



Korumburra's Milpara Community House

(ABN 84 361 485 080) (A0019220Y)

Located at 21 Shellcot Road, Korumburra

Term 2, 2019 classes & activities April 23 - June 28

Bookings Essential - Minimum enrolments required for Workshops & Classes. Payment is due 7 days prior to the start date. Cancellations with 7 days notice or if a course is cancelled receive a full refund. If seven days' notice is not given, an administrative charge of \$10 may be deducted from fees. Withdrawals after the commencement of the course are non-refundable except in special circumstances.

Volunteers: Making a World of Difference

Volunteers are the life blood of our communities. They work hard, often behind the scenes, to provide a variety of opportunities for our community to enjoy and benefit from. Without them we would not have the wonderful groups, clubs, events and activities we sometimes take for granted. Six million Australians volunteer their time and that is something to celebrate!

Milpara Volunteers' Afternoon Tea

Milpara too has a strong backbone of volunteers that allows us to do all the wonderful things we do. We'd like to acknowledge their generous contribution with a Milpara Volunteers' Afternoon Tea on Wednesday May 22, 3.30 pm-4.30pm. Please RSVP by Monday May 20 for catering purposes.

Newcomers' Luncheon

Are you new to the area? Each quarter we run a get-together to welcome people to our community. We provide something yummy to share with new friends, and a Welcome Pack that is put together by the Korumburra Community Development and Action Group. We'd like to warmly invite you to join us for a light lunch on **Wednesday May 15, 12 - 1:30 pm**. RSVP for catering by Friday May 10 greatly appreciated, call Milpara 5655 2524. You may like to stay afterwards and join our social singers session from 1.30 pm - 3 pm.

Book Exchange

Did you know we have a great book exchange at Milpara? We have a variety of titles to share. Simply bring in a book or two and exchange for something you haven't read. If you don't have one to swap that's okay too (we'd hate you to be without book), just borrow one from us and bring it back when you've finished.

Other services provided at Milpara include:

Job Board, Book Exchange, Computer Usage, Printing, Photocopying, Fax and general local information. We have puzzles and a reading nook if you need some quiet time. An emergency laundry is also available. Milpara provides a space for visiting counsellors including Anglicare Financial Counselling, bookings 1800 286 260 and Uniting General Counsellors and Family Violence Counsellors, bookings 5662 5150.

All course payments can be made to:

Milpara Community House
BSB: 063 515 Account: 00901901
Quote surname and course as reference.



Centrelink Agency at Milpara

Forms and documents can only be accepted during agency hours.

Hours of operation including school holidays:

Tuesdays 10 am - 2 pm,

Wednesdays & Thursdays 10 am - 1 pm

The agency is closed for public holidays.

Self Service computer and phone available
Monday - Friday, 10 am - 3:30 pm



TIPS Training Information Pathways Service is designed for people who are starting a different career or seeking new employment or training. This is a free service which provides information, advice and referrals. To book a TIPS session please call Milpara 5655 2524.

Emergency Foodbank

Donations of food, toiletries and sanitary items are greatly appreciated and assist in keeping our Emergency Foodbank stocked. We are very fortunate for and appreciative of the generosity of our community. You can also register to have your IGA Michael's Community Rewards points donated to the Milpara Foodbank.



For those who would like to access the emergency foodbank, it is open Monday to Friday 9.30 am - 4 pm during school terms. **Please bring your own bags.** If we have lent you our reusable (emergency) bags can you please return them? Thanks!

Office Hours: Monday - Friday 9:30 am - 4:30 pm

21 Shellcot Road, (PO Box 136) Korumburra

☎ 5655 2524 milpara@dcsi.net.au milparacommunityhouse.org.au



Accredited Training



Food Safety Training for all staff and food safety supervisors

Ideal for those seeking work or working in the hospitality industry, intending to start their own restaurant/take away business, working with children/aged care workers, school canteens and people selling food at markets. All assessment completed in class on the day. Nationally recognised for the Hospitality/Retail, Community and Health Services and Food Processing industries.

Level 1 for Basic Food Handlers (for all staff) 4 hours

Food Processing \$95

Follow Work Procedures to Maintain Food Safety FBPFYS1001

Community and Health \$95 Follow Basic Food Safety Practices - HLTFS001

Or Hospitality and Retail \$95 Use hygienic practices for food safety - SITXFSA001

Thursday June 6 12:30 pm - 4:30 pm

Book online: <https://www.trybooking.com/BBRYD>

Food Safety Supervisor Training (Consist of Level 1 & 2)

Food Safety Supervisor Hospitality \$210 SITXFSA001 & SITFSA002

Food Safety Supervisor Food Processing \$210 FBPFYS1001 & FDFFFS2001A or

Food Safety Supervisor Health \$275 - HLTFS001 & HLTFS005 & HLTFS007

Level 1 Thursday June 6 12:30 pm - 4:30 pm &

Level 2 Thursday June 13 5:30 pm - 9:30 pm

If you already hold level 1 - Level 2 Only

(Must provide copy of valid Level 1 at enrolment)

Food Safety Supervisor Hospitality \$ 115 SITFSA002

Food Safety Supervisor Food Processing \$115 FDFFFS2001A

or **Food Safety Supervisor Health \$180** HLTFS005 & HLTFS007

Thursday June 13 5:30 pm - 9:30 pm

Training and assessment provided by CFT International RTO # 21120

Get Creative

Crafts & Cards with Barb \$4 per session

Bring along your own craft or create a beautiful embroidered card. Materials for cards supplied at additional cost. A great social afternoon.

Fridays April 26 - June 28 1 pm - 4 pm

Jewellery Beading Techniques \$15 per session

Learn new beading techniques to create amazing jewellery and bead pieces. Project kits available at additional cost.

Monday evenings fortnightly 7 pm - 9:30 pm May 6 & 20, June 3 & 17

Art Class \$150

Do you paint or draw or would you like to learn how? Gayle will share her experience and expertise to get you started or enhance your skills. BYO art materials.

8 Tuesdays May 7 - June 25 10 am - 12:30 pm

Felting Workshop - To be advised please express your interest



First Aid Training

Bookings direct with Victorian First Aid online (if you need assistance please contact Milpara). <https://victorianfirstaid.com.au/book-course-now/>

CPR \$60

HTLAID001 Provide Cardiopulmonary Resuscitation

Saturday June 15 9:00 am - 12 noon

Provide First Aid (Level 2) \$155

HTLAID003 Learn what to do in a medical emergency.

Saturday June 15 9:00 am - 4:30 pm

Education & Care First Aid \$180

HTLAID004 Provide an emergency first aid response in an education setting.

Saturday June 15 9:00 am - 5:00 pm

Training and assessment provided by Victorian First Aid RTO #41360

Responsible Service of Alcohol RSA \$75

All people serving alcohol in Victoria need this certificate which is approved by the Director of Liquor Licensing Victoria. 4 hrs

Thursday June 6 5:00 pm - 9:00 pm

Book online: <https://www.trybooking.com/BBRXX>

Training and assessment provided by CFT International RTO # 21120

Groups

Korumburra Craft Group \$4 per session

An enjoyable get together to work on your own craft, crochet, embroidery, patchwork, knitting etc. Everyone welcome.

2nd & 4th Thursday of the month
10:30 am - 3 pm (during school terms)

Korumburra Men's Shed (& Women's) Hospital Garden

Venue: Korumburra Hospital Grounds

Thursdays 9 am - 12 noon

Korumburra CWA

Warmly welcome new members.

Contact: Norma 5655 1717 Venue: Milpara

2nd Monday of the month 1 pm

Korumburra Men's Shed

Contact: John 0411 485 113 Venue: The Goods Shed, Korumburra (behind the Post Office) \$4 per session

Tuesdays & Wednesdays 9:30 am - 1 pm.

Well Being

Basic Cooking with Laura - FREE

Laura will be using donated produce to create meals, snacks etc. for our Foodbank. Come along, lend a hand and learn basic cooking skills and how to make food on a limited budget with what you have available. Taste testing is an important step!

Tuesdays April 30 - June 25 12 pm - 2 pm

Gippsland Meditation Group \$ Dana

You're invited to come along and join Gippsland Meditation Group to explore a variety of meditation techniques followed by a guided meditation. The group is facilitated by John Julian, a recognised Australian Meditation teacher. Cost is dana - a traditional word for making a monetary offering for the teaching.

This term will explore:

Introduction to Buddhism Mondays May 6 - June 3

Introduction to Buddhism 6:30 pm - 7:30 pm

General Meditation 7:30pm - 8:00 pm

Social Mah-Jong \$4 per session

Exercise your mind with Mah-jong, a game of strategy using tiles. This is not like the computer game, Mah-jong Solitaire. Beginners are very welcome. Alternating Wednesdays fortnightly, mornings 10 am - 12 pm and evening 7 pm - 9 pm.

Mornings 10 am - 12 pm: Apr 24, May 8, 22, Jun 5, 19

Evenings 7 pm - 9 pm: May 1, 15, 29 Jun 12, 26

Yoga For All \$15 per session (Concession \$10)

A general level yoga class which adapts poses to suit your ability. Includes guided relaxation and meditation.

Venue: Korumburra RSL Hall

Wednesdays April 24 - June 26 10 am - 11:30 am

Let's Talk About Parenting \$ FREE

Do you want to know how to:

- talk so children will listen
- understand what is normal children's behaviour
- communicate better with your child

Come along to these 4 sessions to learn strategies, share stories and take some time out for you! Adults only.

Thursdays June 6 - June 27 1 pm - 3 pm

BOOKINGS and further information:

Parent zone Gippsland on 5135 9555 or
parentzone.gippsland@anglicarevic.org.au

Milpara Singers \$4 per session

Singing is good for you. It improves health, happiness and social connection, and it's FUN. Join this friendly group, instruments also welcome.

Wednesdays April 24 - June 26 1:30 pm - 3 pm

Kids Wellbeing Programs – Emotionally Empowering Kids Everyday



Trinity Kids runs programs for children aged 2 – 18 years. Programs focus on laying solid foundations for emotional intelligence, providing children and teens with self awareness, gratitude, effective strategies for manoeuvring emotions including anxiety and depression, and much more. Term 2 Focus: Bullying, Boundaries and Belonging. Programs are specifically designed to build emotional intelligence through age-appropriate activities. Kids use movement, arts and crafts, plus fun and games to build their resilience and emotional wellbeing. Programs run as follows:

Early Bird Rates are available. Book direct with Trinity Kids

<http://trinitykids.com.au> or call 0437 331 308

8 Wednesdays May 1 - June 19

Trinity Tweens (10 – 12 yrs) \$215 4:30 pm - 5:45 pm

Trinity Teens (Yr 7 to Yr 12) \$280 5:45 pm - 7:45 pm

Fitter For Life \$15 per session

(Pay up front for 6 sessions, discount price \$82.50)

Over 50's men and women this is for you! Improve your mobility, strength, balance, coordination and flexibility in a fun, social and welcoming environment. Become stronger, more mobile and be able to continue the activities you love to do in life. Run by an accredited instructor equipped with the knowledge and skills to get you moving and having fun. Pilot come try and sign up day is May 7.

Tuesdays May 7 - June 25 9:30 am - 10:30 am

Art Therapy Group Sessions \$25 per session

Art is one of our most powerful means of self-discovery. Come and join this safe space to explore what your artistic expression is unveiling for you. All art materials supplied. Bookings required.

Fridays May 17 - June 28 10 am - 11:30 am

Small Talk Playgroup

Smalltalk is for parents with children aged from birth up to school age.

This is a South Gippsland Shire Council Supported Playgroup. Call Michelle for more information on 0417 388 911 or 5662 9300.

Mondays (during school term) 10 am - 12 noon

Expressions of interest being taken for: Accredited: Operate & Maintain Chainsaws, Work Safely in Construction Industry

Wellbeing: Brain Training, How to Live and Age Well, Men's Circle Group, From Genocide to Generosity, Board Game Group

Computers & Technology: Digital Marketing, Get Started with Code, Presentation Skills. **Get Creative:** Knitting, Crochet



Courses tagged with the Learn Local logo are subsidised by government funding. The prices shown are the reduced rates available to those looking to increase their skills to return to study, gain employment, or to get a better job or promotion. If you haven't completed Year 12, English is your Second Language or you didn't have the opportunity for learning you are also eligible. Please ring for further information.

Child care costs covered while you learn. Through the Flexible Family Support Package established by the ACFE Board to improve educational pathways for families, Milpara can fund the cost of occasional child care and long day care while you attend a Learn Local course, indicated by the LL Logo. For more information contact Milpara 5655 2524.

General Education



The Craft of Story Writing \$85 (Con \$60)

Whether you are a budding author, diarist, blogger, poet or family historian, join this group on a voyage of discovery to uncover your writing talents and stories. Shape your ideas, hone your writing and editing skills and create great writing that will keep your readers turning the pages.

9 Thursdays May 2 - June 27 9:45 am - 11:45 am

EXPRESS INTEREST in a Tuesday Evening Class 6.30 pm - 8.30 pm



Improve your Reading, Writing and/or Maths

1-on-1 tutoring at your level to help you to improve your skills. Day, time and cost to be discussed upon enrolment.



English and Maths Class \$62.50 (Concession \$45) Term 2

A friendly, supportive group that will help you to reach your English and Maths goals. No classes June 10.

8 Mondays April 29 - June 24 12 pm - 2 pm



Speak English \$85 (Concession \$60) Term 2

Learn to speak and understand English in a friendly, relaxed class. No class April 25

9 Thursdays May 2 - June 27 7 pm - 9 pm



Learn English \$85 (Concession \$60) Term 2

Learn to read, write and speak English with confidence in a friendly, relaxed class. No class 12/4 & 19/4.

10 Fridays April 26 - June 28 10 am - 12 pm



Ready Set Go \$80

Work out how to achieve your future education, employment or study goals. What are your current skills? How do you sell them to employers? How do you achieve the skills you would like or need? Also covered will be some of the basic and essential requirements of job seeking and work or study readiness.

Expressions of interest. 6 x 3 hr sessions

Computers & Technology



Office Essentials - Workplace Skills, Excel Focus \$125

Prerequisite Good Basic Computer Skills. This course extends your knowledge of the Microsoft Office Suite. It will include an overview of Word, Publisher, PowerPoint, Access and Outlook. This course will then focus on Excel including complex formulas, using a range of functions and create effective charts.

6 Sessions Express your interest



Introduction to Computers \$140

Don't know much about computers, but wanting to learn? We'll start at the very beginning and help you to gain your confidence. You will learn basic computer use including: how to create files and folders, navigate Windows, access and browse the internet, send and receive an email and basic word processing.

8 Sessions Express your interest



Intro to Computers Beyond Basics \$125

Computers Beyond Basics is about expanding your basic computer knowledge and enhancing your navigation of the internet and the desktop computer. This course will include developing your file management skills, creating and modifying Word documents, introduction to Excel to create a budget, shopping online safely, internet downloads and more.

6 Sessions Expressions your interest



Cloud Accounting for Small Business

Expressions of interest are being taken for the following cloud based accounting packages: Xero and QuickBooks

FREE community MEAL

First Friday
of the month
5:30 pm
Anglican Parish Hall
5 Bridge Street
Korumburra

Play and Learn \$ FREE

For parents and grandparents of children aged 0-8 years. Bring your child/children to have fun playing and enjoying music and story time. Alternatively just come yourself. Discuss parenting and all the challenges and joys that come with it. This is a safe, friendly, non judgemental group who can support you and your child/children

Thursdays (during school term) 9:30 am - 11:30 am
Venue: Karmai Community Children's Centre, 22 Princes St



Office Hours: Monday - Friday 9:30 am - 4:30 pm

21 Shellcot Road, (PO Box 136) Korumburra

☎ 5655 2524 milpara@dcsi.net.au milparacommunityhouse.org.au

Payments can be made to

Milpara Community House

BSB: 063 515 Account: 00901901

Please quote surname and course as reference.