



Milpara Community House

Term 1 Programs & Activities

(ABN 84 361 485 080)

January 29 - March 28, 2024

(A0019220Y)



Our new home! It was a whirl wind end to 2023 but **it was worth it.** It is with great excitement that we commence Term 1 moved, settled and ready for a fabulous 2024, in our new home at the **Korumburra Community Hub; 15 Little Commercial Street.**

It truly is a beautiful space, and will provide many happy hours of laughter, smiles, friendship, learning, and all the other wonders Milpara offers long into the future. We are pleased to welcome new staff too, more friendly faces.



Milpara's office is on the lower floor, and still provides Services Australia Agency (Centrelink), Consult Room and Emergency Foodbank, and also shares the wonderful new training spaces the Hub has to offer. Bookings are now open; we look forward to seeing you all soon.



Join our Mail List for our Term Program and Updates

<https://mailchi.mp/78cf5d0b7c97/milparajoinmaillist>



Office Hours: Monday - Friday 9:30 am - 4.30 pm, 15 Little Commercial Street Korumburra (PO Box 136) ☎ 5655 2524

hello@milpara.org.au milparacommunityhouse.org.au



General Information



Get Creative

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 for courses and workshops. Minimum numbers are required.
- Bookings are tentative until enrolment is completed, including full payment.
- Payment is due seven days prior to the start date for workshops & course.
- We accept payment in cash, 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 participant's surname and course.

Korumburra Craft Group \$4 per session

An enjoyable get together to work on your own craft, embroidery, knitting, crochet, patchwork etc. Everyone welcome. For more information contact Elaine 0408 572223 or Alison 0438 992 169.

February 8 & 22, March 14 & 28

Pencil & Charcoal Portraits \$130

Starting with reproductions using artist John Singer Sargent & Sir John Longstaff, this class will be taught by Fiona. Fiona is a member of the Twenty Melbourne Painters Society and loves teaching.

Studying visual observations of tone and edges in a relaxed environment, the class will discuss the importance of excellent quality of reproduction to work from, with the view to expand to your personal choice of photo. Materials will be supplied. Classes suitable for beginners to advanced - all welcome.

5 Tuesdays, February 27 - March 26, 10 am - 1 pm.



Crafts with Barb \$4*per session pay tutor

Bring along your own craft and enjoy a lovely afternoon in company. On the last Friday of the month you can choose to participate in a card making workshop - bookings for this session are essential. Kit cost is additional \$5.

A great social afternoon. Everyone is welcome.

Fridays, February 2 - March 22, 1 pm - 4 pm

Rebecca is a mixed media artist living in the South Gippsland region. Rebecca loves to explore different mediums and how they can be used together to make interesting and creative pieces. She's running 3 workshops this Term. No experience necessary and materials supplied

Still Life Watercolour Painting \$53



Using locally and commercially cut flowers and plants, we explore the basics of impressionistic water colour still life. Opportunities to paint a composed display or individual flower stems or

leaves to develop your skills in painting what you see. Learn about watercolour pan paints and how they can be a sustainable resource for field painting and observational work.

Saturday March 23, 10 am - 12.30 pm

Impressionistic Disco Ball \$58

Using easily sourced materials, explore the technique behind making painted Disco balls. Explore the use of colour, how light works on reflective surfaces and how to apply paint in a block formation to create the over all impression of a glittering disco ball.



Sunday March 3,
10 am - 12.30 pm

Paper Cutting Collage - \$38 pp

Explore scale, depth and surrealism in this paper collage workshop. Using magazines and old books we explore how to compose a personalised artwork, ways to use printed lettering in art and an exploration of layering images to create depth and interest in this fun art form. Walk away from the workshop with at least one complete collage work. **BYO sharp scissors.**

Saturday February 10, 10 am - 12.30 pm



Share Your Ideas - What else should we offer?

The Korumburra Community Hub is a fantastic new home for Milpara. It is an exciting new chapter and brings with it new opportunities. We'd love to get your input and feedback on what activities, training, information session etc you would like to see on offer.

Join us for a cuppa and a chat to share your ideas.

If you can't make it please email programs@milpara.org.au or pop in and see Christine.

Wednesday February 7, 4 pm - 5 pm &/or Monday February 12, 12 pm - 1 pm





Health and Wellbeing

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. Listening can be as satisfying as talking. A simple format to create good, human interaction while enjoying a cuppa.

Monday Dates, Feb 12 & 26, Mar 11 & 25, 1 pm - 3 pm

Let's Play 500 \$4 per session

500 is a fun trick-taking card game, the first players to reach 500 points win. Whether you're a complete beginner or dab hand at the game already, please join us for a fun social afternoon.

Fridays, February 2 - March 22, 1.30pm - 3.30pm

Sunshine Spreaders \$ Gold Coin

A ray of sunshine is something that makes others happy or a place more cheerful. This is a group where people meet and work together on little projects to bring a ray of sunshine to themselves and others while sharing a cuppa and company. Work on your own idea or in collaboration - it's your choice.

Thursdays, February 1 - March 28, 10 am - 12.00 pm

Social Mah-Jong \$4 per session *

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 noon, January 31, February 14 & 28, March 13 & 27

Monday evenings 7 pm - 9 pm , February 5, 19 March 4 & 18

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 for lots of laughs. Instruments also welcome.

This is not a choir, it's focus is getting together for a fun sing along. A good singing voice is not required, just a good attitude.

Wednesdays, February 1 -
March 27, 1.30 pm - 3.30 pm

Monday Movies

Last Monday of the month come along and enjoy a movie. This is a free activity, snakes will be available to purchase.

February 26 & March 25, 2 pm



Capture a Story

Julie would love to meet you and hear your story. She loves to write and spread her joy of written word. She also loves to listen to people's stories and tales. Come have a chat with Julie and if you would like, she'll capture your story or tale in the form of a short story or poem, to share with your family and friends.

Book a time slot on a Tuesday morning or Thursday afternoon for a one on one session with Julie. Milpara 5655 2524.

Games & Giggles \$4 per session

Games are a great way to exercise your brain and have a lot of fun at the same time. This is a fun social afternoon and everyone is welcome. Feel free to bring along your favourite board or card game or just bring yourself and enjoy some time exercising your brain in a fun way with company and loads of laughs.

Tuesdays, February 6 - March 26,
1 pm - 3 pm

Yoga - Zenthai Yoga Flow

This is a class suitable for those of general level fitness, all ages and mixed levels of experience in Yoga.

Move your body through yoga asana, vitalising energy, quieting the mind, balancing body and breath. Monday's class is more Yin focused, slow moving deep relaxation. Thursday's class is more Yang style. Dynamic & strength building.

Mondays **Slow Flow**, February 5 - March 25, \$15 per session 10 am - 11.15 am and
Thursdays **Power Class**, 6 sessions \$90, February 22 - March 28, 6 pm - 7.15 pm

Tarot and Oracle Cards for Beginners \$15 per session *

These workshops are designed to help you learn the basics of tarot and oracle card reading. You will learn the origins and history of tarot, the difference between tarot and oracle, how to connect with your cards, and how to understand and interpret them. You will have a chance to practice simple card spreads in a supportive group. This unique workshop is designed for those who are new to tarot and oracle card reading.

Wednesdays fortnightly 10 am - 12 pm Feb 7 & 21, March 6 & 20

Colour With Style - Colour Analysis \$65

You will learn to understand Colour Analysis, Clothing Colour Choices and the Four Seasons Method. Each person will have an individual Analysis to discover their Colour Season. See the colours that look best and why. Learn how to use your personal Colour Chart. Understand a Capsule Wardrobe Plan and how to use Wardrobe Building Colours.

Saturday March 9, 9.30 am - 1.30 pm
Or Wednesday March 13 9.30 am - 1.30 pm

Health and Wellbeing continued

Modern Qigong for Inner Harmony & Balance \$90

Qigong inspires awareness, health & vitality through mindful movements. Our energy goes to where our intention flows to, therefore we will focus on qigong practices to cultivate feelings of both increased energy and relaxation, and to promote mental clarity.

Classes will consist of slow stretches, gentle flowing movements with a focus on alignment, breath awareness, and stances that help develop stamina and focused attention.

We will develop sequences of movements that have both static and flow aspects.

Classes will be suitable for students of all ages and levels of experience and fitness.

6 Thursdays, February 22 - March 28, 9.30 am - 10.30 am

Basics of Backyard Chicken Keeping \$60 (or \$15 per session bookings required)

Course delivered by Jo from Korumburra and District Permaculture that meet last Wed of month 2pm.

What do you need to know to begin keeping chickens in your backyard? Jo has kept chickens in her backyard for many years. Your questions answered and lots of information about what to do and how you can keep chickens successfully. Course includes a site visit in Korumburra and Rancby to see how it can be done.

4 Wednesdays February 14, 21 28 & March 6
12.00pm - 2 pm

Puzzle Exchange/Swap \$4

Need a fresh puzzle to do, got a cupboard of puzzles collecting dust? Come along, grab a cuppa, chat to other puzzle enthusiasts, and swap your puzzles.

Wednesday February 21 & March 20,
1pm - 2 pm

Easy Home Cooking \$4 per session

Join a local Dietitian for evidence-based information and strategies to prepare healthy food and snacks at home. Over three hands-on sessions, you will increase your food knowledge, meet new people, access advice about nutrition, food safety and budgeting, and go home with a satisfied belly and lots of useful resources. Yum!

Registrations essential. \$4.00 per session.

Wednesday March 13, 20 & 27,
11.00am - 12.30 pm.

Potluck - Let's Share Lunch \$Free

Is there anything better than good company and a full stomach? A potluck is a communal gathering where each guest contributes food to share, it doesn't need to be fancy or home made, just bring something to share. Please book your seat.

Monday February 19, 12.00 pm - 1.30 pm

New Wave South Gippsland

Is a Self Advocacy group run by and for people with an Intellectual Disability and/or an Acquired Brain Injury.

The group meets fortnightly on Tuesdays at 10am at the Korumburra Community Hub.

The group also attends self advocacy events and conferences in Victoria and works with other self advocacy groups. There are 4 New Wave groups in Gippsland including a Pride LGBTQI+ group.

For more information pop in or contact Jess on 0488708881 or bclnewwave@gmail.com



COME JOIN OUR GROUP!



No Interest Loans

(NILS) are a smart choice budgeting option to help you manage your money. Borrow up to \$2000 for essential household items or medical expenses, pay back only what you borrow. **No fees. No interest. Ever.**

Denise can sit down with you to help put together your application. She is available on Tuesdays, please book a time in advance by calling Milpara 56552524.

Services Australia Agency Centrelink



Centrelink Agent Hours :

Tuesdays 10 am - 2 pm,
Wednesdays & Thursday 10 am - 1 pm, closed public holidays

Forms and documents can only be processed with a staff member during agency hours.

Self Service computer & phone (with no staff assistance) is available Monday - Friday during school terms only, 10 am - 3 pm.

Korumburra Men's Shed

The Old Loco Shed on the corner of Station Street and Bridge Street. Contact: John 0411 485 113
Tuesdays: 9.30 am - 1 pm & Wednesdays: 9.30 am - 3 pm.

Community Hospital Garden behind main entry car park. Women Welcome. Contact: Neil 0458 422 412



Employment Accredited Training



Food Safety Training for all staff and Food Safety Supervisors

Nationally recognised for the Hospitality, Retail, Community and Health Services, and Food Processing industries. Ideal for those seeking work or working in the hospitality industry, intending to start their own restaurant, takeaway business, childcare/aged care workers, school canteens and/or people selling food at markets.

Hospitality & Retail: This course is for people working in jobs in the hospitality or retail foods sectors including: kitchen hands, cooks, chefs, catering staff, food and beverage attendants, sandwich hands, cooking crew, canteen staff. Level 1 \$95. SITXFSA005. Supervisor \$210 SITXFSA005 & SITXFSA006

Food Processing Industry: Designed for food operations in businesses such as Food Production Manufacturers, Flour Mills, Canneries, Dried Food Packers, Bakers, Pasta Manufacturers, Pickle, Relish, Chutney and Condiment Producers. Level 1 \$95 HLTFS001. Supervisor \$275 HLTFS001, HLTFS005 & HLTFS007

Community & Health Services: Accredited Food Safety Training for Child Care Centres, Aged Care, Kindergartens, Disability Services, Hospitals, Meals on Wheels. Supervisors \$210 FBPFY1002 & FBPFY2002

In Person Hospitality and Retail All assessment and training is completed in class on the day. If you would like to complete Food Processing or Community & Health please let us know, this can also be completed on the day.



Friday February 23

Level 1 SITXFSA005 \$95 9.30 am - 1.30 pm

Supervisor SITXFSA005 & SITXFSA006 \$210 9.30 am - 6 pm

Or Complete Food Safety Training

Online With the freedom to study where and when you like.

Assessment has two components, a series of online questions to assess your knowledge AND a workplace practical skills assignment in a real or simulated workplace environment observed by a suitably qualified third party observer.

Hospitality & Retail:

Level 1



Supervisor

Food Processing

Supervisor



Community & Health
Level 1 Supervisor



Training and assessment provided by CFT International
RTO # 21120



Provide Responsible Service of Alcohol (RSA) Victoria (National Unit) SITHFAB021 Online \$49



The Responsible Service of Alcohol (RSA) unit aims to provide liquor service staff with the knowledge and awareness necessary to responsibly serve alcohol in a licensed premises. Training and assessment provided online by CFT International RTO # 21120

RSA certification is mandatory for licensees and staff selling, offering, or serving liquor for general, on-premises, late-night and packaged liquor licences. (Approx. 4hrs) Enrol and complete anytime. *Computer facilities can be provided by Milpara.*



First Aid Training

These courses have an online workbook to be completed prior to the practical day (blended). Please double check finish times at time of booking as they may change.

CPR \$60 HLTAID009 , 1.5 hrs **Provide First Aid Blended (Level 2)** \$155 HLTAID011 4.5 hrs

Education & Care First Aid Blended \$180 HLTAID012 4.5 hrs.

Tuesday March 12 9.30 am - 2 pm

Bookings Call 0488 405 605 or book online <https://victorianfirstaid.com.au/korumburra>

Training and assessment provided by Victorian First Aid RTO#41360



Come along to our free workshop to learn about tips and tricks for staying safe online.

- Tips and tricks on online safety
- How to identify different types of scams
- How and where to report a scam
- Play a round of scams bingo to learn new words about online safety

Want to learn more about scams and online safety?



Thursday February 15, 1 pm.

Book your seat: 5655 2524.



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 hours of study: \$300 / 20 hours of study: \$200.



Personal Growth/ Career / Computers

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.

Flexible learning options, in person class or online via Zoom . The Zoom class includes recordings that are accessible at a time that suits you, providing additional flexibility.



In Person Class: [7 Mondays, February 5 - March 25 \(No class 11/3\), 9.30 am - 11.30 am](#)

Zoom Online Class: [7 Wednesdays, February 14 - Wednesday March 27, 10 am - 12 pm](#)

Easy Steps to Computers for Beginners \$50 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. [7 Thursdays, February 15 - March 28, 9.30 am - 12.30 pm](#)



Computers Next Step \$50



Computers Next Step 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 Thursdays, February 22 - March 28, 1.15 pm - 4.15 pm](#)

Language

Learn French \$185

Rachel would like to help people improve their capacity to speak and understand French for Beginners.

[7 Thursdays,
February 15 - March 28,
6.30 pm - 8.30 pm](#)

Are you from a non English Speaking Country?

Come: Monday February 5, 5 pm to 7 pm.

Come and meet other people and learn how we can help you. Living in Australia is different, are there things you don't understand or need help with? Do you want speak or read English better? Do you want to get a job or go to school? Bring something from your culture that is special to you to tell us about.

**HELP: Know someone who may benefit from this session?
Please tell them about it, they may not be able to read this.**

Toastmasters - Expressions of Interest

Are you interested in improving your self-confidence, communication, leadership and public speaking skills? Become part of a fun, friendly, fulfilling group of locals that provides an opportunity and support for you to grow. You never know where it could lead you. Come along and discuss starting a Korumburra District Toastmasters Group.

Tuesday February 27, 7 pm - 9 pm

Gee I Wish I Could... What do I want to do? \$Free



I want a job, I want a better job, I want to help my kids, I want a purpose in life, I want to earn more money, I want to make a better life for me and my family.. How do I get started? We ask ourselves these questions but don't quite know how to get started and put it off. This session is an opportunity for you to explore your options and opportunities.

Monday Feb 5, 10 am or 5 pm (2hr session)

Helpful Supports



Milpara's Emergency Foodbank - Change of Hours

Bring your own bags/box Monday, Tuesday & Friday, 10am - 3 pm
During school holidays: Tue, Wed & Thur 10 am - 1 pm

Assistance is available to everyone who seeks it. Assistance is free, respectful and confidential. We aim to provide a safe, supportive environment for the provision of emergency relief. Donations are the lifeblood of the foodbank. We accept donations with great appreciation.



St Vincent de Paul Conference

Conference members provide a non-judgemental environment and may assist in the form of food vouchers, payment toward 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. Information and referral to other services can be provided. This service is run by volunteers and is available Monday and Friday mornings.

For an appointment call 0436 470 898 and leave a message.

JP - Justice of the

Peace We can help organise an appointment time for you to meet with Terry here at Milpara. Call 5655 2524.

Financial Counselling. It's free and worth a visit!

Anglicare Financial Counselling 1800 286 260, let them know you'd like your appointment to be at Milpara.



What's Happening at a Glance

	Regular Activities: Frequency: Weekly Fortnightly Courses: Set Dates Monthly	Special Activities, Workshops & Short Courses
Monday	<ul style="list-style-type: none"> • Yoga— Morning Slow Flow • Social Mahjong evenings • Unhurried Conversations • English as Second language • NEW The Craft of Story Writing In Person • Korumburra CWA • NEW Monday Movies 	<ul style="list-style-type: none"> • Gee I Wish I Could starting Feb 5 • Taste of World ESL start Feb 5 • Share Your Ideas Wednesday Feb 7 & Monday Feb 12 • Paper Cutting Collage Saturday Feb 10 • Backyard Chickens start February 14 • Scam and Online Safety Thursday Feb 15
Tuesdays	<ul style="list-style-type: none"> • Games and Giggles • Pencil & Charcoal Portraits • NEW Toast Masters 	<ul style="list-style-type: none"> • Easy Steps to Computers , starts Feb 15 • Potluck - Let's Share Lunch Mon Feb 19 • Modern Qigong starts Feb 22
Wednesdays	<ul style="list-style-type: none"> • Milpara Singers • Social Mahjong Morning • Tarot & Oracle Cards for Beginners • The Craft of Story Writing Online • NEW Puzzle Exchange 	<ul style="list-style-type: none"> • Zenthai Yoga Power Class starts Feb 22 • Computers Next Step start Feb 22 • Food Safety Training Friday Feb 23 or online at your convenience. • Monday Movies, Last Monday of month • Impressionistic Disco Balls Sun Mar 3
Thursdays	<ul style="list-style-type: none"> • Sunshine Spreaders • NEW Modern Qigong • NEW Yoga—Evening Power Class • Korumburra Craft Group • Easy Steps to Computers for Beginners • Computers Next Step • Learn French 	<ul style="list-style-type: none"> • First Aid Training Tue March 12 • Colour With Style March 9 or 13 • Easy Home Cooking 3 Wednesdays starting March 13 • Still Life Watercolour Painting Sat Mar 23 • RSA Online at your convenience • Story Capture—bookings for Tuesday afternoon and Thursday morning.
Fridays	<ul style="list-style-type: none"> • Crafts with Barb • Let's Play 500 	<p>Milpara Community House Office Hours: Monday - Friday 9:30 am - 4.30 pm</p>