

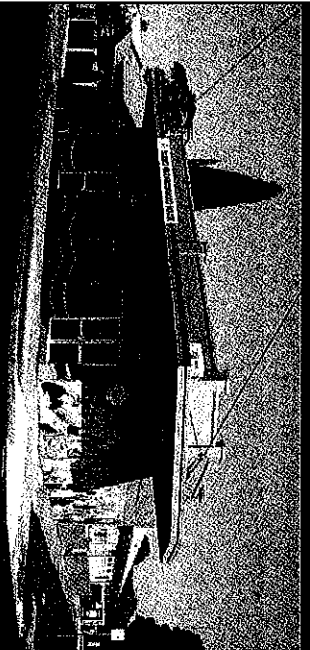
## COMMUNITY ACTIVITIES

Enjoy being part of your local community, join in celebrations, events, markets and festivities. Most are free.

- **Volunteers Welcome Back Coffee Morning**  
Tuesday Jan 24, 10.30am
- **Harmony Day**  
Wednesday Mar 21
- **Coffee Morning**  
Thursday Apr 5, 10.30am
- **Bring and Share Community Lunch**  
Wednesday Apr 11, 12 noon
- **Mother's Day House Artisan's Market**  
Sunday May 6, 11am -3pm
- **Neighbourhood House Week**  
May 7 -11
- **Volunteers Week**  
May 7 -11
- **Sorry Day and Reconciliation Week**  
May 26 -31
- **Fun Week**  
Monday Jun 25 - Fri Jun 29

ALL WELCOME

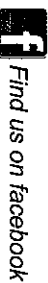
## LOCATION



235-237 Sussex Street, Coburg North 3058

### Contact us

PHONE: 9354 2210 FAX: 9350 2414  
enquiries@sussexnh.org.au www.sussexnh.org.au



Find us on facebook



Follow us on Twitter



Melways Ref 17 E6

### Sussex Neighbourhood House is supported by

- Dept of Human Services
- Dept of Planning and Community Development
- Adult Community and Further Education
- The Dept of Education and Early Childhood Development
- Moreland City Council
- Moreland Libraries
- Glenroy Neighbourhood Learning Centre
- Scope (Vic) Ltd - Leisure Action
- ANNECTO



Melbourne City Council



Adult Education in the Community



The Place To Be

Brochure sponsored by



Heidelberg

96 Bell Street, Heidelberg Heights  
Ph: 9459 4400  
Email: heidelberg@snap.com.au

Course & Activity Guide

JANUARY-JUNE 2012



SUSSEX NEIGHBOURHOOD HOUSE

- English Courses
- Computer Training
- Vocational Training
- Volunteer Opportunities
- Health and Wellbeing Programs
- Community Events
- Arts and Crafts
- Social Groups
- Men's Shed
- Child Care

Share, Learn, Enjoy & Grow

PHONE: 9354 2210

235-237 Sussex Street, Coburg North



## SOCIAL GROUPS

### SUSSEX CARERS SUPPORT GROUP

Share a chat, and a cuppa with other carers in your local community.

1.30pm - 3pm  
First Monday monthly from Feb.  
\$3 per session.

### NEIGHBOURHOOD FRIENDS

Share a chat, activities and a cuppa with other senior women in your local community. Regular monthly outings using the bus. New members welcome.

Wednesdays 1.00pm - 3.30pm from Jan 18  
\$3 per session. Bus \$2

### SCRABBLE CLUB

For beginners and experienced players, social or competitive. Lots of fun. All welcome

Thursdays 2 - 4pm from Jan 19  
\$3 per session.

### SUSSEX FAMILY HISTORY GROUP

Informal group, for people to investigate and research their family history. Range of databases and source materials available. New members welcome.

1st Saturday every month from Feb 4, 2 - 5pm.  
\$3 per session

### FRIDAY FRIENDS

Inclusive social and recreational night with a variety of activities. Bring and share a meal.

Contact 9354 2210 to join.  
Friday 6.30 - 8.30pm. \$3 per session  
Feb 17; Mar 16; Apr 20; May 18; Jun 15.

Some transport assistance available for Moreland residents. Funded by Moreland City Council through ANNECTO.

### BOOK CLUB

Do you enjoy talking about books you have read? Opportunity for a group to read the same book then meet to discuss it.

3rd Monday of the month 1.00 - 2.30pm.  
\$3 per month

In Partnership with Moreland Libraries

### SUSSEX SOCIAL GROUP

Social and leisure activities on Mondays monthly. Cost \$4

Contact Scope on 83114027  
In Partnership with Scope (Vic) Ltd - Leisure Action

## ARTS & CRAFTS

### SEWING (Jan Bowles)

Learn to sew or improve your sewing skills in a friendly environment.

Bring your own sewing machine or use ours.

**Mondays** 7.00 - 9.00pm  
Feb 6 - April 2; Apr 23 - June 25  
**Thursdays** 7.00 - 9.00pm  
Feb 9 - March 29; Apr 26 - June 14  
**Wednesdays** 10.00am - 12 pm  
Feb 8 - March 28; Apr - June 13  
Fees: \$80, \$64 conc. 8 sessions

### PATTERNMAKING (Jan Bowles)

Cut a pattern from a much loved garment.

**Wednesday** 10.00am - 12pm Jun 20 - Jun 27  
**Thursday** 7.00pm - 9.00pm Jun 21 - Jun 28  
Fees: \$26, \$24 conc.

**SILK SCARVES** (Chiara Zeta)  
A day of fun and creativity with colour and fabric.  
Dye your own silk scarf.

**Sunday** 10am - 3pm Mar 18  
Fees: \$45, \$35 conc. Plus materials & equipment charge.

### LET'S PATCHWORK (Chiara Zeta)

Interested in patchwork and quilting? Want to get started or need some help and encouragement with your project? Students of all levels are welcome from beginners to experienced quilters. Get list of fabric and equipment to bring. www.quilterssussex.blogspot.com

**Wednesdays**, 7.00 - 9.00pm  
Feb 8 - Mar 28; Apr 18 - Jun 13; Oct 12 - Nov 30.  
Fees: \$124, \$94 conc

### QUILTERS' CIRCLE

For enthusiastic quilters to quilt, share ideas and enjoy company. Bring your current project.

2nd and 4th & 5th **Mondays**. 1.00 - 3.30pm.  
\$3 donation per session  
www.quilterssussex.blogspot.com

### KNITTERS' CIRCLE

For people who can already knit and would like to knit socially and share ideas with other knitters.

2nd and 4th & 5th **Mondays**. 1.00 - 3.30pm.  
\$3 donation per session

### CRAFT CIRCLE

Enjoy the friendship of other 'crafties' and pick up new ideas. Bring your current project.

**Tuesdays** 9.30am - 12pm. From Feb 7. Not school hols  
Fees: \$3 per session

### POTTERY

Learn basic techniques of working with clay and glazes. Release the creative person within you. Create works of art for your home or for gifts. Suitable for beginners and more experienced potters.

**Tuesday** 1.00pm - 3.00pm (Lynley Northcott) 8 Sessions  
Feb 7 - Mar 27, May 1 - Jun 19, 8 session term  
Fees: \$85, \$65 conc. term. Materials and firing \$30  
**Monday** 7.00 - 9.00pm (Tamara Gregory) 4 Sessions  
Feb 20, 27, Mar 26, Apr 2, May 21, 28, Jun 18, 25  
Fees: \$50, \$40 conc. term. Materials and firing \$15

### MIXED MEDIA (Lynley Northcott & Amanda Woodford)

An inclusive art and craft course for adults and teenagers.

**Tuesday** 6.30pm - 8.30pm.  
Feb 7 - Mar 27; Apr 17 - Jun 19  
Fees \$55 per term. Bus fee: \$15 per term

Funded by Moreland Council. Priority to Moreland residents.

### ARTIST'S STUDIO (Amanda Woodford)

Expressions of interest are being taken for a monthly Artist's Studio. Leave contact details with the House.

**MOTHER'S DAY HOUSE ARTISAN'S MARKETS**  
Sunday May 6, 11am -3pm

### CREATIVE KIDS (Amanda Woodford)

For children 6 - 12 years. Explore art hands-on through drawing, painting and mixed media with Amanda. www.amanda-creativearts.com

**Saturdays** 10.30am - 12.00pm  
Feb 4 - Mar 31; Apr 21 - Jun 9  
Fees: \$124 \$92 conc. per term.

### AFTER SCHOOL POTTERY (Lynley Northcott)

Create fantastic creatures with clay, with a professional potter.

**Tuesday** 4 - 5.30pm  
Feb 7 - Mar 27; May 1 - Jun 19, 8 session term  
Fees: \$99, \$79 conc. term. Materials and firing included

### SOCK MONKEY WORKSHOP (Amanda Woodford)

Express your feelings by creating a sock monkey

**Monday** Jan 23 10.30am - 3pm  
**Tuesday** Apr 3 10.30am -3pm  
Fee \$40, conc \$30

### ARTWORKS (Amanda Woodford)

A visual arts program for 12-18 yr youth. Develop individual projects within a supportive and creative space.

Facilitator www.amanda-creativearts.com  
**Monday** 4.30 - 6pm  
Feb 13 - Mar 26; Apr 23 - May 28  
Fee \$72, conc \$54 per term (6 sessions)

## IMPROVING SKILLS AND EMPLOYMENT OPTIONS

These courses are funded by Adult Community & Further Education



Adult Education in the Community

Full details of course content, modules, fees, and learning pathways are available from the office. Book in today for your personal one on one time with Leigh, our Further Education Coordinator. Ph 9350 4624

### ENGLISH AS A SECOND LANGUAGE

Improve your English reading, writing, speaking and listening skills. Learn in a relaxed friendly group at your level and improve your skills. Ask for full details of course content, fees, and learning pathways. Course schedules are for one year but entry is flexible throughout the year.

Classes for people with some basic skills in English and who want to continue to build their skills. Suitable for those considering work, or further study.

**Wednesday & Friday 9.30am - 12.30pm.**

Feb 8 - Nov 28 No classes school or public holidays

Fees: \$254, Conc. \$70. Eligibility criteria apply

Course schedules are for one year but entry is flexible throughout the year. These courses are run through Glenroy Neighbourhood Learning Centre at Sussex Neighbourhood House.

### GETTING STARTED WITH COMPUTERS

Take the stress out of learning computers! Beginners course with a relaxed approach. Build your skills and confidence.

An introduction to computer basics including Microsoft Word, internet and email, saving and printing. Get lots of tips and understand the jargon. We specialise in assisting "the terrified!"

**Thursday 9.30am - 12.00pm Feb 9 - Jun 7**

**Thursday 7.00 - 9.30pm Mar 1 - Jun 28**

**Thursday 9.30am - 12.00pm June 21 - October 18**

Fees: \$108, \$77 conc. Eligibility criteria apply

Funded by Adult Community and Further Education

### GETTING STARTED WITH COMPUTERS 2

By popular demand! A valuable opportunity to add to your basic computer skills. Build your confidence and keep your knowledge growing.

**Wednesday 1.00pm - 3.30pm Feb 8 - Mar 28**

Fees: \$70, \$50 conc. Eligibility criteria apply

Funded by Adult Community and Further Education

### TAKE A TOUR OF TECHNOLOGY

Take the mystery out of technology and learn what can be useful to you. Find your own starting point. Try a range of different gadgets and discover how easy it can be.

**Wednesday 1.00pm - 3.30pm April 18 - June 13**

Fees: \$70, \$50 conc. Eligibility criteria apply

Funded by Adult Community and Further Education

### MYOB

Comprehensive MYOB course in just 10 sessions. Everything from Chart of Accounts to Payroll and the BAS. Great for getting started or upgrading your skills. Some bookkeeping knowledge preferred.

**Tuesday 7.00pm - 9.30pm**

Feb 7 - Apr 17. No class Apr 10. Apr 24 - Jun 26

Fees: \$120, conc \$90 Eligibility criteria apply.

Funded by Adult Community and Further Education

### WORKABILITY

Would you like to have/get a job? Learn and practice skills to be a good/valued worker, how to manage your time, how to enjoy your work, how to work in a team and much more.

**Tuesday 1.00pm - 3.00pm, Feb 7 - Nov 27**

No classes school or public holidays.

Fees: \$108, conc. \$72. Eligibility criteria apply

Funded by Adult Community and Further Education

### COMPUTABILITY

A flexibly designed computer training program. Have fun while learning valuable new skills. An inclusive program in a very supportive environment.

**Thursday 1.00 - 3.00pm**

Feb 9 - Nov 22. No classes school holidays

Fees: \$108, conc \$72. Eligibility criteria apply.

Funded by Adult Community and Further Education

## PROGRAMS FOR SENIORS

### COMPUTERS FOR SENIORS 1

Basic computer skills for seniors. Learn internet and email, word processing, saving, printing and what to do when you get stuck. Open up new possibilities in your retirement years. No classes school or public holidays

**Monday 10am - 12pm Feb 6 - Jun 4**

**Monday 1.00pm - 3.00pm Mar 19 - Jul 16**

Fees: \$60, \$45 conc. 16 week courses

Funded by DPCD ICT for Seniors

### COMPUTERS FOR SENIORS 2

Consolidate and extend your skills with digital photos, Skype, Facebook, how to look after your computer and computer security and much more. Details on enrolment

**Tuesday 10am - 12pm 4 week blocks starting Feb 7.**

Fees: \$60, \$45 conc. 16 weeks

Funded by DPCD ICT for Seniors

### LAPTOP CLINICS

Great for new learners with laptops at home. Offering support for laptop users. Times by arrangement. Very small groups. One or 2 sessions.

Fees: \$10 session

Funded by DPCD ICT for Seniors

### SENIORS COMPUTER CLUB

Extra support for people in computer courses or wishing to learn more.

Every **Thursday 3 - 5pm** from Feb 7 except school and public holidays

Fee: \$2 session

### MOBILE PHONES FOR SENIORS

Do you carry a mobile phone but not really use it much. If your mobile phone is mostly a mystery, join this course. Leave those frustrations behind. It won't be good in an emergency if you can't use it easily. Learn how to text message and store numbers and make your mobile phone work for you. Phone Leigh 93504624

Courses are run each term. Put your name down for the next one.

Fees: \$35, \$25 conc. 2 sessions

## MEN'S SHED

A new Men's shed will open early in 2012.

A range of programs and projects will soon be available for men to participate in. A great place to find things to do and mates to hang out with, and maybe share your skills too. Contact 9354 2210 to put your name on the mailing list for further information.

## OTHER PROGRAMS

### ARABIC 1 FOR WOMEN

An introductory course in Modern Standard Arabic as a second or foreign language for absolute beginners. Structured curriculum to enhance reading, writing, listening and speaking as well as cultural awareness.

**Saturdays Feb 18 - Jun 16, 10.30 - 1pm**

No Classes: Mar 31 - Apr 14

Fees: \$179. For 15 weeks

### ARABIC 7B FOR WOMEN

An advanced course in Modern Standard Arabic as a second or foreign language. Structured curriculum using interactive activities to enhance reading, writing, listening and speaking as well as cultural awareness.

**Saturdays Feb 18 - Jun 16**

No Classes: Mar 31 - Apr 14

Fees: \$225 for 15 weeks.

## FREE PUBLIC ACCESS TO COMPUTERS

13 computers are available for the public to use at the following times:

**Monday to Friday: 3.30pm - 5.00pm**

One computer available 9am - 5pm

Access the internet, update your resume.

Do your homework, on-line courses, check your banking, research some information, email friends. Volunteers usually available to help. No need to book. Computer course learners are encouraged to use free public access time to boost their learning.



## PROFESSIONAL DEVELOPMENT AND VOLUNTEER TRAINING

A series of courses and workshops designed for staff and volunteers of community groups and clubs. Volunteers are sponsored by Moreland City Council to support volunteering and civic participation. For detailed information on these courses visit our website or ring 9354 2210

### CREATING NEWLETTERS

Create newsletters invitations and fliers for your club, organisation or special event. It's so much easier than you think.

**Friday 1.00 - 3.30pm Feb 3 - Mar 9**

**Wednesday 7.00 - 9.30pm Apr 6 - May 30**

Standard Fee \$65, or \$25 for Volunteers

### SAFETY IN THE WORK AREA OR SHED

From Occupational Health and Safety (OH&S) basics through to the newest requirements- learn how to put safety first for yourself and others. Ideal for Men's Sheddens and handy people.

**Saturday 9am - 5pm Feb 25 - Mar 3**

Standard Fee \$170, or \$50 for Volunteers

### FIRST AID LEVEL 2

Ideal for local sporting club leaders, parents, volunteer workers and staff wanting to learn first aid or simply to refresh their skills. Practical and interactive enabling all participants to handle minor injuries and emergency situations. Certificate course conducted by Acute Health

**Sunday 10am - 4pm Mar 18 & 25**

Standard Fee \$175, or \$50 for Volunteers,

\$60/ \$30 CPR only

### SAFE FOOD HANDLING

Ideal for parents, volunteer workers and staff whose daily work involves the preparation, packaging and/or sale of food products in hospitality, retail, food processing, health industries and fundraising. Certificate course conducted by Glenroy Neighbourhood Learning Centre. Contact the House early to discuss practical requirements.

**Tuesday 6.30 - 9.30pm.**

Standard Fee \$120, or \$30 for Volunteers,

## VOLUNTEERS WANTED

Sussex Neighbourhood House has a wide range of interesting and rewarding roles for people with time and skills to contribute to or be involved in the community. Contact 9354 2210 or leigh@sussexnh.org.au for more information.

## HEALTH AND WELLBEING

### SING YOUR HEART OUT

New singing group starting Feb 15. **Wednesday 7-9pm.** Check it out. Anyone can sing. Heaps of fun. Meet new people while surprising yourself with what you can do. \$40 term.

### YOGA

Take time to look after yourself. Stress relief for body and mind with yoga postures, graceful movements, breathing, meditation and relaxation.

LEVEL 1 - For people just starting yoga or who need a modified program

**Thursday 6.00 - 7.15pm**

LEVEL 2 - For those already familiar with yoga

**Thursday 7.30 - 8.45pm**

Feb 2 - Apr 5. Apr 19 - Jun 21

Fees: \$110, \$85 conc. for 10 sessions.

Bring your own mat.

### CREATIVE MOVEMENT & DANCE

Inclusive workshops to develop creative imagination through dance therapy, music and drama in a friendly and supportive social context. Some transport provided for Moreland residents.

**Monday 6.30 - 8.00pm**

Jan 30 - Mar 26. Apr 16 - Jun 25

Fees: \$55 per term Bus fee: \$15 per term

At the hall at the Pascoe Vale Pool at 7 Prospect St. Funded by Moreland Council. Priority to Moreland residents.

### THE LOCAL WALK & CHAT GROUP

Free, fun and friendly. Gentle paced walk for an hour. Meet new people. Easy exercise, beneficial for all ages. Theme days add extra zing. Enjoy a free cuppa after the walk. Meet **Wednesday 10am.** Allow 2 hours.

## SCALLYWAGS CHILDREN'S CENTRE

Our Occasional Child Care offers a caring and stimulating environment for children 6 months to 6 years. This quality program will support your child's development and boost self esteem, confidence and social awareness. Child Care Tues day - Friday. Some concessions available. If the child care enables you to attend a course at Sussex NH, 50% discount available. Make an appointment to visit the Centre and enrol your child. Ph 9354 2210.

Other children's activities available Ask for a Children's Centre brochure.

## ENROL NOW

To enrol complete the enrolment form and pay the fees in full. Concessions for some programs are available to individuals who have Centrelink benefits. If you have difficulties with payments, please talk confidentially with the Manager.

A refund will be available if a course is cancelled by the House.



Sussex Neighbourhood House is wheelchair accessible and welcomes people with disabilities.

