

COURSE ENROLMENTS

Prior enrolment is essential for all courses.

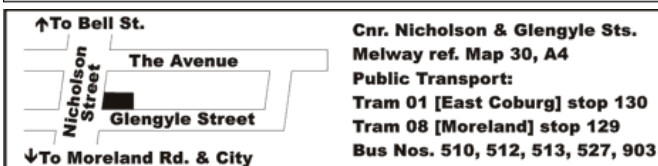
Please phone at any time to receive an enrolment form. Enrolments for most courses close one week prior to the commencement date. Classes run subject to minimum enrolment numbers and may be cancelled or postponed. Waiting lists may apply for some activities. Details in this brochure may be subject to change.



FRIEND US ON FACEBOOK!

For updates to our programme, information on special events, reminders, book group titles, film session details, workshop series subjects—even opportunities for volunteer or paid positions. Search for **Nicholson Street Community House**

WHERE TO FIND US



We are located on the corner of Nicholson and Glengyle Streets in East Coburg, two blocks north of Moreland Road, on the Number 01 tram line. Bus routes shown are within walking distance (up to 10-15 minutes) of the House, and also connect with the No 01 tram line. For detailed information on how to get here, please see the "Find or Contact Us" page on our website or call us on 9386 8377.

HIRE OF HOUSE

Nicholson Street Community House can be hired for:

- Group Meetings
- Training Programmes
- Community Activities

Please contact the House Co-ordinator for information and bookings.



NICHOLSON STREET COMMUNITY HOUSE

Nicholson Street Community House is a House of friendship and support in your local neighbourhood. We believe that all people are valued members of the community. We welcome you to come along and make new friends, join in our activities and help to create the spirit of community participation.

Nicholson Street Community House is a non-profit organisation that operates through the generous support of:

- The Department of Human Services (Vic)
- Moreland City Council

The unpaid hours of many voluntary workers are also warmly acknowledged.

HOUSE MEMBERSHIP is free: House participants automatically become members. Membership is also open to House visitors and the local community. Members may nominate for positions on the Committee of Management, and vote to elect the Committee. Please contact the office for further information.

CHILDCARE SERVICE CEASES

We deeply regret that, following the withdrawal of government funding for the Take a Break childcare programme at the end of last year, Nicholson Street Community House is no longer able to offer our Occasional Childcare service or 3 Year Old Activity Group.

Regrettably, this has also meant the loss of three staff positions and reduced hours for a fourth.

Childcare has been a part of Nicholson Street since we opened in 1988. For many years we have heavily subsidised this service: the substantial additional costs to the House of continuing our children's programme without government support is significantly more than we could manage.

Nicholson Street Community House



Programme
Semester

2012

COMMUNITY FEEL

MAKING OUR

Welcome
Included
Supported
Empowered

**32 Nicholson Street
Coburg East Vic 3058**

Phone: (03) 9386 8377

E-mail: nschl@bigpond.com

Web: www.nsch.hypno-relax.com

Nicholson Street Community House

Office: Mon - Thurs 9:00 - 4:00



ENTERTAINMENT

**TELLING TALES
(WEDNESDAYS, MONTHLY)**

Come along and hear someone's story: a writer perhaps, or local history, or

indigenous story. There will be a question and answer time at the end of the tale. Programme details will be notified on Facebook, our website, and through the office.

DATES: 14 MAR, 9 MAY, 6 JUN

TIME: 1:00 PM—3:00 PM

COST: \$5 PER SESSION

MOVIE AFTERNOONS (THURS, MONTHLY)

Settle down in our lounge and watch a movie with friends. We'll provide discussion notes so you can talk about the film over a cuppa afterwards. Programme details will be notified on Facebook, our website, and through the office.

DATES: 23 FEB, 22 MAR,

26 APR, 24 MAY, 21 JUN

TIME: 1:00 PM—3:30 PM

COST: \$3 DONATION PER SESSION

BOOK GROUP (WEDNESDAYS, MONTHLY)

Reading doesn't have to be a solitary passion. Our book group is a way for readers to share their love of reading with others. It offers great opportunities to meet new people and have stimulating and interesting discussions in a relaxed social environment.

DATES: 29 FEB, 28 MAR,

18 APR, 23 MAY, 20 JUN

TIME: 1:00 PM—3:00 PM

COST: \$20 FOR THE SEMESTER

Book titles will be advertised on our Facebook page or at the House. Books can be collected from the House four weeks* prior to the Group meeting date. (*3 weeks for 18 Apr session.)

FLOWERS AND FRIENDSHIP (MONDAY)

Come and enjoy a stunning demonstration of professional flower arranging by a fully qualified floral artist, and get to know some new friends over morning tea.

DATE: 19 MAR

TIME: 10:00 AM—12:00 NOON

COST: \$2 DONATION

ARMCHAIR TRAVEL (TUESDAYS)

Listen as seasoned travellers share their experiences and expertise, with plenty of time for questions. Some sessions will be hosted by local travel agents. Friend us on Facebook, check our website or ask at the office for details of specific sessions.

TERM 2: STARTS 8 MAY (4 WEEKS)

TIME: 10:00 AM—12:00 NOON

COST: \$10

FOR FAMILIES

PLAYGROUP (WEDNESDAYS)

A facilitated playgroup for parents with younger kids. Each session will involve art or craft activities, storytelling and semi-structured play.

TERM 1: STARTS 22 FEB (6 WEEKS)

TERM 2: STARTS 18 APR (10 WEEKS) No group 25 Apr.

TIME: 10:00 AM—11:30 AM

COST: \$10 FOR ONE CHILD / \$15 PER FAMILY PER SESSION, PAID AS A TERM FEE

We may also offer a playgroup for older (3-5 years) children later in the year subject to interest. Please let us know if you are interested.

SUPPORT GROUPS

ADAVIC ANXIETY SUPPORT GROUP (MONDAYS)

A support group for those who suffer from anxiety related issues and their carers and partners. Provides a forum for discussion in a safe and comfortable environment. The group is guided by a trained facilitator.

TIME: 7:30 PM—9:30 PM

COST: \$3/SESSION FOR ADAVIC MEMBERS

\$5/SESSION FOR NON-MEMBERS

This is an ongoing programme. Contact ADAVIC on 9853 8089 for further information.

COMPUTERS

PC USERS GROUP (TUESDAYS)

A social group for mature people with an interest in computers. Develop and enhance your computer skills in a friendly, supportive atmosphere. This is an ongoing programme.

TERM 1: STARTS 21 FEB

TERM 2: STARTS 17 APR

TIME: 1:00 PM—3:00 PM

COST: \$10 PER TERM

FOR MEN

MEN'S SOCIAL GROUP (MONDAYS)

A group for men featuring a mix of model engineering challenges, cooking, computers and socialising.

TERM 1: STARTS 20 FEB (5 WEEKS) No group 12 Mar.

TERM 2: STARTS 16 APR (10 WEEKS) No group 11 Jun.

TIME: 1:30 PM—3:30 PM

COST: \$4 PER WEEK

ART

**AMATEUR ARTISTS' COLLECTIVE
(TUESDAYS, MONTHLY)**

This is an opportunity for amateur artists to come together, share their work and resources, and plan events. BYO materials and equipment.

DATES: 13 MAR, 17 APR, 15 MAY, 19 JUN

TIME: 3:30 PM—5:30 PM

COST: \$20 PER SEMESTER

SELF MANAGED ART (WEDNESDAYS)

A social group for artists to do self-motivated art amongst like-minded friends. Participants provide their own materials, and may club together to engage occasional tutors or guest speakers.

TERM 1: STARTS 8 FEB (8 WEEKS)

TERM 2: STARTS 18 APR (10 WEEKS) No group 25 Apr.

TIME: 1:00 PM—3:00 PM

COST: \$4 PER SESSION

DETAILS IN THIS BROCHURE MAY BE SUBJECT TO CHANGE. PLEASE ENQUIRE BEFORE ENROLLING. CLASSES MAY NOT RUN, OR MAY BE POSTPONED, IF THERE ARE INSUFFICIENT ENROLMENTS.

EXERCISE

SEATED EXERCISE (TUESDAYS)

A gentle exercise programme for those with limited mobility.

TERM 1: STARTS 21 FEB (6 WEEKS)

TERM 2: STARTS 17 APR (10 WEEKS)

TIME: 10:30 AM—12:00 NOON

COST: \$5 PER SESSION

YOGA (TUESDAY EVENINGS)

Develop strength and flexibility while soothing your nerves and calming your mind.

TERM 1: STARTS 21 FEB (6 WEEKS)

TERM 2: STARTS 17 APR (10 WEEKS)

TIME: 7:00 PM—8:30 PM

COST: \$8 PER SESSION PAYABLE AS A TERM FEE / \$12 CASUAL ATTENDANCE

JUST LIKE RIDING A BIKE (THURSDAYS)

For adults who have never had an opportunity to learn to ride. Find out about types of bikes and home bicycle maintenance, then learn how to ride with our patient teacher.

TERM 1: STARTS 8 MAR (4 WEEKS)

TIME: 10:30 AM—12:30 PM

COST: \$30

ON YA BIKE! (SATURDAYS)

Put your new-found (or old familiar) bike riding skills to the test as part of a group ride, making full use of the local bike paths. Children 16 or under must be accompanied by an adult. BYO bike. All participants must wear a helmet and carry a water bottle.

TERM 2: STARTS 21 APR (ONGOING)

TIME: 10:30 AM—12:30 PM

COST: \$5 PER SESSION

TAKING STRIDES (WEDNESDAYS)

A walking group for those looking for a gentler exercise programme. Wander along the creek or explore the side streets and parks around the local area. All participants must carry a water bottle.

STARTS: 7 MAR (ONGOING)

TIME: 10:00—11:00 AM

COST: FREE

FOR KIDS

KIDS' ART (THURSDAYS, AFTER SCHOOL)

For children aged 6-12 years. This course offers a wide range of art experiences each term including drawing, collage, painting, sculpture and much more. Classes are taught by a professional art teacher, and we supply all materials.

TERM 1: STARTS 23 FEB (6 WEEKS)

TERM 2: STARTS 19 APR (10 WEEKS)

TIME: 4:00 PM—6:00 PM

COST: \$12 PER SESSION PAYABLE AS A TERM FEE

TOTAL DRAMA (WEDNESDAYS, AFTER SCHOOL)

An introductory drama class for kids aged 10-14 years.

TERM 2: STARTS 2 MAY (8 WEEKS)

TIME: 4:00 PM—6:00 PM

COST: \$12 PER SESSION PAYABLE AS A TERM FEE

EASTER ART (MONDAY, SCHOOL HOLIDAYS)

Explore and develop skills in basic art techniques with an Easter theme. Primary to lower high kids.

DATE: 2 APR (1 SESSION)

TIME: 10:00 AM—12:00 NOON

COST: \$25, \$22 for each additional sibling

FOR FAMILIES

CREATIVE FAMILY WORKSHOPS (SAT, MONTHLY)

An ongoing series of workshops exploring all kinds of creative activities for parents and kids. Come along every session or just join the classes that interest you. Programme details will be notified on Facebook, our website, and through the office.

DATES: 24 MAR, 28 APR, 26 MAY, 22 JUN

TIME: 12:30—2:30 PM

COST: VARIES ACCORDING TO ACTIVITY, DETAILS ON FACEBOOK OR AT THE OFFICE

BRIDGES PROGRAMME

Participants enjoy a range of art and craft activities in a fun and social environment with the support of trained staff.

This programme operates in partnership with Melbourne CityMission.

For details contact Terry on 9304 1523.

ARTS, CRAFTS & WRITING

PAINTING (TUESDAYS)

Learn correct techniques and experiment with different styles of painting using acrylics. This class is taught by a professional artist. All materials are supplied.

TERM 1: STARTS 21 FEB (6 WEEKS)

TERM 2: STARTS 17 APR (10 WEEKS)

TIME: 1:00 PM—3:00 PM

COST: \$15 PER SESSION PAID AS A TERM FEE / \$20 CASUAL ATTENDANCE

BAUBLES & BEADS (MONDAYS, MONTHLY)

Make unique pieces of costume jewellery at these monthly workshops. We supply the instructions and tools.

DATES: 20 FEB, 19 MAR,

23 APR, 21 MAY, 18 JUN

TIME: 12:30 PM—2:30 PM

COST: \$5 PER WORKSHOP

CRAFT WORKSHOPS (THURSDAYS)

An ongoing series of workshops exploring many different types of craft work: come along every week, or just join the classes that interest you. Programme details will be notified on Facebook, our website, and through the office.

TERM 1: STARTS 23 FEB (6 WEEKS)

TERM 2: STARTS 19 APR (10 WEEKS)

TIME: 10:00 AM—12:00 NOON

COST: \$5 PER WEEK

CREATIVE WRITING (WEDS, FORTNIGHTLY)

A group for those who like to read and write. Gain inspiration to write your story, poem or novel as you read and discuss fiction by published authors, and workshop your own and others' work.

TERM 1: STARTS 8 FEB (4 SESSIONS)

TERM 2: STARTS 18 APR (6 SESSIONS)

TIME: 1:00 PM—3:00 PM

COST: \$4 PER SESSION





COMPUTERS

BUYING AND SELLING ONLINE (WEDNESDAYS)

The Internet can be a wonderful place to shop—if you know where to look and

feel confident. Learn about places to buy and sell, and tips on keeping your money and information safe.

TERM 1: STARTS 7 MAR (2 WEEKS)

TIME: 1:00—3:00 PM

COST: \$20

DONE DIRT CHEAP (WEDNESDAYS)

The Internet abounds in sites such as Gumtree where you can list “classified ads” for free. Learn what they are and how to use them.

TERM 1: STARTS 21 MAR (2 WEEKS)

TIME: 1:00—3:00 PM

COST: \$20

GO GO GADGETS! (WEDNESDAY)

MP3 Players, iPads, iPhones and Androids—the list of portable, personal gadgets seems to be growing by the day. What are these things, why do they exist, and how do you use them? Get an introduction at these sessions.

TERM 2: STARTS 2 MAY (2 WEEKS)

TIME: 1:00—3:00 PM

COST: \$20

ENGLISH AS A SECOND LANGUAGE

ENGLISH FOR ARABIC SPEAKING WOMEN (WEDNESDAYS)

A specialised, accredited English class for women of Arabic speaking background.

This programme is offered in partnership with Arabic Social Services and Moreland Adult Education. For further information and enrolment, please contact Amal on 9380 9536.

LIVING WELL

SOCIAL COOKING (WEDNESDAYS)

Come along to learn a new recipe each week, and help to cook it while making new friends. The focus is on low-cost meals made with healthy ingredients. Each participant receives a small portion to take home. BYO container, all ingredients supplied.

TERM 1: STARTS 22 FEB (6 WEEKS)

TERM 2: STARTS 2 MAY (9 WEEKS)

TIME: 12:00 NOON—2:00 PM

COST: \$5 PER SESSION

READING THE FINE PRINT (DAYS TBC)

You’re always being told that loans and credit cards are wonderful things to have, but how well do you really understand what you’re letting yourself in for? Even if you read the fine print, how much of it do you actually understand? Come along and find out how to look out for yourself.

DATES: ONE SESSION PER TERM

TO BE CONFIRMED

COST: FREE

HEALTH SUPPORT (MONDAYS)

A series of information sessions exploring many different health-related issues. Programme details will be notified on Facebook, our website, and through the office.

DATES: 27 FEB, 5 MAR, 26 MAR

16 APR, 30 APR, 14 MAY, 28 MAY, 25 JUN

TIME: 12:30—2:30 PM

COST: \$4 PER SESSION

FLOWER ARRANGING

FLORAL ART HOBBY COURSE (THURS EVENING, SAT)

Learn to make many beautiful floral designs from a fully qualified floral artist. This course will introduce you to the exciting world of flower arranging. Individual tuition means you can start at any time.

COST: \$120 FOR TEN WEEKS

Students need to provide their own flowers and sundries, or your tutor can provide them at cost.

Contact Cherie on 0411 691 073 for further information about times and to enrol.

FOR VOLUNTEERS

Low cost training programmes are available to people who are volunteers for organisations within the City of Moreland. These classes are funded by Moreland City Council.

GROUP FACILITATION (TUESDAYS)

For people who run community groups and activities. Covers planning, communication, facilitation and inclusion.

TERM 2: STARTS 17 APR (6 WEEKS)

TIME: 12:30—3:00 PM

COST: \$30 FOR VOLUNTEERS / \$80 FULL FEE

PRESENTATION & PUBLIC SPEAKING (THURSDAYS)

Learn to speak with confidence in public, conduct meetings and make presentations at conferences and community events.

TERM 1: STARTS 8 MAR (2 WEEKS)

TIME: 10:30 AM—12:30 PM

COST: \$10 FOR VOLUNTEERS / \$25 FULL FEE

SOCIAL NETWORKING (THURSDAYS)

Explore the use of Facebook, LinkedIn, Twitter and other social networking media to promote your organisation and communicate with your members.

TERM 2: STARTS MAY 10 (2 WEEKS)

TIME: 10:30 AM—12:30 PM

COST: \$10 FOR VOLUNTEERS / \$25 FULL FEE

MENTAL HEALTH FIRST AID (TUESDAYS)

Mental Health First Aid is a multi-award winning program with the aim of improving the mental health literacy of the community. This course teaches you how to provide initial support to adults who are developing a mental illness or experiencing a mental health crisis.

TERM 1: STARTS 6 MAR (4 WEEKS)

TIME: 1:00—4:30 PM

COST: \$30 FOR VOLUNTEERS / \$100 FULL FEE

NB: RESTRICTED TO PARTICIPANTS 18 & OVER

**Enrolment is essential for all classes.
To enrol, please phone 9386 8377 at any time
and leave us your details.**