

MAFFRA NEIGHBOURHOOD HOUSE NEWSLETTER



Edition 28
24th February 2022

Hello to all of our participants.

Works in our new building are well underway and the work crew are making quick progress. We don't have a move in date yet but are in the process of planning our move and are packing up our office. If anyone has any spare packing boxes, please drop them off to us during business hours. Our supply is starting to run low.

We will have a working bee at the new premises to clean, unpack and set up. The date is yet to be confirmed, but if you are interested in helping, let us know and we will contact you closer to the date to see if you are available.

We are eager to offer new and exciting services at our new premises. If you have any suggestions, give us a call on 5147 1487 and we will record your expression of interest. We are also in the process of recruiting new volunteers, facilitators, and tutors. If you have a skill that you would like to share, we would like to hear from you.

The Neighbourhood house belongs to the community, and we welcome your suggestions and input for groups and courses.

Kind Regards

Leahn Bulmer

Manager

Maffra Neighbourhood House

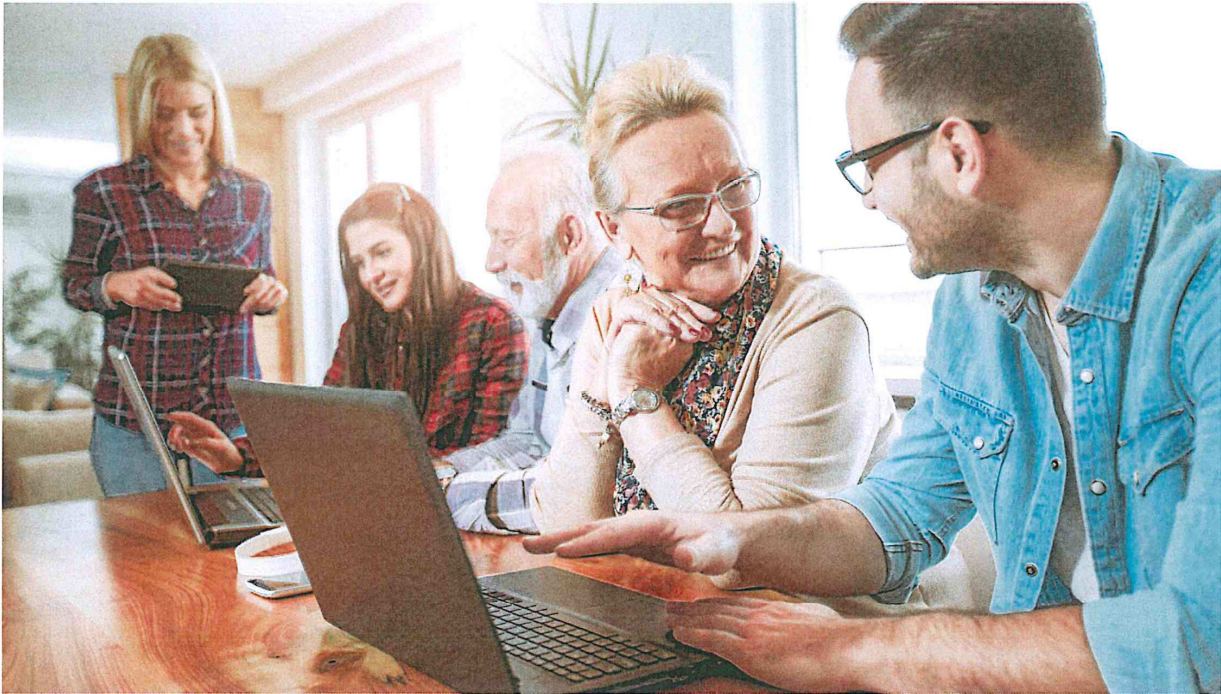
Ph: 5147 1487



A sneak peek at the interior of our new building. A lot has happened since we took these pics.

Digital Matters

Live, learn and work in a digital world



Do you want to improve your digital skills to connect with friends and family, gain employment plus be safe and secure online?

About the course:

This short course will provide learners with technology skills for life, work and study. It's ideal for beginners or those that need to refresh their digital skills.

- An introduction to connecting with others on Zoom.
- Navigating safely online and managing privacy
- Microsoft Word and Excel
- Sending emails, creating contacts and attaching files and images
- Understanding how to use various digital devices from smartphones to computers and more....

When: Runs for 4 evening sessions - Monday 21st & Tuesday 22nd March, Monday 28th & Tuesday 29th March. 6pm - 8.30pm.

Where: Heyfield Community Resource Centre, 5 George St, Heyfield.

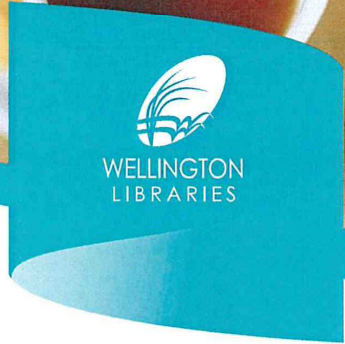
How much: This is an ACFE funded course for eligible learners with a low fee of \$20

Enrol or find out more:

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



Seniors PAR-TEA!



Join us each fortnight for afternoon tea, make new friends and have some lively discussions!

First session:

(and then fortnightly for each branch)

Branch	Day	Date	Time
Sale Library Ph: 5142 3575	Tuesday	15 February	2.30pm
Yarram Library Ph: 5182 5135	Tuesday	15 February	2.30pm
Rosedale Library Ph: 5199 2547	Thursday	17 February	2.30pm
Maffra Library Ph: 5147 1052	Thursday	17 February	2.30pm

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**Libraries
Change Lives**



Special Olympics Golf with Matt Portelli

 Maffra Golf Club, 13 Fulton Road, Maffra

 Fridays starting 11th February through until 8th of April

 10:30am - 11:30am

 Free

 To register, contact Brenton Dinsdale on 0447 358 330 or brenton@gippsport.com.au



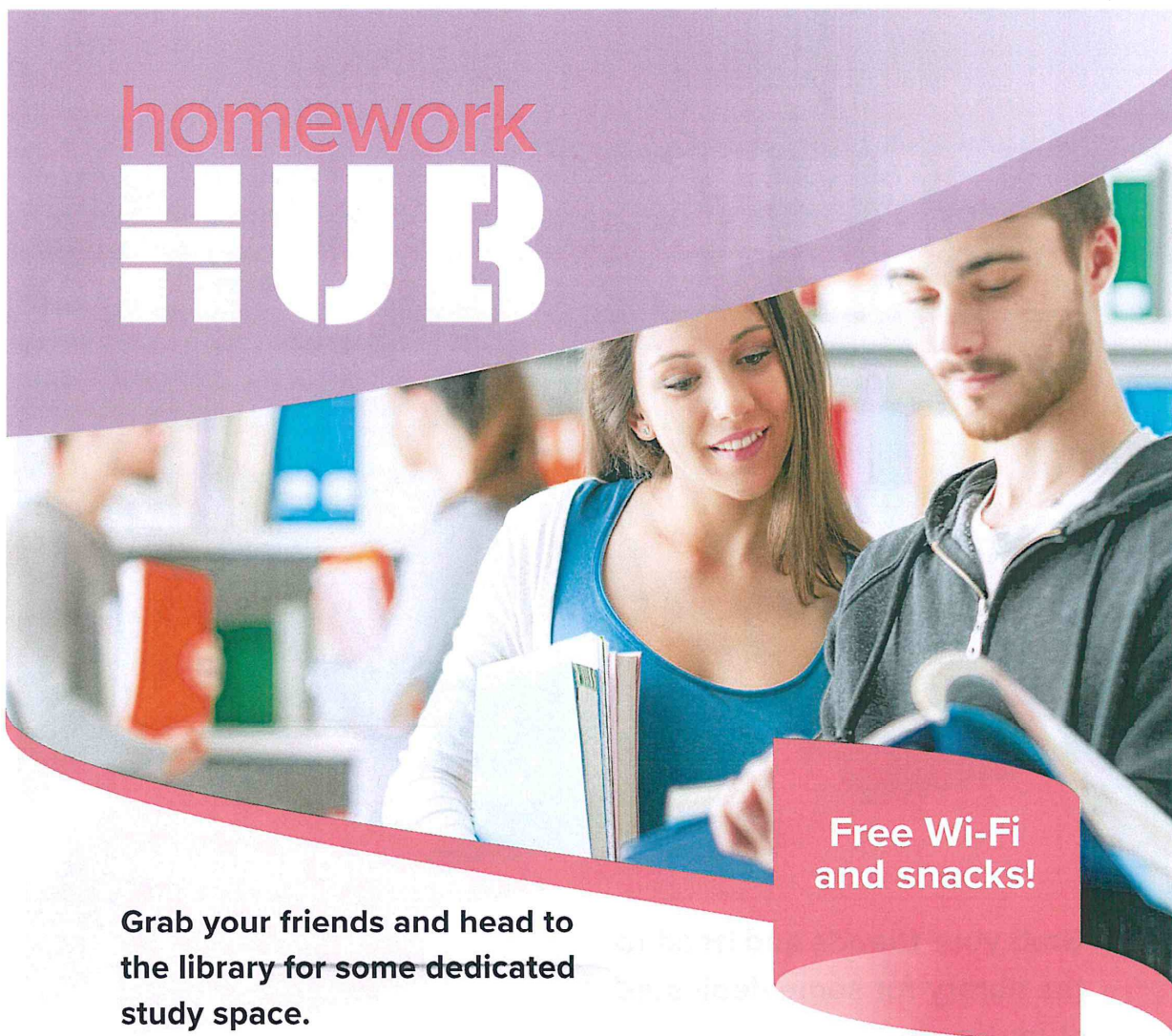
If you are 18 years and under here is a fantastic opportunity to participate in an inclusive golf program with certified PGA Professional All Abilities accredited golf coach Matt Portelli. These nine sessions have modified equipment provided and previous golf experience is not required to come and have a go.



Affiliate Program



homework HUB



Free Wi-Fi
and snacks!

Grab your friends and head to the library for some dedicated study space.

First session:

(and then weekly for each branch)

Branch	Day	Date	Time
Maffra Library Ph: 5147 1052	Monday	14 February	3.30pm
Rosedale Library Ph: 5199 2547	Tuesday	15 February	3.30pm
Sale Library Ph: 5142 3575	Thursday	17 February	3.30pm
Yarram Library Ph: 5182 5135	Thursday	17 February	3.30pm

Libraries
Change Lives




WELLINGTON
LIBRARIES



Latrobe Regional Hospital



The 12-hour Standard Mental Health First Aid course teaches any adult (18 years and over) how to provide initial support to someone who is experiencing a mental health problem or crisis.

Learn about the signs and symptoms of common mental health problems in adults, how to provide initial help, where and how to get professional help, what sort of help has been shown by research to be effective, and how to provide first aid in a crisis situation.

STANDARD MHFA **Wednesday 9th & Thursday 10th February 2022** **Time:** 0930 - 1700

Venue: Buchan Recreation Reserve – 5609 Buchan-Orbost Road, Buchan

Trybooking Link - <https://www.trybooking.com/BVMRK>

STANDARD MHFA **Wednesday 23rd & Thursday 24th February 2022** **Time:** 0930 - 1700

Venue: Orbost Exhibition Building – 10-12 Clarke Street, Orbost

Trybooking Link - <https://www.trybooking.com/BVUNZ>

STANDARD MHFA **Wednesday 16th & Thursday 17th March 2022** **Time:** 0930 - 1700

Venue: Mallacoota Community Club Rooms

Trybooking Link - <https://www.trybooking.com/BVUOG>

STANDARD MHFA **Wednesday 6th & Thursday 7th April 2022** **Time:** 0930 - 1700

Venue: The Hub – Bairnsdale – 27 Dalmahoy Street, Bairnsdale

Trybooking Link - <https://www.trybooking.com/BVURV>

STANDARD MHFA **Wednesday 11th & Thursday 12th May 2022** **Time:** 0930 - 1700

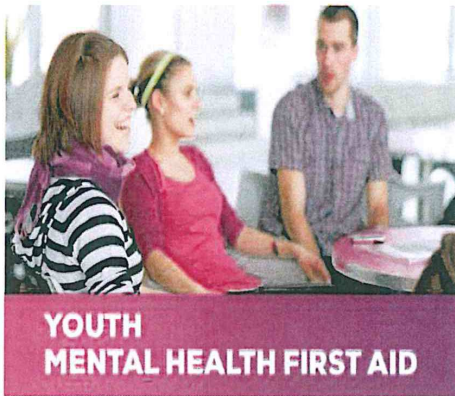
Venue: Sale Community Services – Palmerston Street, Sale

Trybookings Link - <https://www.trybooking.com/BVUSK>

• Training provided free of charge for East Gippsland and Wellington Shires to aid in Bushfire Recovery. Joint venture between Latrobe Regional Hospital and the Victorian Government.

• You are required to attend the full 12 or 14 hours in order to obtain a certificate of completion.

Note: The information provided in MHFA courses is for general mental health first aid only and is not intended to be and should not be relied upon as a substitute for specific professional medical advice.



Latrobe Regional Hospital



The 14-hour Youth Mental Health First Aid course teaches any adult (18 years and over) how to provide initial support to adolescents experiencing a mental health problem or crisis.

Learn about the signs and symptoms of common mental health problems in young people, how to provide initial help, where and how to get professional help, what sort of help has been shown by research to be effective, and how to provide first aid in a crisis situation.

YOUTH MHFA **Wednesday 23rd & Thursday 24th March 2022** **Time:** 0900 - 1700
Venue: Orbost Exhibition Building

Trybooking Link - <https://www.trybooking.com/BVUVF>

YOUTH MHFA **Wednesday 30th & Thursday 31st March 2022** **Time:** 0900 - 1700
Venue: Mallacoota Community Club Rooms

Trybooking Link - <https://www.trybooking.com/BVUVI>

YOUTH MHFA **Wednesday 27th & Thursday 28th April 2022** **Time:** 0900 - 1700
Venue: The Hub – Bairnsdale

Trybooking Link - <https://www.trybooking.com/BVUVJ>

YOUTH MHFA **Wednesday 25th & Thursday 26th May 2022** **Time:** 0900 - 1700
Venue: Sale Community Services – Lecture room

Trybooking Link - <https://www.trybooking.com/BVUVN>

Venues address:

Orbost Exhibition Building – 10 – 12 Clarke Street, Orbost

Mallacoota Community Club Rooms – Mallacoota

The Hub – 27 Dalmahoy Street, Bairnsdale

Sale Community Services – Palmerston Street, Sale

- *Training provided free of charge for East Gippsland and Wellington Shires to aid in Bushfire Recovery. Joint venture between Latrobe Regional Hospital and the Victorian Government.*
- *You are required to attend the full 12 or 14 hours in order to obtain a certificate of completion.*

Note: The information provided in MHFA courses is for general mental health first aid only and is not intended to be and should not be relied upon as a substitute for specific professional medical advice.



Engaging Adolescents

-RESOLVE DIFFICULT BEHAVIOUR IN TEENAGERS-

Free ONLINE program for parents of teens aged 13-18 years

Tired of yelling and nagging?

Resolve difficult behaviour in Teenagers.

In 3 sessions parents will learn:

- Some common ground shared by parents & reasonable expectations to hold about adolescents;
- New understandings of adolescents;
- A three-option model & flow chart for decision making;
- Self check-in, first, for parents;
- Building a relationship with your teenager and making the best of your non-crisis conversations with them.

Parents will receive:

- * **A FREE workbook (valued at \$12) to apply the concepts learnt**
- * **A Certificate of Completion**
- * **Live online delivery option**
(Please contact for details)

Do this highly sought after parenting program FROM THE COMFORT OF YOUR OWN HOME

Hurry!
Places are limited

When?

11:30 – 2:30pm

delivered over 3 Tuesdays:

March 22nd

March 29th

April 5th, 2022

Cost?

FREE

Get in touch

Bookings are essential!

Please contact:

Mark Brookes
Uniting Gippsland
5662 5150

gippsland.leongatha.reception@vt.uniting.org

Parent Uniting
making parenting easier

Uniting



Financial Counselling

Financial counselling is a free, confidential and non-judgemental service available for anyone experiencing or at risk of financial hardship.

Financial counselling:

- Is available to anyone experiencing or at risk of financial difficulty
- Has no access restrictions based on residency, visa-status, or income source
- Uses a strengths-based approach to empower people to make informed choices

Call the National Debt Helpline on 1800 007 007 or [click here](#) to find a financial counsellor.

Translated information about financial counselling

[Click here to find out more](#)

Financial Counselling for Small Business Owners

[Click here for more information](#)

Gambling

When someone is experiencing problems with gambling, it can affect many aspects of their lives, including their finances. Specially trained financial counsellors can help you address financial problems related to gambling. Call Gambler's Help on 1800 858 858 or [click here](#).

Family Violence

Financial counsellors are trained to support people experiencing family violence and financial abuse. If you or someone you know is experiencing financial abuse, you can contact 1800RESPECT on 1800 737 732 or [chat online](#). You can also get free confidential advice from a financial counsellor by calling the National Debt Helpline on 1800 007 007.

Scams

Scams target people of all backgrounds, ages and income levels across Australia.

[Click here](#) for information about scams in languages other than English.

Support services for international students

The [Study Melbourne Student Centre](#) (SMSC) is a Victorian Government initiative to deliver free, confidential, and multilingual support for all international students in Victoria, including a 24/7 phone line for students in need.

The SMSC is co-located with the [International Student Employment and Accommodation Legal Service](#) (ISEALS). ISEALS offers free, confidential, and independent legal advice for international students.

Phone SMSC and ISEALS on 1800 056 449 or email info@studymelbourne.vic.gov.au



Bringing Up Great Kids

The Bringing Up Great Kids' program supports parents and carers to:

- learn more about the origins of their own parenting style and how it can be more effective;
- identify the important messages they want to convey to their children and how to achieve this;
- learn more about brain development in children and its influence on their thoughts, feelings and behaviour;
- understand the meaning behind children's behaviours, and how to respond to children's underlying feelings and needs;
- explore new ways of communicating with children;
- discover ways for parents to take care of themselves and to find support when they need it.

Come along to these 6 sessions to learn strategies, share stories and take some time out for you!

DATES: Wednesdays 16th February to 30th March 2022 (no session 2nd March)

TIME: 10:30am to 12:30pm

WHERE: Online via Zoom

COST: FREE. Bookings essential.

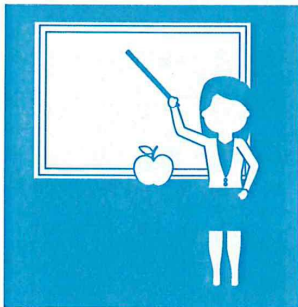
For bookings & enquiries contact:
Parentzone Gippsland on 03 5135 9555
or email
parentzone.gippsland@anglicarevic.org.au

PARENTZONE



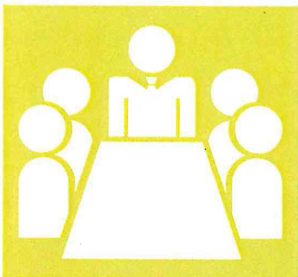
ADVOCACY

At Aspergers Victoria, we speak up when views or systems are not right, and we make sure the voices of all Aspergers autistic individuals are heard as we work towards improving community understanding and inclusion. We've been doing this for 30 years and we won't stop trying.



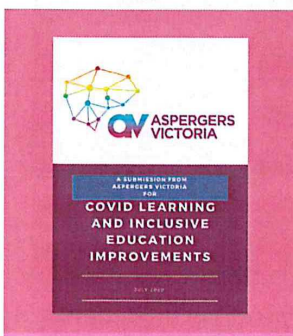
Schools

We provide workshops and training for schools to give them an understanding of not just Aspergers but typical behavioural patterns of a range of neurodivergent conditions. We suggest practical strategies for schools to nurture and develop young Aspies to help them thrive at school and beyond.



Workplaces

We provide workshops and training for employers to help them understand Aspergers, accept and appreciate the diverse views they can bring to teams, and recommend supports that can be put in place to ensure Aspies continue to be included and supported, and that they have access to meaningful work.



Government submissions and roundtables

We listen to our community. We gather their feedback on issues important to them and we work with government to create understanding and positive change for Aspergers, their families and communities.

www.aspergersvic.org.au

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& PROPELLOR

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22

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\$20+BF

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DALLAS WOODS**

WITH SPECIAL GUESTS

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SPRING THING
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freemove
www.freemove.org.au

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Unearthed

Vanessa
Redgrave
James
Murray
Live

JMC
ACADEMY

MOSHTIX

This is a fully supervised, drug, alcohol
and smoke-free tour. No passouts.

Proudly supported by Wellington Shire Council

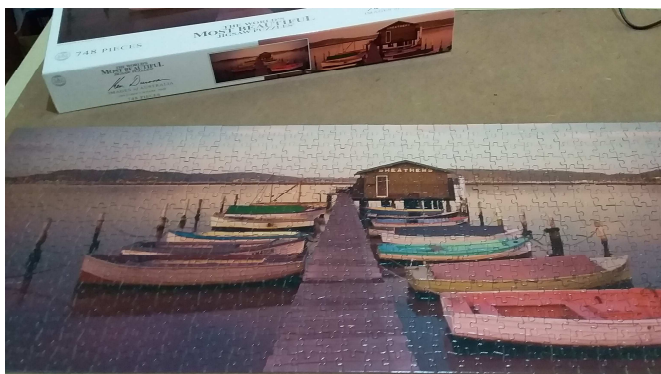


DID YOU KNOW THESE THINGS HAD NAMES?

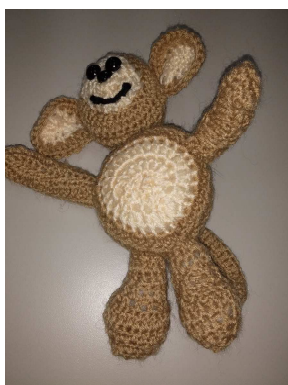
1. The space between your eyebrows is called a glabella.
2. The way it smells after the rain is called petrichor.
3. The plastic or metallic coating at the end of your shoelaces is called an aglet.
4. The rumbling of stomach is actually called a wamble.
5. The cry of a new born baby is called a vagitus.
6. The prongs on a fork are called tines.
7. The sheen or light that you see when you close your eyes and press your hands on them is called phosphenes.
8. The tiny plastic table placed in the middle of a pizza box is called a box tent.
9. The day after tomorrow is called overmorrow.
10. Your tiny toe or finger is called minimus.
11. The wired cage that holds the cork in a bottle of champagne is called an agraffe.
12. The 'na na na' and 'la la la', which don't really have any meaning in the lyrics of any song, are called vocables.
13. When you combine an exclamation mark with a question mark (like this ?!), it is referred to as an interrobang.
14. The space between your nostrils is called columella nasi.
15. The armhole in clothes, where the sleeves are sewn, is called armscye.
16. The condition of finding it difficult to get out of the bed in the morning is called dysania.
17. Illegible hand-writing is called griffonage.
18. The dot over an "i" or a "j" is called tittle.
19. That utterly sick feeling you get after eating or drinking too much is called crapulence.
20. The metallic device used to measure your feet at the shoe store is called Bannock device.

HOW MANY OF THE ABOVE DID YOU ALREADY KNOW?

Jigsaw contributions from staff and participants from the summer holidays. Jigsaw group meets on Thursday afternoons from 1pm, give us a call if you would like to come along.



Karen has crocheted a soft toy. Very cute.



Tim has made a wooden jewellery box. Well done Tim.

