



# Korumburra's Milpara Community House

(ABN 84 361 485 080) (A0019220Y)

21 Shellcot Road, Korumburra  
Term 1 2022: January 28 - April 8



**Happiness:** laugh often, dream big and surround yourself with people who make you happy! This is exactly what Milpara Community House is all about. It offers a variety of activities to connect with people and opportunities to learn new skills. Our usual crew of staff are looking forward to seeing you, together let's make 2022 the year of Happiness!

**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 or via our website. Click on the relevant category (the heading used in the program) and it will bring up the courses to select from. Please note bookings for First Aid Courses can only be done directly via their website [victorianfirstaid.com.au](http://victorianfirstaid.com.au).



Scan for Booking

## Are you new to the Korumburra area?



If so we'd love to welcome you to the community with an afternoon tea and friendly chat.

**Venue:** Milpara Community House  
Tuesday **March 8, 3.30 pm - 4.30 pm**

Please **RSVP** for catering purposes 5655 2524



**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](mailto:milpara@dcsi.net.au)  
[milparacommunityhouse.org.au](http://milparacommunityhouse.org.au)



## General Information & Services

**Conditions of Entry** Follow all staff instructions and current COVID restrictions.



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. Sanitise hands on entry, exit and as required.

### 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.

### 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.
- We accept payment in cash, cheque or EFTPOS during office hours or on-line payments at the time of booking. Milpara also accepts direct deposits made to Milpara Community House BSB 063 515 Account 00901901 with reference of participants surname and course.



centrelink

### Services Australia Agency - Centrelink

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

### Printing and Photocopying

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

Yes we photocopy and laminate. We can also scan print and send documents to your email. Donation for service appreciated.



## Need something typed?

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

**Resumes:** We are not career advisors so do not do resumes, we are happy to assist you with information, helpful tips and resources to assist **you** to create your own resume.

## 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 1

Saturday April 23

**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



## **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 \$95 online, \$120 in person**

**Food Processing** Follow Work Procedures to Maintain Food Safety FBPFYSY1001

**Community and Health** Follow Basic Food Safety Practices - HLTFS001

**Or Hospitality and Retail** Use hygienic practices for food safety - SITXFS001

### **Food Safety Supervisor Training - One day course**

**Food Safety Supervisor Hospitality** \$215 SITXFS001 & SITFS002

**Food Safety Supervisor Food Processing** \$215 FBPFYSY1001 & FDFFS2001A or **Food Safety Supervisor Health** \$280 - HLFSE001 & HLTFS005 & HLTFS007

Training and assessment provided online by CFT International RTO # 21120, in-person class to be confirmed.

The above Food Safety Training course's are available to complete online at your convenience. If you would prefer a face-to-face class please express your interest by the end of February, if sufficient interest we will set a date for March.

## Health and Wellbeing

### **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 1:30 pm - 3.30 pm

### **Games & Giggles \$4 per session \***

**Use it, don't loose it** Games, puzzles, crosswords etc are a great way to exercise your brain and have a lot of fun at the same time. Bring along your favourite game/activity or just bring yourself and enjoy some time exercising your brain in fun way with company and loads of laughs.

Tuesdays February 1 - April 5  
10 am - 12 pm

### **Mindfulness-based Stress Reduction program (MBSR)**

Please see details for this group course under Helpful Supports.

8 Tuesdays, February 16 - April 6,  
5.45 pm - 7.45pm

### **General Yoga \$15\* per session pay tutor**

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.

Venue: Korumburra Meeting Rooms (behind library)

Mondays 10 am - 11.15 pm January 31 - April 4

### **Delve into Tarot \$140**

Tarot cards are used for spiritual growth, fortune telling, gaining personal insights, and uncovering the hidden side of situations. This class is designed to teach you to read your own cards—this is not a personalised reading session. 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. Provide your own tarot cards (Rider Waite Deck preferred) and have some fun while you learn the art of foretelling the future. This class will be held via Zoom, link provided on enrolment. If you need technology assistance or computer access please let us know in advance, Milpara 5655 2524. Expressions of interest in evening classes are being taken.

Mondays Feb 14—April 4, 10 am - 11 am

### **Come Chat \$4 per session\*—if you can**

It's about getting out of the house for some friendly contact time. So come along, enjoy a cuppa, laugh and some good company.

Feel a little nervous about meeting new people? Don't worry, this is a safe space and we're easy to get along with. Not much of a conversationalist? That's OK too, you're welcome to listen and we've also set the starting discussion point for each week  
Feb 4 : Pets, Animals. Feb 11: Favourite Movie.  
Feb 18: Childhood Adventures. Feb 25: Garden and Nature. Mar 4: Favourite Book. March 11: Life before technology. Mar 18: Favourite Apps. Mar 25: Cooking favourites and epic fails. Apr 1: Jokes and funny stories. Apr 8: Attitude of Gratitude.

Fridays February 4 - April 8, 10 am - 12 pm

### **Lets do Lunch \$Free**

Two things I love to do is share a laugh with good company and eat , so what better activity than to merge the two? We thought, Julie and I, that we'd invite anyone interested to join us for lunch. Bring your own lunch, no need for it to be fancy as it's more about getting together and enjoying some company. RSVP so we can set the table! We hope to see there, with thanks Belinda & Julie.

Last Tuesday of the month,  
February 22 & March 29 1 pm - 2 pm

### **Bike Riders and Walkers—Meet Up?**

The rail trail is certainly a fabulous asset, we'd love to know if people would be interested in the development of a regular walking group and/or a riding group? A perfect opportunity to meet new people and enjoy a friendly chat as you get active.

Express Your Interest

### **Social Mah-Jong \$4 per session pay tutor**

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:**

Feb 2 & 16, Mar 2, 16 & 30 **Monday**

**Evenings 7 pm - 9 pm** Feb 7 & 21,  
March 7 & 21, Apr 4

### **Guided Relaxation Meditation \$20 \* per session pay tutor— Advanced booking per week required.**

Treat yourself to a dedicated time of blissful relaxation. With a warm welcome and quick debrief it's then time to let go of the days hustle and bustle. Lay down and enjoy the experience as you're led through an evening of intuitive guided meditation. Suitable for beginners and practiced meditators. Bring along a yoga mat, pillow, blanket and water.  
Venue: Korumburra Meeting Rooms (Behind Library)

Tuesdays February 8 - April 5,  
7pm - 9 pm



## Personal Growth/ Career / Technology



### **Reading, Writing and Maths \$50.00 + \$15 admin**

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, express your interest so we can help you reach it.

Express your interest



### **Easy Steps to Computers for Beginners \$50 + \$15 admin**

This beginners course will get you up and running with the basics! It will give you lots of confidence. It shows you how to find your way around a computer screen, understand hardware and software, use the mouse and identify icons. It also covers file and folder management, internet and email browsers, search engines and includes the basic functions of Microsoft Word and Microsoft Excel.

Thursdays February 3 - March 17, 1.15 pm - 4.15 pm



### **Intermediate Computers for Work & Home \$50 + \$15 admin**

This intermediate course is for those wanting to gain a deeper understanding of computer use for work, study and home!

A pre-requisite is our Easy Steps to Computers for Beginners course or general knowledge and basic computer and windows skills required. You will explore an in-depth study of Microsoft Word and Excel applications along with some aspects of cloud computing.

Thursdays February 3 - March 17, 9.30 am - 12.30 pm

### **Be Connected**

*Be Connected* is an Australia wide initiative empowering all Australians to thrive in a digital world. We'll provide a friendly supportive and patient person to assist you to learn at your own pace. There are many topics to explore everything from how to access the internet, make video calls, online banking and much more. Technology might seem scary but with a little support you'll likely find it much easier than expected. Join this session to get support so you can develop your confidence with computers. **Particularly suited to over 50's**, you can bring your own device or use one of ours.

Tuesdays 1.30 pm - 3 pm, February 8 - April 5



## 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

Wednesdays 10 am - 12 pm February 2 - April 6



## Women on the tools

**Full Fee \$350 Learn Local places \$80**

Just for the gals this course is designed to help women build their confidence and capacity to use hand and power tools as they work on a variety of projects involving timber, tiles and metal. Perhaps you have aspirations to have a home business creating art, to make or restore furniture, or to start a trade apprenticeship? This may be the perfect stepping stone to build your confidence before moving onto accredited training. Or maybe you just want to learn some skills and have fun doing projects in a supportive environment.

The course fee includes tutoring, access to tools, machinery, recycled materials for your first project and some basic consumables eg. glue, sandpaper. Students may need to purchase their own materials for their own special projects.

6 Thursdays, March 3 - April 7, 10 am - 3 pm Or 6 Fridays, March 4 - April 8, 10 am - 3 pm

## Language

**English as a Second Language** Is English your second language? If so, Heather can help you. Some students have improved their English to get jobs, or better jobs, to go onto further study at TAFE or University. Some students want to improve their English skills so they can engage in the community and help their children. Whatever your reason this class provides a relaxed friendly and supportive environment.



## Beginning English \$65

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

Fridays February 4 - April 8, 10 am - 12 pm Mondays January 31 - April 4, 10 am - 12 pm



## Improving my English \$65

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



**Learn Local Eligibility for ACFE funding:** All courses with the Learn Local Logo are subsidised for students paying their own fees who are undertaking the course to upskill for work, get a job (including voluntary), or to get into another course of study. You may also meet other criteria, please contact us for more information. Non-subsidised rate: 30 hour of study: \$300 / 20 hours of study: \$200.

## Get Creative

### Art with Gayle \$20\* per session pay tutor

Explore different mediums in a fun friendly supportive class. BYO art materials. Gayle will share her experience and expertise to get you started or enhance your skills.

8 Tuesdays, October 5 - Nov 30 10 am - 12:30 pm

### Creative Arts workshop with Rachel \$150

Come and explore - Expressive abstract painting on canvas - Assemblage and collage artworks using mixed media recycled and reclaimed objects. - Small sculptures or jewellery created from sundry, modelling, polymer, and magic clay. - Free choice and more... All materials provided.

Confirm Time Slot

8 Thursdays February 17 - April 7, 6.30 pm - 8 pm

### Learn to Sew \$60

Would you like to learn to sew using a sewing machine? In this class learn the basic fundamentals as you create a small project and develop your skills. Bring along scissors, pins, tape measure, cotton and some small pieces of material you like (recycled is perfect). This class is suitable for beginners and those who are a bit rusty and want to refresh their skills in a fun friendly environment. Bring your own sewing machine or you can use one of ours.

6 Tuesdays February 22 - March 29 1 pm - 3pm

### Fibre Appreciation Group - Nyora \$5

Do you love to knit, crochet, spin, weave, felt or do you do anything else with fibre? If so, then this may be the new group you are looking for. Meet with other fibre appreciating people to share what your working on and provide each other support and assistance. Once a month at Nyora.

Venue, Time, Date to be confirmed. Express your interest.

### Crafts & Cards with Barb \$4\* per session pay tutor

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

Fridays February 4 - April 8 1 pm - 4 pm

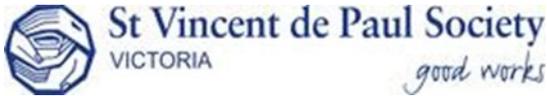
### Korumburra Craft Group \$4 per session

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 Feb 10, & 24, March 10 & 24, 10:30 am - 3 pm



## Helpful Supports continued



**St. Vincent de Paul Society  
alive and well in Korumburral**

The St. Vincent de Paul Society is an organisation that cares for the most vulnerable in our community offering emotional and financial support. The Society has two arms: One being the Vinnies Stores, which provides the funds from sales; and the other arm being the Conference which provides welfare services.

Conference members may assist in the form of food vouchers, payment toward emergency accommodation, clothing, furniture and household goods, budget support, payment of utility bills, transport costs and medical/prescription costs. Sometimes a chat is all that is needed. We provide information and referral to other services.

Conference is very grateful to Milpara Community House for allowing us to use their premises to support our wonderful Community.

Milpara's Emergency Food Bank, access to Centrelink Services, financial counselling and wellbeing services and the many other programs and activities that Milparra provide for the community, work hand in hand with the work of the St. Vincent de Paul Society.

The Korumburra Conference is aware of the financial pressure and emotional toll that people experience often through no fault of their own. This can be overwhelming! We are here to help in a non-judgemental environment.

Older women, 55 and over, are the latest demographic increasingly at risk of homelessness and poverty. Our service is available to ALL regardless of age, race or gender.

If you would like to organise an appointment for assistance please call us on 0436470898 anytime and leave a message. Appointments are available on Mondays, Wednesdays and Fridays.

### **Milpara's Emergency Foodbank**

Monday - Friday 10 am - 4 pm (During school holiday: Tue, Wed & Thur 10 - 1pm.)

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. Please bring your bags.

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

Available b

## Helpful Supports continued



### **Financial Counselling. It's Free and worth a visit.**

Did you know you can see a financial counsellor for free right here at Milpara? Stuart visits regularly for face-to-face sessions. You can book by calling Anglicare Financial Counselling 1800 286 260, let them know you'd like your appointment to be at Milpara.

**What do financial counsellors do?** They provide advice and support to people in financial difficulty. And provide practical advice to help people who have debts and are struggling to meet ordinary living expenses. Accessing grants and super.

If you find yourself in a position that you are struggling your not alone and there is help. More than 2.5 million Australians (13% of the population) live in households of high financial stress. Financial counsellors help 125,000 people per year face to face.

Financial counsellors are qualified professionals who provide information, advice and advocacy to people in financial difficulty. Their services are non-judgmental, free, independent and confidential. **Does financial counselling work?** 74% avoid legal action, 69% are more positive about the future, 66% resolve their financial difficulties, 63% improve their mental wellbeing, 53% avoid bankruptcy, 45% improve their physical health. So it's well worth a free visit to see what they can do for you. The earlier the better, don't leave it too late.

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

### **No Interest Loans - NILS**

Milpara Community House is helping community members access Good Shepherd's No Interest Loans!

No Interest Loans provide people and families on low incomes with access to safe, fair and affordable credit. Borrow up to \$1,500 for essential goods and services such as whitegoods, furniture, car repairs, education costs and medical procedures. Not available for cash, rent, bills and debts. The supplier of the approved essential item is paid directly.

**NEW Nils4cars!** works just the same as NILS, \$2000-\$5000 available – pending credit checks, for essential vehicles that must be roadworthy and registered.

**No Interest Loans  
for things you need now**

**Borrow up to \$1500. Pay back \$1500  
No Fees. No Charges. Ever.**

## Thinking Healthy: Counselling and Focussed Psychological Strategies at Milpara

Tuesday afternoon—evenings Book direct with John 0439 901 795

John Julian at Thinking Healthy now offers counselling at Milpara Community House by appointment on Tuesday afternoons. John is an experienced mental health clinician and assists people with stress, anxiety, depression and trauma through a range of appropriate therapies. He is a recognized expert in mindfulness and compassion-based therapy approaches. John is registered with Medicare and Worksafe. Info: John on 0439 901 795.

## Mindfulness-based Stress Reduction program (MBSR) Cost: See below

8 Tuesdays, February 16 - April 6, 5.45 pm - 7.45pm

John Julian is offering one of the world's great stress reduction programs at Milpara Community House. The program has four decades of extensive clinical and psychological research, making MBSR the most widely researched course of its type in the world. The evidence-based program teaches a broad array of mindfulness techniques over nine weeks. John uses the clinical version of the program known as Mindfulness-based Cognitive Therapy (MBCT).

Mindfulness-based Stress Reduction (MBSR) teaches you the skills to mobilize your mind and body so you can take charge of your life and cope more effectively with stress, anxiety and depression. Research reports a 50-70% reduction in relapses into depression for people with two or more episodes of depression in life. Course participants report that MBSR training results in:

An increased ability to relax	A greater ability to cope with pain
Greater / efficient productivity	Improved self-esteem
A greater understanding of stress and depression and their effects	An ability to cope better with stressful situations.
Greater energy and enthusiasm for life	Improvement in depression and anxiety
A decline in stress-related physical and psychological symptoms	

**Cost Information:** *This group program can be subsidised by a Medicare Mental Health Plan's group component. Your GP can refer you just for the group work—you can remain with your regular mental health clinician or psychologist for one-to-one work, or you may choose to see John. Cost for the group is dependent on whether or not you have a mental health plan and your income. Please call John to discuss your personal circumstances. As a guide for someone with a mental health plan on Centrelink, it would cost from \$0 to \$90, if employed the cost is \$90 to \$170. Without a mental health plan the cost is \$350. Contact John on 0439 901 795.*

## Develop your money skills for free with MoneyMinded™

MoneyMinded is a flexible adult financial education program that builds knowledge, confidence and skills to help people make informed decisions and manage their money. If you're looking to create a budget, reduce your debt or save more regularly, MoneyMinded can help you get there. It's helped over 725,000 people manage their money better and can help you too. The sessions will be run by Sarah who has become a MoneyMinded coach.

It will be run over 4 evening sessions, 7 pm—8. 15 pm please express your interest.





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 at Milpara on 5655 2524 to discuss how to make it happen!

## Groups

### Korumburra Men's Shed \$5 per session \*

A place for men to dabble, create, chat, watch, exchange knowledge or just enjoy the mateship. You don't have to be handy. Just willing to make new friends. Venue: The Old Goods Shed (behind Post Office).

Tuesday 9.00 am - 1 pm. Wednesday 9.00 am - 3 pm

**Contact:** John 0411 485 113

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

Venue: Korumburra Hospital Grounds.

Thursday mornings  
9 am - 12 pm.

**Contact:** Neil 0458 422 412

**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 Elaine 0408 572 223, Alison 0438 992 169

2nd & 4th Thursday of the month Feb 10, & 24, March 10 & 24, 10:30 am - 3 pm



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