

Selby Community House

Victoria's longest serving Community House

TERM 2 2025

22nd April-
4th July

Neighbourhood House Week High-Tea

Happening across Australia in the second full week of May each year, is a nationwide initiative to celebrate the role of over 1,000 Community Houses.

This year, from 12 to 18 May 2025, we're making waves with the theme "Ripples of Change"!

Every action, no matter how small, has the power to create a ripple effect — spreading kindness, sparking ideas, and strengthening communities. Here we see it happen every day! A friendly smile, a shared story, a new skill -these small moments add up to something big, sending waves of meaningful change that extends far beyond Selby Community House.

Join us in celebrating the power of small actions that lead to big impacts.

Thursday 15th May 10.30am-12pm FREE! Please RSVP via website or phone.



STEP & CONNECT - Women's Social Walking Group

Inspiro Health warmly welcomes local women to join our **free** social walking group.

Walking is a great way to improve or maintain our overall health and wellbeing.

Along with physical and mental wellbeing benefits, walking is great for social connection, independence, and can also help reduce our carbon footprint. Join us and explore some of the beautiful trails around Selby while having fun meeting some new local women in our community.

Walks will be 45min - 1hr duration and will cover between 3 – 5km, depending on the route. Please bring a water bottle, wear comfortable shoes and be prepared for the weather (Hat, sunscreen, jacket).

Meet in the foyer at Selby Community House.

Wednesdays 11.15am-12.15pm

23rd April - 2nd July FREE No booking required, just turn up!



Help us Create an Epic New YOUTH GROUP!

We're launching a brand-new Youth Group **and we want YOU to help make it awesome!**

Thanks to a Yarra Ranges Council Community Grant, this will be a **fun, chilled-out space** where local legends (aka kids aged 10-14) can meet up, hang out, and have a say in what happens each week. But first, we need your ideas!

Name It: Got a cool name idea? Enter our Naming Competition for the chance to make it official! The winner

scores an epic prize pack with Cameo Movie Tickets, snacks & more!

Shape It: Help decide the best days, times, and activities- we want this to be a place you actually want to be.

Own It: This is your space so let's make it something next-level together!

Jump over to our website to take a quick survey & enter the comp!

www.selbyhouse.org.au

Stay tuned for details—we can't wait to see what you come up with!



Selby Folk Club:

Selby Folk Club meets at 7.30pm on the first Friday of the month at Selby Community House.

Check out our website:
www.selbyfolkclub.com.au

Friday 4th April
Rufous Whistler
Tim Woodz & the Dirty Shoes

Friday 2nd May
Khristian Mizzi
& Mary Connell

Friday 6th June
Neesy Smith &
Stuart Kohinga

1 Minak Road via Charles Street,

Selby VIC 3159

T: 03 9754 2039

E: engagement@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 further study or Employment. Funded by Adult, Community and Further Education (ACFE) and Learn Local.



INDIGENOUS PLANTS ~ INTRODUCTION (25EMPINDGAR)

Explore the unique indigenous plants of the Dandenong Ranges during this relaxed & friendly Introductory course. We discuss a wide range of topics including Australian Native plants and their uses, weeds, connection to Country, permaculture principles & bushfoods. Previous excursions have included Royal and Cranbourne Botanic Gardens, Milarrri Gardens, Southern Dandenongs Community Nursery, Knox Environment Society.



Mondays 9.30am - 2.30pm, 5th May - 30th June (excl. 9/6) (8 weeks) Cost \$120 / \$70 concession



DIGITAL SKILLS ~ Level 2 (25SBDDLE002)

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 ages and learners.

Mondays 12.30 - 3pm, 28th April - 30th June (excl. 9/6) (9 weeks) Cost \$68 / \$45 concession



IPADS AND TABLETS ~ INTERMEDIATE SKILLS (25DLEIPADBEG)

For those who are already familiar with using iPad/Tablets, you will gain more in depth skills including how to manage software and system updates, split screen and other advanced capabilities. Suits all ages and learners.

Fridays 9.30am - 12.00pm, 2nd May - 4th July (10 weeks) Cost \$75 / 50 concession



Creative Arts



HAND BUILDING CERAMICS ~ With Brigida Alberti

Unleash your creativity and explore the art of hand-building with clay in our immersive 4-week taster course! Perfect for beginners and those looking to refine their skills, you will learn pinching, coiling, and slab techniques to create unique sculptures and tableware with 8 hours of expert guidance. Open to ages 16+, this course embraces low-waste, low-energy methods like single firing, helping you craft sustainably while building lifelong pottery skills. Full term coming in Term 3!



Wednesdays 7 - 9pm 14th May - 4th June (4 weeks). Cost \$120 plus clay

NEW



VEGAN & PALM OIL FREE SOAP MAKING ~ With Sharnn Watts

Learn how simple it is to make your own handmade, cold process soap in a hands-on fun class. Learn about the safety requirements, equipment and ingredients needed, all supplied. Hand-outs given & everyone will take home approx.5 bars of soap. BYO thick rubber gloves and favourite essential oils.

Saturday 31st May 10am - 12pm. Cost \$125 includes materials

NEW



AUTUMN ART WALK ~ NATURE JOURNALING ~ With Susie Parry

Develop your creativity and artistic skills by recording observations, thoughts and feelings about what you see in nature such as illustrating plants & animals, seasons of the year or time of day. This workshop includes a basic introduction to drawing & painting (with an emphasis on observation skills), a short drive & walk, and conclude with light refreshments and an opportunity to discuss observations. BYO journal/paper & pens.

Saturday 17th May 9.30am - 1pm. Cost \$60 / \$50 concession



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, 29th April, 27th May & 24th June. Cost \$216 (or \$72 each)

****Introduction class will be offered in Term 3. Please register your interest.***



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 May, 4th June & 2nd July. Gold coin Donation for tea/coffee



Health and Wellbeing

NEW

MINDFUL MOVES ~ With The Wild Woman Tribe

This women's only, floor-based, beginner-friendly 'movement' workshop is designed to get you out of your head and back into your body. Rooted in non-linear and mana movement practices, it's all about releasing stress and moving with intention - no rules, no pressure. Bring a yoga mat, come as you are, and leave feeling lighter. (Mats provided if needed).

Saturdays 9.30 - 10.15am, 10th May & 14th June
Cost \$15 per session. Come to one or both!



STRETCH AND STRENGTHEN ~ With Rachelle Hayes - Massage & Thai Therapist

for 25yrs. 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, 23rd April - 2nd July (11 weeks) Cost \$165

HATHA YOGA ~ With Spyros Topalis - 15 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, 28th April - 30th June (excl. 9/6) (9 weeks) Cost \$135
Thursdays 7 - 8.15pm, 24th April - 3rd July (11 weeks) Cost \$165



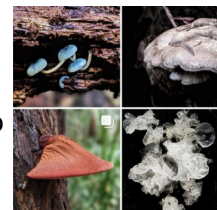
Workshops and Short Courses

NEW

MUSHROOM FORAGING

The **Fermented Mumma** will take you through a detailed course on Mushrooms of the Dandenong Ranges. You will get to see, taste and touch a variety of wild mushrooms, get guided through how to identify wild mushrooms safely, where to find them and enjoy a scrumptious lunch of wild mushrooms. (Farmed, not foraged). A walk will be included to identify species covered in the area- we will not be picking mushrooms but searching, identifying and discussing. (To protect the natural habitat). Take home workshop slides.

Saturday 10th May 11am - 1pm Cost \$100



NEW

PARENTING WORKSHOPS

Join Anna from Nurturing Parenthood for practical, supportive workshops covering key parenting stages. Gain expert guidance, self-care tools, and self-compassion strategies while connecting with other parents and building skills to support your child's emotional well-being. For further information on these insightful workshops please visit www.nurturingparenthood.com.au

Children welcome but must be supervised. **Cost \$10 per person per workshop**

Friday 16th May 7 - 8pm: Preparing for the Tween/Teen Years

Friday 23rd May 1.30 - 2.30pm: Navigating Big Emotions in Toddlers

Friday 13th June 7 - 8pm: Embracing the Good Enough Parent



SELF-PUBLISHING ~ With Kathie Thomas

(Self publisher and author of 7 books)

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

Saturday 21st June 10am - 12pm Cost \$99

WISE ONES SOCIAL GROUP - For ages 60+

Join our vibrant social group for over 60's! Connect with peers in relaxed gatherings and engage in casual discussions while sipping on a cuppa. No booking required.

Thursdays 10am - 12pm Fortnightly 1st May - 26th June. Gold coin donation.

DEATH/ LIFE CAFE ~ Hosted by Melbourne East Doula Hub

Join us for tea, cake, and open conversations about death, dying, and life. Death Cafés aim to raise awareness and inspire living fully. This is not a grief support or counselling session.

Friday 23rd May 10am - 12pm Donation for morning tea. Booking essential.



Men's Group – Connection & Growth

A welcoming space for men seeking genuine connection and personal growth. Guided by an experienced facilitator, this group offers deep listening, reflection, and honest conversation. More than just a social catch-up, it's a chance to share, learn, and support each other. Monthly on Tuesday nights. Please call the office for enquiries or to register your interest.



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.
Tuesdays 10am - 12pm, 29th April - 1st July (10 weeks) (Ages 0-5)
Cost \$120 per family.



- HAND BUILDING CERAMICS FOR KIDS – Coming next term!**
 Explore the art of hand-building with clay. You will have fun learning pinching, coiling, and using slab techniques to create fantastic pieces! This will be an after school hours class on Wednesday afternoons. Details coming soon. Please register your interest by calling the office.



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 .

9.15am - 2.45pm Monday & Friday

8.30am - 4.30pm Tuesday, 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 Tuesdays. (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 Sunday** of the month.

Bring your gardening gloves! 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.