



Korumburra's Milpara Community House

(ABN 84 361 485 080) (A0019220Y)

Located at 21 Shellcot Road, Korumburra
Term 3 July 13 - September 18 2020

Simple Kindness

Over recent months we've seen our amazing kind community shine. We're grateful for simple things and may now make a point of appreciating them; like toilet paper.

Keeping that momentum of how simple things can make a big difference to our life and how we feel, we'd like to set a simple challenge.

Let's celebrate our kind community by keeping the ball rolling. The challenge if you so choose is to see how many of the below simple kindness activities you can tick off each week. Complete the challenge with goodwill and no expectation of anything in return. The ripple effect might not always be easily seen, but a simple act of kindness always ripples. We'd love feedback on how this challenge goes.



Smile
and watch it spread.

Pay someone a
compliment

Be present while talking
and really listen.

Make someone laugh.

Shut down your
negative self talk.

Let someone do
something for you.

Ring someone for a chat
just because you can.

Do something nice
for yourself.

Do a random act of
kindness

Things to know for Term 3 2020



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

Things may change. Information in this booklet is correct at time of printing, but is subject to change to align with the most up-to-date recommendations and requirements. Safety is a priority, we appreciate your understanding.



Condition of entry

Follow all staff instructions and:

ALL house users **MUST** report to reception, please wait patiently. X's are marked on floor for safe distancing.



Provide your name and contact details.

Maintain 1.5 metres between people at all times.



Sanitize hands and follow safe hygiene practices.

Bookings are essential for ALL activities. **Due to current restrictions we do ask everyone attending any class to please book their place ahead of time**, this includes classes that are traditionally drop in. This will save any disappointment.



You **MUST** bring your **own bags for Food Bank**. You will also be asked to wear gloves and limit what you touch. Milpara can not provide bags for you.

Milpara has increased its **cleaning practices and** is conducting regular cleaning of objects and surfaces.



Term 3 has online options but don't be scared.

Milpara is excited about Term 3. You will see that some courses/activities/groups are online or have an online option. Staff at Milpara can assist and support you, don't worry if you don't think your "tech-savvy" enough, its easier than you may think. Simply give the friendly staff at Milpara a call and we can discuss your personal situation. The online platform we will be using is Zoom.

Introduction to using Zoom \$Donation Welcomed



Staying connected has a whole new meaning nowadays. Zoom and other online platforms have proven to be a fantastic alternative to in-person contact through recent times. It is opening new opportunities to connect with people. Due to restrictions some organisations and groups will continue online.

Have you been putting off giving it a try? Think it's just too hard and scary? Do you have questions but don't know who to ask? Then this is for you. Staff have also been using other online platforms. So if you're ready and would like to learn more, give Milpara a call to organise a session for you. Milpara 56552524.

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

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.



Special Interest

Basic Guitar Lessons for Beginners \$25 per session

Is it time to tick off learn guitar from your bucket list? Les is ready to help you learn. Bring a guitar and music stand. We may be able to lend you a guitar with prior arrangement. Class will commence when we have numbers. Payment to be made to tutor each session.

Express your interest. Likely Friday mornings.

Friends

Let's enjoy Lunch Together Free/or donation

I love to share a laugh with good company particularly over a meal. Which has been more difficult than usual recently. So I thought I would invite anyone interested to join me for my lunch break. This can be done in person (limited numbers) or from the comfort of your home, we can connect online via Zoom (not sure how that works, call me prior and we can have a chat about it). Grab your lunch and log in or drop down and we'll share some time together. Please note this is not a shared lunch, so everyone including those online can join in. However if you can't bring your lunch for any reason please let us know ahead of time so one can be prepared. Bookings are essential. X Belinda
Tuesday July 21, Tuesday August 18
Tuesday September 8

12:45 pm - 1:45 pm

Newcomers' Afternoon Tea

New to the area? We'd like to welcome you to the community with an afternoon tea. Meet some new friends and learn a bit more about our community.

As we know not everyone is comfortable getting out just yet we will also offer this as an online or in-person opportunity. We do require bookings ahead of time.

Tuesday August 4, 2.30 pm

RSVP By Friday July 31

Grow, get supported, be connected

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 initiative. 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.

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. Last Monday of the month.

July 27, August 31 1 pm - 3 pm



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 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 July 29 - September 2 9:15 am - 10:15 am

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.

Many orchestra's, bands, choirs and musicians have been using Zoom to connect, now Milpara Singers can too. A limited number of people can be onsite, bookings are essential. You can connect from home via Zoom, support will be provided to assist, if you can use Facebook we’re confident you can Zoom. Even if you can’t use Facebook call and discuss with our friendly staff how to connect.

Wednesdays July 15 - September 16 1:30 pm - 3 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

Wednesdays

July 22 - September 16

10:30 am - 12 noon



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 July 17 - Sept 18 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 July 21 - August 25
10 am - 12:30 pm

Language



Speak English \$50 + \$15 materials

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

Thursdays July 26 - Sep 17 7 pm - 9 pm



Learn English \$50 + \$15 Materials

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

Fridays July 24 - Sep 18 10 am - 12 noon

Learn French \$160

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

Next Step

8 Fridays Jul 24 - Sep 11
6:30 pm - 8:30 pm

Beginners

8 Saturdays Jul 25 - Sep 12
10 am - 12 noon

Groups

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

At the time of printing it is expected that in-person sessions will resume from July 15. If for any reason this needs to be delayed, online Zoom sessions will continue on Tuesdays 10 - 12 noon.

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



Korumburra CWA

Warmly welcomes new members.

Venue: Milpara

Contact: Norma 5620 6026

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, please book your seat. Contact Betty 5655 1378 or Elaine 0408 572 223

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

Food Safety Training

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 Aug 3 for a Early Bird \$5 Discount

Food Processing \$100 Follow Work Procedures to Maintain Food Safety FBPFYSY1001

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

Or Hospitality and Retail \$100 Use hygienic practices for food safety - SITXFS001

Monday August 10 1 pm - 5 pm

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

Venue: Anglican Church Hall 5 Bridge St K'burra

Please call to discuss Level 2 options

Training and assessment provided by CFT International
RTO # 21120

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.

CPR \$60 HTLAID001

Provide First Aid (Level 2) \$155
HTLAID003

Education & Care First Aid \$180
HTLAID004

Tuesday July 28 or Saturday August 15

CPR 9 am - 10:30 am

First Aid 9 am - 1:30 pm

Education 9 am - 2 pm

Bookings direct with Victorian First Aid

<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 Aug 3: 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

Monday August 10 5:30 pm - 9:30 pm

Book Online:

<https://www.trybooking.com/BKDDY>

Training and assessment provided by CFT
International RTO # 21120

Personal Growth/Career



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 lead by a supportive female tutor using resources designed for women.

This course is open to any woman whether single, coupled, separated or widowed. It is designed to build your knowledge, skills and confidence around managing money and financial security.

6 Mondays August 10 - September 14 12:30 pm - 2:30 pm



Getting Ready \$ Free

This 20-hour four session course is to help you prepare for what study at TAFE is like. Learners have the opportunity to gain study skills, assignment writing techniques, basic computer skills, experience the enrolment processes including completing the English and Maths testing in a supportive environment.

This course is perfect for those who are interested in education however have not been in study for some time or would like to learn study related skills to assist them to be successful.

You will learn:

- Your personal learning style
- How to research online
- Presentation skills
- Computer skills including introduction to Moodle
- Study skills
- Assistance with enrolment processes including the LLN assessment.

This course is part of a TAFE/Learn Local Partnership and has been co-designed and delivered to assist learners to move into accredited studies. It provides an overview of the Vocational Education and Training sector and the expectations of study at level III or IV.

Venue: TAFE Gippsland Neerna Road Leongatha

Dates: To be confirmed **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 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**



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.

Mondays July 20 - September 14
10 am - 12 noon



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 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**



The Craft of Story Writing B **\$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.

Our popular *The Craft of Story Writing* class now has an evening option, delivered to you at home. All you need is a smart phone, tablet or computer with Wi-Fi access and we will email you a weekly link to access the class, delivered via zoom.

ONLINE ZOOM CLASS: Wednesdays
July 29 - September 16 10 am - 12 noon

The Thursdays 10 am - 12 noon class is full.
Express your interest for evening classes.



Journaling & Blogging **\$50 + \$15 materials**

Come and explore the wonderful world of a Journal. Enhance your language skills to diary or blog for creativity, self exploration and self development. Who knows where it can lead.

6 Tuesdays Aug 4 - Sep 8 10 am - 11.30 am

General Information & Services

BOOKINGS ARE ESSENTIAL for ALL classes during Term 3

This includes classes that traditionally were just pop in. Call Milpara 5655 2524.

Enrolment Terms and Conditions

Bookings: Bookings are essential as minimum enrolments are required for workshops and courses and to ensure that relevant requirements are maintained. Bookings are considered tentative until payment and enrolment forms are received. **Only classes with * accept payment on the day of class.**

Payments: 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.

Scan & Send, Typing & Word Processing

We can scan items to print or send them to your email.

Need something typed? We can organise for a volunteer to assist.

Please be mindful that this will depend on the volunteer's availability.

Donation for service appreciated.

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.



centrelink

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

Financial Counselling in a Nutshell

What do financial counsellors do?

They provide advice and support to people in financial difficulty. In contrast to financial planners who provide wealth creation strategies, financial counsellors provide practical advice to help people who have debts and are struggling to meet ordinary living expenses.

How big is the problem? Pre COVID-19

- Based on the ratio of debt to either income or assets, around three-in-ten (29%) are over-indebted (ABS)
- 9.7% of households could not pay an electricity or gas bill on time (ABS)
- Just over 3 million people (13.2% of the population) are living below the poverty line of 50% median income—including 739,000 children. (ACOSS)

How effective is financial counselling?

- 66% resolve their financial difficulties
- 74% avoid legal action
- 53% avoid bankruptcy
- 63% improve their mental wellbeing
- 45% improve their physical health

How many people are assisted each year?

- Face-to-face: Approx. 125,000 clients per year
- National Debt Helplines (1800 007 007) 180,000 calls per annum and growing.

If you find yourself in a position that you are struggling, you're not alone and there is help. Find different money management strategies and tools. It is a free service.

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. Often they visit feeling nothing can be done but leave with a smile. Come and see Stuart yourself, what have you got to lose?

Anglicare Financial Counselling

bookings 1800 286 260

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



Gippsland Community

Legal Service

Are currently unable to staff a regular visit at Milpara however please call them for assistance 1800 004 402.



SMART Recovery meetings are coming to Korumburra. Learn skills and strategies to take control of addictive behaviours. Select Thursdays 11.00am in Term 3. Free, No registration required. Contact Sarah from Gippsland Southern Health Service on 5667 5524 for enquiries.

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.

You must 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. All points collected go towards purchases for the Emergency Foodbank.



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.

When: Due to COVID-19 restrictions a start date can not be confirmed. It will be Thursdays 9.30 - 11.30 am (School Terms only). Express interest to be updated on start date.

Venue: In the Front room at Karmai CCC,
22 Princes Street Korumburra

Great for parents and early school leavers who need help to get started!

Identifying Goals

Get a job

Return to work

Set education goals

Access to support services

Develop Skills

Build Confidence

Feel Supported

Got questions? Or want to know more?

Call Jess at Milpara 5655 2524 or email: milparaL2G@outlook.com

Learning to Grow is coordinated by Milpara Community House. This is the next phase of the Family Learning Partnership Play and Learn program.

This program is also supported by:



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

