

Selby Community House

Victoria's longest serving Community House

Term 2, 2021

April 19th -
25th June

What's On:

Wombalana Wild Garden

With the landscaping scheduled for completion by early April and the build of the true to size megafauna diptodod finishing shortly after, we anticipate the launch of the Wombalana Wild Garden to be on track for May 2021. Join us for a celebration of food, music and creative nature play, surrounded by the beautiful and picturesque Minak Reserve. Please see our website for date details.

Friends Of Minak

Come along and meet other nature lovers who care for the local land. Friends of Minak meet at 10am-2pm on the 1st Sunday of the Month at Selby Community House for weed eradication and planting days along the creek. No experience needed. Please bring a hat, water bottle and sturdy shoes. Stay for a cuppa. Please contact us for more information or to get involved.

Community Lunches

Come and enjoy a FREE vegetarian lunch! RSVP to programming@selbyhouse.com.au
Friday 25th June 12.30-1.30pm

ARTSPACE SELBY

Join us for an exhibition by Stephen Mushin, artist and industrial designer of the Wombalana Wild Garden Diptodod. Stephen's creations have been explained as berserk science with ecological machinery. Drawing on inspiration from Tim Flannery, he tackles climate change and specifies extinction with brute creativity.

Exhibition dates: 30 April – 27 May 2021

(Open during office hours)

Public Forum

Electric Vehicles are our Future!

Though Australia has been lagging badly in adopting electric vehicles, their time is undoubtedly coming with battery technology and climate imperatives giving rise to astounding breakthroughs. Hear from an expert in electric cars, bikes, buses and more, including a buying guide to electric passenger vehicles in Australia.

Our presenter, Bryce Gatton, is an EV writer and consultant who has been working in the EV sector for over 12 years. Amongst the many EV hats he wears, Bryce writes for the Australian EV website *TheDriven* and works for the University of Melbourne as the EV safety trainer and supervisor for their Formula SAE race team.

Wednesday 19th May 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.



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 May
4th June
2nd July

Starts 7.30pm

We are back up
and running!

Tickets at door, cash only



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.



IPADS AND TABLETS FOR BEGINNERS (21DIGIPADS)

For those new to or wanting to develop iPad fluency skills. Covers basic set up and usage, Apps, emails, calendar, iTunes, cloud storage & more. Hands on experience in real life scenarios to improve communication, listening & goal setting. No experience required.

Fridays 9.30am-12pm 23rd April-11th June (8 weeks) Cost \$90 / \$50 Concession



FLEXIBLE COMPUTER TRAINING (21EMPITFLEXI)

Update your computer skills or start from the beginning. This course allows you to learn at your own pace, with tutor support. Choose from Microsoft Office, Word, Excel, PowerPoint, Windows, Publisher, or software accounting Quickbooks, Xero or MYOB.

Mondays 12.30-3pm 19th April-7th June (8 weeks) Cost \$90 / \$50 Concession



ENGLISH AS AN ADDITIONAL LANGUAGE ~ With Yvonne DeLacy (21LANESL)

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. Improve skills by practising speaking, listening, reading, numeracy and writing. Morning tea provided. **Childcare available.**

Wednesdays 10am-12pm 5th May-9th June (6 weeks) Cost \$75 / \$40 Concession



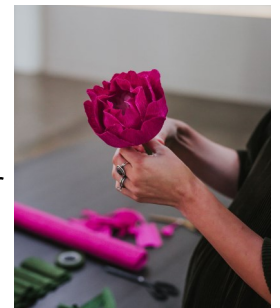
Creative Arts



PAPER PEONY WORKSHOP FOR MOTHER'S DAY

Learn the art of paper flowers with Louise Seymour of Paperlab. Louise has created bespoke paper flowers for installations for companies like Facebook, Instagram and Westfield. She will guide you through the anatomy of a peony and teach you how to create your very own using luxurious imported Italian crepe paper. You will create between 2-3 paper blooms you can then arrange into a bouquet or use as the perfect gift to brighten someone's day. Come along with your mum or by yourself to enjoy this wonderful workshop.

Saturday 8th May 10am-12pm. Cost \$75 Materials included



NEW



FRENCH FOR BEGINNERS

Learn French with a qualified and highly experienced French teacher in a fun and friendly course that will cover the basics, ensuring you can order a nice meal or ask your way around Paris next time you travel.

Thursdays 10-11.30am 29th April-24th June (9 weeks) Cost \$198

NEW



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 27th April-15th June (8 weeks) Cost \$170



AUSSIES KNITTING FOR WAR-AFFECTED KIDS & crocheters, sewers, quilters etc.

Join this craft group who use their skills to warm kids who are the victims of conflict in the Middle East. Everyone welcome, and welcome to work on their own project.

First Wednesday of the month. 5th May, 2nd June, 7th July. 10am-12.30pm.

Gold coin Donation for tea/coffee.



Health and Wellbeing



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.
Fridays 10-11am 23rd April-25th June (10 weeks) Cost \$120 or \$15 casual



QIGONG ~ With Kirsten McCulloch –Certified Ziran Qigong instructor, member WTQA.

Come and enjoy these meditative, flowing & powerful exercises that will increase lung capacity, strengthen and soothe the nervous system and improve your overall wellbeing. Beginners welcome. Please wear flat comfy shoes and bring a water bottle.
Tuesdays 10-11am 20th April-22nd June (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 19th April-21st June (excl. 14/6) (9 weeks) Cost \$135



PILATES

Pilates is an exercise of movement therapy which aims to improve or build physical strength, flexibility, alignment, posture, and is also an enhancement to mental awareness. Pilates focuses on building and supporting core strength, which in turn supports the rest of the body. It's a great exercise to assist in rehab, injury or pre/ post- natal. With a big focus on breath and improvement on coordination and balance, Pilates can be accessed by all levels! Bring mat or borrow ours. All levels welcome.

NEW

Wednesdays 6.30-7.30pm 12th May-16th June (6weeks) Cost \$110 or \$20 Casual



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 21st April-23rd June (10 weeks) Cost \$150 Childcare available



Workshops



FIRST IMPRESSIONS CLOTHING EXCHANGE

Come and visit our mobile pop up shop to learn about financial, employment and social support services available to you while browsing affordable clothing and accessories suitable for job interviews and other important occasions. Gain tips on a range of topics such as resume writing, budgeting, & makeover advice. Feel empowered to find a pathway to a positive future.

NEW

Wednesday 26th May 10am-2pm FREE



PAEDIATRIC FIRST AID & CPR

With Revive2Survive

Would you know what to do in an emergency? 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. Babies and toddlers welcome to attend. (Non accredited)

NEW

Thursday 3rd June 10am-12pm Cost \$60



LOVE YOUR CYCLE

Come together as women and learn in-depth about each phase of your menstrual cycle. Learn educational, spiritual and practical tools to help you decode the needs of your womb & guide you to align powerfully with your cycle. Be guided to honour your feminine essence and womanhood, amplifying your productivity as well as your creative & sensual power. Fusing science and sacred. Digital versions of wonderful resources included, such as womb meditation, guidebook to each phase, menstrual tracker, recipes and much more.

NEW

Monday 31st May 6.30-8.30pm Cost \$85



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!

Wednesdays 11.45am-12.30pm 5th May-9th June (6 weeks) Cost \$60 Age3-5yrs



SELBY FACILITATED PLAYGROUP with Chloe

Parents stay and meet other families while the children play and explore various age - appropriate activities assisted by a qualified childcare worker. Indoor and outdoor play in a beautiful setting. Belgrave Library are visiting for Storytime on 27th April! **Ages 0-5**

Tuesdays 10-11am 20th April -22nd June (10 weeks) Cost \$100 Siblings \$50

NEW



SELBY CHILD CARE CENTRE

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

9.30am-1.30pm Monday, Wednesday & Friday Cost \$44

8.30am-4.30pm Thursday Cost \$105

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.

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.