



Span Community House

Learning Activities and Support Program

February – June 2017



Span Community House Inc.
64 Clyde Street, Thornbury 3071
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www.spanhouse.org

Welcome to Span

Span Community House is a dynamic hub of community and adult learning in the heart of Thornbury, providing access to community development activities.

We offer a diverse range of programs covering areas from cooking to trade skills, health and wellbeing to gardening. We offer skill development, pathways to further study or employment, support services and activities for fun and information. If you have ideas of what we could offer at Span please contact us.

What is the advantage of visiting a local community organisation? Supporting Span supports the community. Classes are excellent value for money as fees are calculated to only cover costs. Tutors and facilitators are skilled and qualified, and class sizes are kept to a minimum allowing individual attention from tutors. Staff and volunteers at Span offer a comfortable, supportive, welcoming and friendly environment. The facilities are accessible to those of all abilities and are of excellent quality.

Span is welcoming and supports all community members, including diverse groups, and our facilities are accessible for all.

We look forward to welcoming you to Span.

It's your house!



Colleen Duggan, Manager



Proudly supported by the Darebin City Council

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Important Information

Course dates and fees are correct at the time of printing.

We suggest you contact Span, check our website and the What's On section in the local newspaper regularly for course updates.

Span may set new activities that do not appear in this publication.

Span may postpone activities. Please contact us to register your interest and we shall contact you when the activity goes ahead.

Span fees

Adult, Community and Further Education (ACFE)

Commonwealth Home Support Program (CHSP)

Government subsidised courses. An eligibility criteria applies.

Fee for service (FFS)

Full and concession fees.

Concession

Health Care, Seniors and Pensioner Concession Cards.

Early bird special

Enrol and pay 10 working days prior to commencement and receive a 5% discount. Span members are eligible for this discount each time they enrol for a class.

Refer to this brochure for information on membership.

Free (HACC subsidised)

Eligibility criteria may apply.

Span has EFTPOS available during office hours either in person or over the phone.

Span is a registered NDIS provider.

Work, Study and Personal Skills

Whether you are out of work, wish to return to work, are starting your own business, wish to commence or return to study, or are simply looking for a change of direction or wish to study for personal interest, we've got something to inspire you. These courses have small class numbers to ensure individual attention from the tutor.

Some learners may be eligible for an ACFE subsidy. Refer to the enrolments page, our website or enquire at Span for more details.

Courses will be repeated in Semester 2. Please contact Span to register your expression of interest.

Introduction to Cooking and Hospitality

Please refer to the Grow it, Cook It section for information on Span's subsidised cooking program.

Introduction to Trade Skills: Sustainable Carpentry – Make a Backyard Chicken Coop

Perri Campbell

Learn the foundations of building, carpentry and furniture making. We will emphasise resourcefulness and sustainability through the use of hand tools and salvaged and ethically sourced materials. Students may source materials if they wish to make their own chicken coop to take home. Enrolment essential.

Fridays 10am–3pm

24 February – 31 March (6 weeks)

Fee \$484 **Concession** \$440 **ACFE** \$100



Work, Study and Personal Skills

Introduction to Trade Skills: Sustainable Carpentry – Make a Top Bar Beehive

Perri Campbell

Learn the foundations of building, carpentry and furniture making and become a natural beekeeper! This course will emphasise resourcefulness and sustainability through the use of hand tools and salvaged and ethically sourced materials. Students can source own materials if they wish to make one to take home. Enrolment essential.

Fridays 10am–3pm

21 April – 26 May (6 weeks)

Fee \$502 **Concession** \$457 **ACFE** \$110

Pathways to Employment or Study: Hospitality

Learn basic skills and knowledge to enter employment or further study in the hospitality industry. This course will be complimented by work experience and further training in barista skills. The course will be delivered in a supportive environment.

The course will be held at Reservoir Neighbourhood House. Dates to be advised. Please contact Span to register your interest.

Research Skills and Methods:

Family History and Genealogy

Rebecca Sanders

Thought about starting your family history journey? Learn some of the easiest ways to research using online resources, and how to access passenger lists, land records and council rate books stored in archives. Bookings essential. Subsidised fee, eligibility criteria applies. For work or study purposes or personal interest.

Fridays 1–3.30pm

12 May – 30 June (8 weeks)

Fee \$309 **Concession** \$281 **ACFE** \$50

Digital Literacy

Our digital literacy classes give you thorough knowledge, from beginners to advanced. Bring your own laptop if you wish. These courses have small class numbers so students are able to obtain support from the tutor if needed.

Some learners may be eligible for an ACFE subsidy. Refer to the enrolments page, our website or enquire at Span for more details.

Online Digital Technology – Google Apps and the Cloud

Tim Beacham

An in-depth look at Google apps and how to use the cloud to set up apps and sync information across different devices. Gmail, Google Drive, Google Photos, Google Calendar, Google Docs, Google Sheets, Google Plus, GSuite for Business, Google Maps, YouTube and more. The class will benefit people returning to study, looking for work, running a small business or managing personal documents and photos. Course subsidies available, eligibility criteria apply.

Mondays 2–4.30pm

1 May – 26 June (no class 12 June) (8 weeks)

Fee \$257 **Concession** \$234 **ACFE** \$50

Word and Excel

Gerry Kruyer

Learn how to use Word and Excel both efficiently and effectively from a beginner/intermediate level through to advanced. Term 2 will suit those with a basic knowledge who wish to learn more. Term 3 is intermediate level, Term 4 is advanced.

Tuesdays 5.30–8pm

2 May – 20 June

Fee \$246 **Concession** \$223 **ACFE** \$50

Creative

It's never too late to discover your artistic and creative side. Unleash your imagination and create something fantastic in one of our courses.

Art for All Abilities

Sheena Mathieson

Join in a program of facilitated fun and stimulating art-related activities. You will use recycled materials and your creativity in a variety of mediums, as well as enjoying excursions. This group is for adults with an intellectual disability or those living with a mental illness. Bookings essential.

Mondays 10am–3pm

Term 1 30 January – 27 March (no class 13 March)

Term 2 1 May – 26 June (no class 12 June)

Fee Materials \$10 per class (HACC supported)



Creative

Artistic Development

Katie Roberts

Explore colour and mixed media and start to really develop your own work. This is a fun class for exploring various media and 'playing' with different mediums such as pastel, ink, pencils, charcoal watercolour, gouache and even collage - discovering what is really 'your medium'. Best for those with some experience. BYO materials and journals, some paper and materials provided. Contact Span for enrolments.

Thursdays 5.30–8pm

Term 1 2 February – 30 March (9 weeks)

Fee \$276 **Concession** \$251

Term 2 20 April – 29 June (11 weeks)

Fee \$338 **Concession** \$307

Craft Works

Judi Herkes

Whether you knit, sew or crochet, get together with other crafters to swap skills and stories. Bring your own materials.

Thursdays 10am–12pm

2 February – 29 June

Fee Free (HACC supported)



Creative

Thornbury Writers

Mileta Rien

This group meet to share their writing experiences, give each other feedback, try writing exercises and read work from published authors for tips and inspiration. Guided by a qualified and published author. Members come from all walks of life and all levels of experience.

Wednesdays 9.30am–12pm

Term 1 1 February – 29 March (9 weeks)

Fee \$196 **Concession** \$178

Term 2 19 April – 28 June (11 weeks)

Fee \$240 **Concession** \$218

Drumming

Evy Yannas

Designed to teach the essential techniques for playing the middle-eastern darabuka drum, otherwise known as the tabla or touberleki. You will learn all the fundamentals from playing the common rhythms to performing a drum solo. Beginners, intermediate, group and private lessons are available. For further information contact Evy 0413 548 695 or e.yannas@talantonconsulting.com.au

Mondays 7–9pm

13 February – 26 June (no class public holidays)

Group \$175 **Private** \$65 per hour or \$60 for 4 week booking



Creative

The Drawing Studio

Katie Roberts

The Drawing Studio teaches you to draw, to gain those 'real' drawing skills you always wanted! Focus on learning to see and drawing tonal realism, and still cover structural drawing techniques too. Working mostly in pencil and charcoal draw interesting still life's. Advanced class for those with some experience. Students will need their own materials and art journal. BYO materials: pencils, erasers, journals, charcoal, etc, other materials supplied. Enrolment and payment directly to the tutor on katierobertsart@gmail.com or 0435 481 202.

Wednesdays 12.30–3pm

8 February – 29 March

Fee \$350 **Concession** \$325

Tutored Life Drawing

Katie Roberts

Join this popular and fun life drawing class and learn to draw the human figure! These classes are thorough, fun and informative. Things have been spiced up with some new content and approaches, including *Finding the Essence*, *Mark-Making to Music*, *The Body as a Building* and *The Beast and the Beautiful!* Some drawing experience is valuable. BYO materials. Fees cover life model, some paper, nibbles and back-up materials.

Fridays 6–8.30pm

3 February, ongoing

Fee Casual \$45; \$400 full 10 weeks paid in advance

Grow it, Cook it

Span has an extensive community garden and likes to share and use the produce in our classes and with the community. It's a great place to meet up with other community members in a friendly, relaxed and supportive environment. Class sizes are small to allow individual attention from the tutor.

Cooking for Healthy Minds

Catherine Donnelly

Experience and enjoy demonstration and hands-on cooking, sharing lunch, recipes and using seasonal produce. This class is for participants living with or recovering from a mental health illness, have a mild disability or a long term condition. Family carers looking for a social connection are also encouraged to attend.

Tuesdays 10am–12.30pm

Term 1 7 February – 28 March (8 weeks)

Term 2 2 May – 27 June (9 weeks)

Fee Free (HACC supported)

Introduction to Cooking and Hospitality

Catherine Donnelly

An introduction to the basic skills needed in cooking and hospitality including safety, hygiene, preparation, menu planning, presentation, seasonal produce, budgeting, healthy eating. This is a hands on and demonstration class for work and study skills, or for personal interest. ACFE subsidy, eligibility applies.

Wednesdays 10am–1pm

Term 1 8 February – 29 March (8 weeks)

Term 2 19 April – 7 June (8 weeks)

Fee \$369 **Concession** \$335 **ACFE** \$58

Grow it, Cook it

Good Bugs Garden Group

No garden of your own? Would you like to be able to share some fresh produce? Come and join the Span gardening team in Norma's Thyme Garden, the community garden at Span. Wheelchair accessible, fun and supportive. You just need your skills, or want to develop skills.

Wednesdays 10am–12.30pm

Fee Free (HACC supported)



Norma's Thyme Garden

The community garden is an ever expanding project. We welcome volunteers to assist, share and learn in the garden. Bring your project ideas to contribute to the garden, our natural building projects and our sustainable activities. This will enable Span and the community to boost our gardens potential. Contact Span.



Health and Wellbeing

Want to get your energy levels soaring? Span has a range of wellbeing programs for you. Your body and your mind are your temple. Look after it properly with our range of activities to keep you active and well.

Easier Movement

Janet Poulos and Mary Barlow

Spend an afternoon exploring how you can move more efficiently and with less effort. Find out how your movement habits could be restricting your everyday activities. Bring a rug, a towel and wear loose comfortable clothing. Jan and Mary are experienced physiotherapists who enjoy introducing people to the Feldenkrais Method of Awareness through Movement. They bring their many years of national and international experience and skills. Light refreshments supplied. Bookings essential.

Saturday 2–4.30pm

18 March

Fee \$20



Health and Wellbeing

Gentle Exercise

Bruce Hadfield

Come and join Bruce for this low impact class which will strengthen your mind and body. All students report an improved outlook on life, fitness and coordinator. A fun and friendly class for all ages.

Term 1

Tuesdays 9.30–10.30am

31 January – 28 March (9 weeks)

Thursdays 9.30–10.30am

2 February – 30 March (9 weeks)

Fee \$75 **Concession** \$65 each course

Term 2

Tuesdays 9.30–10.30am

18 April – 27 June (no class 25 April) (10 weeks)

Fee \$79 **Concession** \$72

Thursdays 9.30–10.30am

20 April – 29 June (11 weeks)

Fee \$87 **Concession** \$79

Pilates

Danielle Afif

Danielle's classes offer a low impact exercise, designed to improve overall core strength and flexibility. Pilates is a system based in deep breathing that stretches and strengthens the muscles without stressing joint and ligaments. Special techniques will be used to help restore the natural curve of the spine. Exercises can be modified to accommodate all fitness levels.

Tuesdays 9.30–10.30am

Term 1 31 January – 28 March

Term 2 18 April – 27 June (no class 25 April)

Fee \$110 **Concession** \$100

Health and Wellbeing

Tai Chi for Health

Rani Hughes

Come along and try Tai Chi in a safe, supportive and fun environment.

Thursdays 12.45–1.45pm

Term 1 2 February – 30 March

Term 2 20 April – 22 June

Fee \$100

Tai Chi for Healthy Minds and Bodies

Rani Hughes

The tutor is a master trainer in Tai Chi for health programs and an Occupational Therapist. This class provides informative, supportive and fun Tai Chi sessions of movement and flow (modified as required). This class is for participants living with or recovering from a mental health illness, have a mild disability or a long term condition who are seeking a supportive group to find calmness and relaxation through gentle movement flow. Family carers looking for a social connection are also encouraged to attend.

Thursdays 11.30am–12.30pm

Term 1 9 February – 30 March

Term 2 20 April – 22 June

Fee Free (HACC supported)



Health and Wellbeing

Tai Chi Introduction to Sun 73

Rani Hughes

Sun style Tai Chi flows smoothly 'like water in a river'. It contains powerful Qigong movements to enhance internal energy, and improve mind body health. Suitable for beginners and advanced practitioners.

Wednesdays 10.30–11.30am

Semester 1 1 February – 21 June
(2 week term break) (19 weeks)

Fee \$272 **Concession** \$247

Tai Chi evening classes

Will be run in Semester 2. Please contact Span to register your expression of interest.

Mindful Yoga

Paulie Daniele

Join Paulie for a relaxing and re-energising blend of hatha, vinyasa and yin yoga. Each class includes yoga poses, mindfulness techniques like meditation and breathing exercises, as well as a final relaxation. Come along and connect with your mind, body, breath, heart and spirit. Payment directly to tutor via cash or EFT on 0400 341 325 or hello@bemindfulnow.com.au

Mondays and Tuesdays 6.30–7.30pm

9 January, ongoing (no classes on public holidays)

Fee \$20 per class; \$75 for 5 classes (valid for 2 months); \$100 for 10 class pass (valid 3 months)



Health and Wellbeing

Mindful Pilates

Paulie Daniele

Enjoy a revitalising and reinvigorating blend of contemporary Pilates and functional movement. Each class includes physical exercises and mindfulness techniques to strengthen your body and mind. Come along and connect with your mind, body and breath. Contact Paulie for details on 0400 341 325 or at hello@bemindfulnow.com.au

Tuesday evenings

Shiatsu

Co-Shi-Co is a cooperative that offers accessible and affordable shiatsu sessions in a community setting. Shiatsu is more than a massage, it's a holistic approach to wellbeing using the body to bring itself back to balance with a profound effect on the nervous system. Contact 0490 525 151 coshicomelbourne@gmail.com
booking link coshico.setmore.com

Tuesdays 3–6pm (50 minute sessions), ongoing

Fee \$45 **Concession** \$30

Gentle Pilates and Stretch

Adrien Ng

Come enjoy the therapeutic benefits of Pilates in this gentle, relaxing, fun class and have a self-massage. The aim of these classes is to improve posture, coordination and movements. Pilates and stretching increase flexibility of all the major muscle groups in your body in a balanced fashion. Contact Adrien on 0435 938 011 or at quantumphysique@mail.com

Alternate **Sundays** 10am–1pm

12 February – 26 June

Health and Wellbeing

Ying Yang Birthing

Glenys Janssen-Frank

An introduction to traditional Chinese medicine and acupuncture for natural pain relief during labour. This interactive and stimulating seminar is designed for Midwives, Doulas and students who have an interest in exploring the basic principles of Traditional Chinese Medicine's approach to health and wellbeing. Contact Glenys Janssen-Frank on info@yinyangbirthing.com.au

Monday 9am–5pm

27 March

Calm Baby: Introduction to Baby Massage

Carla De Silva and Robyn Bogoevski

Gain confidence in massaging your baby with hands on practice and guidance. This class includes massage instruction and discussion about baby cues, body language and parenting. Both parents/caregivers welcome to attend. Age group, pre crawling. Certified Infant Massage Instructors. Bookings essential. Enrolment and payment direct to tutor. Contact Carla De Silva on 0410 708 118, Robyn on 0413 117 353 or at shinebrightdarling@mail.com

Thursday 10.30–11.30am

23 March

Fee Free



Health and Wellbeing

Calm Baby Connecting With Love Baby Massage

Carla De Silva and Robyn Bogoevski

Feel confident giving your baby a full body massage with guided support, time to ask questions and truly feel comfortable and enjoy massaging your baby. Over the 4 week program your baby will have the time to adjust to their different body parts being massaged, while you gain knowledge and an understanding of infant massage. Enrolment and payment direct to tutor. Contact Carla De Silva on 0410 708 118, Robyn on 0413 117 353 or at shinebrightdarling@mail.com

Thursdays 10.30–11.30am

20 April – 11 May (4 weeks)

Fee \$150 **Concession** \$130

Reiki Meet Up and Share

Carla De Silva

Reiki lovers come together and connect with Reiki energy. Whether you're a beginner or Reiki student you are welcome to join us. Beginners will have a chance to connect to Reiki energy, ask questions and find out more and Reiki students a great opportunity to practice, connect and gain confidence in their Reiki practice. Contact Carla De Silva on 0410 708 118 or at shinebrightdarling@mail.com

Sundays 11am–1pm

26 February, 2 April, 4 June

Fee \$15



Health and Wellbeing

Usui Reiki Level 1 Workshop

Carla De Silva

Using traditional Japanese Usui Reiki teachings you will learn how to give Reiki to yourself, family, friends and pets. You will receive a Reiki 1 attunement connecting you to Reiki energy, allowing you to raise your vibration and create positive change in your life. Classes are taught in a small and supportive environment with a lot of hands on experience and on-going support. Contact Carla for dates on 0410 708 118 or at shinebrightdarling@mail.com

Fee \$199

May, various dates and times

Usui Reiki Level 2 Workshop

Carla De Silva

Level 2 is the practitioner level and also about connecting you to Reiki on a deeper level, as you learn and are attuned to the Reiki symbols and gain a confident understanding about how to give distant Reiki to others. Learn how to give Reiki confidently to others (if you wish to practice professionally) and gain insight, understanding and confidence about taking your personal Reiki journey to a new, deeper and more powerful level. Contact Carla on 0410 708 118 or at shinebrightdarling@mail.com

Friday and Saturday

19 May 6.30–9.30pm, 20 May 10am–5pm

Fee \$249 **Concession** \$199

Health and Wellbeing

Guided Meditation and Self Reiki

Carla De Silva

Meditation and Reiki are both healing and grounding and help you connect with yourself and just feel awesome. Support your busy life and have opportunities for self growth and connection in a peaceful and happy environment. If you wish to just join in the meditation without the Reiki component that's fine too! Contact Carla on 0410 708 118 or at shinebrightdarling@mail.com

Fridays 7–8pm

10 February, 3 March, 17 March, 31 March, 28 April,
15 May, 26 May

Fee \$15 per class



Mindfulness

Want to relax and get more enjoyment out of life? These courses introduce a variety of techniques and practices to enhance your daily life in a supportive and stress free environment.

Mindfulness and Meditation

Paulie Daniele and Giampietro Pascasi

Each class will include mindfulness techniques, guided and silent meditations. Mindfulness and meditation will help you to: calm your mind; become more centred and grounded in your body; become more present aware and conscious; connect with your senses; listen to your intuitive wisdom; and improve your quality of life. Contact Paulie on 0400 341 325 or at hello@bemindfulnow.com.au

Alternate **Thursdays** 7.30–8.30pm, ongoing

Fee \$10 per class

OM Healing

Giampietro Pascasi

OM healing is an ancient group healing activity based on chanting the syllable OM for a set period of time in a specific formation, offering the possibility to realign ourselves within and around us thus creating a shift in a spiritual, emotional and physical level. For further information go to www.om-insieme.com

Alternate **Thursdays** 7.15–8.45pm,
last entry 7.30pm, ongoing

Fee \$10 per class

Mindfulness

Sacred Sound Singing Bowls

Gina Kolobaric

Experience the beautiful sound, vibration and journey with amazing Tibetan crystal singing bowls and gongs, chanting and sacred mantras. The singing bowls are a good introduction for people who have never meditated. The soothing sounds will effortlessly take you to a divine place of inner stillness and create a sense of calm and peacefulness. Payment directly to tutor. Contact Gina at innerchibalance@bigpond.com or on 0407 222 494

Sundays 2.30–3.30pm

26 February and 3 June

Fee \$25



Finding Balance

Penny Sara

This workshop offers you the opportunity to stand aside from the rush and hurry of your life for just one day, to explore some of the ways you can withstand the social forces to be frantically busy, to start to slow down a little, and through the use of six practices to start to take control of your life and shape it the way you would like it to be! The workshop is based on the book *Finding the Deep River Within* by Abby Seixas. Includes refreshments.

Saturday 10am–4pm

27 May

Fee \$135 **Concession** \$123

Mindfulness

Angel Card Practice and Connect

Carla De Silva

For all Angel Card lovers, enthusiasts and beginners. You will gain insight about how to connect with your Angels and use your Angel/Oracle cards for different types of readings. Each week features a different Arch Angel and you will feel inspired to trust, connect and grow your intuition through the cards. Enrolment and payment direct to tutor. Carla De Silva on 0410 708 118 or at shinebrightdarling@mail.com

Fridays 7–8.30pm

24 March, 5 May, 2 June

Fee \$15 per class



Spiritual Women's Circle Information Session

Carla De Silva

Interested in joining a women's circle and want to find out what it's all about? Join Carla for a free event just for Women. Learn about the gentle power of a Women's Circles and share what they are all about and how joining a circle will support and enhance your life. Bookings essential. Enrolment and payment direct to tutor. Carla De Silva on 0410 708 118 or at shinebrightdarling@mail.com

Sunday 11am–2pm

19 March

Fee Free

Mindfulness

Spiritual Women's Circle

Carla De Silva

Women's Circle creates a space for women to gather, share, explore, build skills, and encourage one another to live authentically in mind, body, heart, and spirit. Connect with our higher and inner selves, expand our intuition, share our stories, find answers to our questions and heal together. We have a different topic to discuss/learn/share each month. Enrolment and payment direct to tutor. Carla De Silva on 0410 708 118 or at shinebrightdarling@mail.com

Tuesday 11am–1pm

7 February, 7 March, 4 April, 2 May, 30 May

Fee \$30 **Concession** \$25



Sustainable Activities

What do you wish to learn in sustainable activities at Span? There are many activities we wish to offer at Span to learn about a sustainable lifestyle. These include food sources such as olive oil, organic food, milk and dairy, vegetarian food, chemicals in the food chain, seafood, fish oils and weight loss as well as sustainable gardening and natural building practices. Activities can be either free or low cost.

Please contact us to register an interest in any of these subjects and to discuss other sustainable activities you would like to see at Span.

Global Pollution – Sources, Exposure and Health

Alfred Poulos

What are these pollutants? What are the risks to our health and the environment? Learn about its effect on global warming. Find out more about what the business and industry are doing about it. Alfred, a professor of biochemistry and genetics at Adelaide University will teach you what you've always wanted to know. Bookings essential. It is beneficial if participants attend both classes.

Sundays 11am–12.30pm

Dates to be advised. Please contact Span to register your interest.

Fee \$20 for two classes (prior payment required)



Sustainable Activities

Introduction to Natural Building

Perri Campbell

An introduction talk and Q&A about natural building. Learn about cob, light earth, mudbrick, earthen plasters, natural paints, strawbale, tiny houses, earthships, round wood timber framing, cordwood, wattle and daub, green roofs, passive solar, thermal mass. Other natural building courses will be held in Semester 2. Please contact Span to register your interest.

Sunday 10.30am–12pm

12 February

Fee Free

Introduction to Sustainable Beekeeping

Martin O'Callaghan

Learn about three types of beehives and beekeeping systems, the life span of bees, what equipment is required and what legislation requirements are. Bookings essential. The facilitator is an apiarist and garden designer who has practiced sustainable beekeeping for 19 years.

Sunday 10am–12pm

23 April

Fee \$28 **Concession** \$25 (prior payment required)



Sustainable Activities

Natural Building Weekend Taster – Build a Book Exchange

Perri Campbell

Find out about natural building through the use of salvaged and ethically sourced materials. Learn to use hand tools, use cob, light earth or slip away. Take your creation home. Limited spaces available, bookings essential.

Saturday and **Sunday** 9.30am–4.30pm

4 and 5 March

Fee \$274 **Concession** \$249 (prior payment required)

Sustainable Carpentry Workshop – Make a Planter Box

Perri Campbell

Learn the foundation of building, carpentry and furniture making, use of hand tools, basic carpentry using salvaged and ethically sourced materials. Bookings essential. Take your creation home.

Saturday 9.30am–4pm

1 April

Fee \$111 **Concession** \$101 (prior payment required)



For Young People

**Who says that adults get to have all the fun?
At Span we have activities to excite and inspire
young people.**

Stand On Two Feet – Prepare Your Kids for the Real World

Li Si Wong

This program gives kids the tools they need to stand on their own two feet with a solid money mindset through games. Suitable for kids aged 8 to 15 years. It involves interpreting choices for purchases, managing money and expenditure, budgeting, setting goals and a saving plan. A perfect program to jump start children's understanding and prepare them for the real world. Limited spaces available. Contact Span with your expression of interest at which time we will need the age of the young person for planning purposes. www.fundamentalcents.com

Tuesdays 4–5pm

2 May – 20 June (8 weeks)

Fee \$182

Stop Motion Animation

Alex Machin

Are you a fan of Wallace and Gromit or the Box Trolls? Want to learn how it's done? Over eight fun filled weeks, you will work in teams to create a script, building characters, sets and props, record voices for your creations and then bring it all to life through the process of stop motion animation. Suitable for children aged 8+. The tutor Alex Machin is an award winning animator who has made short films, music videos and advertisements as well as teaching animation workshop to children for over eight years. Payment and enrolment directly with the tutor. Contact alex@animachin.com on 0400 058 604.

Mondays 4–5.30pm

1 May – 26 June (6 weeks)

For Young People

Reiki Kids Meet Up and Share

Carla De Silva

Get together and practice Reiki with a short meditation, hands on Reiki practice, some arts and crafts and spend time in the talking circle answering questions and telling Reiki stories. Children will receive a crystal to take home. Parents welcome to stay. Enrolment and payment directly to tutor on 0410 708 118 or at shinebrightdarling@mail.com

Sunday 1–3pm

14 May

Fee \$20 **Concession** \$15

Reiki Kids Workshop

Carla De Silva

Topics covered will be: simple Usui Reiki history; how to give Reiki to yourself, others, pets, plants, crystals; how to turn Reiki on and off; when to use Reiki; 5 Reiki Precepts. Activities include short meditations, Reiki, arts and crafts, story telling. Ages 5–11. Parents are welcome to stay. Enrolment and payment directly to tutor on 0410 708 118 or at shinebrightdarling@mail.com

Sunday 11.30am–2.30pm

5 March

Fee 1st child \$95; siblings \$65



Community and Social

Free or low cost community activities held at Span to provide services and support for the community. To learn more, or if you'd like to make a suggestion for an activity, please contact Span.

Carers Get Creative

Sheena Mathieson

Join a small group of like minded family carers at Span. Take time out to be creative in a fun and relaxed setting, using recycled and found objects. Each workshop will explore different avenues for creativity and enable you to create at your own pace. Monthly sessions. Bookings essential.

Tuesdays 11am–1pm

14 February, 14 March, 11 April, 16 May, 13 June

Fee Free (HACC supported)



Carers High Tea

A special event for family carers who are treated to an afternoon of elegance. If you are a family carer looking for a little spoiling, socialising and connection with other community members, come along and indulge. Bookings essential. Eligibility criteria applies.

Wednesday 2–3.30pm

8 June

Fee Free (HACC supported)

Community and Social

Community Lunch

Catherine Donnelly

A two course home cooked meal is shared in our dining room with other friendly community members. Come along for company, conversation and support. A great opportunity to find out what's available in your neighbourhood. Contact Span to RSVP for catering purposes.

Wednesdays 12.30–2.30pm

8 February, 8 March, 12 April, 10 May, 14 June

Fee Free (HACC supported)



Cooking for Healthy Minds

Please refer to the Grow it, Cook it section for more details on Span's supported HACC cooking program.

Fruit Pick Up

Each week Span is supplied with fresh fruit by Second Bite. Visit Span and share.

Wednesdays 12–2pm

Fee Free (HACC supported)

Good Bug's Garden Group

Please refer to the Grow it, Cook it section for more details on Span's community garden program.

Community and Social

Lunch and movies at Agg Street

Join us at the Agg Street Community Hall for a fun day of movies, reminiscing, socialising and enjoying lunch.

Wednesdays 12–2.30pm

29 March, 26 April, 31 May, 28 June

Fee Free (HACC supported)

OM:NI (Older Men: New Ideas)

We all need friends, particularly as we get older. Span hosts a group for men aged 50+ in a friendly and supportive space, who meet every fortnight to discuss what's happening in their lives, current affairs and topics of whatever they choose. Attendance is casual so come along whenever you can.

Alternating **Mondays** 10am–12pm, ongoing

Fee Free

Tech Talk

David Burt

Do you have a question about using digital technology or need support to begin to learn? Our volunteer David is happy to help answer your questions and give information on how to practice your skills to become more confident using your device. Bring in your functioning tablets, smart phone or laptop. These sessions are informal and free. Bookings essential. Following a set of free sessions you will feel more confident to join our digital literacy classes.

Fridays 10am–1pm, ongoing

Fee Free (HACC supported)

Community and Social

Wrenchworthy

Wrenchworthy Bicycle Shed is an autonomous space for women, non-binary and gender diverse people interested in bike maintenance and learning how to fix bikes. The aim is to be a positively pro-trans, pro-queer space. This is a safe welcoming space where people can learn, teach and share knowledge and skills about bike maintenance while being able to access tools that they might not have in their homes. Feel free to contact Brody brody@wrenchworthy.org or Danni dannid@wrenchworthy.org or via Facebook group 'Wrenchworthy Bicycle Shed' for more information.

1st and 3rd **Sunday** of each month 1–5pm, ongoing

Fee Free



Songwaves Community Choir

Come along and enjoy the experience of singing with others who love to sing. Immerse yourself in rhythms and melodies that reflect diverse styles and a rich layering of sounds. Share in creating a communal sound. Contact 0423 038 189.

Wednesdays 7.15–9.15pm, ongoing

Noticeboard

Membership

Become a member of Span and support a local community organisation. Benefits include being a member of a great community group, becoming involved in activities for building and strengthening your community, and creating connections with other community members.

Take advantage of always receiving the early bird discount on courses. Look forward to receiving newsletters and the annual report. Be able to advise Span of your community's needs and be informed on what's going on in your community. Members support Span's mission and values and agree to conform to its rules.

Donations

Donations of \$100 or more are tax deductible.

Venue hire

Looking for an affordable space to hold your next meeting, conference, party or event? We have many great spaces, a kitchen and dining area, small and large spaces for meetings and health and wellbeing activities, a secure outdoor area, a piano and a prayer room. Rates and photos are available on our website. Contact Span or email admin@spanhouse.org for further information.

Volunteers

Span thanks our volunteers for their valuable contribution in supporting staff, the house and the community.

We welcome expressions of interest from volunteers wishing to add value to Span and the community. Please contact Sarah to discuss your skills and interests.

Enrolment Information

Learn Local and Adult, Community and Further Education (ACFE) subsidised course fees

Subsidised course fees are available for students who are eligible.

National Disability Insurance Scheme (NDIS), Home and Community Care (HACC) and Commonwealth Home Support Program (CHSP) subsidised course fees

Span supports eligible participants. The programs coordinator at Span can assist with any queries.

Course fees

ACFE and Fee for service (FFS) fees are to be paid per course, in full, and 5 days in advance of the class commencement date. There is no discount for missed classes. In situations of hardship students can apply to the manager. A special consideration form must be completed by the participant and will be kept as a record. Enrolment is confirmed upon receipt of course fees.

Early bird special

Enrol and pay 10 working days prior to the commencement date and receive a 5% discount

Cancellations

Commencement of courses are subject to sufficient numbers. Minimum and maximum numbers apply to all courses. In the event of a course cancellation all fees will be refunded in full via cheque or direct payment to your nominated bank account. Our fees policy is provided with your enrolment form.



Public and school holidays

On public holidays we are closed. Your tutor will advise you if your course operates during school holidays. Fees are calculated with this in mind.

Course materials

Span will advise students prior to course commencement if there are course material fees to be paid. This will be a separate payment and in addition to the course fee.

Payments

Span accepts payments by cash, cheque or direct debit bank transfer. We offer EFTPOS facilities during office hours.

Cheques can be made out to:
Span Community House Inc.

Direct debit payments to:

Bank Bendigo Bank

Account name Span Community House Inc.

BSB 633 000

Account number 142 881 275

Reference area Surname and class name



What's On in Semester 2

- Pathways to employment or study – Pet Grooming
- Pathways to small business
- Digital literacy skills for small business, employment and study
- Researching your family history
- Work and Excel
- Content management systems – website design
- Website development
- Introduction to cooking and hospitality
- Introduction to computers
- Introduction to trade skills
- Wiser driver
- Tax help
- High Tea for family carers – October
- Sensitive Santa – December
- Sustainable activities – including food sources such as olive oil, organic food, milk and dairy, vegetarian food, chemicals in the food chain, seafood, fish oils and weight loss as well as natural building, pollution and its sources and sustainable gardening.
- Transparent mosaics
- Dumplings
- Children on the autism spectrum and their carers. Span would like to offer a health and wellbeing program for children and their carers. Contact Span with suggestions on what this could be – Tai Chi, yoga, mindfulness, the list of choice is endless.

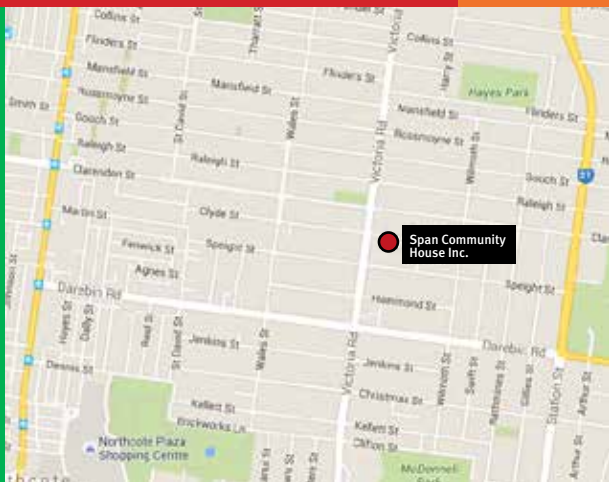
Make a suggestion!

Contact us to register your interest in any activity.



How to get to Span

- Car** Melways ref 30 J6
(car parking available in Clyde Street)
- Bus** 251 City to Northland Shopping Centre
250 City to Latrobe University
552 Reservoir to Northcote Plaza
510 Essendon to Ivanhoe
- Tram** Route 86 (stop 38) at the corner of High and Clarendon Streets. Walk east along Clarendon Street, right into Victoria Road, then left into Clyde Street.



ABN 52 526 420 312
Reg no. A00551048Y

Span Community House Inc.
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www.spanhouse.org
www.facebook.com/spanhouse

*Span Community House Inc.
acknowledges the Wurundjeri people
as the first Nation of the land on
which we meet.*