

# Selby Community House

Victoria's longest serving Community House

29th Jan—  
28th March

Term 1 2024

## EDUCATING & EMPOWERING PARENTS OF FUSSY EATERS

~ With Angela Lee APD of TLC Nutrition

Focused on educating parents and children with interactive fun activities and take-home resources, these **FREE** holistic workshops provide key information about healthy eating and nutrition for children and how to meet these needs through a child's diet. Workshops will focus on providing information to parents of fussy eaters and children experiencing food aversions.

Delivered by an accredited dietitian. Bring your children!  
Come to one or come to both.

### Introducing Sensory Change in Your Child's Diet

*Saturday | 24th February | 10.00am-11.30am | FREE*

### How to Overcome Dietary Challenges with ASD Children

*Saturday | 23rd March | 10.00am-11.30am | FREE*



**TLC Nutrition**  
Be Well, Feel Great With Food



**NEPHU**

NORTH EASTERN  
PUBLIC HEALTH UNIT

## FIRST AID FOR PROFESSIONALS, EDUCATORS AND CARERS

~ With Revive2Survive

This course covers First Aid & CPR and is for those with existing experience who are confident with their skills. Appropriate for Health Care professionals, Childhood educators and those who update their skills regularly. Covers HLTAID009, HLTAID011, and HLTAID012.

*Wednesday 14th February*

*6.00pm—7.30pm CPR \$70*

*6.00pm—9.00pm CPR & First Aid Training \$140*

*5.30pm—9.00pm CPR & First Aid for Education and Care settings \$160 (All 3 certificates)*



## Selby Folk Club:

Selby Folk Club meets at 7pm on the first Friday of the month at Selby Community House.

Check out our website:  
[www.selbyfolkclub.com.au](http://www.selbyfolkclub.com.au)

Friday 2nd February  
Jenny Biddle  
(Only Aus show!)

Friday 1st March  
Kavisha Mazzella

## INTRO TO INDIGENOUS GARDEN AND SUSTAINABLE DESIGN (24EMPINDDDES)

Our new Indigenous Garden and Sustainable Design course will expand participants knowledge in Indigenous plant identification, positioning, uses and landscape design. Underpinned by permaculture and sustainable principles and working in harmony with nature. *Pre-requisite "Indigenous Garden and Sustainable practices course", however if not acquired please give us a call.*

*Fridays | 9th February—22nd March | 9.30am-2.30pm (7 Weeks) | Cost \$90/ \$50conc.*



**NEW**

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Selby VIC 3159

T 03 9754 2039

E [programming@selbyhouse.org.au](mailto:programming@selbyhouse.org.au)

W [www.selbyhouse.org.au](http://www.selbyhouse.org.au)

ABN 23 553 499 345

Opening Hours:

Mon~Thurs 9am~3pm & Fri 9am~1:30pm

To book into courses and activities please call, come in or check our website.

We are close on school/ public holidays,  
Total Fire Ban or Extreme Rating days.



Education  
and Training



## Pre-Accredited Training



*Enhance your skills or learn new ones. These quality Short courses are designed to help reach your goals with face to face support to keep you on track. They provide pathways to Employment. Funded by Adult, Community and Further Education (ACFE) and Learn Local.*



### **INTRO TO INDIGENOUS GARDENING & ENVIRONMENTAL PRACTICES (24EMPINDGAR)**

Observe and engage with local plant & animal communities, connect to country and find out about locally available resources to assist in designing gardens with respect to Indigenous plants. You will sample bush foods and learn about their uses. Learn in and around the Bushfoods garden here on site, with guest speakers, as well as visit a range of gardens.

**Thursdays | 8th Feb—21st March (7 weeks) | 9.30am-2.30pm | Cost \$90 / \$50 Conc.**



### **DIGITAL SKILLS FOR LEARNERS ~ Level 2 (24DLE1)**

Update your computer skills or learn more about different technology including Smartphones, Computers, Chrome-casting, Software, Hardware and more. This hands on class will enable you to apply the learning at home and work. Our tutor has a wealth of knowledge and can tailor the curriculum to suit your learning needs. Suits all levels of learning.

**Mondays | 29th January—25th March [excl. 11th March] (8 weeks) | 12.30pm-3.00pm | Cost \$50**



### **IPADS AND TABLETS FOR BEGINNERS (24DLEIPADBEG)**

For those new to or wanting to develop iPad fluency skills. Covers basic set up and usage, Apps, emails, calendar, iTunes, cloud storage & more. Hands on experience in real life scenarios to improve communication, listening & goal setting. No experience required.

**Fridays | 2nd February—22nd March (8 weeks) | 9.30am-12.00pm | Cost \$50**



## Creative Arts



### **AUSSIES KNITTING FOR WAR-AFFECTED KIDS (& crocheters, sewers, quilters etc.)**

If you love knitting, crocheting or sewing then this group is for you! You can work on your own project or join in with others to knit for War-affected kids.

**Wednesdays | 7th February, 6th March | 10.00am—12.30pm**  
**Gold coin Donation for tea/coffee.**



### **SELF-PUBLISHING COURSE ~ With Kathie Thomas (author of 7 books & self publisher of many others)**

Is publishing your dream? This course covers what self-publishing is, the costs involved, how to format for self-publishing and how to market and sell your book, getting an ISBN for your book, and printing!

**Saturday | 17th February | 10.00am—12.00pm | \$99**



**NEW**



### **INTRODUCTION TO BOTANICAL DRAWING & PAINTING ~ With Susie Parry**

In these intensive workshops you will be exploring and developing observational skills, painting techniques and understanding of colour to complete your own detailed botanical paintings on stretched paper. **(Pre-Requisite for Advanced course).**

**Mondays | 12th February, 4th March (2 workshops) | 9.30am-3.00pm | Cost \$200**



### **ADVANCED BOTANICAL DRAWING & PAINTING ~ With Susie Parry**

These one day workshops will allow students the opportunity to explore chosen topics in more depth with an emphasis on observation skills, understanding tonal values, pen & ink rendering, composition, colour, water colour & gouache painting techniques.

**Tuesdays | 6th February, 27th February, 19th March (3 workshops) | 9.30am-2.30pm | Cost \$216**





## Health and Wellbeing



**STRETCH AND STRENGTHEN ~ With Rachelle Hayes** -Massage & Thai Therapist 24yrs. Increase your flexibility, strength and body awareness with gentle techniques. Promotes joint range of movement, coordination & decreased muscle tension. Suits all ages.

**Wednesdays | 31st January—27th March (9 weeks) | 10.00am-11.00am | Cost \$135**



**HATHA YOGA ~ With Spyros Topalis** -Over 10 years experience.

Yoga improves health, fitness & tones the whole body. Increase your vitality and quality of life while gaining strength, flexibility and balance- physically, mentally and emotionally.

Suits all ages, beginner or experienced.

**Mondays | 29th January—25th March [Excl. 11th March] | 7.00pm-8.15pm | Cost \$120**

**Thursdays | 1st February—28th March | 7.00pm-8.15pm | Cost \$135**



**REACH OUT AND CONNECT: Suicide Prevention Training**

**~ With LifeConnect, Neami National**

LifeConnect will facilitate **FREE** training with the latest research in suicide prevention, co-designed by people with direct life experience. The training builds awareness of where to find help and how to link people with support, increase skills and confidence in having conversations about mental health and develop capacity to respond to the risks of suicide within communities and workplaces.

**Wednesday & Thursday | 20th & 21st March | 9.30am—2.30pm | FREE**

*(attendance to both sessions is strongly recommended!)*



**NEW**



## Workshops and Short Courses



**DEATH/ LIFE CAFE ~ Hosted by Kelly Ogden & Melanie Cookes**

Come and join us for a cuppa and cake. This is a space where you CAN talk (or just listen) about whatever is on your mind about death, dying and life.

Death cafés aim is to increase awareness around death to help people make the most of their finite lives, with no agenda. This is not a grief support or counselling session.

**Friday | 23rd February | 10.00am-12.00pm | Gold coin donation | RSVP essential.**



**GLEN COOKS PASTA**

Join local chef Glen (From Glen Cooks Food) for a pasta making experience! We will learn how to make and roll simple dough, make cut pasta (Tagliatelle) and a few simple folded pastas. We'll then make a couple of simple sauces, have a glass of wine and sample our work! Come for the fun—Stay for the food! Includes light meal and wine.

**Wednesday | 21st February | 6.30pm—8.30 pm | Worth \$89 but pay as you feel**



**FERMENTING MADE SIMPLE & CHEESEMAKING AT HOME ~ With Wild Earth Mother**

**Fermenting:** In this workshop you will learn to make five simple ferments and take them home; Kimchi, Sauerkraut, Lacto-fermented Pickles, Wild Fermented Kombucha and Sourdough Mother.

**NEW**

**Cheesemaking:** Cheesemaking is a simple skill anyone can learn. Each participant will take three cheeses home as well as recipes and your own cheese mould. You will never waste yoghurt again! Labneh, Ricotta, Feta and Halloumi. **Come to one or both!**

**Saturday | 2nd March**

**Fermenting: 9.00am—12.00pm | \$140 (Bring x5 1 litre jars, apron, cooler bag)**

**Cheesemaking: 1.00pm—5.00pm | \$140 (Bring x4 containers, apron, cooler bag)**



**FROM HOARDER TO ORDER ~ with Liga**

Too much to Kondo? Overwhelmed by excess 'Stuff'? This relaxed and non-judgemental workshop is for anyone who desires to change their relationship with 'things'. Over a cup of tea, we will explore the root reason of why it can be a struggle to let go, get clear on what we have to do instead & go home with some concrete strategies to deal with your own stuff.

**Saturday | 2nd March | 9.30am—1.00pm | Cost \$30 or \$20 Conc. | Morning tea included**





## Children's Activities

### SELBY FACILITATED PLAYGROUP ~ with Chloe

Parents stay and meet other families while the children play and explore various age - appropriate activities assisted by a qualified childcare worker. Indoor and outdoor play in a beautiful setting. Belgrave Library are visiting for a special Storytime on the **5th of March** from 10.00am—10.30am.

*Ages 0-5*

**Tuesdays | 6th February—26th March | 10.00am-12.00pm | Cost \$10 per session, \$5 for siblings, OR \$90 for the term**



### SELBY CHILD CARE CENTRE

Our Childcare program provides your child with a fun, educational and nurturing experience in small group held in a natural bushland setting .

**9.30am-2.30pm Monday, Tuesday, & Friday**  
**8.30am-4.30pm Wednesday & Thursday**

Please email [occ@selbyhouse.org.au](mailto:occ@selbyhouse.org.au) for enquiries and bookings.

\*Licensed with the Dept. of Education & Early Childhood Development. Financial support for this service by the Australian government under the Childcare Subsidy.



### Redefine Life ~ Low Cost Counselling for our community

The Redefine Life service is committed to offering accessible, low cost counselling. Visit website for more information: [www.redefinelifelife.com.au](http://www.redefinelifelife.com.au)  
Session cost \$40. **PH:** 1300 044 490 **E:** [enquiries@redefinelifelife.com.au](mailto:enquiries@redefinelifelife.com.au)



## Services:

### PLAYGROUPS ~ New Members always welcome!

We currently have vacancies in our new Playgroups. If you would like to bring your parents/carers group, please call to discuss days and times that would suit your group.

### Maternal Child & Health Services ~

Local Maternal and Child Health Nurse, Sue Seston is available on the 2nd and 4th Tuesday of every month. (Closed during school holidays and fire danger season).

Please call 9294 6578 for an appointment.

### VOLUNTEER OPPORTUNITY ~ Please call 9754 2039

We are currently looking for Volunteers to join our exciting new volunteers program! If you have a spare couple of hours and an interest in your community, we would love to match you up with little jobs you already have skills for and/or new skills you would like to gain.

### HOUSE HIRE

Selby Community House is available for community events, meetings and functions at the discretion of the Committee of Management. With a main lounge area, fully equipped kitchen, Children's room, Meeting room, Art/ multipurpose Studio and numerous outdoor areas available. Please call for details on cost and availability.

### FRIENDS OF MINAK

Planting and weeding to care for the reserve.

Meets at 10am-12pm on the 1st Saturday of the month.

Stay for a cuppa. No experience needed.

Please email: [programming@selbyhouse.org.au](mailto:programming@selbyhouse.org.au) for more information.

Selby Community House Inc., founded in 1975 as a community initiated focal point, is an incorporated not-for-profit association, run by a Voluntary Board of Governance and operates in a Yarra Ranges Council building co-located with the Maternal and Child Health Service. All are welcome, regardless of religion or cultural preference. All feedback or suggestions about new programs is encouraged.

**Board Meetings** are held on the 3rd Thursday of the month (Subject to change) from 4pm. New members are always welcome to submit an Expression of Interest, and anyone interested in being involved in the management of the house should call for further information about nomination. Annual General Meetings are held in September and the Annual Report is available after that date.

**Privacy Policy:** Selby Community House respects your rights to information privacy. Information collected and held is kept in accordance with information privacy regulations.