



Span Community House

Learning Activities and Support Program

July – December 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 learning and support in the heart of Thornbury. As well as offering activities to learn, thrive and engage in life to all ages and all abilities, Span also provide and encourage community development and sustainable living education and practice.

What is the advantage of visiting and engaging with a local community organisation? Span supports the community, and classes and activities 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 and support from tutors. The environment is relaxed, friendly and supportive, and its local, so you hang out with local people whilst supporting a local community organisation. The facilities are accessible to those of all abilities and are of excellent quality. We can also assist you if you need extra support to engage in and attend Span.

If you have a suggestion for an activity, wish to engage in your community or wish support in developing an idea or in developing your community, please contact us.

Everyone is welcome.

We look forward to seeing you at Span. It's your house!

Engage in life at Span!

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 this document.

We suggest you contact Span, check our website and Facebook, and the What's On section in the local newspaper 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 or enrol and we shall contact you when the activity goes ahead or a similar activity is organised.

Span fees

Adult, Community and Further Education (ACFE)

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 supported)

Eligibility criteria may apply.

Free

Span offers these activities to support the community.



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, are looking for a change of direction or wish to study for personal interest, we've got something to inspire you.

Family History and Genealogy – Research Skills and Methods

Tutor Rebecca Sanders

Thought about starting your family history journey? Join Historian Rebecca and learn some of the easiest ways to research family history using online resources, how to access passenger lists, land records and council rate books stored in archives. Subsidised fee available, eligibility criteria applies. Obtaining research skills can also assist for work, study or personal purposes.

Fridays 1–4pm

1 September – 3 November (8 weeks)
(No class 29 September and 6 October)

Fee \$386 **Concession** \$351 **ACFE** \$50

Dog Grooming and Training

Do you want to spoil your best friend? Learn how to give them a trim, what's the best grooming methods, how to make them comfortable during the grooming process, pet maintenance, and other animal care. BYO dog! One pet per person. Contact Span to express your interest. Subsidised fee available, eligibility criteria applies. Suitable for work, study or personal purposes.

Saturdays 10am–1.15pm

14 October – 2 December (8 weeks)

Fee \$386 **Concession** \$351 **ACFE** \$50

Work, Study and Personal Skills

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

Tutor Perri Campbell

Learn basic carpentry using hand tools and recycled timber and discover how to make a backyard chicken coop. This is both a demonstration and hands on course. Suitable for work, study or personal purposes. Enrolment essential. Subsidised fee available, eligibility criteria applies.

Fridays 10am–3pm

15 September – 27 October (6 weeks)
(No class 29 September)

Fee \$363 **Concession** \$330 **ACFE** \$110

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

Tutor Perri Campbell

Learn how to become a natural builder with basic carpentry using hand tools and salvaged materials and discover how to make a top bar beehive. This is both a demonstration and hands on course. Suitable for work, study or personal purposes. Subsidised fee available, eligibility criteria applies.

Fridays 10am–3pm

10 November – 15 December (6 weeks)

Fee \$363 **Concession** \$330 **ACFE** \$110

Introduction to Cooking and Hospitality

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

Digital Literacy

Create, Enhance and Digitise Your Artwork – Online Digital Technology

Tutor Lisa Christensen

Create, enhance and digitise your artwork to make beautiful fabric, homewares and more. This course offers useful tips and techniques in a hands-on setting, to assist in turning your artwork and photos into appropriate digital formats for secondary uses. The content of this course will be tailored to suit individual requirements and projects. Learn digital concepts and useful apps. Suitable for those with computer skills of adventurous beginners and intermediate level, and for personal, work or study purposes. Subsidised fee available, eligibility criteria applies.

Thursdays 1–3pm

24 August – 16 November (10 weeks)
(No class 28 September, 5 and 26 October)

Fee \$370 **Concession** \$336 **ACFE** \$60

Introduction to Adobe Creative Cloud – Online Digital Technology

Tutor Lisa Christensen

Learn Adobe Creative Cloud including Illustrator, Photoshop and InDesign. Suitable for beginners and intermediate learners, and for work, study or personal purposes. Subsidised fee available, eligibility criteria applies.

Fridays 10am–12.30pm

1 September – 10 November
(No class 29 September, 6 and 27 October)

Fee \$359 **Concession** \$326 **ACFE** \$50

Digital Literacy

Photography and using Online Digital Technology

Tutor Gerry Kruyer

Are your photos sitting on your computer or phone and you aren't enjoying them? Do you need extra skills for employment, study or personal purposes? Find free software, create, understand, edit, add effects, and learn everything we can teach you regarding use of photography software. Subsidised fee available, eligibility criteria applies.

Tuesdays 5.30–8pm

10 October – 5 December (8 weeks)
(No class 7 November)

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



Word and Excel

Tutor Gerry Kruyer

Learn how to use Word and Excel both efficiently and effectively at an intermediate level. Suitable for work, study or personal purposes. Subsidised fees, eligibility criteria applies.

Tuesdays 5.30–8pm

1 August – 19 September (8 weeks)

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

Creative

It's never too late to discover your artistic and creative side. Our tutors have extensive experience, are creative, skilled and well known in the arts sector.



Create, Enhance and Digitise Your Artwork – Online Digital Technology and Introduction to Adobe Creative Cloud

Please refer to the Digital Literacy section for information on Span's subsidised program.

Art for All Abilities

Tutor 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.

Mondays 10am–3pm

Term 3 17 July – 18 September

Term 4 9 October – 11 December (No class 6 November)

Fee Free (HACC supported)

Creative

Writers Group – Learn to Write Creatively

Tutor Michael Potter

Learn to write creatively in a relaxed, supportive and friendly setting. Learn haikus, limericks, sonnets, verse, journals, also enjoy and learn from other published writers.

Tuesdays 10.30am–12pm

1 August, 5 September, 3 October, 31 October,
5 December

Fee Free (HACC supported)

Carers Get Creative

Tutor 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.

Tuesdays 11am–1pm

11 July, 8 August, 12 September, 10 October,
14 November, 12 December

Fee Free (HACC supported)



Creative

Artistic Development

Tutor Katie Roberts

This semester in Artistic Development you get to really develop your inner artist. It is the last semester of the three year cycle of this course (though always open to new students – it will be specially rewarding for those who have attended before). This semester we will really focus on developing your own style and finding your medium, while still gaining great skills along the way. We will explore a range of mediums from drawing materials to watercolour, printmaking, collage, mixed media and even dabble in some painting. By the end of the year you will have a greater sense of how to integrate art making into the rest of your life. This course includes some art theory and throughout this term we will be studying contemporary artists. Best for those with some experience, ready to develop their own art practice. BYO materials and journals. Some basic paper and back-up materials provided.

Thursdays 5.30–8pm

Term 3 20 July – 21 September (10 weeks)

Term 4 12 October – 14 December (10 weeks)

Fee \$359 **Concession** \$326

Thornbury Writers Workshop

Tutor 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 3 19 July – 20 September 2017 (10 weeks)

Fee \$218 **Concession** \$198

Term 4 11 October – 6 December (9 weeks)

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

Creative

Craft Works

Facilitator 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

6 July – 7 December (No class 17 August and 24 August)

Fee Free (HACC supported)

The Drawing Studio

Tutor Katie Roberts

The Drawing Studio teaches you to draw – to gain real drawing skills you have always wanted! This semester we are getting more adventurous. In term 3 we will be looking again at the basics of composition, structure, tone and mark-making and extend that into landscape and perspective. In term 4 we will go through other important skills and introduce drawing the face and its features as well. We will explore a range of media including pencil, charcoal, pastel, ink and mixed media. In the last weeks of the year we will plan an artwork from start to finish (including the opportunity to show it at the end!). These classes will help you gain skills and confidence as well. This is a medium-advanced class for those with some experience ideally. BYO materials and journal, some paper and easels supplied. Contact Katie on 0435 481 202.

Wednesdays 12.30–3pm

Term 3 26 July – 13 September (8 weeks)

Fee \$380 **Concession** \$350

Term 4 18 October – 13 December (9 weeks)

Fee \$428 **Concession** \$398



Tutored Life Drawing

Tutor Katie Roberts

Join this in depth life drawing class and learn to draw the human figure, from start to finish! These classes are thorough, fun and informative. This semester we start again from the beginning building blocks of drawing. We look at structure, anatomy, surface, the face, the features, hair and hands. You will learn skills such as composition, line, tone and shading, judging proportion and making dynamic drawings. We will use everything from charcoal and pencil, to mixed media and ink. These classes include extra time for theory and preparatory drawing exercises. Tutored life drawing classes with professional artist Katie Roberts (MFA – majoring in drawing). Some experience valuable but beginners welcome! BYO materials, paper, life model, nibbles and back-up materials provided. Contact Katie on 0435 481 202 or email katierobertsart@gmail.com

Fridays fortnightly 6–8.30pm

Fee Pay for full term in advance \$40 each class, casual \$45 per class **Concession** Pay for full term in advance \$35 each class, casual \$40 per class



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. The garden is going from strength to strength in its varied produce, engagement with the community and developing new sustainable activities that not only benefit Span and our participants but the whole community. Our cooking tutors are skilled and experienced with wonderful imaginations and like to try new and different combinations.

Introduction to Cooking and Hospitality

Tutor Catherine Donnelly

An introduction to the basic skills needed in cooking and hospitality including safety, hygiene, preparation, menu planning, presentation, seasonal produce and budgeting. This is a hands on and demonstration class. Suitable for work, study or personal purposes. Subsidised fees, eligibility criteria applies.

Wednesdays 10am–1.30pm

14 June – 9 August (7 weeks) (No class 5 and 12 July)

16 August – 11 October (7 weeks)
(No class 27 September and 4 October)

18 October – 29 November (7 weeks)

Fee \$276 **Concession** \$251 **ACFE** \$58



Grow it, Cook it

Cooking for Healthy Minds

Tutor 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 mild disabilities or a long term condition. Family carers looking for a social connection are also encouraged to attend.

Tuesdays 10am–12.30pm

Term 3 18 July – 19 September (10 weeks)

Term 4 10 October – 12 December (9 weeks)
(No class 7 November)

Fee Free (HACC supported)

Preserving Seasonal Fruit

Tutor Catherine Donnelly

Learn methods, skills and use seasonal produce. Take home your work! Contact Span to register your interest and we shall contact you to let you know when the preserving of varied seasonal produce is ready to go ahead.

Tuesdays 12.30–2.30pm

Various dates, dependent on seasonal produce.

Fee Dependent upon materials required.



Grow it, Cook it

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 sustainable living activities and our natural building projects. This will enable Span and the community to boost our gardens potential.

Compost Collection Station @ Span

A pilot program will be launched in October to collect compost from local residents. The program will include worm farms and compost bins and the resulting compost will be used in Span's community garden or you may need some compost at home. This program will be facilitated by Darebin Sustainability Leadership Program graduates. To participate residents will need to register.

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

5 July ongoing

Fee Free (HACC supported)



Health and Wellbeing

Span offer a varied and diverse range of health and wellbeing activities. Tutors are skilled and qualified, classes are kept to small sizes to allow enough space and attention to allow for participants to achieve what they wish. All activities are held in a comfortable and relaxed space.

Gentle Exercise

Tutor 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 coordination. A fun and friendly class for all ages.

Tuesdays 9.30–10.30am

Term 3 18 July – 19 September (10 weeks)

Term 4 10 October – 12 December (9 weeks)
(No class 7 November)

Term 3 Fee \$79 Concession \$72

Term 4 Fee \$72 Concession \$65

Thursdays 9.30–10.30am

Term 3 20 July – 21 September (10 weeks)

Term 4 12 October – 14 December (10 weeks)

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



Health and Wellbeing

Pilates

Tutor 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 3 18 July – 19 September (10 weeks)

Fee \$130 **Concession** \$120

Term 4 10 October – 12 December (9 weeks)

(No class 7 November)

Fee \$125 **Concession** \$115



Tai Chi for Health

Tutor Rani Hughes

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

Thursdays 12.45–1.45pm

Term 3 27 July – 21 September (9 weeks)

Term 4 12 October – 14 December (10 weeks)

Fee \$110

Health and Wellbeing

Tai Chi for Healthy Minds and Bodies

Tutor 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 3 27 July – 21 September (9 weeks)

Term 4 12 October – 14 December (10 weeks)

Fee Free (HACC supported)

Tai Chi Introduction to Sun 73

Tutor 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

26 July – 13 December (19 weeks)

(No class 27 September and 4 October)

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

Health and Wellbeing

Tai Chi

Tutor Rani Hughes

Relax and rejuvenate your mind and body with Tai Chi using a series of gentle movements to release stress, develop strength, flexibility and concentration.

Thursdays 6–7pm

27 July – 14 December (19 weeks)
(No class 28 September and 5 October)

Fee \$418 **Concession** \$380

Becoming us – Preparing for the Transition to Parenthood

Facilitator Prue Challis

This workshop for new and expecting parents is based on a world-first evidence based model of the transition into parenthood, which supports the holistic wellbeing of expecting and new Mums, partners and families. Couples are provided with a supportive facilitated space to explore their expectations of parenthood and prepare for the joys and challenges ahead. Built around Developmental Psychology, Adult Attachment Theory and Emotionally Focused Therapy, this work reduces the known mental, social, emotional and relationship factors which contribute to Perinatal Mood Disorders, birth trauma and relationship distress. This course is suitable for those who identify as a couple.

Sundays 10am–4pm

3 and 10 September (2 weeks)

Fee \$450 per couple **Concession** \$400 per couple



Health and Wellbeing

Easier Movement

Facilitator 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 Poulos and Mary Barlow 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

October Contact Span to express your interest

Fee \$20

Shiatsu

Facilitator Co-Shi-Co

Would you like to get back on track with your health? Do you suffer from any chronic or acute condition? Are you willing to look at your health from a different perspective? 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 coshicomebourne@gmail.com, booking link coshico.setmore.com

Tuesdays 3–6pm (50 minute sessions)

Ongoing

Fee \$50 **Concession** \$40

Health and Wellbeing

Mindful Yoga

Tutor 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. Contact Paulie on 0400 341 325 hello@bemindfulnow.com.au

Mondays 6.30–7.30pm

Tuesdays by expression of interest

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)



Mindful Pilates

Tutor Paulie Daniele

Join Paulie for 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. Payment directly to tutor. Contact Paulie on 0400 341 325 hello@bemindfulnow.com.au

Tuesday evenings

Contact Paulie for further details

Health and Wellbeing

Reiki Level 1 Workshop

Tutor 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. Small and supportive environment with lots of hands on experience and on-going support. Price includes Reiki 1 Attunements, original Level 1 handbook and Usui Reiki Level 1 Certificate. Contact Carla, REIKI MTP and Meditation Teacher 0410 708 117 www.shinebrightdarling.com.au

Fridays and Saturdays

June to November

Fee \$199, Re-sit \$125 (for those already attuned)

Reiki Level 2 Workshop

Tutor Carla De Silva

Take your Reiki practice to a new level. 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, your past and future and insight. You receive new attunements connecting you further to Reiki, enhancing your intuitive ability and connection. Price includes Reiki 2 Attunements, original Level 2 handbook and Usui Reiki Level 2 Certificate. Contact Carla, REIKI MTP and Meditation Teacher 0410 708 117 www.shinebrightdarling.com.au

Fridays and Saturdays

June to November

Fee \$199, Re-sit \$125 (for those already attuned)

Health and Wellbeing

Reiki Meet Up and Share

Tutor 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 will find a great opportunity to practice, connect and gain confidence in their Reiki practice. Includes introductions, Reiki topics, question time, group meditation and share and practice time. Contact Carla, REIKI MTP and Meditation Teacher on 0410 708 117.

Sundays August to November

Fee \$15 per person

Gentle Pilates and Stretch

Tutor 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. With regular practice, Pilates helps to tone up and maintain a healthy spine by building a strong and balanced core. Pilates and stretching increase flexibility of all the major muscle groups in your body in a balanced fashion. Contact Adrien 0435 938 011 quantumphysique@mail.com for dates and times.

Sunday mornings



Health and Wellbeing

Community Massage

Facilitator Luke Woodford

For people who are money or time limited to come and receive massage therapy for therapeutic benefits. Includes Swedish, relation, deep tissue, trigger point, tracing point and soft tissue massage. Full body, back, stomach, neck, shoulder, arm, leg, hand, foot, head and face. Bookings essential. Contact Luke 0420 759 111 law981@gmail.com

Thursdays 9–11am and 1–5pm and evenings

Dates ongoing

Fee \$40 per hour \$15 half hour

Ying Yang Birthing

Facilitator 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. The workshop will be particularly useful to those seeking to apply acupuncture techniques for natural pain relief during labour. Contact Glenys Janssen-Frank at info@yinyangbirthing.com.au

Thursday 13 July 9am–5pm

Saturday 26 August 9am–5pm

Total Rejuvenation for Ten Women

Facilitator Nora Woollard

In three hours of wellness concepts you will eat a nutritional meal and learn about different types of exercise, the power of attitude, osteoporosis and stages of women development. All ages welcome. Contact Nora 0417 998 009 nkwoollard@bigpond.com.au

Wednesday 13 September 6–9pm

Fee \$80

Mindfulness

Span run a varied range of mindfulness activities that can offer something for everyone. The facilitators are experienced and skilled and these activities are held in a supportive friendly relaxed environment. Not to mention they are local and easy to access!

Exploring Your Inner Dynamics Workshop

Facilitator Pamela England

In this workshop you will experience techniques that show you how to sense and discern energy and how to make it practical in your everyday life. Understand the power of being true to yourself. Understand the big picture of being a part of the Universe and your life on Planet Earth. This workshop is a pre-requisite to the 12 week group work.

Sunday 10am–2pm

16 July and 30 July

Fee \$51 **Concession** \$47

Exploring Your Inner Dynamics – Twelve Week Group Work

Facilitator Pamela England

With the popularity of mediums, psychics and channelling, some people have veered off course and started to believe that something or someone outside of them will give them their answers. With the New Spiritual Horizons Group work you begin to believe, feel, see and know that you are a Psychic, Spiritual Being and your answers lie within.

Tuesdays 6.30–8.30pm

1 August – 17 October (12 weeks)

Fee \$280 **Concession** \$254

Mindfulness

Finding Balance

Facilitator Penny Sara

This course offers you the opportunity to stand aside from the rush and hurry of your life for seven evenings, to explore in some depth some of the ways you can withstand the social forces to be frantically busy. If you choose, you may start to slow down a little, and through the use of six practices start to take control of your life and shape it the way you would like it to be. The course is based on the book *Finding the Deep River Within* by Abby Seixas.

Tuesdays 7–9.15pm

8 August – 19 September (7 weeks)

Fee \$301 **Concession** \$274



Inner Security in New Situations

Facilitator Pamela England

Look into your past and see how you learned to worry, hesitate or withdraw. Understand the importance of you being involved in life for your personal growth. Discover that you already have the security and wisdom you are searching for.

Sunday 20 August 10am–4pm

Fee \$114 **Concession** \$104

Mindfulness

The Spiritual Reality of the Family

Facilitator Pamela England

Understand the spiritual purpose of your physical family and the needs you had that were fulfilled by being part of the family unit. Understand how the experiences in your early 7 year cycles has moulded your personality and how you can work with yourself to improve any areas that need improving.

Sunday 17 September 10am–4pm

Fee \$114 **Concession** \$104

OM Healing

Facilitator Paulie Daniele and 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

Thursdays 7.15–8.45pm (last entry 7.30pm)

Ongoing

Fee \$10 per class

Reality Based Mindfulness

Facilitator Coco Nkrumah

Reality Based Mindfulness is dedicated to providing mindfulness training in a range of contexts and to apply mindfulness therapy to your daily life. This is an ideal place to start to improve your general wellbeing, focus and productivity. Contact Coco at info@realitybasedmindfulness.com.au

Sundays 10–11am

8 October – 29 October (4 weeks)

Fee \$186 **Concession** \$169

Mindfulness

Thrive Meditation Series for Busy Women

Facilitator Carla De Silva

Empower 1: The Thrive one month series gives you the opportunity to learn to meditate with guidance, while feeling supported and inspired to integrate it into your life. Your future self will thank you for it!!

Gift yourself a whole month focussing on you, your inner wellbeing and clarity. Learning to meditate will help you feel calmer, more grounded, connected to your inner self and the continuity of the weekly classes will inspire and support your new journey.

Tuesdays 6.30–7.30pm

July to August

Fee \$88 for 4 sessions

Empower Women's Meditation Series Two

Facilitator Carla De Silva

Empower 2: Soul Journey supports you to go deeper into knowing who you are, what makes you happy, helping you separate ego from true self, helping you uncover your true identity and further build on your personal knowledge and skills to live an Empowered life. Pre-requisite: completion Empower 1 . Contact Carla Usui Reiki Master and Meditation Teacher 0410708118 www.shinebrightdarling.com.au

Tuesdays 7.30–8.30pm

July to August

Fee \$88 for 4 sessions



Mindfulness

Healthy Relationships Growth and Meditation Group

Facilitator Monique McNamara

Explore your emotional reality, learn healthy relationship tools and practice with others and your inner children.

This class is based on learning the Pia Melody's relationship model. Contact Monique 0403 126 387
www.wisdomwithin.net.au

Tuesdays 7–8.30pm

1 August – 29 August (5 weeks)

Fee \$200

Sacred Sound Singing Bowls

Facilitator Gina Kolobaric

Experience the beautiful sound, vibration and journey with amazing Tibetan and 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. Balancing and creating harmony, wellbeing and renewing your chakras: mind, body and spirit.

Bookings essential. Payment directly to tutor. Contact Gina at innerchibalance@bigpond.com or on 0407 222 494

Saturday 2 September 2–4pm

Sunday 26 November 2–4pm

Wisdom Within Healing-Arts Meet Up

Facilitator Monique McNamara

Students and practitioners welcome. Come and practice or receive a healing: Usui Reiki; Access Consciousness 'The Bars' process; Shiatsu; other healing arts. Contact Monique 0403 126 387 www.wisdomwithin.net.au

Sunday 2 July and 20 August 1.30–5.30pm

Fee \$30

Sustainable Activities

Watch this space for some exciting new sustainable living and learning activities. Check Span's website and Facebook page for updated information, or contact us to register your expression of interest to receive updates.

Projects that Span is working on include a recycling hub, community compost hub, electronic and a soft plastic collection point.

There are many activities we wish to offer to learn more about the environment and sustainable living. 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, sustainable gardening, composting, natural building, bee keeping and attracting good insects to your garden.

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 Tutor 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 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 (2 weeks)

Dates to be advised.

Please contact Span to express your interest.

Fee \$20

Sustainable Activities

Compost Collection Station @ Span

Refer to our Grow it, Cook it section.

Become a Relationship Builder

Do you wish to develop or retain partnerships, relationships and a community feel in your street or area. Join with Span and we will work together to bring the best to our community. Contact the Manager for more information.



For Young People

Who says that adults get to have all the fun? Do you want a local school holiday program or after school activity? Contact Span and suggest some ideas.

Circus Lab

Tutor Ana Real

Run away to the circus! Come and join our circus classes. Circus lab provides fun and recreational circus classes for children, helping develop physical skills and fitness. The classes we offer include educational games, juggling, hula-hoops, spinning plates, devil sticks and acrobalance. The activities will increase self-confidence, teamwork, creativity, coordination, strength, imagination and help face the difficulties of everyday life. Contact Ana thecircuslab1@gmail.com

Mondays 4–5pm (5–7 years old) 5–6pm (7–12 years old)

Term 3 17 July – 18 September

Term 4 9 October – 18 December

Fee \$230 (10 classes) **Casual** \$25 per session

Circus Lab – School Holiday Program

Tutor Ana Real

Run away to the circus and experience a selection of different circus activities including games, juggling, tumbling, hula hoops, spinning plates and more. For children 5–12 years.

Monday 25 September 10am–12pm

Fee \$35

Stop Motion Animation

Contact alex@animachin.com for information about upcoming courses at Span.

Speak Well, Perform and Achieve!

Contact Superspeak www.superspeak.com.au for activities run at Span.

Community and Social

Free and low cost activities are held at Span to provide services and support for the community. If you would like to make a suggestion for an activity, please contact Span.

Open Day

Join us at Span for many activities at our open day, which is bound to be fun. There will be demonstrations, music, food, a market and who knows what else. If you would like to run an activity or a food service, a performance or wish to busk, or participate in the market with new or used items please contact Span.

Saturday 14 October 10am–2pm

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.

Thursday 26 October 12–1.30pm

Fee Free (HACC supported)



Community and Social

Community Lunch

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

12 July, 9 August, 13 September, 11 October,
8 November, 13 December

Fee Free (HACC supported)



Free Hearing Tests

Free hearing checks for adults and information about hearing loss, hearing aid management, assistive listening devices for TV and telephones, and Tinnitus (head noises). Contact Span for an appointment. Bookings essential.

Fridays 9.30am–12.30pm

Fourth Friday of each month

Fee Free

Community and Social

Free Tax Help

Get free help with your tax return from an ATO trained tax help volunteer. You are eligible for tax help if your income is around \$60,000 or less per annum and you do not do any of these things: work as a contractor e.g. a contract cleaner or taxi driver; run a business, including as a sole trader; sold shares or an investment property; owned a rental property. Bookings essential.

Mondays 1–3.30pm

July to October

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. Please call Span to register your interest.

Alternating **Mondays** 10am–12pm

10 July ongoing

Fee Free



Community and Social

Survive and Thrive – Domestic Violence Constructive Conversations

Community Mentoring Program which is an opportunity for open discussion and clarity on this complex issue of domestic violence. Informative, practical and inspiring. Explore: positive alternatives for safety; ways to initiate stability; the importance of self-empowerment. The program is designed to develop rapport and sense of community for women to build each other up and share strategies as well as develop knowledge of behaviour.

Mondays 7–9pm

4 September – 6 November (10 weeks)

Fee Free (HACC supported)



Becoming Us – Preparing for the Transition to Parenthood

Refer to the Health and Wellbeing section for further information.

Retirement Housing – What You Need to Know

Learn more on what you should know about retirement housing. The traps, pit falls and benefits.

October Contact Span to express your interest

Fee Free (HACC supported)

Community and Social

Sensitive Santa

This is an opportunity for children on the autism spectrum and their families to meet and have their photo taken with Santa. We provide a low stress, quiet and relaxed environment allowing children to meet Santa in a supportive setting. Bookings essential.

December Thursday to Sunday
Contact Span to express your interest.

Fee Free (HACC supported)



Fruit Pick Up

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

Wednesdays 1–3.30pm

Fee Free (HACC supported)

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.

Last **Wednesday** of each month 12–2.30pm

Fee Free (HACC supported)

Community and Social

Tech Talk

Facilitator 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, smartphone 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

21 July ongoing

Fee Free (HACC supported)

Wiser Driver

Are you a responsible older driver who wants to upgrade your knowledge and build on your experience in the company of your peers in an informal and friendly setting? The course covers challenges for older drivers; safety tips for Wiser Driving; safety rules; car safety features; being roadworthy; planning for the future; alternative travelling methods; VicRoads resources; other resources for older drivers. Supported by the Darebin City Council. Light lunch provided.

Thursdays 11am–1pm

10 August – 31 August (4 weeks)

Fee Free (HACC supported)



Community and Social

Writers Group – Learn to Write Creatively

Please refer to the Creative section for more details on Span's writers group.

This activity is particularly focussed towards those in the community that do not have the resources or have limited time to enjoy a creative outlet.

Carers Get Creative

Please refer to the Creative section for more details on this program for family carers.

Family History and Genealogy – Research Skills and Methods

Please refer to the Work, Study and Personal Skills section for more details. Subsidised fees available.

Cooking for Healthy Minds

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

Craft Works

Please refer to the Creative section for more details.

Good Bugs Garden Group

Please refer to the Grow it, Cook it section for more details.

Art for All Abilities

Please refer to the Creative section for more details on Span's supported arts program

Community Massage and Shiatsu

Refer to our Health and Wellbeing section for further information.

Community and Social

Computer Access and Space Sharing

Our computers, wifi and space are available during office hours, and when not in use for classes, for those who wish to work in a group setting, do some occasional work or practice their skills.

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 dannidanni@wrenchworthy.org or via Facebook group 'Wrenchworthy Bicycle Shed' for more information.

First and third **Sunday** of each month

1–5pm

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 teaching and catering kitchen and dining area, small and large spaces for meetings and health and wellbeing and mindfulness 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 the Programs Coordinator to discuss your skills and interests.

Enrolment information

Learn Local and Adult, Community and Further Education (ACFE). Subsidised course fees are available for students who are eligible. Contact Span to discuss this further.

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 fees (fee and concession) 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.

Enrolment

Span offer rolling enrolments for all courses. Please speak to the staff to discuss joining an activity mid term.

Early bird special

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

Cancellations

Commencement of our 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.

Public and school holidays

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

Enrolment information

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 bank transfer. We offer EFTPOS facilities during office hours either in person or over the phone. 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 2018?

We are an innovative organisation and we can do anything, so make a suggestion! Let us know what you want or need.





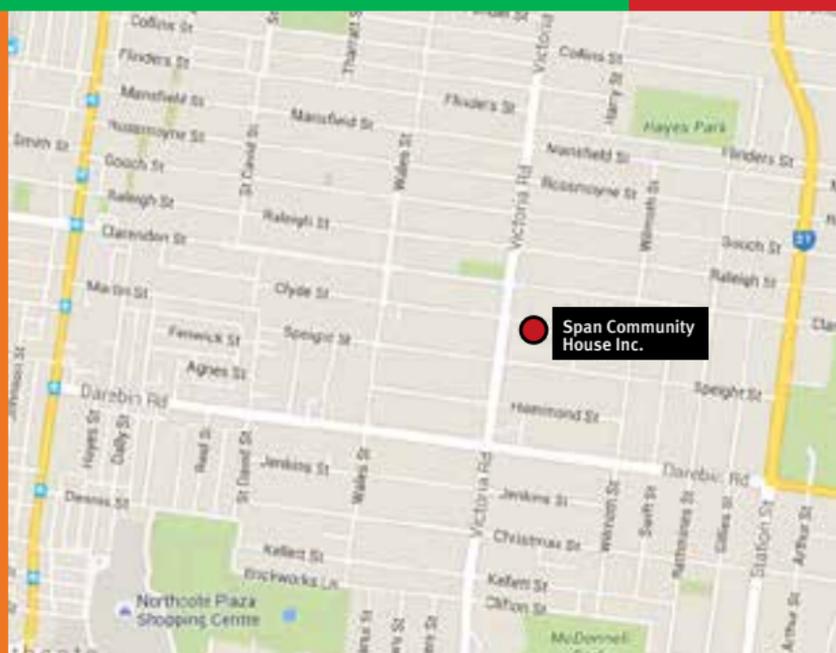


How to get to Span

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

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www.facebook.com/spanhouse

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