# Korumburra's
# Milpara Community House

(ABN 84 361 485 080) (A0019220Y)

Located at 21 Shellcot Road, Korumburra

**January 28 - March 27 2020**

Class and activities booklet T1 2020

## Relay For Life

Here is a personal invite to anyone who would like to join our team 'Milpara' at the South Gippsland (Korumburra) **Relay for Life on Saturday March 14, 4 pm to 10 am Sunday**.

You don't have to attend the whole event; last year we had a roster and some of our team popped in to do an hour or two while others set up tents and enjoyed the whole event. We are happy for anyone in the community to join our team, we are a friendly bunch who are always keen to make new friends.

Our team name is 'Milpara'. If you would like to join the team or make a donation please do so online or pop into Milpara in person.

## This is for you!

We'd like to invite you to have your say and share your experience. One of Milpara's aims is to deliver a range of learning opportunities for our community to access new skills and personal development. What do you need? What classes, courses or workshops could make a difference? We are keen to develop meaningful opportunities to build skills - what might these look like?

This will be a friendly session followed by a light lunch.

Wednesday February 5
10 am - 12 pm

Office Hours: Monday - Friday 9:30 am - 4:30 pm milparacommunityhouse.org.au
21 Shellcot Road, (PO Box 136) Korumburra
☎ 5655 2524 milpara@dcsi.net.au

# Special Interest

## Delve into Tarot $84

Tarot cards are used for spiritual growth, fortune telling, gaining personal insights, and uncovering the hidden side of situations. Whether you are an absolute beginner or have had some experience with tarot cards and want to sharpen your skills, this hands-on weekly class will teach tips and techniques for understanding the cards and reading them. Bring along your tarot cards and have some fun while you learn the art of foretelling the future.

7 Mondays Feb 10 - March 23
10 am - 11:30 am

# Well Being

## South Gippsland Mental Illness Carers' Group

Are you caring for someone with a mental illness? If so, are you aware of South Gippsland Mental Illness Carers' Group which meets monthly? Started in 1994, they are now a more informal coffee and chat group and being amongst other carers you realise you're not alone. In a relaxed, warm, friendly and confidential atmosphere, you are able to enjoy the company of other carers, and have a laugh too! April's meeting will be held at Milpara Community House, 21 Shellcot Road Korumburra. For more information contact: Rosemary 0481 098 248.

Wednesday April 15 10 am - 12pm

## Rural Minds Community Workshop ~~$98~~ FREE

This Rural Minds Community Workshop is a relaxed way to learn about mental wellbeing and resilience for you, your family, friends and community.

Specifically designed for rural and remote communities, Rural Minds is just good, solid practical, information without the bull…….. dust.

This subsidised workshop combines practical, culturally-relevant information around risk factors, signs and symptoms, prevention tips/ techniques and where and how to get assistance. Lunch and morning tea will be provided. Bookings essential by March 12

Thursday March 19 9:30 am - 2 pm

## HypnoBirthing ® International - The Mongan Method Classes $600 per couple

This practitioner is affiliated with the HypnoBirthing® Institute and is currently certified and authorized to teach the complete HypnoBirthing Program.
*HypnoBirthing® - The Mongan Method*

Educating with the original and the best HypnoBirthing program available. Learn how to eliminate fear around birthing and utilise our deep relaxation techniques that have been proven to support the birthing mother's mind, body and baby to work in harmony for birthing. A day or evening program is available. **Book direct** with Stacey: please call 0499 914 568. Bookings require a $150 deposit, payment plans available.

5 Tuesdays Feb 25 - Mar 24 10 am - 12:30 pm **or**
5 Fridays Feb 28 - Mar 27 6:30 pm - 9 pm

# Health and Wellbeing

## Women's Empowerment & Soul Nourishment $125

This workshop is for women of all ages who want to feel more courageous in making positive life changes in their relationships, careers or pursuing their passion. You will be provided with knowledge and tools to make lasting positive changes, in a nurturing environment with like-minded women. There will be a focus on stress & anxiety release exercises to leave you feeling calm & balanced.

What will be covered:

- How to Build Confidence & Overcome the Fear that Holds You Back.
- The Cause of Negative Relationship/Life Patterns and How to Change Them.
- A Guided Meditation to connect with your intuition for improved clarity in decision-making.
- Self-reflection & Journaling exercises.
- A Guided Meditation to Balance You.
- Stress & Anxiety Release Exercises.
- Talk therapy & Energy Healing - how they can bring about positive change.
- Learn a simple & effective Meditation technique that you can use anywhere to reduce anxiety.

Snacks & herbal teas will be provided. Please bring your own lunch, notebook/journal.

**Expressions of Interest** Full Day Weekend Workshop

## Mindfulness and Compassion $Dana per session

Join us to share in a guided meditation that will be followed by a discussion. The sessions are facilitated by John Julian, a recognised international Mindfulness and Compassion teacher. Cost is dana - a traditional word for making a monetary offering for the teaching.

Mondays Jan 6 - Mar 23 7:00 pm - 8:00 pm

## Unhurried Conversation $4 per session

In an unhurried conversation there is time to think differently and connect with people in a refreshing way. Unhurried isn't always slow, but it has a pace where people find it easy to join in and not feel crowded out. And listening can be as satisfying as talking. We'll use a simple format to create good, human interaction while enjoying a cuppa. 3rd Monday of month.

Feb 17 & March 16
1:30 pm - 3 pm

## Mummas Supporting Mummas $4 per session

'Mummas Supporting Mummas' is a Facebook page for local Mums. It now has a face to face gathering. It is about creating a network of people who encourage, empower and support one another; where Mummas can feel heard, supported & create new friendships; where being real and authentic women, not just within ourselves but around others is accepted. If you can't join in person, feel free to just join the Facebook Group.

Wednesdays Feb 5 - Mar 25
10 am - 12 noon

# Health and Wellbeing continued

## Grow, get supported, be connected

within Australia
working together for better mental health and wellbeing

Within Australia use Milpara as a venue and provide short term psychosocial supports to eligible adults with a severe mental illness and reduced functional capacity. It is a Federal Government initative. Psychosocial support offers one-to-one coaching and group activities that support recovery through learning new strategies and skills including: identifying your strengths, improving your social skills, connecting with family or with the community, managing your daily living needs, maintaining your physical wellbeing, managing drug and alcohol addictions, building broader life skills including confidence and resilience and exploring access to the NDIS.

You can self-refer by calling 1300 737 412 or referrals can be made by GP's, Primary Health Providers, National Disability Insurance Agency staff and other agencies or health services.

## 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:** Jan 29, Feb 12 & 26 Mar 11 & 25

**Evenings 7 pm - 9 pm:** Feb 5 & 19, Mar 4 & 18

## Kids Wellbeing Programs – Emotionally Empowering Kids Everyday

Trinity Kids Self-Esteem & Resilience programs are the perfect way to start your child's 2020 off in the best possible way. Filled with age appropriate ways to assist your child with feeling the best the can and building strong foundations for facing challenges.

**Book direct** http://trinitykids.com.au or call 0437 331 308. (Early Bird Rates available)

### Trinity Tweens (10 - 12 yrs) $215

**8 Mondays Feb 3 - Mar 30 4:30 pm - 5:45 pm**

### Trinity Tinies & In-Betweens (4 - 9 yrs) $185

8 Wednesdays Feb 5 - Mar 25, 4:30 pm - 5:30 pm

### Trinity Teens (Yr 7 to Year 12) $280

8 Wednesdays, Feb 5 - Mar 25, 5:30 pm - 7:30 pm

Do you have an idea on what we should offer at Milpara?

Do you have a skill you'd like to share?

Would you like to start a group?

If yes, talk to Belinda on 56552524 to discuss how to make it happen

# Movement & Music - Well Being

## Yoga for Beginners - An Introduction to the Basics of Yoga $90

Trying something new can be intimidating. Have you thought about yoga but then questioned "am I fit or flexible enough?" or "will I be able to learn the poses?" and then decided to pass?

This is a great opportunity to find out for yourself in a friendly environment that the answer is yes, yoga can be suitable for everyone. The class is designed to teach you the proper alignment of the common yoga poses working through Sun Salutations A and B, standing and balancing poses, seated and supine twists, gentle forward and back bending poses. Tracey will help you individually with adjustments to suit your body and ability so you'll be comfortable and confident.

The class will be 1 hr, slow and paced to the group, with individual support and guidance, and time to discuss, ask questions and build confidence to prepare for the progression to the general level class if it suits your interests. Yoga has many health benefits, so come and try it for yourself. **Venue:** K'burra RSL Hall

6 Wed Feb 19 - Mar 25 9:15 am - 10:15 am

## Basic Guitar Lessons for Beginners $25 per session

Bring your own guitar and music stand preferred. We may be able to lend you a guitar with prior arrangement. Payment to be made to tutor each session.

6 Fridays, Feb 21 - Mar 27 9:30 am - 10:30 am

## Belly Dancing for Fun $15 per session

Come along and learn the basic steps of belly dance, burn off some energy and build some tone at the same time. The emphasis of this class is to enjoy yourself in a fun environment.

6 Wednesday Feb 19 - Mar 25 1 pm - 2 pm

## General Yoga $15

This is a class suitable for those of general level fitness, all ages, and mixed levels of experience in Yoga. Classes are based on a combination of Iyengar, Hatha and Ashtanga styles. Breath and movement are combined to create a flowing style (Vinyasa) which will improve flexibility and cardio fitness, and develop mindfulness. Guided meditation, and breathing techniques are part of each session. Tracey will provide guidance, adjustments and options to suit all levels within the practice.
**Venue:** Korumburra RSL Hall

Wed Jan 29 - Mar 25
10:30 am - 12 noon

## 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
Jan 29 - Mar 25,
1:30 pm - 3 pm

Find us on Facebook

# Employment

## Accredited Training

### First Aid Training

Bookings direct with Victorian First Aid

Book online: https://victorianfirstaid.com.au/Korumburra/

**CPR $60** HTLAID001

Saturday February 22,
9 am - 12 noon

**Provide First Aid (Level 2) $155**
HTLAID003 Learn what to do in a medical emergency.

Saturday February 22, 9 am - 4:30 pm

**Education & Care First Aid $180**
HTLAID004 Provide an emergency first aid response in an education setting.

Saturday February 22 , 9 am - 5 pm

Training and assessment provided by Victorian First Aid RTO#41360

### 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

***Pay before Feb 27: Early Bird Rate $95***

**Food Processing $100** Follow Work Procedures to Maintain Food Safety FBPFSY1001

**Community and Health $100** Follow Basic Food Safety Practices - HLTFSE001

**Or Hospitality and Retail $100** Use hygienic practices for food safety - SITXFSA001

Thursday March 5 2 pm - 6 pm
Book online: https://www.trybooking.com/BHIFB

### Responsible Service of Alcohol RSA $80

***Pay before Feb 27: Early Bird Rate $75***

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

Thursday March 5 9:30 am - 1:30 pm
Book online: https://www.trybooking.com/BHIEH

Training and assessment provided by CFT International RTO # 21120

### Food Safety Supervisor Training - One day course

***Pay before Feb 27: Early Bird Rate $5 discount***

**Food Safety Supervisor Hospitality** $215 SITXFSA001 & SITFSA002
**Food Safety Supervisor Food Processing** $215 FBPFSY1001 & FDFFFS2001A or **Food Safety Supervisor Health** $280 - HLFSE001 & HLTFSE005 & HLTFSE007

Thursday March 5 2 pm - 10 pm

Training and assessment provided by CFT International RTO # 21120

# Get Creative

If you would like to get a group of friends together, we can organise a workshop for you. Felting, Needle Felting, Rug Making, Card Making and more. Speak to Belinda at Milpara

### 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 Jan 31 - Mar 27 1 pm - 4 pm

### Art Class $112.50

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.

6 Tuesdays Feb 18 - Mar 24
10 am - 12:30 pm

### Polymer Clay - Creating Canes $20.00

Polymer clay is a fantastic medium for creating many crafts. This workshop will teach you the techniques of creating multi colour canes for use in jewellery etc. Gayle will share her tips, techniques and ideas to help you create your own necklace to take home. Please bring along 2 - 3 polymer clay blocks in your choice of colour.

Friday February 21 9:30 am - 12:30 pm

### Magic of the Hook – Crochet $25

All crochet stitches are based on the action of a loop pulled through another loop with a hook. With some magic hook action, you'll learn to transform wool into samples of fibre art. Suitable for beginners, youth and those wanting to refresh their skills, or those who are stuck on a project. If you can, bring along your own 4 mm hook and 8 ply wool, or the project you are working on.

6 Wednesdays Feb 19 – Mar 25
5:30 pm - 7 pm

# Language

### Speak English $50 + $15 materials

Learn to speak and understand English in a friendly, relaxed class, if English your second language.

8 Thursdays February 6 - Mar 26 7 pm - 9 pm

### Learn English $50 + $15 Materials

Learn to read, write and speak English with confidence in a friendly, relaxed class.

8 Fridays February 7 - March 27 10 am - 12 noon

### Learn French $160

Rachel would like to share and help people learn her native language, French.

**Beginners**
8 Fridays Feb 7 - Mar 27
6:30 pm - 8:30 pm

**Next Step**
8 Saturdays Feb 8 - Mar 28
10 am - 12 noon

# Developing Skills - Learn Local Courses

## English and Maths Class $50.00 + $15 materials

Would you like to improve your reading, writing, comprehension or spelling? Or would you like to improve your maths skills? This class is designed to assist people to reach their goals. Past students have attended to learn basic reading to improve their independence and to improve their skills to assist their children and others to pass entry exams for further study. Whatever your goal, you will find this a friendly supportive environment. **Express your interest**

## Introduction to Computers $50 + $15 materials

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 x 3 hrs.
**Express your interest**

## The Craft of Story Writing $50 + $20 materials

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.

8 Thursdays Feb 6 - Mar 26 10 am - 12 pm

## Journaling & Blogging $50 + $15 materials

Come an explore the wonderful world of a Journals diary or blog for creativity, self exploration and self development. Who knows where you can take it.

6 Tuesdays Feb 18 - Mar 24 10 am - 11.30 am

## Workplace Skills $50 + $15 materials

**General knowledge and basic computer and Windows skills required.** This course extends your knowledge of the workplace software.

Classes will be put together using two of the following components: Ms Word, Ms Excel, Ms Publisher, Ms Outlook, Ms PowerPoint, Google Docs

6 sessions x 3 hrs. **Express your interest: Include which modules you prefer**

## Computers Next Step $50 + $15 materials

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 folder management skills, creating and modifying Word documents, introduction to Excel to create a budget, shopping online safely, internet downloads and more. 6 sessions x 3 hrs. **Express your interest**

# Personal Growth/Career

### #Gippslanddigital: Kick start your career in digital marketing $50 + $20 materials

The course includes an overview of digital marketing and the tools available to design and implement a digital marketing strategy. Learners will explore the best options in developing and supporting an online business presence. Suitable for job seekers/students wishing to expand their resume. Also suitable for businesses. This course will cover a range of topics from Google Garage, social media marketing, tools to build a website, E-Commerce, Google My Business and more!

6 x 3 hrs sessions **Express your interest.**

### Women's Financial Wellbeing $50

This course is open to any woman who wants to build their knowledge, skills and confidence around managing their money.

**Express your interest**

## Expressions of Interest

- Family Genealogy information session - where to start
- Family History Short Course
- Flower arranging using home grown flowers
- Lets play 500 (Card Game)
- Smart Phone Photography
- Caravan and Towing Safety Session
- Study group for adults

# Groups

### Korumburra Men's Shed

$5 per session

Venue: The Goods Shed, Korumburra (behind the Post Office)

Contact: John 0411 485 113

Tues & Wed 9:30 am - 1 pm

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

Venue: Korumburra Hospital Grounds

Contact: Neil 0458 422 412

Thursdays 9 am - 12 pm

### Korumburra CWA

Warmly welcomes new members.

Contact: Norma 5655 1717

Venue: Milpara

2nd Monday of the month 1 pm

### Korumburra Craft Group $4 per session

An enjoyable get together to work on your own craft, knitting , embroidery, patchwork, crochet etc. Everyone welcome. Venue: Milpara. Contact Betty 5655 1378 or Elaine 0408 572 223

2nd & 4th Thursday of the month 10:30 am - 3 pm February 13 & 27, March 12 & 26

# General Information & Services

## Enrolment Terms and Conditions

**Bookings:** Are essential as minimum enrolments are required for workshops and courses. Bookings are considered tentative until payment and enrolment forms are received.

**Payments**: Are due 7 days prior to the start date of workshops & courses to allow for minimum numbers to be confirmed. Payments can be made by cash or direct deposit. Milpara can take card payments, but this will incur a 1.9% fee (via phone 2.2% fee).
**Direct deposit payments to be made to:** Milpara Community House BSB: 063 515
Account: 00901901. Please quote surname and course as reference.

**Refunds:** Participant cancellations with 7 days' notice, and courses cancelled by Milpara 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.

## Centrelink Agency

Forms and documents can only be accepted during agency hours.

Hours of operation including school holidays:

- Tuesdays 10 am - 2 pm,
- Wednesdays 10 am - 1 pm
- Thursdays 10 am - 1 pm

Note: agency is closed on public holidays.

Self Service computer & phone is available Monday - Friday during school terms, 10 am - 3:30 pm.

## Emergency 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**.

Donations are the life blood of the foodbank. We accept with great appreciation non perishable food, surplus home grown fruit & vegetables, toiletries and sanitary items.

You can also contribute by donating your Michaels IGA points to Milpara. Ask us how.

**Other services provided at Milpara include:** Jobs Board, Book & Puzzle Exchange, Computer Usage, Printing, Photocopying and general local information. An emergency laundry and shower is available.

**Learn Local Courses:** 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.

## Hot Spot Offices

**Counselling/Small Room Rental**

$15 per client session (up to 1 hour).

$50 for full day hire or part thereof.

NFP's please enquire regarding rates.

**Training Room Hire**

Enquiries welcome for Training Room 1 & 2 hire.

## Typing/Word Processing

Need something typed? We can organise for a volunteer to assist. Please be mindful that this will depend on the volunteers availability. Donation for service appreciated.

## Computer usage

Gold coin donation welcomed. Call to make a time or drop in and see what is available.

## Printing and Photocopying

A4 single Black 25¢ Colour 40¢
A3 single Black 35¢ Colour 50¢

## Laminating

A4 $1.50 A3 $2.00 (+ printing)

** Please enquire about our prices for bulk printing and booklets.*

## Need Computer, Tablet or Phone Help?

We have volunteers who can assist you with your small computer tasks, basic phone use etc. We can also provide mentors to walk through online learning programs like GoDigi, Be Connected. Please ring to book a time, 56552524.

## FREE Legal, Financial and Counselling sessions available!

Having a chat to the right person can sometimes help! The following **FREE** services are available at Milpara Community House right here in Korumburra. *Please advise that you would like to attend the appointment at Milpara at the time of booking.*

**Uniting General Counsellors and Family Violence Counsellors,**
bookings 5662 5150.

**Anglicare Financial Counselling**
approx. every 3 weeks,
bookings 1800 286 260

There have been some fantastic success stories from people who have accessed this free service. Often they visit feeling nothing can be done but leave with a smile. Come and see Stuart yourself, what have you got to lose?

**Gippsland Community Legal Service**
3rd Wednesday of the month, bookings:
1800 004 402

Areas where assistance can be provided include:

- Debts (where client owes money)
- Family Violence, Domestic Violence & Intervention Orders
- Family Law (children's matters)
- Family Law (divorce/separation)
- Fines & Infringements
- Mental Health Treatment Orders & Hearings
- Police Complaints
- Tenancy
- Victims of Crime

# FIXIT

# KORUMBURRA

Need something repaired?

## Let's fix it together

**Sunday February 9**
**1 pm - 4 pm**

Milpara Community House
21 Shellcot Road Korumburra

*Like to volunteer or need more information? Please contact Belinda at Milpara on 56552524.*

### Free Community Meal

Held on the 1st Friday of the Month
(No meal in January)
February 7, March 6, April 3

5:30 pm at the Anglican Parish Hall
5 Bridge Street Korumburra

Bookings not required. Families welcome. For transport assistance please call 5655 1007

# Food and Friends

### Lets share Lunch $ Free

Two things I love to do is share a laugh with good company and eat yummy food, so I thought I would invite anyone interested to join me for lunch. Bring something to share, it need not be fancy, from a pack or jar is perfectly fine. It's more about getting together and enjoying some company. RSVP so I can set the table! I hope to see there, with thanks Belinda.

Wednesday March 4 1 pm - 2 pm

### Sushi $25

Would you like to learn how to make sushi? Atsu would be happy to share her skills and knowledge with you so you can create your own sushi at home.

Saturday March 7 10 am - 1 pm

### Cooking Vegetarian

Are you vegetarian or wanting to increase your meat free meals? Unsure about where to start or what to cook? This is for you. **Expressions your interest.**

### Newcomers' Morning Tea

New to the area? We'd like to welcome you to the community with morning tea.

Venue: Milpara, Korumburra's Community House, 21 Shelcot Road Korumburra.
Please **RSVP** by Fri March 13 for catering purposes 5655 2524

Wednesday March 18 11 am