

Span Community House

Learning & Activities Program

February to June 2018



64 Clyde Street Thornbury 3071

📞 9480 1364 @ info@spanhouse.org

www.spanhouse.org 📘 spanhouse

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 digital literacy to art, health and wellbeing to gardening. We offer skill development, pathways to further study or employment, support services, and activities for fun and information.

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.

Everyone is welcome. 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

 Printed on 100% recycled paper

The background of the page features a photograph of a tree trunk on the left, wrapped with several colorful ribbons in shades of orange, purple, red, and teal. To the right, the rear portion of a bicycle with a brown frame and a black seat is visible, parked against a grey corrugated metal wall. The scene is set outdoors with green grass at the bottom.

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Important Information

Further information regarding all the activities is available on Span's website, or from staff, volunteers and tutors.

Course dates and fees are correct at the time of printing this document, but may be changed at Span's discretion.

We suggest you contact Span, check our website regularly 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 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 subsidised)

Eligibility criteria may apply.

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



Work, Study & Personal Skills

Span's Work, Study & Personal Skills courses are just that! These courses can benefit you if you are returning to study, looking for work, running a small business or for personal use. Contact Span for further information regarding the ACFE subsidised fee.

Span's tutors are qualified and very experienced. They will teach at a pace that suits you. Numbers are kept to a minimum to ensure individual attention from the tutor. Classes are held in a relaxed, comfortable and non-threatening environment, which is perfect for those who haven't studied for a while or may not have confidence in their skills. Speak to one of the staff to check if you are eligible for an ACFE subsidised fee.

Introduction to Cooking & Hospitality

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

Create, Enhance, Digitise Your Artwork

Google Apps and the Cloud

Introduction to Adobe Illustrator

Introduction to Adobe In-Design

Introduction to Adobe Photoshop

Please refer to the **Digital Literacy** section for details on Span's subsidised IT programs.



Digital Literacy

All Span's Digital Literacy classes would benefit people returning to study, looking for work, running a small business or for personal use.

Create, Enhance, Digitise Your Artwork – Online Digital Technology

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 into appropriate digital formats for secondary uses. Suitable for those with computer skills of adventurous beginners and intermediate level.

Thursdays 10am–2pm

Term 2 Dates to be confirmed

Fee \$343 Concession \$312 ACFE \$50

Google Apps and the Cloud –Online Digital Technology

Tim Beacham

An in depth look at all the Google Apps and how to use the cloud to sync your information. Gmail, Google Drive, Google Photos, Google Calendar, Google Docs, Google Sheets, Google Plus, GSuite for Business, Google Maps, YouTube and more. Includes setting up apps on different devices such as a computer, tablets and phones.

Mondays 5.30–8pm

30 April – 25 June (8 weeks) (No class 11 June)

Fee \$238 Concession \$217 ACFE \$50

Introduction to Adobe Illustrator – Online Digital Technology

Gerry Kruyer

This course includes an introduction to graphics for use in illustration, diagrams and logos, advertisement and single page documents. Learn how to use drawing tools, work with paths, shapes, colours and patterns, create 2D and 3D effects, use layers and transparencies, typography and create professional print output.

Term 1 Mondays 2.15–4.45pm

5 March – 7 May (8 weeks)

(No class 12 March & 2 April)

Term 2 Wednesdays 5.30–8pm

9 May – 27 June (8 weeks)

Fee \$286 Concession \$260 ACFE \$50

Introduction to Adobe In-Design – Online Digital Technology

Learn how to use Adobe InDesign publishing software to create posters, flyers, brochures, presentations, books, the list is endless.

Tuesdays 5.30–8pm

8 May – 26 June (8 weeks)

Fee \$286 Concession \$260 ACFE \$50

Introduction to Adobe Photoshop – Online Digital Technology

Gerry Kruyer

This course includes an introduction to manipulating and preparing digital images for print from cameras, phones, scanners, the internet and elsewhere. Learn how to process images for correct size, sharpness and colour, use layers, painting and drawing tools, and other techniques. Get tips on free software as well.

Term 1 **Wednesdays** 5.30–8pm

28 February – 18 April (8 weeks)

Term 2 **Mondays** 2.15–4.45pm

30 April – 25 June (8 weeks)
(No class 11 June)

Fee \$286 **Concession** \$260 **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.

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.

Term 1 Mondays 10am–2pm

5 February – 26 March (7 weeks)
(No class 12 March)

Term 2 Mondays 10am–2pm

16 April – 25 June (10 weeks)
(No class 11 June)

Fee Free (HACC supported)

Guitar Lessons

Jonathon Trevillien

Individual guitar lessons. Contact Jonathon
jtrevillien@gmail.com

Wednesdays 4–7pm

Commencing 7 February



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.

Tuesdays 11am–1pm

13 February, 13 March, 10 April, 8 May, 12 June

Fee Free (HACC supported)

Artistic Development

Katie Roberts

This course is for those of you who really want to set your creative side free and develop your inner artist. We use various mediums and experimenting as it is a great way to learn. In each class we discuss various artists and look in depth at art theory too. BYO materials and journals. Some basic paper and back-up materials provided.

Thursdays 5.30–8pm

Term 1 8 February – 29 March (8 weeks)

Fee \$303 Concession \$276

Term 2 19 April – 28 June (10 weeks)
(No class 7 June)

Fee \$378 Concession \$343

Fiction Writing

Tania Chandler

Develop your writing skills and build confidence with our fun and informative course. The focus is on novel writing, but the skills and techniques learnt can be applied to other styles of writing such as short stories and personal narratives. Suitable for beginner to intermediate writers in relaxed and encouraging environment. Guided by a qualified and published author.

Tuesdays 9.30–11.30am

10 April – 29 May (8 weeks)

Fee \$123 Concession \$112

Comedy and You!

Alfred McMillan

Make a start in comedy, comedy writing, the dynamics of comedy, career opportunities, TV, radio, live performance, product spruiking, event promotion and so much more.

Sundays 11am–1pm

13 May and 20 May (2 weeks)

Fee \$73 Concession \$67



Tutored Life Drawing

Katie Roberts

Learn to draw the human figure from start to finish! These classes are thorough, fun and informative. We look at gesture, mark-making, structure, anatomy, line, tone, proportions, dynamics, face, the features, hair and hands. Materials include charcoal, pencil, mixed media and ink. BYO materials, paper provided. Contact Katie 0435 481 202 katierobertsart@gmail.com katiesartclasses.com

Fridays 6–8.30pm

Fortnightly, commencing 2 February

Casual \$55 Concession \$50

Payment in advance \$225 Concession \$250

Craft Works

Judi Herkes

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

Thursdays 10am–12pm

Commencing 8 February

Fee Free (HACC supported)

Drums and Percussion

Giovanni Calandro

Learn the drums and traditional percussion to develop a music style, a rhythmic sense, and performance skills. Percussion is a very powerful instrument that allows you to explore and expand limits and to develop the instruments own language. Contact 0431 732 657 for bookings and further information.

Mondays 4–6pm

Commencing 5 March

Fee \$50 per hour, \$30 per half hour

Art Therapy Group

Lucian

Creative arts, play and mindfulness sessions open to everyone facilitated by a registered Art Therapist and education facilitator. Materials provided. Contact Lucian 0403 250 763 lucian.dancing@gmail.com

First **Tuesday** of each month 6.30–8.30pm

Commencing 6 March

Fee \$40 Concession \$35

Eco Dying

Lucian

Eco Dying using plant materials to dye paper and materials, to be used in art making. Facilitated by a registered Art Therapist and education instructor. Materials provided, however extra costs may be added when using expensive items i.e. silk. Contact Lucian 0403 250 763 lucian.dancing@gmail.com

Saturday 2–4pm

21 April

Fee \$35 Concession \$30

The Drawing Studio

Katie Roberts

Gain the real drawing skills you have always wanted! Good for beginners or those with some experience. BYO materials and journal, some paper and easels supplied. Contact Katie 0435 481 202 katierobertsart@gmail.com katiesartclasses.com

Wednesdays 12.30–3pm

Term 1 7 February – 28 March (8 weeks)

Term 2 2 May – 20 June (8 weeks)

Fee \$440 Concession \$420

Thornbury Writers Group

Mileta Rien

Meet to share 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 7 February – 28 March (8 weeks)

Fee \$179 Concession \$163

Term 2 18 April – 27 June (10 weeks)
(No class 25 April)

Fee \$224 Concession \$203

Make Your Own Vertical Garden

Refer to **Grow It, Cook It** section for further information.



Grow It, Cook It

Span has a wonderful community garden and likes to share and use the produce in our classes and with the community. Our cooking tutors are highly experienced who like to try new and different combinations.

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 1.30–3.30pm

Term 1 6 February – 27 March (8 weeks)

Term 2 17 April – 26 June (11 weeks)

Fee Free (HACC supported)

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 some!

Wednesdays 10am–12.30pm

Fee Free (HACC supported)

Introduction to Cooking and Hospitality

Catherine Donnelly

This is a hands-on and demonstration class is an introduction to the basic skills needed in cooking and hospitality. Topics covered include safety, hygiene, preparation, menu planning, presentation, seasonal produce and budgeting.

Tuesdays 10am–12.30pm

Term 1 6 February – 27 March (8 weeks)

Fee \$315 Concession \$287 ACFE \$60

Term 2 17 April – 26 June (11 weeks)

Fee \$434 Concession \$394 ACFE \$60

Wednesdays 10am–12.30pm

Term 1 7 February – 28 March (8 weeks)

Fee \$315 Concession \$287 ACFE \$60

Term 2 18 April – 27 June (10 weeks) (No class 25 April)

Fee \$394 Concession \$359 ACFE \$60

Make Your Own Vertical Garden

Ariel de Ramos

Students will learn how to make and take home an easy, customisable vertical garden made from 3 pots, rope and carabiners. All materials provided.

Saturday 11am–12.30pm

12 May

Fee \$30 Concession \$27



Preserving Seasonal Fruit

Catherine Donnelly

Learn methods and skills using seasonal produce. Take home your work! Contact Span to register your interest and we'll let you know when preserving activities will be held.

Tuesdays or Wednesdays

Various dates, dependent on seasonal produce

Fee Dependent upon materials required

Traditional Italian Cooking

Giovani Calandro

Experience and share Italian culture through food. Focus on a single recipe each week, examining different aspects – history, geography, techniques and language. Hands-on and demonstration preparation of the meal and enjoy your work at the end of class. Kids, adults and vegetarians welcome.

Mondays 6.30–8.30pm

16 April – 7 May (4 weeks)

Fee \$127 **Concession** \$115

Turkish Cooking Class

Arzu Yilmaz

A regular five tea at Span. Four different dishes (three vegan, one vegetarian). Enjoy Turkish music, a feast at the end and Turkish tea/coffee in special pots. Hands-on and demonstration.

Saturday 10am–12pm

19 May

Fee \$72 Concession \$66

Norma's Thyme Garden

The community garden is an ever expanding project. We welcome volunteers and community members to assist, share and learn in the garden. Bring your ideas to contribute to the garden, our composting program and our natural building projects.

Compost Collection Station @ Span

The Compost Depot are running a pilot project at Span to investigate different composting and worm farming methods that are suitable for the community.

Compost caddies are available to community members who can then deliver their compost to the Span Community Garden. Trials will also include pet waste composting, and low budget composting options using recycled materials. The goal is to make people more aware of food waste, and to make it easier for them to separate it from waste to landfill.

Workshops will be run at Span throughout 2018. Contact Span to register your interest. Go to thecompostdepot.org for further information.

Health & Wellbeing

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

Gentle Exercise

Bruce Hatfield

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 1 16 January – 27 March (11 weeks)

Term 2 17 April – 26 June (11 weeks)

Fee \$87 Concession \$79

Thursdays 9.30–10.30am

Term 1 18 January – 29 March (11 weeks)

Term 2 19 April – 28 June (11 weeks)

Fee \$87 Concession \$79

Pilates

Danielle Affif

This class offers 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. Exercises can be modified to accommodate all fitness levels.

Tuesdays 9.30–10.30am

Term 1 23 January – 27 March (10 weeks)

Fee \$145 Concession \$132

Term 2 17 April – 26 June (11 weeks)

Fee \$160 Concession \$145

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 1 February – 29 March (9 weeks)

Fee \$110

Term 2 19 April – 28 June (11 weeks)

Fee \$132

Tai Chi for Healthy Minds and Bodies

Rani Hughes

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 1 February – 29 March (9 weeks)

Term 2 19 April – 28 June (11 weeks)

Fee Free (HACC supported)

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

31 January – 27 June (18 weeks)

(No class 4, 11, 18 & 25 April)

Fee \$281 **Concession** \$255

Community Qigong

Paulie Daniele

Community Qigong is an accessible and affordable way to destress, relax and move your body. Qigong is an ancient Chinese practice of cultivating vital energy (qi) through gentle flowing movements. End your week in a positive way with this fun and down-to-earth class. Mats and equipment provided. Contact Paulie 0400 341 325

Thursdays 6.30–7.30pm

Commencing 25 January, ongoing

Fee \$20 per class / \$75 for 5 classes (valid 2 months)

\$100 for 10 class pass (valid 3 months)

Concession \$10 per class (packages available)

Community Yoga

Paulie Daniele

Community Yoga is an accessible and affordable way to destress, relax and move your body. Yoga is an ancient Indian practice of connecting body, mind and spirit through poses, breathing exercises and meditation. Start your week in a positive way with this fun and down-to-earth class. Mats and equipment provided. Contact Paulie 0400 341 325.

Mondays (except public holidays) 6.30–7.30pm

Commencing 22 January, ongoing

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

Concession \$10 per class (packages available)

Shiatsu

Co-Shi-Co

Would you like to get back on track with your health? 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. Contact 0490 525 151 coshicomelbourne@gmail.com booking link coshico.setmore.com

Tuesdays 3–6pm (50 minute sessions)

6 February, ongoing

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

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 and relaxed environment.

Om Chanting Circle

Paulie Daniele

The Om Chanting Circle is a unique opportunity to chant the powerful Om mantra and to connect with like-minded souls in an inclusive, supportive environment. By chanting Om together, seated in a circular formation, we are able to generate and feel the strong, healing vibrations of this ancient mantra. Contact Paulie 0400 341 325.

Saturdays 2–4pm

Second **Saturday** of each month

Fee \$20 per class Concession \$10

Mindful Walking

Coco Nkrumah

What if you could turn your ‘dead time’ walking, into time spent developing your wellbeing. Mindful walking will teach you how to take advantage of these moments and you will learn how to meditate without putting in hours to do so. Prior booking for the day is required.

Sundays 10–11am

4 February – 1 July

Fee \$65 for 4 week block

Reiki Level 1: Beginners

Carla DeSilva

Learning Reiki is an eye-opening experience: simple, fun and hands-on. Bookings essential. Contact Carla 0410 708 118 or for more info shinebrightdarling.com.au

Friday 15 June 6.30–9.00pm and

Saturday 16 June 10am–4pm (2 session workshop)

Fee \$220 Concession \$190

Angel Card Readers Course

Carla DeSilva

It's time to tap into your inner wisdom and your spiritual guidance system so that you can gain answers that are in direct alignment with your highest good! Held over 4 weeks, this course gives you time to practice, ask questions, gain confidence and experience. Included in the price is your own deck of Angel Cards, a book, certificate and handouts. Bookings essential. Contact Carla 0410 708 118 or for more info shinebrightdarling.com.au

Wednesdays 6.30–8.30pm

21 February – 14 March (4 weeks)

Fee \$210 Concession \$180

Bliss Out Reiki & Meditation Experience

Carla DeSilva

Meditation and Reiki are both healing and grounding and both help you connect with yourself and just feel awesome. These experiences are combined so you walk away feeling a beautiful sense of calm, renewal and pure happiness. Bookings essential. Contact Carla 0410 708 118 or shinebrightdarling.com.au

Fridays 7–8pm

23 February, 23 March, 27 April, 1 June, 22 June

Fee \$20 per class Concession \$15



Empower Women's Meditation Series

Carla DeSilva

During the series we will be focusing on self-love, self-forgiveness, manifesting, removing blocks, letting go of internal baggage, and cutting cords. Bookings essential. Contact Carla 0410 708 118 or for more info shinebrightdarling.com.au

Thursdays 7.45–8.45pm

Term 1 15 February – 15 March (5 weeks)

Term 2 19 April – 17 May (5 weeks)

Fee \$110 Concession \$95

Healing-Arts Community Clinic

Monique McNamara

Receive an Access Bars or energy-healing session to reduce stress and restore balance with a Wisdom Within practitioner. Book a community clinic session, available weekly. Contact Monique 0403 126 387 wisdomwithin.net.au

Tuesdays 10am–5pm

Bookings essential



Kids Reiki Workshop

Carla DeSilva

A fun workshop for primary school children. Learning and connecting to Reiki energy can give kids a tool to support them in everyday life situations. Kids can feel more focused, empowered and calm, fall asleep easier, and improve concentration. Bookings essential. Contact Carla 0410 708 118 or shinebrightdarling.com.au

Thursday 5 April 11am–1.30pm

Wednesday 4 July 11am–1.30pm

Fee \$95 and \$75 sibling

Concession \$80 and \$60 sibling

Mindful Parenting with Reiki

Carla DeSilva

This Reiki workshop is for beginners and will be focusing on using Reiki within a parenting role. Geared at mindful, connected, grounded and gentle parenting. Bookings essential. Contact Carla 0410 708 118 or for more info shinebrightdarling.com.au

Friday 9 March 6.30–9.00pm and

Sunday 11 March 10am–4pm (2 session workshop)

Fee \$250 Concession \$220

Sacred Sound Singing Bowls

Gina Kolobaric

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

Saturday 17 March 2.30–3.30pm

Fee \$25

Vision Board Workshop

Carla DeSilva and Catherine Copley

Create a vision board and get clarity on your authentic life, letting go of what's in the way. Receive support while you create your own vision board, meditate, experience exercises to help you let go of what no longer serves you, and manifest your happy future in a safe, creative and fun space. No experience needed. Bookings essential. Contact Carla 0410 708 118 info shinebrightdarling.com.au

Sunday 25 February 10am–3.30pm

Fee \$125 Concession \$110

Learn the Access Bars – Energy-Healing Process

Monique McNamara

You receive and give an access bars session. Snacks and manual provided. Contact Monique 0403 126 387 wisdomwithin.net.au

Saturdays and Sundays 10am–5pm

Dates vary

Wisdom Within Workshops

Monique McNamara

Our aim is to get you clear, connected, and empower you to own your own journey. Wisdom Within runs a number of programs at Span: energy healing sessions; access bars; healing arts meetup and swap nights; an emotional recovery program; a community wellbeing program; and practitioner cheerleader group coaching sessions. Contact Monique 0403 126 387 wisdomwithin.net.au

Dates, times and fees vary

Women's Circle

Carla DeSilva

Women's Circle creates space for women to gather and explore different aspects of spirituality, connect to our higher and inner selves, expand our intuition, share our stories, find answers to our questions, and heal together. Bookings essential. Contact Carla 0410 708 118 shinebrightdarling.com.au

Second **Monday** and fourth **Tuesday** of each month

Commencing February

Fee \$30 Concession \$25 (first circle \$20)



Sustainable Activities

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

Compost Collection Station @ Span

Make Your Own Vertical Garden

Please refer to Grow It, Cook It for further details.

Become a relationship builder

Do you wish to develop or retain 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.

What do you wish to learn?

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.

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.

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 us and suggest some ideas.

Traditional Italian Cooking

Giovanni Calandro

Experience and share Italian culture through food. Focus on a single recipe each day. Hands-on and demonstration preparation of the meal, then enjoy your work at the end of class. Suit those aged 10+ years.

Fridays 10am–12pm

6 April and 13 April

Fee \$36 per class

Creative Arts Holiday Program

Lucian

Creative arts, play and mindfulness sessions for young people aged 6–12 during the school holidays facilitated by a registered Art Therapist and education facilitator. Materials provided. Contact Lucian 0403 250 763 lucian.dancing@gmail.com

Tuesdays, Wednesdays, Thursdays 8.30am–12.30pm

3 April, 4 April, 5 April, 10 April, 11 April, 12 April, 3 July, 4 July, 5 July, 10 July, 11 July, 12 July

Fee \$55 Concession \$50 per class

Community & Social



Carers High Tea

Carmen De Fazio

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 apply.

May, day TBC

Fee Free (HACC supported)

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

17 January, 14 February, 14 March, 11 April, 9 May,
13 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 when you can. Call Span to register your interest.

Alternating **Mondays** 10am–12pm

Commencing 22 January

Fee Free

Tech Talk

David Burt

Do you have a question about using digital technology or need support to begin? Get your questions answered, gain information on how to practice your skills, and 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

Commencing 2 February

Fee Free (HACC supported)

Free Hearing Tests

Hear Service

Free hearing checks for adults. 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, commencing February

Fee Free

Fruit Pick Up

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

Wednesdays 12–3pm

Fee Free (HACC supported)

Grant Writing Workshop

The workshop will cover the skills required to seek and write grant applications as well as reporting. Contact Christy, Darebin Council, 8470 8597.

Wednesday 21 February 12.30–3.30pm

Monday 26 February 5.30–8.30pm

Fee Free

Lunch and Activities at Agg Street

Join us at the Agg Street Community Hall for a fun few hours of activities, socialising and enjoying lunch.

Last **Wednesday** of each month 12–2pm

Fee Free (HACC supported)

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

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

Sundays 1–5pm

First and third of each month

Cooking for Healthy Minds

Good Bugs Garden Group

Please refer to the **Grow it, Cook it** section for more details on Span's supported programs.

Craft Works

Art for All Abilities

Carers Get Creative

Please refer to the **Creative** section for more details on Span's supported programs.

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. 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 is 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 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 credit payments to:

Bank: Bendigo Bank

Account name: Span Community House Inc.

BSB: 633 000

Account number: 142 881 275

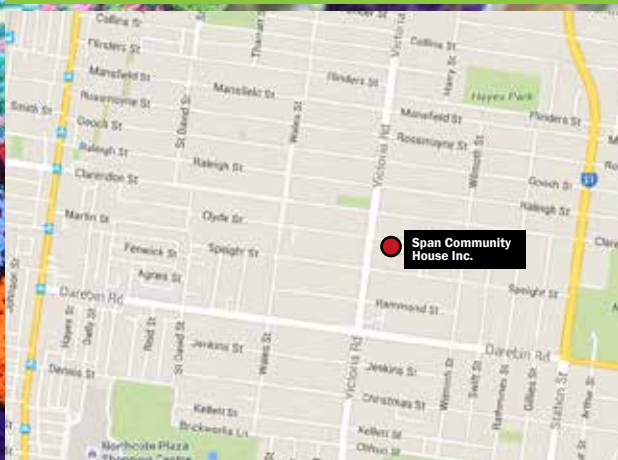
Reference area: surname or class name

Notes



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.



Span Community House Inc.

ABN 52 526 420 312 Reg no. A00551048Y

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