

Selby Community House

Victoria's longest serving Community House

Term 3, 2021

What's On:

July 12th -
17th September

Wombalana Wild Garden Community Launch

Thank you to everybody that attended our Launch on Saturday 15th May. We were overwhelmed to have such a fantastic turnout of over 500+ community members. Thank you to Yarra Ranges Council and First National Real Estate for the funding support to allow us to provide this event. A huge thank you to all of our collaborative artists, businesses and volunteers who provided entertainment, sustenance and support on the day. We will be launching the final piece of the puzzle- the life size Diprotodont, at SelbyFest on Saturday 16th October, stay tuned for more information.

Website Launch- Workshops & Classes can be purchased online!

We are pleased to present our new and improved website with added features! We now have an online store which enables you to purchase classes, workshops and playgroup sessions and register to attend our free events. Please feel free to subscribe to receive our e-newsletter and announcements to keep you up to date with our latest news.

Community Lunches

Come and enjoy a FREE vegetarian lunch! RSVP to programming@selbyhouse.com.au
Friday 17th September 12.30-1.30pm

ARTSPACE SELBY EXHIBITION INVITATION

Artspace Selby proudly presents 'BOTANICAL ARTS' class exhibition. A collection of works by the Selby Community House art students and their teacher Susie Parry.

Opening: Tuesday 29th August 12-1pm (Light Supper provided)

Exhibition dates: 29th August-16th September
(Open during office hours, closed school holidays)



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 on hold. Please stay tuned for updates

Public Forum

Building and Retrofitting Green Houses

Whether you're saddled with an old Hills weatherboard or you're planning to build from scratch, saving on energy bills while saving the planet must be a priority. We will focus on the practicalities, with plenty of time for Q&A. Our presenters have loads of experience. Daniel Wurm is the managing director of the Green Building Institute as well as running the Energy Smart builders program. Devin Grant is a certified passive house builder and is also a founding member of Builders Declare, an organisation committed to a low carbon future.

Wednesday 18th August at 7.30pm. Gold coin donation/light supper. All welcome.

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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.



IPADS AND TABLETS ~ INTERMEDIATE SKILLS (21DIGIPADSINT)

For those who are already familiar with using iPad/tablets, you will gain more in depth skills including how to manage software and system updates, split screen and other advanced capabilities. Learn how to use Editing functions in photos, Create and share slideshows, using iCloud, Dropbox and Google Drive and use apps designed to build on creative skills. **Fridays 9.30am-12pm 16th July-3rd September (8 weeks) Cost \$90 / \$50 Concession**

NEW



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 12th July-13th September (10 weeks) Cost \$90 / \$50 Concession**



ENGLISH AS AN ADDITIONAL LANGUAGE (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 28th July-15th September (6 weeks) Cost \$75 / \$40 Con.



Creative Arts



D.I.Y KOKEDAMA FOR BEGINNERS ~ With Rachel Bast

The word Kokedama means 'moss ball' but we know it's so much more interesting than that! In this workshop Rachel will teach you the techniques on how to form the ball, protect the roots of the succulent/plant and wrap the string correctly. By the end of the 1 hour workshop you will have the knowledge & know how to create unlimited Kokedama at home, as well as how to care for your new little ball of delight!



Friday 3rd September 10-11am or Saturday 28th August 11am-12pm . Cost \$35 Materials included

NEW



PAPER PEONY WORKSHOP

Spring has sprung! Learn the art of paper flowers with Lousie Seymour of Paperlab. 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.

Saturday 11th September 10am-12pm. Cost \$75 Materials included



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 July-31st August (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. 7th July, 4th August, 1st September ,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.
Tuesdays 7-8pm 13th July-14th September and/or Fridays 10-11am 16th July-17th Sep
Cost \$120 or \$15 casual (10 weeks)



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

Beginners are welcome! The group will be practising Ziran Level 1 form in term 3. Come and enjoy these meditative, flowing & powerful exercises that will increase lung capacity, nourish the nervous system and improve overall wellbeing. Please wear flat comfy shoes and bring a water bottle.

Tuesdays 10-11am 13th July-14th September (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 12th July-13th September (10 weeks) Cost \$150



PILATES~ With Sammy Klodzinsky

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!

Wednesdays 6.30-7.15pm 21st July-8th September (8weeks) Cost \$145 or \$20 Casual

NEW



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 14th July-15th September (excl. 11/8) (9 weeks) Cost \$135



Workshops



THAI COOKING 'FUN'DAMENTALS!

With local Stand-Up Chef Glen McLeod (@famousglen)

This class begins with making and eating Spring rolls with a Thai inspired cocktail. Then while balancing flavours and showcasing different ingredients we'll make Pad Thai and Fish cakes. Beginners to Intermediate level, focusing on confidence and basic skill building.

Thursday 19th August 11am-2pm or Thursday 2nd September 6.30-9pm

Cost: workshop, snack, meal, cocktail and showbag for \$79/\$69 Concession

NEW



FERMENTING MADE SIMPLE– Kimchi, Sauerkraut, Lacto-fermented Pickles, Sourdough Mother and Wild Fermented Kombucha

Get well on the way to a healthier lifestyle. Understand why fermented food is so good for you, why it is safe and the wide variety of ferments available. You will learn to make 5 simple ferments and take them home so you can continue to ferment for years to come. A light lunch will be provided including local breads, ferments, cheeses, preserves and pickles.

Saturday 28th August 11am-2pm Cost \$120 Ingredients included

NEW



EXPLORING DEPRESSION AND ANXIETY

This course is valuable for anyone wanting to explore this topic. Take the opportunity to gain a deeper understanding of it, normalise it and find a deeper acceptance for mental health imbalances. Opportunity to share your own experiences and connect to others with their own experience. Look at resources to support ourselves on a practical level and understand mental health from a cultural, physical, mental, emotional and a more "spiritual" perspective.

Thursdays 22nd July-26th August 10am-12pm (6 weeks) Cost \$100 or

Sunday 22nd August 9am-4pm Cost \$60 Bring notepad and pen.

NEW



Children's Activities

NEW

CREATIVE DANCE FOR CHILDREN ~ With Desiree Bolat

Querencia creative dance offers an imaginative platform for children to explore their own creativity in movement and dance via the use of narrative themes, props, evocative music art and design. Suits ages 3-5

Thursdays 10-11am 22nd July-16th Sep. (excl. 19/8) (8 weeks) Cost \$140 / \$18 casual

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 24th August! **Ages 0-5**

Tuesdays 10-12pm 13th July-14th September (10 weeks) Cost \$100 Siblings \$50



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.