



Korumburra's

Milpara Community House

(ABN 84 361 485 080) (A0019220Y)

21 Shellcot Road, Korumburra

Term 1 2021: January 25 - April 1



Welcome Newcomers'

New to the area? We'd like to welcome you. It's an opportunity to learn more about the community, ask any questions and meet a friendly face or two. If you would be interested in participating in a session, please let us know 56552524.

Wednesday
March 3, 11 am



Friendly Catch Up \$4 per session* - If you can

This is new. The aim is to provide a space to meet new people, have a chin wag or just listen. It's about getting out of the house for some friendly contact time. So come along, enjoy a cuppa, laugh and some good company.

Thursday afternoons February 4 - April 1 1 pm - 3 pm

New year and new online booking system

We have a new online booking system! It saves paper and you can book and pay online from the comfort of home. Don't worry you can still enrol at reception the same as usual. To book online scan the QR code to the left and scroll down the page, if you click on the relevant category e.g Health and Wellbeing, it will bring up the courses to select from. Bookings for First Aid Courses can only be done directly with Victorian First Aid. This is a new system, let us know how it goes for you!



Scan for Booking



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



General Information & Services

Conditions of Entry

Follow all staff instructions



If you are unwell, even the mildest symptoms, do not enter Milpara. Please call us on 5655 2524 so we can assist you.



You **MUST** report to reception and provide your contact information - every visit, no exceptions. Follow safe hygiene practices. Sanitize hands on entry, exit and as required.

Bookings are essential for ALL classes, workshops and activities.

Cancellation and Refund Policy

- A full refund will be provided for services cancelled by Milpara Community House.
- A full refund for participant cancellations with seven business days notice.
- A refund, less \$10 administration charge is provided for participant cancellations between two and six business days notice.
- No refund is provided for participant cancellations on the day or with one business days' notice. Withdrawals after the commencement of the course are non-refundable except in special circumstances.

Printing and Photocopying

	B&W	Colour	Laminate
A4 Single	25¢	40¢	\$1.50
A3 Single	35¢	50¢	\$2.00

Please enquire about bulk printing, booklets and comb binding. Documents can also be scanned and sent to emails.

Terms and Conditions

- Bookings are essential.
- Bookings are tentative until enrolment is completed, including full payment.
- Payment is due seven days prior to the start date of the workshop or course unless indicated by a * which payment is made on the day.
- We accept payment in cash, cheque or EFTPOS during office hours or on-line payments at the time of booking. Direct deposits made to Milpara Community House BSB: 063 515 Account: 00901901 with reference of participant's surname and course.

Need something typed?

A volunteer can assist. Please be mindful this may take a few days. Donation for service appreciated.

Services Australia Agency - Centrelink



centrelink

Forms and documents can only be accepted during agency hours.

Hours of operation:

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

Note: Same hours apply during school breaks. Closed on public holidays.

Self Service computer & phone

(with no staff assistance) is available Monday - Friday during school terms 10 am - 3:30 pm.

Employment Accredited Training

First Aid Training



These courses have an **online workbook to be completed prior** to the practical day due to

COVID-19 Pandemic.

Please double check finish times at time of booking as they may change.

CPR \$60 HTLAID001 9 am - 10:30 am

Provide First Aid (Level 2) \$155
HTLAID003 9 am - 1:30 pm

Education & Care First Aid \$180
HTLAID004 9 am - 2 pm

Tuesday February 2 or

Saturday February 27

Venue: Anglican Church Hall

5 Bridge St K'burra

Bookings direct with

Victorian First Aid

[https://victorianfirstaid.com.au/
Korumburra/](https://victorianfirstaid.com.au/Korumburra/)

or 0488 405 605

Training and assessment provided by Victorian
First Aid RTO#41360

Responsible Service of Alcohol RSA \$80

Pay before Feb 9 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 February 18

9:30 am - 1:30 pm

Training and assessment provided by CFT
International RTO # 21120

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. Online options also available.



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

Pay before Feb 9: Early Bird Rate \$95

Food Processing \$100 Follow Work Procedures to
Maintain Food Safety FBPFYS1001

Community and Health \$100 Follow Basic Food Safety
Practices - HLTFS001

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

Thursday February 18

2 pm - 6 pm



Food Safety Supervisor Training - One day course

Pay before Feb 9: Early Bird Rate \$5 discount

Food Safety Supervisor Hospitality \$215 SITXFSA001 &
SITFSA002

Food Safety Supervisor Food Processing \$215
FBPFYS1001 & FDFFS2001A or **Food Safety Supervisor
Health** \$280 - HLTFS001 & HLTFS005 & HLTFS007

Thursday February 18

2 pm - 10 pm

Training and assessment provided by CFT International
RTO # 21120

Health and Wellbeing

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 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.

Classes are 1 hr, slow and paced for the group, with individual support and guidance, time to ask questions, build confidence and to prepare for progression to the General Level Class if it suits your interests. Yoga has many health benefits, so come and try it for yourself. Pending restrictions this class maybe via Zoom or in person. **Venue:** K'burra RSL Hall



Express interest. Day and Dates to be confirmed

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 Wednesday mornings and Monday evenings.

Wednesday Mornings 10 am - 12 pm: Jan 27, Feb 10 & 24, Mar 10 & 24

Monday Evenings 7 pm - 9 pm Feb 1 & 15, Mar 1, 15 & 29.

General Yoga \$15* per session

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 Lyengar, Hatha and Ashtanga styles. Breath and movement are combined to create a flowing style (Vinyasa) which will improve flexibility, 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. Pending restrictions this class maybe via Zoom.

Venue: Korumburra RSL Hall

Express Interest

Day and dates to be confirmed
10:30 am - 12 noon

Mummas Supporting Mummas \$4* per session - If you can

‘Mummas Supporting Mummas’ 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 3 - Mar 31 10 am - 12 noon

Milpara Singers \$4 per session—if you can

Singing is good for you. It improves health, happiness and social connection, and it's FUN. Join this friendly group, instruments also welcome. Our beautiful backyard garden will host this group weather permitting alternatively it will be inside.

Wednesdays

Feb 3 Mar 31

1:30 pm - 3 pm

Artist (or want-to-be Artist) Hang Out \$4 per session

Do you like to paint or draw but would enjoy a set time and/or some company? Bring your own materials and enjoy a cuppa as you work, share and chat.

Tuesdays Feb 02 - Mar 30

10 am - 12 noon

Free Information Session on HypnoBirthing

HypnoBirthing - The Mongan Method is recognised worldwide as a leading program in childbirth . A program that empowers birthing mums and their support person in learning how to naturally support birth, and gaining confidence in their birthing choices. Working closely with hospitals and birth professionals in how to better support a Hypnobirthing couple and importantly 'positive birth'.



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

If you would like to learn more please attend the free information session, you may also wish to take part in our upcoming Hynobirthing Course—Fees Apply. The first course is scheduled to commence in the late February. For further information and course fees please contact Stacey 0499 914 568. Bookings essential.

Information Session Feb 1 & 3, Apr 5 & 7 6.30 pm – 8 pm

Wonder Women Support Group \$ Gold coin* - if you can

Peer support for women survivors of trauma and/or abuse. It's about moving on with life, recognise the strength within, and embrace your inner "wonder woman" while supporting each other. A donation has subsidised room hire. - This group is not a crisis service, it's for women who are ready to move on in life.

February 22 & March 29 1 pm - 3 pm

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 Feb 5 - Mar 26 1 pm - 4 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 11 & 25, March 11 & 25



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, to get a better job or gain a 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.

Personal Growth/Career

Note: Express your interest rather than set dates allows greater flexibility to deliver our courses at a time and date that suits our participants. Please let us know your interest.



Women's Financial Wellbeing \$50

Talking money can feel awkward but it is an important step in reaching financial security. This class will create a safe space and be led by a supportive female tutor using resources designed for women. This course is open to all woman and those who identify as female, whether single, coupled, separated or widowed. It is designed to build knowledge, skills and confidence around managing money and financial security.

6 x 2 hrs sessions **Express your interest**



English and Maths \$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, improve their independence and to improve their skills to enable them to assist their children, 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**

Computers Next Step \$50 + \$15 materials



Computers Next Step 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**



Workplace Computer 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 modules: Ms Word, Ms Excel, Ms Publisher, Ms Outlook, Ms PowerPoint, Google Docs.

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



The Craft of Story Writing \$50 + \$20 admin

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. **ONLINE ZOOM CLASS**

Thursdays February 4 - April 1 10 am - 12 noon

Office Administration Taste Tester Are you interested in finding employment in an office environment or continuing with further study in this area? This is a taste tester to find out more and develop helpful skills. **Express your interest**

Getting Ready for TAFE 20 hour course to help you prepare for what study at TAFE is like. **Express your interest**

Language



Speak English \$50 + \$15 materials

Learn to speak and understand English in a friendly and relaxed class.

Thursdays February 4 - April 1 7 pm - 9 pm



Learn English \$50 + \$15 Materials

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

Fridays February 5 - March 26 10 am - 12 noon

Learn French \$160

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

Beginners

8 Tuesdays Feb 9 - Mar 30
6:30 pm - 8:30 pm

Conversational French

8 Wednesdays Feb 10 - Mar 31
6:30 pm - 8:30 pm

Groups

Korumburra Men's Shed \$5 per session *

Tuesday and Wednesday mornings 9.30 am - 1 pm.
Please enquire for further information.

Contact: John 0411 485 113

Korumburra Men's Shed (& Women) Hospital Garden

Venue: Korumburra Hospital Grounds.
Thursday mornings 9 am -12 noon.

Contact: Neil 0458 422 412

Helpful Supports

Learning to Grow

Need help to achieve your goals?

A new community program to support *you to identify and achieve your goals.*

Driven by participants' needs and wants.

Got questions? Or want to know more? Call Jess at Milpara 5655 2524 or email: milparaL2G@outlook.com

Get a job
Develop Skills

Identifying Goals

Return to work

Access to support services

Set education goals

Feel Supported

Build Confidence



Help is 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.*



Anglicare Financial Counselling
bookings 1800 286 260



Korumburra St Vincent DePauls Conference
Monday, Wednesday and Friday
Leave a message 0436470 898



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



Gippsland Community Legal Service
Currently unable to visit Milpara
Assist via phone 1800 004 402

Emergency Foodbank

Available business hours Monday to Friday 9.30 am - 4.30 pm (School holiday hrs Tue, Wed & Thur 10 - 1pm.) **YOU MUST BRING YOUR OWN BAGS**

Assistance is available to everyone who seeks it with no age, gender, disability, ethnic or religious discrimination. Assistance is free, respectful and confidential. We aim to provide a safe, supportive environment for the provision of emergency relief.

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



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

