturday 20th October 10am - 4pm 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.

Monday 15th October 10.00-12pm Cost \$80 + \$5 material fee paid on the day.

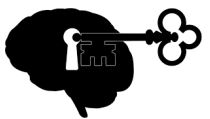


UNLOCKING THE BRAIN'S ABILITY

With Joanne Vasila

The brain is a complex unit and it often all starts in the mind. We can learn to control and train our mind so that what we thought was unachievable becomes possible. However how does this happen? Come and learn what power and ability we hold within when we know how to access and harness it.

Saturday 13th October 2.00-3.30pm Cost \$20



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



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 8th Oct
FREE.



YARRA RANGES AND EASTERN REGIONAL LIBRARY FLEXI VEHICLE

The Flexi Service Vehicle provides greater access to library resources and programs across Yarra Ranges. It provides a collection of books/magazines/ DVDs and CDs that can be borrowed by members of Eastern Regional Libraries. Children and parents are welcome to borrow library items and share in storytime. *Please note there will be no service on public holidays, school holidays*

Mondays 1.30-2.30pm FREE
Fortnightly beginning 8th Oct

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.

FREE 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.
Tuesdays 9.30-11.30am. Morning tea provided.



OCCASIONAL CHILDCARE PROGRAM

(Licensed with the Dept of Education & Early Childhood Development)
Our Occasional Childcare program is just that: there are **no lock in contracts, it's purely affordable childcare on a need basis.** 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 (or part thereof)

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

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)

SELBY SLAM IS COMING

Saturday 17th November 4pm-9pm

A fun family event along with 3MDR, to showcase local talent in a community buskers fest over two stages, with solo, duo and group categories and a final winner's performance. Enjoy all the community house has to offer! Fabulous food, entertainment, music swap meet, art, take a guided tour of Minak Trail (weather permitting). Please contact us if you would like to be involved. Follow our website & Facebook for more information.

Friends of Minak Reserve

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

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.

SELBY COMMUNITY HOUSE PROGRAMS & ACTIVITIES TERM 4, 2018

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

