



Welcome To TERM 1

30 JANUARY - 6 APRIL 2023

COMMUNITY CONNECTIONS

SOCIAL CRAFT GROUP

GOLD COIN

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.



Starts Wed 8 Feb
Wednesdays 10am - 12pm

REPAIR CAFE

FREE

Our fantastic fix-it volunteers can mend your household items including toys, furniture, wood items and clothes. Located in the Undercroft (access via the gates by the Skate Park)



Sat 4 Feb 9am - 1pm
Sat 4 Mar 9am - 1pm
Sat 1 Apr 9am - 1pm

COMMUNITY BAGS

FREE

Inspired by Boomerang Bags, 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.



Starts Thurs 16 Feb
Thursdays 9.30am-12.30pm

COMMUNITY LUNCH

Bookings Essential

\$5

Each month we gather at the Woodend RSL for a delicious two-course lunch. Bookings are essential over the phone or via our website. We hope you can join us!



Tues 14 February 12noon
Tues 14 March 12noon
Tues 11 April 12noon

CHATTY CAFE

GOLD COIN

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 28 Feb 10.30am
Tuesday 28 Mar 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.

Tuesday 9am (Jan-Feb)
Tuesday 10am (Mar-Dec)

CYCLING GROUP

FREE

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



Mon & Thur 9am (Jan-Feb)
Mon & Thur 10am (Mar-Dec)

COMMUNITY MATTERS

FREE

During our monthly Community Matters Information Sessions, local experts cover a range of topics important to our community. Visit our website for the latest info!

Tuesday 28 Feb 12noon
Tuesday 28 Mar 12noon

JUST FOR FUN

BOARD GAME GATHERING

FREE

Enjoy a board game? Come along to the Undercroft on the last Sunday of each month and join our regular group of 'boarders'. New players always welcome!



Sunday 26 February 2pm - 5pm
Sun 26 March 2pm - 5pm

MAHJONG

GOLD COIN

Mahjong is a game of skill, strategy and calculation using a set of tiles. Beginners and intermediate players welcome. Please register your interest via our website or by calling the House



Starts Tues 7 February 1pm-3.30pm

LANGUAGES

FRENCH CLASSES (BEGINNER OR INTERMEDIATE)

\$160

Parlez-Vous Français? Or would you like to speak French? Join Valerie on a Wednesday morning for Beginners or Intermediate.

Starts Wed 15 Feb
Beginners: 10am - 11am
Intermediates: 11.15am-12.15pm

CHILDREN AND YOUTH PROGRAMS

WOODEND YOUTH SPACE

FREE

Woodend Youth Space is for people aged 12-17 years. Come along and connect with other young people, local youth services and the greater community.

Tues 7 Feb 4pm-5.30pm
Tues 21 Feb 4pm-5.30pm
Tues 7 Mar 4pm-5.30pm
Tues 14 Mar 4pm-5.30pm
Tues 4 Apr 4pm-5.30pm

BEE CREATIVE

\$72-\$90

Bee Creative is Woodend's after school club for creative minds! Come along to a nine-week course and explore an array of craft activities.



Starts Wed 8 Feb:
6-8 years 3.45pm-4.30pm
9-12 years 5pm-6pm

HAPPY, HEALTHY MINDS MEDITATION

\$40

In this four-week course, children aged 5 - 11 will explore meditation techniques to develop attention while encouraging kindness, compassion, and self-knowledge.

Starts Thurs 2 Mar:
Thursday 4pm - 4.45pm

REUSABLE NAPPY WORKSHOP

NEW FREE

Curious about reusable nappies? Whether it's for cost savings, environmental impact, or the health benefits; join Council with Leesa from Darlings Downunder to discover the world of reusable nappies.

Sat 18 March 10am - 11am

SERVICES & SUPPORT

WOODEND COMMUNITY FOOD BANK

FREE

Now located in the Undercroft, everyone is welcome to stop by for a cuppa and pick up some food and basic household items. We gratefully receive all donations.



TBC Times and Days

OFFICE SERVICES

varies

The House offers office services such as printing, photocopying, scanning and laminating - all at competitive prices. We have computers to hire (by appointment) and can help you complete forms or access to the internet.



POWER SAVING BONUS

FREE

Eligible community members can apply for the State Government's \$250 Power Saving Bonus. Give us a call on 5427 1845 and arrange a time to come in so we can help you complete your Power Saving Bonus application.

IT HELP SESSIONS

FREE

Having trouble with your phone or laptop? Book an appointment on a Monday morning with our volunteer tech guru. We can't promise to solve every problem, but we're happy to try!

Monday morning by appointment



CHILD CAR RESTRAINT INSPECTIONS

Bookings Essential FREE

Book a free child car restraint fitting or safety check, courtesy of Kidsafe Victoria. Bookings essential via the 'Safe Seats, Safe Kids' website.

Thursday 9 February

10am - 2pm

ST KILDA MUMS DROP-OFF POINT

Did you know Woodend Neighbourhood House is a drop-off point for St Kilda Mums? To see list of items they can remove, visit www.stkildamums.org or email donate@stkildamums.org.

TRAINING FOR WORK OR VOLUNTEERING

RESPONSIBLE SERVICE OF ALCOHOL (RSA)

\$85

Provide Responsible Service of Alcohol (SITHFAB021) is delivered under VCGLR guidelines. All people serving or selling alcohol must hold a current RSA certificate. Delivered by Laurels Education & Training

Thur 16 Mar 5pm - 9.30pm

PROVIDE FIRST AID

\$142

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



Fri 10 Feb 9am - 3.30pm

PROVIDE CPR

\$95

Provide CPR (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

Fri 10 Feb 9am - 12.30pm

BARISTA SKILLS & UNDERSTANDING

TBC

Master the art of coffee with this hands-on two night course. Gain a base understanding of coffee and barista skills, with a variety of machines for demonstration and practice.

Thurs 23 & 30 Mar 4.30-8pm

WELLBEING FOR BODY AND MIND

HATHA YOGA WITH CHITRA

\$140-\$180

Relax, recharge and renew with Hatha Yoga with Chitra. Learn and practice a variety of Yoga techniques designed to help you de-stress, bring balance and good health to all your bodily systems and bring peace and calm to the mind. Concession price available.

90 mins classes start:
Mon 6 Feb 9.30am
Wed 8 Feb 9.30am
Wed 8 Feb 7:30pm

YOGA FOR CHRONIC CONDITIONS

NEW \$105-\$95

Yoga for Chronic Conditions is a series of gentle, restorative classes that can help boost energy and reduce pain, through the pillars of yoga practice – postures, breath work, meditation and mindfulness.

7-week course starts:
Mon 13 Feb 11.30am

STRETCH, RELAX & MEDITATE

\$90

Support your physical, emotional, and mental wellbeing through meditation. Release tension from the mind through gentle movement, deep relaxation practice and guiding breathing exercises. Open to complete beginners and experienced mediators.

9-week course starts:
Tues 7 Feb 6pm – 6.45pm

RISE AND SHINE YOGA

\$180

Kick off the day with Rise and Shine Yoga, a beginners level Hatha Yoga class that will gently warm and limber the whole body, whilst offering space to connect with the breath.



9-week course starts:
Thurs 9 Feb 6.30am–7.30am

MOTHERS & DAUGHTERS NUTRITION

NEW \$90

During this three-week short course aimed at mothers and their daughters, learn strategies to balance hormonal challenges through nutrition in adolescence and later years.

3-week course on:
Tues 14 Feb
Tues 21 Feb
Tue 28 Feb 7pm – 9pm

GUT MICROBIOME NUTRITION

NEW \$120

During this four-week short course, learn how to use the wisdom of your gut microbiome to strengthen your bones, alleviate brain fog and boost your immune system (please note there is no class on Tues 21 Mar)

4-week course on:
Tues 7 Mar
Tues 14 Mar
Tue 28 Mar
Tue 4 Apr 7pm – 9pm

HEALTH & WELLBEING – WORKING FROM HOME

NEW FREE

Join Woodend resident and professional ergonomist Mark Hennessy as he guides local people towards healthier, more comfortable and more functional home working arrangements, compatible with household harmony.

Tues 28 Feb 12noon – 1pm

MINDFULNESS & MEDITATION

\$80

During this four week Mindfulness and Meditation introductory course, learn simple mindfulness skills to help experience deep relaxation.

4-week course starts:
Thur 9 Mar 2pm – 3pm

CREATIVE CLASSES & WORKSHOPS

ACRYLICS & DRAWING FOR INTERMEDIATES

\$140

Start something new or bring along your unfinished drawing (any medium) or acrylic painting – all under the expert guidance of our art tutor Marilyn.



7-week course starts:
Fri 17 Feb 1pm – 3.15pm

RAG RUG MAKING WORKSHOP

NEW \$33

Rag rugs are an ideal use of up-cycled fabric, they're so sturdy that they can last a really long time. Join Vicki for this four-hour workshop in the Undercroft.

Sun 19 March 10am – 2pm

FLORISTRY WORKSHOP

\$80

Spend an afternoon creating a beautiful small boxed flower arrangement – either keep for yourself or gift to someone special! All materials included.



Tues 28 March 12pm–3pm

POTTERY VASE OR BOWL

NEW \$85

Spend the morning creating a beautiful pottery vase or bowl – either keep for yourself or gift to someone special! All materials, firing and glazing included.

Fri 7 Mar 9.30am – 12.30pm



WOODEND NEIGHBOURHOOD HOUSE



WHOLE TOWN GARAGE SALE

Had a clear out? Love a bargain?
This event is for you!

Saturday
25 February 2023

Maps on sale from 8am

**Sellers can register by
Sunday 19 February 2023**
to get on the map for \$5
Register via the WNH website
or by calling 5427 1845

**Shoppers can buy a map
for \$5 and shop 'til you drop!**
Maps on sale from 8am
at Woodend Neighbourhood House,
47 Forest Street, Woodend



03 5427 1845



@ reception@woodendnh.org.au



47 Forest Street, Woodend VIC 3442



www.woodendnh.org.au

