



Mordialloc  
Neighbourhood House

***Term 4***

***7th October to  
20th December  
2024***

## OUR VISION

*MORDIALLOC Neighbourhood House has an open door to the community providing a meeting place for groups, educational and recreational activities for adults and children in a safe and friendly environment.*

*Mordialloc Neighbourhood House acknowledges the support of the Victorian Government and the following sponsors:*



We look forward to welcoming you

457 Main Street, Mordialloc 3195

PO BOX 5042, MORDIALLOC 3195

Phone: 03 9587 4534

Email: [admin@mordihouse.com.au](mailto:admin@mordihouse.com.au)

Office hours:

Monday—Friday 9am-3pm

ABN 46371331674

[www.mordihouse.com.au](http://www.mordihouse.com.au)

*MNH acknowledges the traditional owners and custodians of the land on which we work, learn and play, the Bunurong people of the Kulin Nation. We pay our respects to them, their culture and their Elders, past, present and future.*



## Did you know you can now follow us on:

- **Instagram**



[www.instagram.com/mordihouse3195/](https://www.instagram.com/mordihouse3195/)

- **Facebook**



[www.facebook.com/MordiNeighbourhoodHouse](https://www.facebook.com/MordiNeighbourhoodHouse)

- **Website**



[www.mordihouse.com.au](http://www.mordihouse.com.au)

### PANTRY 5000 DROP POINT

We are a collection point for Pantry 5000 who provide emergency and ongoing food relief for people in the Southern Kingston municipality.

We will be continuing this commitment in 2024 with regular monthly drives. We will accept donations of dry goods, tin foods, pasta sauces as well as empty egg cartons. If you are able to assist please pass your items to the office team.

Examples of dry goods: Pasta sauce, tin tomatoes, pasta, rice, tinned fruit and vegetables, UHT milk, coffee, tea and hot chocolate, oil, vinegar, salt, pepper.

### ACFE FUNDED PROGRAM FEES

COURSE Name	HOURS	TERMS	AUSTRALIAN RESIDENT PER TERM	NON-RESIDENT OF AUSTRALIA PER TERM
<b>BARISTA BASICS *</b> Delivered at Mordialloc	10	2,3 & 4	\$25 Covers course materials	\$50
<b>COMPUTERS FOR NOVICES AND COMPUTERS LEVEL 1</b>  Delivered at Mordialloc and Clarinda	20	1,2,3 & 4	Free	\$50
<b>ESL-ENGLISH FOR LIFE</b>  Delivered at Clarinda	30	1,2,3 & 4	Free	\$50
<b>AUSLAN LEARN TO SIGN LEVEL 1</b>  Delivered face to face at Mordialloc	20	1,2,3 & 4	\$10  Covers course materials	\$20

Please note, should the house be required to close for any reason we will contact you via telephone.

\$20 annual non-refundable membership fee applies for all students.

## ACFE FUNDED PROGRAM INFORMATION

### Asterisk meaning:

\*This is a 2 day course and the fee is for the 2 days.

### Resident Status:

Student must be an Australian citizen or have a permanent resident visa, a green Medicare card holder

### Payment:

All fees must be paid in full prior to commencing the course. We accept cash, cards and direct debit.

### Bookings:

To reserve your place in any of our courses we require you to complete an enrolment form and return it to the office prior to commencement of the course. Enrolment forms can be obtained by contacting the office on 03 95874534 or email [admin@mordihouse.com.au](mailto:admin@mordihouse.com.au)  
For more information, please see terms and conditions at the back of this brochure.

### ACFE:

MNH is registered with the Adult, Community and Further Education (ACFE) Board. The quality and structure of all pre-accredited programs is regularly reviewed by the ACFE Board. More information about the ACFE Board is available on the Department of Education and Training's website.

<https://www.education.vic.gov.au/training/providers/learnlocal/Pages/acfe.aspx>

### Subsidised Fees For ACFE Funded Courses:

With the assistance of Adult Community and Further Education, Mordialloc Neighbourhood House is able to offer subsidised fees for Concession Card holders.

## TERMS & CONDITIONS FOR MNH RUN PROGRAMS

### **REFUNDS:**

Please choose your classes carefully; we cannot be responsible for changes in your circumstances. Refunds will be issued if at least seven (7) days' notice is given prior to class commencement date. An administrative fee of \$20 will be deducted from refunds.

Annual Membership fee is non-refundable.

We regret that from time to time classes with low enrolments may be cancelled or deferred by Management. You will be advised of this decision prior to the commencement date. On these occasions a full class refund will be issued.

### **DISCLAIMER:**

MNH reserves the right to cancel or change class days, times, fees and tutors as necessary.

### **MEMBERSHIP FEES:**

Becoming a member of MNH entitles you to vote and elect the Committee of Governance at the Annual General Meeting. You can also nominate yourself for a position on the Committee or one of the sub-committees. The fee gives you access to all our courses.

The annual membership fee is \$20 and is payable at the start of the year or upon enrolment. For new members after the 30 June each year a pro rata amount of \$10 applies. This is a per family fee.

### **PUBLIC HOLIDAYS:**

There will be no classes (adult or childcare) on public holidays (except in special pre-arranged circumstances)

### **ENROLMENT POLICY:**

Enrolments will be confirmed on payment of a non-refundable \$20 deposit, which will be retained as part of your final payment. Payment in full is required five (5) working days prior to class commencing. However, if you are having difficulties, a regular payment plan can be arranged with the Manager.

### **PROTECTING YOUR PRIVACY:**

The information collected in relation to participants will be held in accordance with the Information Privacy Act 2009. MNH shall ensure it complies and shall not disclose any such information except in accordance with the provisions of the Privacy Act.

### **COMMENCEMENT OF CLASSES**

Commencement of all classes is subject to sufficient enrolments. Should a class be cancelled, or there is a change in day or time, MNH will notify you and your monies refunded if required.

Otherwise, please attend your first class as advertised.

Thank you.

## BRAD RECYCLING PROGRAM

A green poster for the BRAD Recycling Program. The text 'recycle with BRAD' is prominently displayed in white and yellow. A circular logo with 'RECYCLING PROGRAM' is in the top right. Below, a list of accepted items is provided in two columns. At the bottom, it says 'Making recycling easy!' and 'banish.com.au'.

**recycle with BRAD**

**What BRAD accepts:**

- Blister packs
- Empty beauty & skincare containers
- Mascaras & lipsticks
- Cosmetics
- Plastic tubes
- Bread tags
- Single-use coffee cups
- Single-use cutlery
- Milk bottle tops
- Contact lenses
- Pumps & sprays
- Toothbrushes
- Floss containers
- Toothpaste tubes
- Soy sauce fishies
- Old pens & markers
- Coffee pods

**Making recycling easy!**  
[banish.com.au](http://banish.com.au)

### who is BRAD?

BRAD stands for the Banish Recycling and Disposal program it's one of Australia's largest specialty recycling programs, helping thousands of Aussies recycle tricky household items like blister packs, beauty products, bottle top lids and SO MUCH MORE!

We recycle your items with trusted Aussie recyclers, making it super easy to recycle right and live sustainably!

## AUSLAN—LEARN TO SIGN (ACFE funded)

Level 1 Auslan (Australian Sign Language) course will offer you an introduction to the language used in the Deaf community, as well as an insight into Deaf Culture.

You'll cover the alphabet, finger spelling, greetings, colours, transport, food and numbers to name a few.

**Time: 9:30am to 11:00am Fridays @ Mordialloc**

**Term 4: 11th October to 13th December**

We can also tailor a course to meet your workplace needs.



## ESL— ENGLISH FOR LIFE (ACFE funded)

This class is designed to improve language skills for employment and further training or studies.

It focuses on skills such as speaking, writing, reading and listening. This will help you to better participate and engage in your community and understand language for everyday living.

**Time: 9:30am to 12pm Mondays and Wednesdays @ Clarinda**

**Term 4: 7th October to 9th December Mondays**

**Term 9: 9th October to 11th December Wednesdays**



## COMPUTERS FOR NOVICES (ACFE funded)

This course introduces the use of computers in a friendly, relaxed environment.

Participants will learn how to keep in touch with family and friends, access government, health and other essential services, and use the internet safely.

**Time: 9.30am — 12pm and 12.30pm—3pm Tuesdays @ Clarinda**

**Time: 11.00am—1.00pm Mondays @ Mordialloc**

**Term 4: 8th October—17th December Tuesdays @ Clarinda**

**Term 4: 7th October—9th December Mondays @ Mordialloc**

**(no class 5th November Public Holiday)**



## BARISTA BASICS (ACFE funded)

Barista Basics is a two day practical course designed to prepare you for work or training in the busy café scene.

This course will teach you how to operate a commercial espresso machine, set the grind, extract a perfect espresso, texturize milk and pour a range of coffees.

Time: 9.30am — 2.30pm 2 days (normally Mondays and Tuesdays)

**Barista Basics - Next course 11th & 12th November time: 9.30am—2.30pm**



## YOUTH BARISTA TRAINING

This is a two day practical course designed to prepare you for work or training in the busy café scene.

This course will teach you how to operate a commercial espresso machine, set the grind, extract a perfect espresso, texturize milk and pour a range of coffees.

**Program delivered to those aged 14 years and 9 months and older**

**Time: 9.30am — 2.30pm 2 days - Cost \$50.00 Inc.GST**

**Next Course 23rd and 24th September 2024**

Please contact the office for more information.

## HEARING AUSTRALIA IS COMING TO TOWN!

Hearing Australia is coming to town!

Join us for a free\* 15-minute hearing check and take the first step to better hearing today!

We will be at Mordialloc Neighbourhood House

Room 6

457 Main Street on 22nd October 2024 from 9.30am—1.00pm

Call the office on 9587 4534 to book appointment

## TRAINING



### REMEDY FIRST AID AND REMEDY MENTAL HEALTH FIRST AID

At Remedy First Aid Training we are passionate about health and wellness and believe everyone should be prepared with basic First Aid skills as you never know when you will need these important life skills.

All courses are engaging, leaving learners feeling empowered and confident to apply their learnt skills. With a range of course delivery options available, there's something to suit everyone.

Safety and compliance is important and we recognise the vital importance of not leaving safety to chance. We'll work with you to achieve compliance with First Aid requirements and make your workplace safer for everyone. We have you covered with lifesaving Defibrillators and a range of First Aid kits available to meet your First Aid needs and keep everyone safe. Get in touch today!

Courses for First Aid Training and/or CPR run monthly.

#### Contact

(03) 9111 0283 or [info@remedyfirstaidtraining.com.au](mailto:info@remedyfirstaidtraining.com.au)

[www.remedyfirstaid.com.au](http://www.remedyfirstaid.com.au)

#### Next Course Dates

**September 21— October 16**

**November 13 — December 4**

## READING ROCKETS

Reading Rockets is a one-hour school readiness class for 4-5 year olds. The focus at Reading Rockets is on reading, writing and numeracy (maths) skills. Sessions are fast-paced and fun combining a number of hands-on activities, games, craft, songs and chants.

**Term Based Mon 9:15-10:15am / Mon 10:30-11:30am/Mon 11:45am-12:45pm**

For bookings contact Leonie: 0478 773 135 / [leonie@readingrockets.com.au](mailto:leonie@readingrockets.com.au)

[www.readingrockets.com.au/classes.html](http://www.readingrockets.com.au/classes.html)



## FAIRY DEB

Music and Movement classes pre-school music classes for parents/carers and their children aged between 6 months and 5 years.

The classes are new, educational and interactive with the use of rhythm instruments, puppets and props, stories, bubbles, rhymes, games and plenty of singing and dancing!

*Music and movement is proven to accelerate children's learning by engaging all their senses, all while having loads of fun!*

**Term based Wednesday 9.30am-10.30 am**

To book your spot Contact Deb [0427 720 410](tel:0427720410) or [dgolden270@gmail.com](mailto:dgolden270@gmail.com)

[www.fairydeb.com.au/music-classes/](http://www.fairydeb.com.au/music-classes/)



## GAMES CLUB

Are you interested in a fun and friendly social group?

Then come join us for a chat and a round or two of Uno and other board games. This group is suitable for all abilities



**Term 4: 8th October—17th December**

Tuesdays 10am—1pm

Free Class no class 5th November

## SOCIAL ART

Art social group. Bring along your own art project or ideas and enjoy a cuppa and chat with like minded people. BYO arts supplies.

**Term 4: 9th October—18th December**

Wednesdays 9.30am —11.00am

Free Class



## SAVVY SENIORS

Are you over 60 and need some help with your device?

We have a free drop in class that might be the answer!!

**Term 4: 7th October—9th December**

Mondays 1.15pm—2.30pm

Free Help



## YOGA

Hatha Yoga promotes health and wellbeing. Be guided through a series of gentle postures, stretches, balancing positions, breathing and relaxation practices.

BYO yoga mat and blanket and wear loose and comfortable clothing. All participants must complete a Physical Activity Form.

**Term 4: Wednesdays: 9th October—18th December 4.00pm—5.30pm**

\$130 Inc. GST for this term (price for 10 classes)

(11th class free when you pay for 10)



## MINDFUL MEDITATIVE YOGA WITH MARGIE

Yoga promotes health and wellbeing. This class is a mindful meditative class focussing on gentle yoga postures, stretches and breathing techniques. Yoga Nidra is a technique in which the body settles into deep relaxation and can be thought of as a way to prepare for meditation.

BYO yoga mat and blanket and wear loose and comfortable clothing. The class is suitable for all levels—beginners welcome. All participants must complete a Physical Activity Form.

**Term 4: Thursdays: 10th October—19th December 10:30am —11.30am**

\$55 per term or \$5 per class Inc. GST

## Christmas Crafting

Every Thursday afternoon in October and November we will get our Christmas craft on. Learn how to creatively wrap gifts, table decorate on a budget, make cards, come up out of the box gift ideas and gingerbread house decorating\*. Afternoon tea included.

**12noon—2.00pm every Thursday during October & November**

\$40 for all sessions & workshops or \$8 each workshop.  
Cost of gingerbread house not included.



## KOALA PROGRAM

Our Koala room supports families by providing flexible care for children from 6 months to school age. Our program is a play based program that follows the Early Years Framework.

This service allows parents the opportunity to introduce their children to care by enrolling them for short periods at a time with a maximum stay of 15 hours per week. We offer both casual and permanent positions.

**Monday, Tuesday, Wednesday, Thursday and Friday: 9:15am - 2.15pm**

**Fees : \$65 per day. CCS rebate available**

**We are now taking bookings for 2025. Fees for 2025 \$67.00 per day**

**If you are not eligible for CCS please contact the office**

*Two weeks notice must be given in writing for any changes made to a permanent booking. If you have any questions regarding the fees please see the manager to discuss.*





## CHILDREN'S SERVICES & PROGRAMS

### GUMNUTS PROGRAM

Gumnuts is for 3 & 4 year old's and designed to enhance the developmental, social, emotional and language skills of young children. Our small numbers allow us the opportunity to assist each child on an individual basis to ensure they get the best start for their school years ahead. Children attending Gumnuts must turn 3 prior to April 30 in the year of attendance.

The Gumnuts program is split with the morning being a structured learning environment and the afternoon encouraging social skills through play.

**Monday, Tuesday, Wednesday, Thursday and Friday's 9.15am-2.15pm.**

**You can Attend 1,2 or 3 days to a maximum of 15 hours per week.**

**Fees: \$65 per day. CCS rebate available.**

**We are now taking bookings for 2025. Fees for 2025 \$67.00 per day**

**If you are not eligible for CCS please contact the office**

*Two weeks notice must be given in writing for any changes made to a permanent booking. If you have any questions regarding the fees please see the manager to discuss.*



## GERMAN

This course is designed for those who wish to improve their skills in German grammar, vocabulary and conversation. It also provides students with an understanding of the country's culture and customs.

Students with limited experience will also be catered for in this course.

**Term 4: Thursday Evenings 10th October—19th December  
6pm—8pm**

\$130 for this term Inc. GST (price for 10 classes)



## STITCH-SEW-CREATE

In a friendly and supportive group, you will have the opportunity to learn a variety of sewing, quilting, stitching styles and how to follow dressmaking patterns. All levels welcome. BYO Sewing machine, sewing kit, patterns and materials. Limited sewing machines available, if you do not have one.

**Term 4: Fridays 11th October—20th December**

10:00am - 12.00pm or 12.30pm—2.30pm

\$130 Inc. GST for this term (price for 10 classes)

(11th class free when you pay for 10)



## SCRAPBOOKING

A friendly group, that meets the third Saturday of each month. You will have the opportunity to learn and share new ideas. BYO materials and projects.

Once a month on Saturday's: 10am - 6pm . You can stay as little or as long as you like. Normally 3rd Saturday but they do change please contact the office.

\$120 for the year or \$15 per session Inc. GST.



**CARERS**

**Pathways for Carers**

**KINGSTON WALK**

Offering carers of a person with a disability, mental illness or older person a chance to attend free walking events in Victoria together, and to learn more about news, services and supports available to them.

Free morning tea and guest speaker following each monthly walk!

**WHEN:**

**Meet 3rd Thursday of every month at 9:45am at Mordialloc Neighbourhood House Morning Tea Provided**

***Dates for Next Walks***

*19th September  
17th October  
21st November  
And 19th December  
Contact the office on 9587 4534 to register*

**SENIORS FESTIVAL**



**Mindful Meditative Yoga with Margi**

10.30am – 12.30pm – Thursday 3rd October

**Musical Entertainment and Drumming with Sarah**

11.30am – 12.30pm – Thursday 3rd October

**Craft-a-Noon—Card Making with Carolyn**

11.30am – 1pm—Thursday 10<sup>TH</sup> October

**First Aid Information Session**

10.30am – 12.30pm—Tuesday 15<sup>TH</sup> OCTOBER

Bookings are essential 03 9587 4534

**WEAVING WORKSHOPS**

*Participants need to bring their own 100% natural fibre (cotton/bamboo) fabric and Scissors. We will be weaving on smaller hoops. Hoops provided. Come find out more about a developing idea to enjoy in your community.*

Every Tuesday Morning 9am –11am or

Fortnightly Tuesday evenings 6-8pm September 10th to October 22nd

