



THE NEW HOME OF **MAFFRA NEIGHBOURHOOD HOUSE**

Proudly supported by  Freemasons
Victoria

NEW LOCATION: 31A Thomson St Maffra 3860

Opposite Maffra Primary School

Ph: 5147 1487

email: office@maffraneighbourhoodhouse.com.au

Open Monday to Friday from 9am—3.30pm

Term 2 Program 9th May—24th June

Maffra Neighbourhood House now has its own dedicated facility thanks to funding from the Australian Government's Building Better Regions fund. The new venue has been upgraded with accessible spaces to cater for a range of activities including craft, fitness and computer skills.

Everyone is welcome to pop in and have a look.

**MEET PEOPLE, JOIN A GROUP,
IMPROVE YOUR SKILLS!**

MAFFRA NEIGHBOURHOOD HOUSE Inc.

MISSION STATEMENT

To provide pathways that encourage community involvement and learning within a caring environment for all ages and abilities.

STATEMENT OF PURPOSE

1. To offer opportunities for learning and skills development.
2. To be accessible to the whole community both socially and physically.
3. To provide opportunities to share interests and experiences to reduce social isolation and to encourage self-help and self reliance.
4. To link with other community services and networks.

Kick Start Your Career

working with Central Gippsland Health



This course will support job seekers every step of the way to gain entry-level employment with Central Gippsland Health

About the course:

This course has been co-designed with Central Gippsland Health and Learn Local. It prepares job seekers for a range of entry-level roles including administration, food services, environmental services, personal care and more at various CGH locations in Gippsland.

Job seekers will meet a range of department managers from the Sale Hospital. Tutors include a CGH non-clinical educator and Learn Local tutors to support digital and employability skills and financial literacy.

When: Starts Tuesday 17th May and runs 4 days a week for 5 weeks, 9.30am - 3pm.

Where: TAFE Gippsland Flexible Learning Centre, Sale.

How much: This is an ACFE funded course for eligible learners with a low fee of \$40

Enrol or find out more:

Heyfield Community Resource Centre
Phone 5148 2100
email coordinator@heyfield.net



PROVIDE FIRST AID—HLTAID011

Includes primary assessment, vital signs monitoring, fainting, shock, bleeding, wounds burns and basic asthma and anaphylaxis awareness.

A First Aid certificate is valid for three (3) years.

The CPR component of the course is valid for 12 months and needs to be updated annually to keep your certification current.

Tuesday June 7th 2022 6pm to 8.30pm

HLTAID011 – Provide First Aid

Cost: \$120

This course includes CPR.

CPR—HLTAID009

includes assessment, management and providing initial care and response to respiratory and cardiac emergencies

Tuesday June 7th 2022 6pm to 7.30pm

HLTAID009 – CPR Update

Cost: 60

All students must enrol and complete online learning prior to the course date.

All participants must have USI Unique Student Identifier. www.usi.gov.au

To book: 51471487 or Kemp Aquatics 51411127

Conducted as a licensee of Life Saving Victoria

by Tim, Kathie and Jean Kemp.



Jobs Victoria Advocates

Helping you navigate services in Gippsland

Advocates are a critical component of Jobs Victoria, helping people navigate both services and supports available to them from the Commonwealth and Victorian Governments, in addition to community and social services and helping connect them with those that suit them best.

They will meet with people in community spaces
Our Jobs Victoria Advocates are sharing their knowledge and resources.

How a Jobs Victoria Advocate can help you?

If you're looking for work, training or community support and aren't sure how to navigate the process, ask your local Jobs Victoria Advocate. Many people may not be aware of the support services, have a chat with an Advocate and see how they are able to help you.



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Call Vanessa on
0418 890 290



Need help getting started with the NDIS?

Drop in for a chat and have your NDIS questions answered by a pre-planner from CoAbility.

Maffra

Neighbourhood House

Second Wednesday of every month

11:30 am - 1:30 pm

COAbility

HOW TO MAKE YOUR HOME MORE COMFORTABLE FOR LESS.

- What to look for in your bills
- How to reduce hot water costs and simple retrofits to improve your existing system
- Heating and cooling appliances– what to look out for
- Quick tips on draught-proofing and insulation
- What you need to know about lighting with less energy
- Timers and sensors for energy saving
- How to reduce standby power loads

If you would like to listen to Malcolm McKelvie , an energy auditor, help you make your home more comfortable, give us a call to book a spot. Date of a FREE 2hour Friday session to be confirmed .

SKILLS AND JOBS CENTRE

Our Pathways Advisors can provide assistance with understanding all your study options, employability skills training including resumes, key selection criteria and interviews. FREE help is available to plan a career, find a job, available training options, and connecting with local support agencies.

To find out more about your local Skills & Jobs Centre please call 1300 282 317 or email skillsjc@tafegippsland.edu.au

CAREERS COUNSELLING, RESUME WRITING

There is no simple solution to discovering what career you want to pursue, it takes time and effort. Writing a cover letter and resume and preparing for an interview are skills that can be developed. A Careers Counsellor can be of help with all of the above.

This service is offered by appointment only. Sessions of 1 hour.
COST: \$5 per session. Call 51471487 to book an appointment.

OYSTER MUSHROOM CULTIVATION

3 hour theory and hands on workshop learning mushroom cultivation at home.

- What is fungi?
- What fungi eat: saprophytes, parasites, symbiotic
- Oyster mushroom nutrition and health benefits for us
- The mushroom life cycle and the mushroom cultivation process
- The fruiting substrate preparation, using straw to litter variety of materials
- Pasteurizing and sterilization
- Inoculation, pinning stages, fruiting stages
- Harvest and storage
- Building a mushroom growing chamber
- Course fee includes: course materials, a reusable oyster mushroom growing kit per person (\$30 value), course notes and ongoing support from social media, FB and Instagram.

WHEN: Expressions of interest being taken for the workshop in June. Date to be confirmed.

COST: \$60 To book a spot, call 51471487



SALE, MAFFRA & DISTRICT PARENT SUPPORT GROUP

Sale, Maffra and district region parent/family/carer support group is for those who have children (0-18) with additional needs, such as autism, adhd, spd, learning difficulties, spinal cord injury, down syndrome or anything else which impacts their or your daily lives.

- The group is open for all, whether your child is a baby, toddler, child, or teenager, attending a specialist school, main stream school or home school.
- We all need support and can support each other by sharing experiences, problems and challenges, and joys and successes.
- A very informal group with a cup of tea/coffee and biscuits, and sometimes a guest speaker will be invited.

NOAH'S ARK STRENGTHENING PARENT SUPPORT PROGRAM

LOCATION : MAFFRA NEIGHBOURHOOD HOUSE

31A THOMPSON ST, MAFFRA

Dates for Term Two 2022:

May 18th , Wednesday 1pm

June 22nd, Wednesday 1pm



Contact - Kylie Lewis

Kylie.lewis@noahsarkinc.org.au

0476 578 673 (phone or text)

CIRCLE DANCE

COME AND TRY SESSION

The teacher (Jude Maree) has a passion for Circle Dance and has been dancing and teaching on and off since the 1980's. Steps are simple, easily learnt and taught prior to dancing them. Partners are not necessary. If you can walk you can Circle Dance.

Wear loose, comfortable clothing and flexible footwear and bring a water bottle.

WHEN: Friday 10th June

TIME: 10am—12.00

COST: \$10

GENTLE EXERCISE

Based on the principles of Pilates. The gentle exercise group is designed to keep you moving! Increase your strength, balance and coordination with our qualified fitness and Pilates instructor Claire.

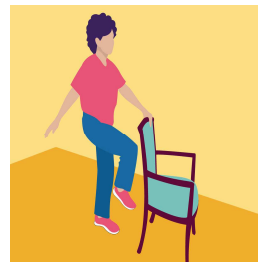
All exercises are done from a standing or sitting position.

No getting down onto the floor!

WHEN: Wednesday

TIME: 11am for 45 minutes

COST: \$84 (7 week course)



Bookings essential. 5147 1487

We recommend you obtain advice from your healthcare professional

LOTUS QIGONG

Kate Merson will be teaching a short qigong form called the Lotus. Lotus Qigong takes approximately 3-5 minutes to go through making it an ideal early morning stretch and wake up exercise. Movements relate to the imagery evoked by being at a lotus covered pond, the animals, sun, wind and clouds observed.

Benefits include gentle stretching, deeper breathing, improved joint mobility and relaxation.

This exercise is a moving meditation.

WHEN: Tuesdays from 17th May

TIME: 9.30am

COST: \$12.00



DAWNS WALKING GROUP.

Dawns walking group leaves the neighbourhood house at 9.15 every Thursday morning and returns for a well earned cup of tea or coffee at 10.15.

WHEN: Every Thursday from 19th May

TIME: 9.15 am

COST: \$2





CRAFT ITEMS FOR SALE

Hand knitted by the craft group participants from donated yarn. Items include fingerless gloves, beanies, baby items, scarves. Every item is reasonably priced.

Our craft and sewing space, below, is permanently set up for craft use. Call in on Tuesday afternoon and have a talk to Dawn about your sewing ideas.



CRAFT GROUP

TUESDAY

Bring your own project or make items to donate to local charities and enjoy the friendship of other crafties, share ideas and enjoy a cuppa.

If you have a particular skill or talent that you would like to present to our regular group, give us a call to arrange a time.

WHEN: Tuesdays

TIME: 10.00am
to 12 noon.

COST: Gold
Coin donation



FARMLINK CRAFT

GROUP

Farmlink Group meet on the first Friday of each month, new members are welcome to come along.

Join in making quilts for charities or bring your own knitting/craft projects along for a fun few hours in a relaxed and friendly atmosphere. Or just come along for a chat.

WHEN: 3rd June

TIME: 10am—3pm

COST: Gold coin



SEWING WITH DAWN

For beginners or to learn more, become very creative with Dawn. Start with a shopping bag and move onto creating your own project on our sewing machines. We have lots of fabrics to choose from and Dawn has lots of ideas to share.

WHEN: Tuesdays

TIME: 1.00—3.30

COST: \$2



CARD GAMES

Maffra Senior Citizens play cards at Maffra Neighbourhood House Mondays and Thursdays from 1pm—3.30pm.

New players are welcome to join in. Cost: \$2



DUNGEONS AND DRAGONS

Story telling at it best!

A table top game played with your imagination. Take a journey into fantasy worlds fueled by your own creativity with

Dungeon Master Mark.

No experience necessary. Come along to spend an afternoon going on adventures of the mind.

WHEN: Sundays

TIME: 9.30—3.30

COST: \$3



SCRABBLE GROUP

The more you play the game, the better you get at it and the more rewarding it is in many ways including, mentally, socially and emotionally.

Board game and dictionaries supplied. Bring a friend, bring a team or come and join a group. We are taking expressions of interest for a Friday afternoon group, but call in if another day suits better.

WHEN: Fridays

TIME: 1pm—3pm

COST: \$2



JIGSAW GROUP

An educational experience to have the potential to develop a varied range of thinking skills, as well as patience and perseverance.

- Keeps spatial skills sharp
- Forces both sides of the brain to work together
- Improves short term memory loss
- Improves visual perception and coordination
- Lowers blood pressure and reduces anxiety



WHEN: Thursdays

TIME: 1pm—3pm.

COST: Gold coin donation



One Day Acrylic Landscape Painting Class for Beginners



Step into Art

Complete a painting like this
in **ONE** day, with a step by
Step tutorial from Dargo
Impressionist Artist , Rosalie
Campbell

Have you always wanted to learn to paint the Australian Landscape, but think you have no talent as an artist. This is a common misconception. Anyone can learn to paint. **NO EXPERIENCE NECESSARY.**

In this one day course you will be provided with all the equipment and knowledge to create your own painting. Just bring lunch, an apron and a smile.

Your tutor, Rosalie Campbell is a self taught artist who has been painting for over 13 years. Rosalie will share with you the Moore Method which has been extremely successfully in giving participants outstanding results for the last 4 years,

This full Day Course will be at the new Maffra Neighbourhood house in Thomson Street on June 6th 2022

Cost \$85.00 per person everything inclusive. All participant will take home a completed painting.

SOCIAL ART

Share your skills and connect with others in a warm social environment. Join a self help social art group to develop your talents on paper and canvas in the medium of your choice in a friendly social setting. Bring your own art equipment.

Tea and coffee available.

WHEN: Thursdays

TIME: 9.30—12.30

COST: \$2



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COMMUNITY JIGSAW

Call in and add a few pieces to our community jigsaw.

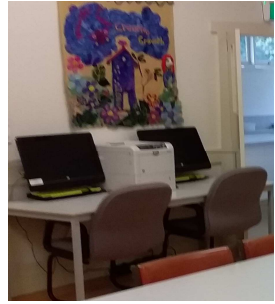


PUBLIC COMPUTER SPACE

We have 2 computers set up for public use.

Cost is \$2 per hour.

Printing is available at an additional cost. Give us a call to book a time that suits.

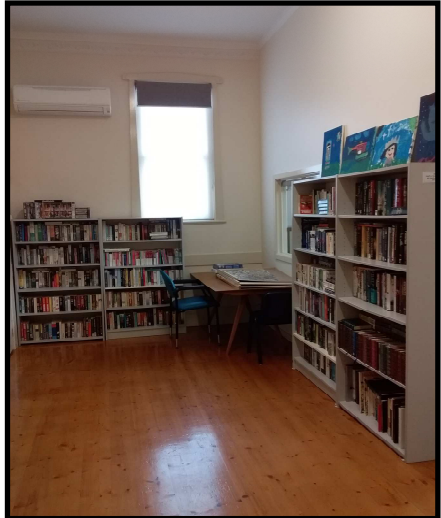


BOOK EXCHANGE

Come in and browse our wide Selection of books.

Bring a book to swap or leave a gold coin donation.

Donations of clean, adult and children's fiction and non fiction books very welcome and much appreciated.



VOLUNTEERS

Why would you volunteer?

What's in it for you?

Talk to us about volunteering today.

Meet new friends Learn new skills Gain self confidence

Be part of your community

Help create a community space for your neighbourhood.



MAFFRA NEIGHBOURHOOD HOUSE ROOM HIRE

Maffra Neighbourhood house has 3 spaces for hire. Each space is designed to suit specific activities. All spaces have access to the kitchen for tea and coffee making facilities. We offer very competitive rates to local organisations. Call Leahn during office hours to discuss needs and room hire rates.

OFFICE FACILITIES

Photocopying at reasonable rates is now available during office hours, Monday to Friday, 9.30am—3pm.

Thanks to the Maffra branch of the Bendigo Community bank for a grant to assist in the purchase of our copier, we can now offer this service to the public.

B/W A4 20c per copy

Colour A4—40c per copy

B/W A3— 40c per copy

Colour A3—80c per copy

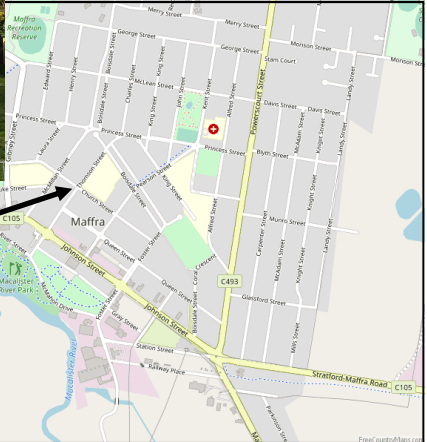


CARTRIDGE RECYCLING.

Cartridges 4 Planet Ark' is an innovative recycling program that provides Australians with a free, easy and environmentally-accredited way to recycle their used printer cartridges.

The participating brands are Brother, Canon, Epsom, HP, Konica, Minolta, and Kyocera.





We are here.



Find our brochure with course information, photos, and more on Facebook! Come in to have a look or to talk about course ideas!

Post: P.O Box 470 Maffra 3860

Email: office@maffraneighbourhoodhouse.com.au

Facebook: Like us, Maffra Neighbourhood House

Website: <https://maffranh.wixsite.com/maffranh>

Thank you to our sponsors:

Ritchies IGA Maffra for kindly donating our community notice message board

