



Vermont South
Neighbourhood House

Semester 1 2024

Program Guide



03 9803 2335
info@vsnh.org.au
www.vsnh.org.au
1 Karobran Drive
Vermont South VIC 3133

Staying safe and healthy

Vermont South Neighbourhood House will continue to encourage safe health practices and ask that visitors do not attend the House when they are unwell.

Handwashing & sanitising resources remain available for your use when you are onsite.



Vermont South Neighbourhood House respectfully acknowledges the Aboriginal people as the traditional custodians of the land that we live, work and play on. We pay our respects to them and their cultures and to the Elders past, present and emerging.

We gratefully acknowledge the support of the following funding bodies:



Public Holidays—our House will be closed on the following days

26 January	Australia Day
11 March	Labour Day
29 March	Good Friday
1 April	Easter Monday
25 April	ANZAC Day
10 June	Monarch's Official Birthday

Program Guide

Semester 1 ~ 2024

Welcome to our new Semester 1 Program Guide covering two school terms. We hope it will allow you to plan ahead and come along to join us at one or more of our activities.

As always, we welcome our current community members but love it when we meet those new to the area or new to our House.

We have many things available for you to participate in such as social activities, learning a new skill or begin a new journey of discovery. We have something to suit everyone.

As always, should you have any questions about our courses, room hire, membership, café, or just want to have a chat, please feel free to contact us via email, phone or in person.

There is never a better time to start something new.

Come and say hello!

Enrolments

Enrolments are confirmed by payment of course fees via EFTPOS, credit card, cheque, cash, or direct debit.

- Fees are to be **paid in full** prior to commencement of the course
- If a course is cancelled by the House, a full refund will be provided
- Refunds will not be provided **once your place has been confirmed** and the course is confirmed to commence by the House.

We are now able to take online bookings! Please visit our website—www.vsnh.org.au or simply call us on 9803 2335.

Get involved at VSNH

Vision, Mission & Values

VISION - A community where all people belong and thrive

MISSION - Vermont South Neighbourhood House is an inclusive hub that engages the community in social and learning opportunities that enhance wellbeing

VALUES - Collaboration, Inclusive, Equity, Life-long Learning, Optimism

Membership

Help us to fulfil our Vision and Mission by becoming a valued member of VSNH. Membership of VSNH entitles you to:

- Attend General Meetings, including the AGM
- Apply to become a Board member
- Voting rights at the AGM
- Opportunities for your voice to be heard in the local community
- Member discounts when participating in some VSNH Events

Volunteering

We are currently seeking enthusiastic volunteers. Volunteering is a great opportunity to brush up on skills in readiness for the workforce or to simply be with others in your community. No matter the reason, we would welcome you to become one of our volunteers.

Volunteer Roles include:

- Assistance with Community Events
- Computers & IT
- General Administration
- Community Gardening
- Playgroup Assistants

Call us on 9803 2335 or send us an email to info@vsnh.org.au

VSNH NEWS—EVENTS

Coming in 2024...



Community Afternoon Teas

Second Wednesday of the month

\$7 per person

Community Lunches

Last Thursday of the month

\$10 per person

Community Dinners

One per term

\$30 per person



Events we celebrate

- 21 March - Harmony Day
- 8—14 May - Neighbourhood House Week
- 25 May - Biggest Morning Tea

More details to come on all of our Events and Activities
Please call us for more information on **9803 2335**

Learn Local - Funded Courses

Learn Local courses are educational courses for adult learners seeking to build current skills for work, volunteering, or further study. These courses are funded by The Adult Community & Further Education (ACFE) Board to make this type of learning more affordable for all.

Many of these courses offer a Pathway to free TAFE courses.



Eligibility criteria

Applies to all people who enrol in these funded courses, and applicants must be Australian residents seeking training.

Ineligible applicants who wish to study ACFE Courses will be charged as full fee prices - manuals & materials extra.

Please note:

Minimum student numbers are required for all Funded Courses to proceed.

Occasionally, Course start dates and times are subject to change. We notify you at the first possible opportunity of any changes made.

Dates and times for Courses in April/May/June intake to be advised.

Adult Literacy & Numeracy



English for Everyday Living 24SBDLAN002

This course is to build on listening and speaking skills in English through class discussions. Discussions include current events, Australian Culture, and learner lead topics. There may also be an opportunity to practice your skills in real life situations.

Mondays	*5 Feb—25 Mar (7 wks)	*9:30am—1pm	\$65
	*No class 11 March	**Week 7 class finishes at 12:30pm	
Mondays	*22 Apr—17 Jun (8 wks)	9:30am—12:30pm	\$65
	*No class 10 June		

**Occasionally , course start dates and times are subject to change.
Please call us to enquire if you are still able to join the class.**

Digital Skills Courses



Creating Digital Media with Canva 24EDCSCDM

Join this course to find out how to create unique digital media using Canva.

Tuesdays	6 Feb—27 Feb (4 wks)	9:30am—2:30pm	\$60
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Discovering Computers 24SBDDLE003

Get started with computers or devices in this supportive class. Small steps, we promise!

Mondays	*5 Feb—25 Mar (7 wks) *No class 11 Mar	9:30am—1:00pm Wk 7 finish at 12:30pm	\$65
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Introduction to Google Docs & Google Sheets 24SBDEDC008

Learn how to navigate the web-based Google Docs Editors Suite including spreadsheet application.

Thursdays	8 Feb—28 Mar (8 wks)	9:30am—12:30pm	\$65
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Introduction to Microsoft Outlook & Email 24SBDEDC010

Need help setting up an email account using Outlook? Look no further—we can help you here!

Mondays	*12 Feb—25 Mar (6 wks) *No class 11 Mar	7pm—9:30pm	\$50
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Introduction to Microsoft Word & Excel 24SBDEDC009

This is your opportunity to learn more about Microsoft apps: Word and Excel.

Wednesdays	7 Feb—27 Mar (8 wks)	7pm—9:30pm	\$60
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Office Skills 24SBDEDC002

This course explores current office environments with a focus on required digital skills.

Thursdays	8 Feb—28 Mar (8 wks)	9:30am—2pm Wk 8 finish at 12pm	\$70
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Online Skills for Microbusinesses 24SBDEDC013

This course will help you to understand what is involved in starting & managing a microbusiness.

Tuesdays	20 Feb—12 Mar (4 wks)	7pm—9:30pm	\$35
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Point of Sale for Retail & Hospitality 24SBDEDC012

Working in these industries also means managing money. Learn the basics of POS.

Tuesdays	5 Mar—12 Mar (2 wks)	9:30am—2:30pm	\$35
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Photography Skills for the Workplace 24EDCWP

Short course on how to best use your smart phone to take great photos & videos.

Tuesdays	19 Mar—26 Mar (2 wks)	9:30am—1pm	\$30
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Occasionally, course start dates and times are subject to change.

Minimum student numbers are required for all Funded Courses to proceed.

Vocational Employability Skills Courses



Art as Therapy—Creative Community Connections 24EMPDESTA

This confidence building course will use art to explore your future direction.

Tuesdays	6 Feb—26 Mar (8 wks)	10am—12:30pm	\$60
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Bounce Back! An Introduction to Resilience Strategies 24GTERSIL

This course will introduce you to strategies you can use to self-reflect & build skills that will increase your resilience.

*Mondays	12 Feb—25 Mar *No class 11 Mar (6wks)	9:30am—1pm Wk 6 finish at 12:30pm	\$60
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Community Teaching with Adults 24ENGCTA

Interested in community teaching? Get to know the basics of adult learning.

Thursdays	15 Feb—7 Mar (4 wks)	9:30am—1pm	\$50
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Cooking by Numbers 24ENGLNWC

Join this interesting and fun workshop that will focus on literacy & numeracy through cooking a simple 2-course meal—Pizza and Pancakes!

Tuesday	12 March (1 day)	9:30am—2:30pm	\$35
Tuesday	11 June (1 day)	9:30am—2:30pm	\$35

Introduction to Barista & Coffee Making 24ENGBCM

This popular short course will have you making and sampling delicious café style coffee.

Tuesday	26 March (1 day)	9:30am—3:30pm	\$40
Tue/ Wed	25 & 26 June (2 days)	4pm—7pm	\$40

Introduction to Community Services 24P2TCOMM

Want to work or volunteer in the community sector? This course will get you started.

Tuesdays	6 Feb—26 Mar (8 wks)	9:30am—1:30pm	\$70
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Introduction to Customer Service 24ENGITCS

Customer Service is important for all businesses. Let's show you how to do it well.

Thursdays	15 Feb—21 Mar (6 wks)	7pm—9pm	\$40
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Project Management for Events 24ENGPMFE

This course will give an insight into working in Event Management.

Thursdays	8 Feb—28 Mar (8 wks)	10am—12:30pm	\$60
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Ready for Hospitality 24P2TTASTE

Learn the basics of working in a hospitality environment including basic Barista. Includes all materials.

Tuesdays	Dates & times to be confirmed. Please contact us on 9803 2335 for more info or register an Expression of Interest— www.vsnh.org.au		\$75
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Occasionally , course start dates and times are subject to change.
Please call us to enquire if you are still able to join the class.

Coming in 2024...



Be taken on a journey...

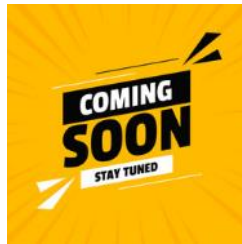
- Guest Speakers
- Information Sessions
- Author Talks...

Interesting topics
for interested people...

2 presentations per term

Refreshments provided at all events! from \$5!

See next page for details of our first 2 events...



New & Exciting courses & activities coming!

Sip & Paint Cooking & Stories Children's Jewellery

Children's Crocheting Computer Coding

Grandparents Playgroup & much more...

General Interest - GUEST PRESENTATIONS

Step into Volunteering Guest Speaker: Lily Kovacavic

Volunteering has many benefits, for you and your community. It might be supporting a cause that's important to you, helping to create social change, developing new skills or meeting new people.

Come along to this informative talk on all things volunteering including an opportunity for questions and answers.

A delicious morning tea to be provided.

Monday 18 March 10:30am—12pm Cost: \$5



AUTHOR TALK: Edita Mujkic "Between Before & After"



In May 1992 Edita Mujkić fled war-torn Sarajevo with two young children in a borrowed car with two bags and fifty American dollars in her pocket. Her husband Goran stayed behind, trapped in the impenetrable siege and not allowed to leave. Many more months went by while Goran's every attempt to escape failed. Edita knew she had to help him. But how? What could she do with her broken English, without money and contacts, and two children to look after by herself?

Join Edita to hear her moving and compelling true story about the power of courage and love, one that will remind us of the endless challenges of war, displacement and of fleeing conflict.

A delicious light supper to be provided.

Tuesday 7 May 7pm—8:30pm Cost \$5

BOOKINGS ESSENTIAL!

P: 9803 2335

E: info@vsnh.org.au

W: vsnh.org.au

A blue rectangular advertisement. At the top is a logo consisting of a blue arrow pointing up and to the right, with three colored circles (yellow, green, red) above it. Below the logo, the text 'Advertise with us!' is written in large white letters. Underneath, in smaller white capital letters, is 'AFFORDABLE RATES', 'LARGE COMMUNITY REACH', and 'PLEASE GET IN TOUCH TO FIND OUT MORE'. At the bottom, in white text, are the email 'info@vsnh.org.au' and the phone number '03 9803 2335'.

French Conversation Classes—Intermediate Level

Consolidate your French speaking skills in a friendly & supportive environment. This class is mainly conducted in French.

Fri 2 Feb—22 Mar (8 wks)	10am—12pm	\$172
Fri 19 Apr—28 Jun (11 wks)	10am—12pm	\$237

Gourmet Gifts Made Easy!

Raspberry Jam, Chocolate Fruit Truffles, Parmesan Biscuits, & Marinated Feta & Olives—sound good? Make these delicious treats to gift to the special people in your life. All materials included.

Saturday 23 March (1 session)	9:30am—1pm	\$80
Saturday 22 June (1 session)	9:30am—1pm	\$80

Sourdough Breadmaking Workshop

Sourdough making is very popular. Learn how to get started with a starter and more.

Wednesday 13 March (1 session)	4pm—6:30pm	\$75
Wednesday 19 June (1 session)	4pm—6:30pm	\$75

Ukulele Classes for Beginners

A ukulele is a great introduction to playing & enjoying music. Go on, you know you want to!

Tue 30 Jan—26 Mar (9 wks)	4pm—5pm	\$153
Tue 16 Apr—25 Jun (11 wks)	4pm—5pm	\$187
Wed 31 Jan—27 Mar (9 wks)	9:45am—10:45am	\$153
Wed 17 Apr—26 Jun (11 wks)	9:45am—10:45am	\$187

Does your community
or support group need
somewhere to meet?

Ask us about hiring our
affordable and well equipped
rooms, which are suitable for
use for a wide range of
programs and services.

info@vsnh.org.au
03 9803 2335

www.vsnh.org.au
1 Karobran Drive
Vermont South, VIC 3133



Art & Craft

We welcome new participants during the term
where maximum numbers have not been reached.

Beading Workshop

Ever wanted to create a unique piece of jewellery? Learn beading techniques & skills to get started.

Tue 6 Feb—27 Feb (4 wks)	10:30am—1pm	\$100 (+ \$25 materials kit)
Tue 7 May—28 May (4 wks)	10:30am—1pm	\$100 (+ \$25 materials kit)

Drawing & Painting

Beginners & intermediate—Exploring a variety of mediums. Small group with individual help.

Thu 1 Feb—28 Mar (9 wks)	7:30pm—9:30pm	\$176 (BYO materials)
*Thu 18 Apr—27 Jun (10 wks)	7:30pm—9:30pm	\$195 (BYO materials)
*No class 25 Apr		

Expressive Open Art Studio

Creativity can calm the mind. Enjoy some 'you' time. Suitable for all ability levels for ages 16+

Wed 31 Jan—27 Mar (9 wks)	6:30pm—8:30pm	\$176 (BYO materials)
Wed 17 Apr—26 Jun (11 wks)	6:30pm—8:30pm	\$215 (BYO materials)

Jewellery Making Workshop

Ever wanted to create a unique piece of jewellery? Learn basic jewellery making techniques & skills to get started.

Tue 5 Mar—26 Mar (4 wks)	10:30am—1pm	\$100 (+ \$25 materials kit)
Tue 4 Jun—25 Jun (4 wks)	10:30am—1pm	\$100 (+ \$25 materials kit)

Mosaics—Self Directed Group—(No tutor)

Bring your own project and tools, and work with others in this supportive environment.

Fri 2 Feb—22 Mar (8 wks)	9am—2pm	\$68 (BYO materials)
Fri 19 Apr—28 Jun (11 wks)	9am—2pm	\$94 (BYO materials)

Patchwork & Applique

If you have some sewing experience and have a desire to start patchwork, this is for you.

Wed 31 Jan—27 Mar (9 wks)	9:30am—12pm	\$194 (BYO materials)
Wed 17 Apr—26 Jun (11 wks)	9:30am—12pm	\$237 (BYO materials)

Social Painters—Self Directed Group—(No Tutor)

Share your passion and meet like-minded artists in a supportive environment. Bring your current project & materials and share ideas and techniques. All welcome.

Thu 1 Feb—28 Mar (9 wks)	9am—2pm	\$77 (BYO materials)
*Thu 18 Apr—27 Jun (10 wks)	9am—2pm *No group 25 Apr	\$85 (BYO materials)

NEW

Health, Fitness & Wellbeing

Hatha Yoga with Sweta

Hatha Yoga techniques, breathing techniques & postures for all ages & abilities. BYO Yoga mat.

Tue 30 Jan—26 Mar (9 wks)	10am—11am	\$149
Tue 16 Apr—25 Jun (11 wks)	10am—11am	\$182

Meditation

An introduction to the benefits of meditation and mindfulness.

Wed 31 Jan—27 Mar (9 wks)	7:30pm—8pm	\$90
Wed 17 Apr—26 Jun (11 wks)	7:30pm—8pm	\$110

Pilates/Yoga Combo Class

Enjoy all the benefits of the core-strengthening and postural improvement of Pilates together with full Yoga stretches. Build self-confidence, tone muscles and improve flexibility. BYO Yoga mat.

Wed 31 Jan—27 Mar (9 wks)	9:15am—10:15am	\$149
Wed 17 Apr—26 Jun (11 wks)	9:15am—10:15am	\$182



Strength Training

Circuit training. A great way to increase strength, balance, stability & flexibility.

*Mon 29 Jan—25 Mar (8 wks)	1pm—2pm *No class 11 March	\$116
*Mon 15 Apr—24 Jun (10 wks)	1pm—2pm *No class 10 June	\$145
Wed 31 Jan—27 Mar (9 wks)	12pm—1pm OR 1pm—2pm	\$131
Wed 17 Apr—26 Jun (11 wks)	12pm—1pm OR 1pm—2pm	\$160

Stretch & Flex

Join this course to increase your flexibility and improve your overall health & wellbeing.

*Mon 29 Jan—25 Mar (8 wks)	10am—10:30am *No class 11 March	\$80
*Mon 15 Apr—24 Jun (10 wks)	10am—10:30am *No class 10 June	\$100

Yoga & Relaxation With Karyn (Mon)/Cheryl (Wed)

Gentle stretching and breathing exercise to help improve posture, strength & flexibility. Suitable for all ages & abilities. BYO yoga mat & blanket for relaxation segment.

*Mon 29 Jan—25 Mar (8 wks)	8pm—9:15pm *No class 11 March	\$132
*Mon 15 Apr—24 Jun (10 wks)	8pm—9:15pm *No class 10 June	\$165
Wed 31 Jan—27 Mar (9 wks)	5:30pm—6:45pm	\$149
Wed 17 Apr—26 Jun (11 wks)	5:30pm—6:45pm	\$182

Pilates

For further information please contact
Jenny—0410 404 419
jennymargeridis9@gmail.com

Tatkaar Kathak Institute—Indian Dancing

For further information please contact
Shikha—0450 228 954
schhangani.sc@gmail.com

We welcome new participants during the term where maximum numbers have not been reached.
Call us on 9803 2335 to discuss inclusion in our current activities

Social & Community Activities

Knitting Group

Our friendly knitting and handcraft group meets socially on Monday afternoons .

*Mon 29 Jan—24 Jun | 1pm—3pm | \$2 per week

*No group 11 Mar / 1 Apr / 10 Jun

Walking Group

We're carving up the streets and need your help! Join us for a fun, fit, and friendly time!

*Thu 1 Feb—27 Jun | 9:15am—10am | FREE

*No group 25 Apr

Community Lunches—BOOKINGS ESSENTIAL!

Vermont South Neighbourhood House offers an affordable and delicious two course community lunch on the last Thursday of the month.

Meet with friends & make some new ones!

Bookings are essential by calling 9803 2335—\$10 per person.

Pay on arrival.

Lunch is served at 12:30pm

29 February | 28 March | 18 April | 30 May | 27 June

NEW!!

Community Afternoon Teas

Relax with a cuppa and chat to other people in your community.

Find out what's happening, where to meet other people, all in your neighbourhood.

**Every 2nd Wednesday of the month
2:00pm—3:00pm— \$7 per person**

Jewellery Making for Tweens

See next page for details!

NEW!!



Children's & Tween's Activities

Jewellery Making for Tweens

Learn how to make a stunning bracelet and/or keyring in this exciting new jewellery making workshop—you won't be disappointed!



Tues 12 Mar—19 Mar (2 sessions)	4pm—6pm	\$50 (+ \$25 materials kit)
Tues 21 May—28 May (2 sessions)	4pm—6pm	\$50 (+ \$25 materials kit)

Bumpy Day Yoga for Children/Tweens (Ages 5-12)

A fun session to help your child with confidence, emotional regulation and focus in a fun way using yoga & mindfulness.

Wed 31 Jan—27 Mar (9 wks)	3:45pm—4:30pm	\$135
Wed 17 Apr—26 Jun (11 wks)	3:45pm—4:30pm	\$165

Grandparents Playgroup (Children aged 2—5 years)

Come along to this fun activity based playgroup for pre-schoolers (2-5 years) and their grandparents. Art, craft & story time are all part of the fun!



Wed 31 Jan—27 Mar (9 wks)	10am—11:30am	\$5 per session
Wed 17 Apr—26 Jun (11 wks)	10am—11:30am	\$5 per session

Painting Fun! (Ages 7+)

Let your imagination go wild through the magic of art. Learn about colours, painting, pastels and more.

Tue 30 Jan—26 Mar (9 wks)	4pm—5:30pm	\$176
Tue 16 Apr—25 Jun (11 wks)	4pm—5:30pm	\$215

Sketching for Children/Tweens (Ages 8+)

Children will learn to sketch in 3D and improve their technique in lead pencil. Ideal for beginners or those who wish to develop their sketching skills.

Thu 1 Feb—28 Mar (9 wks)	4pm—5:30pm	\$176
*Thu 18 Apr—27 Jun (10 wks)	4pm—5:30pm (*No class 25 Apr)	\$195

Yoga for Pre-Schoolers (Ages 3-5)

A fun 30 min yoga and mindfulness session for your little ones whilst still learning literacy and numeracy.

Wed 31 Jan—27 Mar (9 wks)	9:30am—10am	\$113
Wed 17 Apr—26 Jun (11 wks)	9:30am—10am	\$138

St Andrews Greek Playgroup

For further information please contact
Helen - 0412 958 300—helenlambris@gmail.com

Classes welcome new participants during the term where maximum numbers have not been reached.

Call us on 9803 2335 to discuss inclusion in our current activities

Join us at our

COMMUNITY CAFÉ



Vermont South
Neighbourhood House

**Take a break and enjoy some
delicious drink and food!**



**Open Mon / Wed / Thu / Fri
9am—3pm**

Ask about our Catering Menu!

Room Hire



FUNCTION ROOM



FOR YOUR NEXT FUNCTION

The Function Room is available to hire for meetings, family gatherings, parties, educational programs, conferences, and most types of events (with the exception of teenage and 21st parties).

Vermont South Neighbourhood House
1 Karobran Drive, Vermont South
9803 2335 - info@vsnh.org.au



Visit us at: www.whitehorse.physie.com.au

WHITEHORSE

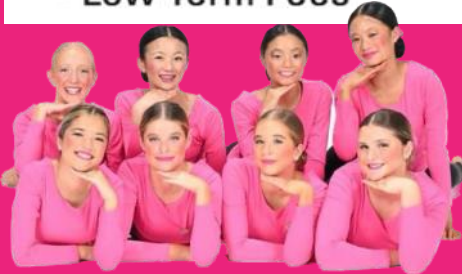
SCHOOL OF PHYSICAL CULTURE

(a non-profit community dance club)

Does your daughter love to dance?

Physie is a fusion of dance styles including modern dance, jazz, ballet and elements of hip hop.

- No sewing costumes
- No shoes to buy
- Low Term Fees
- Free Trial Class



Physie is Fun!

For more information
contact **Helen** on:

0408 392 266

whitehorsephysie@gmail.com



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Australian Ukulele Teachers & Leaders Association**

Call Des on 0412 914 423

Email: guitarstart.au@gmail.com



OsteoCare

*optimising
health*



1C Hanover Rd Vermont South 3133

Welcome to OsteoCare

- hands on health care for the whole family

At OsteoCare, Vermont South you will receive caring and competent Osteopathic healthcare assessment, treatment and advice to best optimise your bodies function and your health whilst reducing pain and discomfort.

OsteoCare provides treatment for the whole family—a newborn through to the elderly. Osteopathy may help with a wide variety of conditions such as back pain, headache and migraines, pregnancy related musculo-skeletal conditions, sports injuries, childhood and teen musculo-skeletal issues and many more...



Ph: 9803 7005

Dr Brooke Franklin (Osteopath) and Associate
Osteopaths Melissa, Belinda, & Hayley



Vermont South
PODIATRY



Sore feet?

Call podiatrists Joanne, Maria, Angela and Susan
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General foot care
Diabetes

Ingrown toenails
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