



July- Dec 2017
course & activity guide

sussex neighbourhood house
share : learn : enjoy : grow

Computers & Technology

Creative
Children

Health & Wellbeing

Inclusive
Social

Employment & Small Business

Volunteer Training

Workshops

English Programs

235 Sussex St. Pascoe Vale 3044

ph. 9354 2210 e: enquiries@sussexnh.org.au

www.sussexnh.org.au



PLEASE DON'T LITTER : SHARE WITH A FRIEND

ENROLMENT:

To secure a place in a program, enrolment form & payment in full must be made prior to commencement date.

PAYMENT OF FEES:

payments can be made by cash, eftpos, over the phone with credit card, cheque and money order.

REFUNDS:

Programs may be cancelled if minimum numbers are not met.

REFUNDS: Please ask about refund terms & conditions prior to enrolling.

Concessions for some programs are available.

If you have difficulty with payment, please talk to us.

Programs are not held on public holidays



SUSSEX NEIGHBOURHOOD HOUSE

235 Sussex St. Pascoe Vale
ph: 9354 2210

e: enquiries@sussexnh.org.au

www.sussexnh.org.au

Melways ref 17 E6



Office hours Monday - Friday 8.30am - 4.30pm



Sussex Neighbourhood House is wheelchair accessible & welcomes people of all abilities.

SOCIAL

BOOK CLUB

Monthly book club. Books provided in partnership with Moreland Libraries. To 18 Dec

3rd Monday of the month 1pm-3pm \$3 per sess.

COMMUNITY CHOIR- SUSSEX SKYLARKS

Come sing with others & have some fun. This weekly choir is friendly & inclusive & features a variety of song styles. No experience necessary. Led by Phil Hudson from Black Sheep Music Australia.

Thursday 3.30 - 5pm \$5 per sess.

T3: 20 July-21 Sept (10 sess)

T4: 12 Oct-7 Dec (9 sess)

SCRABBLE CLUB

Scrabble for beginners & experienced players, social or competitive.

Thursday 1-3pm to 14 Dec \$3 per session.

SUSSEX FAMILY HISTORY GROUP

1st Saturday of the month 1-4.30pm

An informal group for people who want to research their family history. Use of computers with a range of databases & source material available.

Runs all year to 2 December \$5 per session

SCHOOL HOLIDAY ACTIVITIES

advertised through
Facebook, Moreland Leader & SNH website.
For more information ring us on 9354 2210 or
email enquiries@sussexnh.org.au

Not a Member yet? For \$5 per year you get to support the House! Vote at AGM and get discounts.



CREATIVE

WHAT'S YOUR STORY?

Creative Writing Workshops

with local writer, Alana Kelsall. Learn techniques to bring your stories to life on the page. For new & emerging writers of fiction, nonfiction & poetry.

Saturday: 10 - 12noon \$110/\$80 each term

T3: 29 July - 16 Sept (8 sess) **T4:** 14 Oct - 2 Dec (8 sess)

WORKSHOP: SOY CANDLE MAKING

T3: Sunday, 10 Sept 10.30am - 12.30pm \$30

T4: Sunday, 12 Nov 10.30am - 12.30pm \$30

Have fun making your own soy candles to enjoy or as gifts. Easy, affordable & non-toxic. Materials & container supplied.

WORKSHOP: DREAMCATCHERS

T4: Sunday, 22 Oct 10.30am - 12.30pm \$25

Learn the art of dreamweaving and take home a unique piece to hang on your bedroom wall or to gift. Materials provided. Ages 14+

SMALL OBJECTS IN CLAY

Tuesdays 6.30pm - 8.30pm \$140/\$100 each term

With Ceramic Artist Ursula Dutkiewicz

Create & glaze unique small works of art using hand building techniques. For beginners & more experienced potters.

Fees include materials & firing.

T3: 25 July-12 Sept (8 sess) **T4:** 10 Oct - 5 Dec (8 sess)

MAKE SPACE - ART FOR WELLBEING

Starts Wed 26 July 1-3pm gold coin donation

Need time out from your busy life? Join us for weekly creative exercises or byo project. A place to make space for creativity & self-expression. Facilitated by Melodie Radatti *Register your interest*



COMMUNITY EDUCATION & ASSISTANCE

ENERGY & WATER BASICS WITH THE OMBUDSMAN

Mon 7 August 1-2pm FREE

NEW

Come and join a conversation about the common electricity, gas and water issues facing you and how the Ombudsman's office can help. A number of important topics will be covered. Tea/coffee provided.

Must register by 31 July on ph 9354 2210

CAREER DEVELOPMENT INFORMATION

Get that Job!

NEW

Thurs 27 July 11am-1.30pm

Thurs 7 Sept 11am-1.30pm

Run by RMIT. Topics covered will be How to Steer your Career, Building an effective job search strategy and Winning Job Applications. A must for those needing confidence to apply for a job! Ring to register 9354 2210.

ATO - TAX HELP PROGRAM - FREE

July to October - *eligibility criteria applies

ATO trained and accredited community volunteers will provide free and confidential service to help people complete their tax returns online using myTax. Ring 9354 2210 for an appointment.

NEW

VOLUNTEER TRAINING

Funded by Moreland City Council

Students required to obtain USI.



ANAPHYLAXIS & ASTHMA: Sun 17 Sept

Anaphylaxis 10am - 12pm

Asthma 12.15 - 2.15pm

Single course \$80/\$40 conc./volunteer

Enrol in both for \$135/\$65 conc./volunteer

CPR & FIRST AID LEVEL 2: Sun 22 Oct.

Ideal for local sporting club leaders, parents, volunteer workers & staff to learn or refresh first aid skills.

CPR 10am - 12pm \$60/\$40 conc. & vol

First Aid Level 2 (fast track) 10am - 4pm \$150/\$60 vol/conc. workbook completed online for First Aid Level 2 only



CREATIVE

YARN CIRCLE - KNIT OR CROCHET

2nd, 4th & 5th Monday, 1 - 3pm

For those who love to knit & crochet socially. Help available for beginners. BYO project. You are also welcome to help out with charity projects! 30 Jan - 18 Dec \$3 per session

QUILTER'S CIRCLE

2nd, 4th & 5th Monday, 1 - 3pm

For enthusiastic quilters. BYO project. Have a cuppa and exchange ideas. 30 Jan - 18 Dec \$3 per session

SEWING CLASSES

Funded by Adult Community & Further Education, Learn Local!

Sewing For Employment with Jan Bowles, Professional Patternmaker & Dressmaker.

Learn to sew, make garment alterations & pattern adjustments in a friendly environment. Suitable for beginners as well as those wanting to expand their skills. BYO sewing machine or use ours.

Monday 9.30am - 12.30pm \$160/\$120 per term

T3: 24 July-11 Sept (8 sess)

T4: 9 Oct-4 Dec (8 sess)

Wednesday 7 - 9pm \$120/\$80 per term

T3: 26 July-13 Sept (8 sess)

T4: 11 Oct - 29 Nov (8 sess)



Sussex Neighbourhood House is committed to providing lifelong learning & social activities that are inclusive, accessible & sustainable for the local community.



INCLUSIVE

Programs tailored for people with a disability.

** Funded by Moreland City Council



CLAY ART FOR ADULTS**

With Ceramic Artist Ursula

An inclusive clay pottery hand-building class.

Includes materials & firing.

Tuesday 1pm - 3pm \$145/\$120 conc., each term

T3: 25 July – 12 Sept (8 sess)

T4: 10 Oct- 5 Dec No Class 7 Nov (8 sess)

MIXED MEDIA**

An inclusive art & craft course for adults & teenagers with artist Angela Stock. Some transport provided for Moreland residents.

Tuesday 6pm - 8pm **Term Fees:** \$80 + Bus \$40

T3: 25 July-12 Sept (8 sess)

T4: 10 Oct-5 Dec (8 sess) No class 7 Nov

CREATIVE MOVEMENT & DANCE**

Inclusive workshops to develop creative imagination through dance therapy, music & drama in a friendly & supportive social context.

Some transport provided for Moreland residents.

At the Pascoe Vale Pool Hall at 7 Prospect St.

Monday 6 - 7.30pm **Term Fees:** \$80 + Bus \$40

T3: 24 July - 11 Sept (8 sess)

T4: 9 Oct- 4 Dec (8 sess) No class 6 Nov.

WOMEN'S SUPPORT GROUP

Tues 10am-12pm

T3: 25 July-12 Sept (8 sess) \$40 per term

NEW

A support group for women of all ages and walks of life to meet in a non-judgmental and confidential environment that allows you to share thoughts, feelings and emotions in a supportive and caring environment. Facilitated by a qualified Relationship and General Counsellor and Personal Development Mentor.

HEALTH & WELLBEING

HATHA VINYASA YOGA

MONDAY NIGHTS

A flowing & mindful approach to asana (postures) & pranayama (breath). Promotes strength, flexibility & tranquility.

All levels welcome. **Monday 8 - 9pm**

T3: 17 July-18 Sept (10 sess) \$125/\$100

T4: 9 Oct-4 Dec (8 sess) \$100/\$80

EVENING YOGA

THURSDAY NIGHTS

A Hatha style yoga class with yoga postures, graceful movements, breathing, meditation & relaxation. All levels accommodated.

1st sess: 6.30 - 7.30pm OR **2nd sess:** 7.45 - 8.45pm

T3: 20 July-21 Sept (10 sess) \$125/\$100

T4: 12 Oct-7 Dec (8 sess) \$100/\$80

YOGA PROGRAMS

TUESDAYS

We offer a number of Yoga Programs on Tuesdays throughout the day. For more info please ring us or check our website.

T3: 18 July-19 Sept (10 sess) \$125/\$100

T4: 10 Oct-5 Dec (8 sess) \$100/\$80

HATHA VINYASA YOGA

9.30am-10.30am

refer top of page. All levels

YOGA FOR MUMS & BUBS

10.45-11.45am

Class includes *baby massage & developmental play*. Must be at least 6 weeks post natal.

YOGA PLAYGROUP

12.15pm-1.15pm

For mums, dads, grandparents & carers. Babies on the move (crawling/toddling) can play & socialise around you & be included in your asana practice.

INTRO TO BELLYDANCING

Wed 7-8pm

Gain fitness, poise, and body confidence, whilst having fun and learning about other cultures. Suitable for all ages, shapes and sizes. BYO mat, comfortable clothes and a smile.

FREE TASTER WED 28 JUNE 7PM - Must register!

T3: 21 July-20 Sept (10 sess) \$125/\$100

T4: 11 Oct-6 Dec (9 sess) \$112.50/\$90

NEW

EMPLOYMENT & SMALL BUSINESS

* Funded by Adult Community & Further Education, Learn Local!



SKILLS FOR SMALL BUSINESS & JOB SEEKERS*

Wednesdays 9.30am-12.30pm

Starting a new business? Get up to speed with all the basic skills to make your small business hum!

Update your Excel, Presentation, Website & Social Media Skills to improve your business success or enhance your opportunities for employment.

T3: 26 July - 13 Sept (8 sess)

\$180/\$140 conc.

COMPUTERS & INTERNET*

Thurs 9.30am-12.30pm \$100/\$80 conc., each term

T3: 27 July -14 Sept (8 sess)

T4: 12 Oct -30 Nov (8 sess)

For absolute beginners. An easy-paced start to the world of computers and internet. Build your skills and confidence in computers that are common, relevant and important. Course will cover intro to all the basics, Internet, Email, Saving, Printing, Microsoft Word, and more.

ENGLISH CLASSES

ENGLISH AS AN ADDITIONAL LANGUAGE BEGINNERS & LEVEL 1* - FREE



Tues and Fridays 9.30am-12.30pm

From 25 July

Improve your reading, writing and spoken English. Develop your English language skills to improve your daily life, employment possibilities, day to day transactions, community engagement, participation and volunteer opportunities.

English as an Additional Language (EAL)

runs all year except school and public holidays. *No cost.*

(Eligibility criteria applies, ring us for more information on 9354 2210)

HEALTH & WELLBEING

NIA DANCE FITNESS

Low impact, fun fitness class with dynamic movements! Suitable for everyBODY. **Friday 9.30 - 10.30am**

T3: 21 July- 22 Sept (10 sess) \$125/\$100.

T4: 13 Oct-1 Dec (8 sess) \$100/\$80

TAI CHI FOR BETTER HEALTH

Gain more energy & improve your health! Suitable for beginners & all levels of fitness, including chronic medical conditions.

Mondays 6.30pm-7.30pm

T3: 17 July -18 Sept (10 sess) \$125/\$100

T4: 9 Oct -4 Dec (8 sess) \$100/\$80

Thursday 9.30 am- 10.30am

T3: 20 July-21 Sept (10 sess) \$125/\$100.

T4: 12 Oct-7Dec (8 sess) \$100/\$80

CHILDREN

CLAY ART FOR KIDS

Ages: 8 - 12

A hands-on experience, have fun creating with clay with ceramicist, Ursula. Weekly projects. Learn to make, decorate & glaze. Includes materials & firing.

Tues 4.15 - 5.15pm Fees per term: \$110/\$85

T3: 25 July-12 Sept (8 sess) **T4:** 10 Oct-5 Dec (8 sess)

KIDS CREATE

Ages: 7-12

A small creative expression group for children. Each term young creatives will be invited to explore a theme, in a creative form of their choice.

Saturday 12.30- 2pm

T3: 22 July-23 Sept (10 sess) \$140/\$100

T4: 14 Oct-2 Dec (8 sess) \$120/\$90

YOGA & CREATIVE DANCE FOR KIDS

Ages: 6-12

Exploring creativity & imagination, to achieve the healthy benefits of yoga & dance. Improves focus, concentration & self-confidence.

Tuesday 4-5pm

T3: 17 July-18 Sept (10 sess) \$125/\$100.

T4: 9 Oct-4 Dec (8 sess) \$100/\$80

COMPUTERS & TECHNOLOGY

SMART DEVICES FOR BEGINNERS

For absolute beginners. Learn the basic techniques for using a range of the new touch screen devices including iPads, tablets, & smart phones. Bring your device & build your confidence with exploring & operating its functions.

Monday 9.30 - 11.30am \$70/45 conc each term

T3: 24 July-11 Sept (8 sess)

T4: 9 Oct-4 Dec (8 sess)

SMARTPHONE PHOTOGRAPHY 101

NEW

with Richard Dobbie, Professional Photographer.

Discover how to take great photos on your smartphone. Develop image editing skills & share them with your friends or the world through Facebook, Flickr or Instagram. For those a with a bit of confidence with their smart phones.

Wednesday 10am - 12pm \$120/\$80 each term

T4: 11 Oct -29 Nov (8 sess)

INTERNET SAFETY FOR OVER 50'S

Have fun using the Internet & feel safe exploring social media, online shopping, Gumtree, Ebay & more! Understand safe wireless connectivity & cloud storage.

Monday 12noon - 2pm \$90/\$55 conc., each term

T3: 24 July- 11 Sept (8 sess)

T4: 9 Oct-4 Dec (8 sess)

Free public access to computers, internet & wi-fi

Monday - Friday 9am-2.30pm

Use our computer or BYO device & use our wi-fi.

Volunteers wanted!

If you have a skill you would like to share, let us know!

Email ideas to enquiries@sussexnh.org.au

Room Hire:

Enquire about hiring our rooms for parties or to run your own program.

SUNDAY SEWING WORKSHOPS

With Jan Bowles, professional patternmaker & dressmaker

ZIP IT! LEARN TO INSERT ALL TYPES OF ZIPS

Sunday 23 July 11am - 2pm \$60/\$40 conc.

In this workshop you will learn how to: insert invisible zips, exposed zips, shorten zips, lap zip for skirts & double lap zip for dresses. Ask for kit list.

For people who already know how to sew.

THE SEWING CIRCLE - Free workshop

T3: Sun 27 Aug 11am-2pm

NEW

Bring along the sewing projects you started and never finished. An ideal relaxed gathering to do your mending away from home. Jan Bowles will be on hand to help you.

BYO sewing machine or use ours and snacks to share.

*places are limited so must register on 9354 2210.

LEARN TO USE YOUR OVERLOCKER

Sunday 15 Oct 11am-2pm \$60 /\$40 conc.

BYO overlocker & instruction booklet & learn to smooth out threading & tension issues. Experiment with some stitch alternatives. Ask for equipment list.

For people who already know how to sew.



MASTERING BUTTONHOLES

NEW

T4: Sunday 26 Nov 11am-2pm Fees: \$60/\$40

Learn about the types of buttonholes and buttons, when to use which type, and how to properly construct them. Practice placement and markings of buttonholes, as well as proper placement and sewing of buttons.

**for people who already know how to sew.*