



Welcome To

TERM 2

26 APRIL - 24 JUNE 2022

Welcome to another exciting term at the Woodend Neighbourhood House. Our program is packed full of activities and programs on offer at the House, including new activities for the autumn. Outside of our regular program, everyone is welcome to stop by between 9am and 3pm during the week for a chat, cup of tea or to access the Community Pantry (donations welcome!). The House has rooms to hire for meetings, offers office services (printing, photocopying, scanning and laminating) and we can help you to complete forms or access to the internet. We hope to see you soon!

**2022
MEMBERSHIP**

Become a member of the Woodend Neighbourhood House and help us support your local community. Membership is \$10 a year (\$20 for a family) and runs from January to December. Pay via our website or in person at the House.

**ANNUAL GENERAL
MEETING**

Come along to the Woodend Neighbourhood House AGM to learn about the activities of the last year and plans for the year ahead. Light refreshments will be served from 6.30pm.

Tuesday 24 May 7pm

**NEIGHBOURHOOD HOUSE
WEEK MORNING TEA**

Join us for a special morning tea to celebrate Neighbourhood House Week. This year's theme is 'Building resilience by bringing people together' - pop in and enjoy a cuppa and good conversation!

Tuesday 10 May 10.30am

**COMMUNITY
LUNCH**



Join us at the Woodend RSL for a delicious two-course lunch. Donations are welcome to help cover costs - \$5.00 if it's affordable, or \$10 if you would like to pay it forward.

Wednesday 27 April 12noon
Tuesday 31 May 12noon
Tuesday 22 June 12noon

**SOCIAL
GARDENING
GROUP**

FREE

Do you have a passion for gardening? We'd like to set up a Social Gardening Group in term 2. Register your interest by calling 5427 1845 between 9am - 3pm (Mon to Fri). Days and times to be based upon availability of the group.

**CHATTY
CAFE**

FREE

Pop in and enjoy a cuppa and good conversation at our regular get together with friends, old and new. The Chatty Café is a great way to meet new people!

Tuesday 12 April 10.30am
Tuesday 10 May 10.30am
Tuesday 14 June 10.30am

**WOODEND
WALKERS**

FREE

Known affectionally as the "talkers who walk", the Woodend Walkers meet at the house and walk at two paces - medium and leisurely. The session concludes with coffee at a local café.

Tuesdays 10am

**CYCLING
GROUP**

FREE

The 'Tour de Woodend' is for riders of all abilities - no cyclist is left behind! The group tends to avoid the main roads and depending upon who turns up on the day, may split into two, based upon ability!

Mon & Thurs 10am



03 5427 1845



@reception@woodendnh.org.au



47 Forest Street, Woodend VIC 3442



www.woodendnh.org.au



COMMUNITY BAGS

FREE

Inspired by the Boomerang Bags initiative, the Community Bags team meet weekly. No previous sewing skills required - just come along and learn to sew, cut, pin, bundle, or iron, over a cuppa and a chat.
Thursdays 9.30am-12.30pm

CHILD CAR RESTRAINT INSPECTIONS

Bookings Essential

FREE

Local parents and carers are invited to book in for a free child car restraint fitting or safety check, courtesy of Kidsafe Victoria. Bookings essential via the 'Safe Seats, Safe Kids' website.

Thurs 26 May 10am - 2pm

REPAIR CAFE

FREE

Enjoy a cuppa whilst our fantastic fix-it volunteers mend your household items including toys, furniture and wood items as well as hand sewing.

Sat 7 May 9am - 1pm
Sat 4 June 9am - 1pm
Sat 2 July 9am - 1pm

SOCIAL CRAFT GROUP

FREE

Are you working on a craft project alone? Why not pop along to our Social Craft group and enjoy the company of like-minded people to talk and share with whilst you get creative.

Wednesdays 10am - 12pm

FOOD HANDLING COURSE

\$130

This one day certificate (SITXFSA001) is structured to meet the needs of people who have not previously completed food safety training or would like to update their knowledge. Delivered by Laurels Education & Training

Fri 27 May 9am - 3.30pm

PROVIDE FIRST AID

\$140

Provide First Aid (HLTAID011) incorporates realistic classroom simulations to help you prepare for first aid situations. Delivered by Intelligent Training Solutions

Sat 30 April 9am - 3.45pm
Sat 18 June 9am - 3.45pm

PROVIDE CPR

\$95

Provide CPR First Aid (HLTAID009) is for those who would like comprehensive and compliant first aid CPR training or as an annual update to a first aid course. Delivered by Intelligent Training Solutions

Sat 30 April 9am - 12.30pm
Sat 18 June 9am - 12.30pm

BARISTA SKILLS & UNDERSTANDING

\$35

Get ready for work as a barista with this introductory course, subsidised by the Neighbourhood House. Our 3-night course will give you the basic skills and knowledge to work as a barista.
Fri 6 May 4.30 - 7.30pm
Fri 13 May 4.30 - 7.30pm
Wed 18 May 4.30 - 7.30pm

LEARN TO MEDITATE

\$40

Our four-week introductory courses on Tuesday evenings are suitable for beginners to meditation and anyone wanting a refresher to reinvigorate their practice.

Two four-week courses:
3 May - 24 May 6:30 - 7:30pm
31 May - 21 Jun 6:30 - 7:30pm

HATHA YOGA

\$140-\$180

Relax, recharge and renew with yoga for all abilities. Learn yoga asana (postures), yoga nidra (guided deep relaxation) and pranayama (breathing practices). Concession price available.

Starts:
Mon 2 May (7 wks) 9.30am
Wed 27 Apr (9 wks) 9.30am
Wed 27 Apr (9 wks) 7:30pm

PRENATAL AND MUMS & BUBS YOGA

\$120

Join us for this 8-week dedicated Yoga class designed especially for pregnant women and new mothers (pre-crawling babies are welcome).

Starts:
Wed 4 May 11.30am-12.30pm

CHI FLOW TASTER COURSE

\$40

Try your hand at Chi Flow in our three week taster course. Chi Flow is a deeply relaxing combination of tai chi, qigong and yoga.

Starts:
Thur 5 May 10am - 11am

MACRAME POT PLANT HANGER WORKSHOP

\$66

Discover how to make your own macrame plant hanger through basic knots. During the workshop you will create and design your very own macrame pieces.

Sun 22 May 1pm - 4pm

MAKING MARKS - INTRO TO DRAWING

\$80

Learn about the tools and techniques of drawing on paper using pencils, charcoal and pens in this four week course. Create a landscape and still life whilst learning about composition, tonal value, perspective and colour.

Starts:
Fri 29 Apr (4wks) 1pm-3pm

INTRO TO ACRYLICS

\$80

Learn the basics of using acrylics paint on canvas in this four week course. Suitable for beginners, covering colour theory, composition and use of acrylic materials, whilst painting a landscape and still life of your choice.

Starts:
Fri 3 Jun (4wks) 1pm - 3pm

WOODTURNING

\$330

Learn about the art of wood turning during this 8 session course (Mon and Wed afternoons in May). All consumables and tools supplied, lathes electronically speed controlled.

Starts:
Mon 2 May 1pm - 3.30pm