

Selby Community House

Victoria's longest serving Community House

TERM 3 2024

15th July -
20th Sept.

SelbyFest 2024

Don't miss out on the most anticipated community festival of the year! Mark your calendars and save the date for a day filled with excitement and connection. Join us on **Saturday 23rd November** as we celebrate our vibrant community with live music, delicious food, market and engaging activities for the whole family. **If you'd like to be involved with planning, have a stall or volunteer on the day please contact us!**



Wise Ones Social Group - For ages 60+

Join our vibrant social group for over 60's! Connect with peers in relaxed gatherings where conversations flow freely, cards are shuffled, and games are played. Engage in casual discussions, unleash your creativity with crafts, or simply enjoy leisurely strolls. It's your community, your companionship, your choice. Come share laughter and camaraderie with us! No booking required. *Gold coin donation for tea/coffee.*
Thursdays 10am - 12pm Fortnightly from 18th July - 12th September

Public Forum: 'Know your Food, Know your Grower'

Why is local organic food **not** the norm? Learn more about fresh organic food grown by a local farmer whom you could get to know. Ryan DeCoite is a young farmer growing a wide variety of veggies on 1.5 acres in Belgrave South. He'll present a slideshow as he explains the benefits of 'community supported agriculture'.

Wednesday 11th September at 7pm. All welcome. Gold coin donation

EMPOWERMENT- A Youth Exhibition!

In collaboration with a creative and talented group of local young people, we are proud to present the exhibition "Empowerment" as part of the 'September Victorian Youth Fest'.

Exhibition Opening: Friday 30th August, 6 - 8pm Please RSVP by phone/online

Exhibition Dates: 2nd September - 20th September (open during office hours).

This project is funded by the Department of Families, Fairness and Housing. (DFFH)



Families,
Fairness
and Housing

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

Friday 5th July
Bush Gothic
& Celeste Willoughby

Friday 2nd August
Michael Waugh
& Moonshine Coalition

Friday 6th September
Riley Catherall
& Benoit

Break Into Event & Festival Management (24EMPEVTMAN2)

This dynamic, hands-on 6 week course is designed to equip you with the essential skills in creating, planning and managing events. Covers leadership, risk assessment, recruitment of event staff & volunteers plus more. Gaining real life experience in the field, you'll have the opportunity to participate in the planning and delivery of our annual flagship event **SelbyFest!** This is an intermediate level course and it's recommended you have completed LVL 1, however not essential.

Please call the office to discuss.

Mondays 9.30am - 1.30pm, 22nd July - 26th August (6 weeks)

Cost \$90 / \$50 concession



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E: programming@selbyhouse.org.au
W: 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 go to our website.

We are closed 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.



INTRODUCTION TO DIGITAL DESIGN ~ USING WORDPRESS (24EDCCANVA)

Join our WordPress short course to learn website setup, domain and hosting essentials, themes and plugins, image optimization, web forms, and security. Work on a live site to create and maintain your own pages using hand-picked tools designed for effective website building and maintenance.

Mondays 9.30am - 12pm, 29th July - 16th September (8 weeks) Cost \$60 / \$40 Concession

NEW



DIGITAL SKILLS FOR LEARNERS ~ Level 1 (24SBDDLE002)

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 can tailor the curriculum to suit your learning needs. Suits beginners.

Fridays 12.30 - 3pm, 2nd August - 6th September (6 weeks) Cost \$40



IPADS AND TABLETS FOR BEGINNERS (24DLEIPADINT)

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 9.30am - 12pm, 19th July - 6th September (8 weeks) Cost \$50



INDIGENOUS PLANTS ~ GARDEN DESIGN (24EMPINDDDES)

Whether you want to create habits for wildlife, include native flavours in your cooking or simply "feel the serenity", indigenous plants have enormous value in our backyard, for us and the local ecology. Learn how to read your landscape & incorporate plants in your own garden design. Previous site visits include Peppermint Ridge, gardens designed by Jane Coleman and the award winning Chelsea Gardens. *Completion of Introduction course recommended, but not required. Please call the office to discuss.*

Tuesdays 9.30am - 2.30pm, 30th July - 10th September (7 weeks) Cost \$90 / \$50 Concession



Creative Arts



MAKING STOP MOTION ANIMATIONS WITH YOUR SMARTPHONE

Learn or revise the basics of drawing aimed at the creation of hand drawn stop motion animations. Explore the history and fundamental principles of animation with the 'Stop Motion Studio' App on your smartphone. Create your own little animation! BYO smartphone with App installed.

Saturdays 10am - 12pm, 3rd - 24th August (4 weeks) Cost \$105 Includes materials

NEW



BEGINNERS CROCHET ~ With Rachel

Have you ever wanted to learn how to Crochet? Join Rachel from 'Little Coffey Creates', a self-taught crocheter who first picked up a hook 10 years ago, to get you started on your own journey. Learn the basic stitches, techniques, pattern reading, and useful ways to source yarn and find patterns online. Create your own ribbed beanie to take home! BYO 4mm hook. Acrylic yarn provided or BYO yarn of choice.

Thursdays 1 - 3pm, 1st - 22nd August (4 weeks) Cost \$100

NEW



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 or make for war-affected kids.

Wednesdays 10am - 12.30pm, 7th August & 4th September Gold coin Donation for tea & coffee



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, watercolour & gouache painting techniques.

Tuesdays 9.30am - 2.30pm, 23rd July, 13th August & 3rd September Cost \$216 (or \$72each)



Health and Wellbeing



MUMS & BUBS MOVEMENT ~ With Sammy Klodzinsky

Join our 45-minute Pilates and Yoga fusion class, tailored for mamas and their little ones!

Strengthen bonds while enhancing wellness in a supportive environment. Connect with fellow parents and enjoy gentle exercises suitable for all levels. Each session combines stretches, core work, and baby-friendly movements. No experience needed, just comfy attire & a blanket for your little one's comfort.

Fridays 1pm - 1.45pm, 23rd August - 20th September (5 weeks) Cost \$100

NEW



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 10 - 11am, 17th July - 18th September (10 weeks) Cost \$150



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

Yoga improves health, fitness and 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 7 - 8.15pm, 15th July - 16th September (10 weeks) Cost \$150

Thursdays 7 - 8.15pm, 18th July - 19th September (10 weeks) Cost \$150



Workshops and Short Courses



AUSTRALIAN NATIVE FOODS TASTING SESSION

To celebrate the recent NAIDOC week come along for a 2 hour introductory taste and talk session to learn about the modern culinary uses and amazing health properties of some of our native edible plants. Sample an assortment of dishes with ingredients from bushfoods you can grow at home! Including Mountain Pepper, Strawberry Gum, Lemon Myrtle and Finger Lime, with locally grown varieties from Peppermint Ridge Farm available for purchase on the day.

Sunday 11th August, 10am-12pm Cost \$40

NEW



GARDENS FOR FOOD ~ With Amy Weir of Cloudy Forest Farm PLANTING OUT YOUR SUMMER VEGIE PATCH

Together we will explore the popular Spring and Summer vegetables. For each season we will practise seed planting and discuss seedling care and growing tips. All growing information will be specific to our Hill's location and its unique challenges! Take home a planting resource booklet and seeds. Suitable for people of all gardening skill levels.

Sunday 1st September, 10am-12.30pm Cost \$30

NEW



DEATH/ LIFE CAFE ~ Hosted by Melbourne East Doula Hub

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 13th September, 10am-12pm FREE (Please RSVP online/by phone)



House Updates

SHARE YOUR GIFTS!

Selby Community House invites you to volunteer and share your talents, skills, and hobbies with our local community. Whether you have handyman and DIY skills, IT knowledge, electrical expertise, sorting/de-cluttering abilities, gardening talents, or can help distribute flyers, join our skills bank. Let's strengthen our community together! Contact us to get involved today.



We need your support Become a Selby Community House Member today to help fund and shape our community programs. Special offer for Term 3 – 12 month Family Memberships only \$5! (normally \$10). Join online or in person. Enjoy discounts, free tea and coffee, AGM voting rights - and good karma, for supporting the work we do and your local community!



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 an experienced facilitator. Indoor and outdoor play in a beautiful setting. Belgrave Library are visiting for a special Storytime on **Tuesday 27th August** from 10am-10.30am.

Tuesdays 10am - 12pm, 16th July - 17th September Ages 0-5

Cost \$10 per session, \$5 for siblings OR \$85 for the term per family



SELBY CHILD CARE CENTRE

Our Childcare program provides your child with a fun, educational and nurturing experience in a 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 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.



Services:

PLAYGROUPS ~ New Members always welcome!

We currently have vacancies for 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, is available on the 2nd and 4th Tuesday of every month. (Closed during school holidays and fire danger season).

Please call 1300 368 333 for an appointment.

VOLUNTEER OPPORTUNITY

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. With a main lounge area, fully equipped kitchen, Meeting room, Art/ multipurpose Studio and numerous outdoor areas available.

Please call us for details on cost and availability.

**Subject to conditions and suitability of the event.*

FRIENDS OF MINAK

Planting and weeding to care for our beautiful Minak Reserve.

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

Stay for a cuppa. No experience needed.

Please email: 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 October 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.