

Span Community House

Learning & Activities Program

July to December 2018



64 Clyde Street Thornbury 3071

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Welcome to Span

Span Community House is a dynamic hub of community, learning, support and sustainability 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, information sharing, 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.

Everyone is welcome. Our facilities are accessible for all. If you wish to enrol in a course, meet other community members, require some support or assistance, then Span is the place for you!

We look forward to welcoming you to Span.

It's your house!



Colleen Duggan
Manager



Proudly supported by the Darebin City Council



Contents

Important Information	iv
Norma's Thyme Garden	v
Work, Study & Personal Skills	1
Digital Literacy	3
Creative	7
Grow It, Cook It	12
Health & Wellbeing	16
Mindfulness	21
Sustainable Activities	22
For Young People	24
Community & Social	25
Noticeboard	30
Enrolment Information	32

Important Information

Further information and updates regarding all Span's activities is available on the website and social media, or from staff, volunteers and tutors. Span may set new activities that do not appear in this publication.

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

Take advantage of the early bird special on fees (with the exception of ACFE fees).

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 program. Refer to this brochure for information on membership.

Free (HACC-PYP & CHSP subsidised)

Home and Community Care, Commonwealth Home Support Program. Eligibility criteria may apply.

NDIS

Span plans on becoming an NDIS provider in 2019. We welcome all those who have an NDIS plan to join our activities. Contact our Programs Coordinator for further information.

Payment

Span has EFTPOS available during office hours either in person or over the phone, as well as direct credit.

Norma's Thyme Garden

The Span Community Garden, later to become known as Norma's Thyme Garden, was established when Span moved to Clyde Street about 10 years ago. We are so grateful for the many volunteers who have helped to establish and maintain the garden during this time.



Over the past few years the garden became increasingly popular and was yielding some wonderful produce. It was evident that a plan was needed to engage more community members and volunteers to make better use of the space, so that crop rotation and all those other important aspects of gardening could happen to make it even more productive.

Cooking classes and numbers coming to community lunches began to grow. We were working hard on reducing food waste and waste to landfill, and we knew we needed to make better use of compost. We also wanted our participants and general community members to learn more about healthy eating, using seasonal produce and reducing food miles.



Then 2018 arrived, and all that we wanted fell into place! With a Darebin Community Grant, we were able to employ a garden coordinator to schedule what we would concentrate on weekly, monthly and annually.

The Compost Depot, a group of volunteers who had completed the Darebin Community Leaders in Sustainability Course, approached Span to run a pilot compost program. Community members can now drop off their household scraps knowing it is going to good use.

So where to now? The garden, just like Span, will continue to become bigger and better, so the community and environment will definitely benefit.

Come and visit us and check out the garden. Become a volunteer, enjoy the space, share the produce, join the compost program, and please let Span know your contact details so we can keep you up-to-date on all our sustainability activities.



Work, Study & Personal Skills

Our Work, Study and Personal Skills activities can benefit you if you are returning to study, looking for work, wishing to up-skill for employment, running a small business or for personal use.



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.

Event Planning

Lia Caelli

Learn how to plan, prepare and coordinate all the elements of an event in a hands-on practice based course. Course to be held at Reservoir Neighbourhood House.

Tuesdays 10am–12.30pm

Term 3 17 July – 4 September (8 weeks)

Term 4 9 October – 4 December (8 weeks)
(no class 6 November)

Fee \$208 Concession \$189 ACFE \$50

Cooking for All Abilities

Introduction to Cooking and Hospitality

Please refer to the **Grow It, Cook It** section for details on subsidised cooking programs at Span and Reservoir Neighbourhood House.

Create, Enhance, Digitise Your Artwork

Google Apps and the Cloud

Introduction to Adobe Photoshop

Word and Excel

Introduction to Computers

Digital literacy skills for small business, employment, study and personal use

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





Digital Literacy

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

Our computers and Wi-Fi are available to participants, during office hours and when not in use for classes, who wish to do some occasional work or practice their skills.

Speak to one of the staff to check if you are eligible for an ACFE subsidised fee.

Tech Talk

David Burt

Do you have a question about using digital technology, your device or a problem that needs solving? 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 tablet, 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

6 July – 14 December

Fee Free (HACC-PYP & CHSP subsidised)

Safer online shopping and banking

Shopping and banking online is convenient and time saving, however privacy and security concerns can stop people from enjoying this experience. Learn how to safely buy and pay for things online, how to do everyday banking safely and how to use public Wi-Fi safely.

Thursday 12 July 2–3pm

Fee Free (HACC-PYP & CHSP subsidised)

Can you spot a scam?

Learn how to spot a fake when you see one. Learn the most common scams targeting Australians, tips on how to spot them, what to do or not do and who to speak to when you need help.

Thursday 19 July 2–3pm

Fee Free (HACC-PYP & CHSP subsidised)

Create, enhance and digitise your artwork

Lisa Christensen

This course will demystify the process of transforming your art into surface design. It offers tips and techniques, that will make designs come to life whilst navigating the world of digital design programs such as Illustrator, Photoshop and other useful apps and platforms. Suitable for those with computer skills of adventurous beginners and intermediate level.

Wednesdays 10am–3pm

18 July – 8 August (4 weeks)

15 August – 5 September (4 weeks)

Fee \$446 Concession \$405 ACFE \$100

Google Apps and the Cloud

Tim Beacham

An in depth look at all the Google Apps and how to use the cloud to sync your information across different devices and apps. This class would benefit people returning to study or work, looking for work, running a small business or managing personal documents and photos.

Tuesdays 6.30–9pm

Term 3 31 July – 18 September (8 weeks)

Term 4 9 October – 4 December (8 weeks)
(no class 6 November)

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

Adobe Photoshop

Gerry Kruyer

Learn how to manipulate and prepare digital images 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.

Wednesdays 5.30–8pm

18 July – 5 September (8 weeks)

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



Word and Excel

Gerry Kruyer

Develop and expand skills in Microsoft Office programs of word and excel to become proficient and make effective use of the programs.

Term 3 **Thursdays** 12.30–3pm

2 August – 20 September (8 weeks)

Term 4 **Wednesdays** 5.30–8pm

10 October – 28 November (8 weeks)

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

Introduction to Computers

Develop skills and gain confidence in the use of computers and the internet.

Term 3 **Tuesdays** 12.30-3pm

31 July – 18 September (8 weeks)

Term 4 **Thursday** 12.30-3pm

11 October – 29 November (8 weeks)

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

Digital literacy skills for small business, employment, study and personal use

Develop and expand skills in programs, websites, social media and communication methods. Participants will learn IT skills required to develop a small business, obtain and maintain employment, undertake further study, as well as for personal use.

Mondays 5.30–8pm

8 October – 3 December (8 weeks)

(no class 5 November)

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



Creative

Span offers creative activities to interest everyone. Tutors are professional artists and published writers. Class numbers are kept to a minimum to ensure a fun, attentive and relaxed learning environment.

Create, enhance and digitise your artwork

Refer to the **Digital Literacy** section for further information.

Art for All Abilities

Sheena Mathieson

Join Sheena, a practicing artist and our team of volunteers in a program of facilitated fun and simulating art-related activities. You will use recycled materials and your creativity in a variety of mediums, take part in exhibitions as well as enjoying and fortnightly outings. We welcome participants living with or recovering from a mental health illness, have a mild disability or a long term condition. Contact the Program Coordinator programs@spanhouse.org

Mondays 10am–2pm

Term 3 16 July – 17 September (10 weeks)

Term 4 8 October – 10 December (9 weeks)
(no class 5 November)

Fee Free (HACC-PYP & CHSP subsidised)
\$5 weekly contribution for materials

Carers Get Creative

Sheena Mathieson

Everyone is an artist! 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

17 July, 14 August, 11 September, 9 October,
13 November, 11 December

Fee Free (HACC-PYP & CHSP subsidised)

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 10.45am–12.45pm

5 July – 13 December

Fee Free (HACC-PYP & CHSP subsidised)

Artistic Development

Katie Roberts

This class is for those who really want to set their creative side free and develop their inner artist. If you want to learn all about drawing and art-making, now is a good time to join this class! We will cover everything from basic drawing skills including tone and structure through to experimenting with different media, and develop regular drawing practice. BYO materials and journals. Some basic paper and back-up materials provided.

Thursdays 5.30–8pm

Term 3 26 July – 20 September (9 weeks)

Term 4 11 October – 6 December (9 weeks)

Fee \$355 Concession \$323

Thornbury Writers Workshop

Tania Chandler

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 10am–12.30pm

Term 3 18 July – 19 September (10 weeks)

Term 4 10 October – 12 December (10 weeks)

Fee \$227 Concession \$206

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 who are happy to give and receive feedback on their work in a relaxed and encouraging environment. Tania is a writer, editor and tutor published in Australia, the UK and Germany.

Tuesdays 9.30–11.30am

Term 3 17 July – 18 September (10 weeks)

Fee \$185 Concession \$168

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

Fee \$166 Concession \$151

Children's Picture Books – Writing and Appreciation

Julie Murphy

Meet to read, discuss and work on writing children's picture books. Whether you want to more confidently read them to the children in your life, or always wanted to write one, fiction or non-fiction, author Julie will guide you.

Fridays 10.30am–12pm (6 weeks)

17 August – 21 September

Fee \$187 Concession \$170

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–3pm

14 October and 21 October

Fee \$97 Concession \$88

The Drawing Studio

Katie Roberts

Gain real drawing skills you have always wanted. Focus on composition and tone, develop skills, get a handle on concepts, colour and working with a range of other media. This is a class for those really wanting to learn how to draw and develop their own art. Best for those with some experience ideally as the class can be quite technical. BYO materials and journal, you will need to develop your own art kit. Some paper and easels supplied. Contact Katie for further information katierobertsart@gmail.com katiesartclasses.com 0435 481 202.

Wednesdays 12.30–3pm

Term 3 18 July – 5 September (8 weeks)

Fee \$440 Concession \$420

Term 4 10 October – 5 December (9 weeks)

Fee \$480 Concession \$450

Tutored Life Drawing

Katie Roberts

Join this in-depth life drawing class and learn to draw the human figure, from start to finish! We look into anatomy, tone and proportion and more traditional drawing methods. We experiment with mixed media and prepared paper. As well as gesture, shape, surface, chiaroscuro and more. BYO materials, paper available at cost. Includes life model, refreshments, back up materials. Contact Katie for further information katirobertsart@gmail.com katiesartclasses.com 0435 481 202.

Fridays 5.30–8.30pm (fortnightly)

Term 3 20 July – 14 September (5 weeks)

**Term in advance \$250 Concession \$225;
Casual \$55 Concession \$50**

Term 4 12 October – 7 December (6 weeks)
(extra class 30 November)

**Term in advance \$300 Concession \$270;
Casual \$55 Concession \$50**





Grow It, Cook It

Span has an extensive Community Garden whose produce and upkeep is shared amongst the programs at Span and with the community.

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.

Cooking for Healthy Minds

Catherine Donnelley

Experience and enjoy demonstration and hands-on cooking, share the finished product, recipes and use 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

Contact Span to express your interest.

Fee Free (HACC-PYP & CHSP subsidised)

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-PYP & CHSP subsidised)

Introduction to Cooking and Hospitality

Catherine Donnelley

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.

Wednesdays (fortnightly)

Term 3 11 July – 19 September (6 weeks)

Term 4 10 October – 19 December (6 weeks)

Fee \$276 **Concession** \$251 **ACFE** \$60

Cooking for All Abilities

Catherine Donnelley

Learn cooking skills in this hands on and demonstration class. Using fresh seasonal ingredients and garden produce, learn planning, preparation and presentation skills. Family carers looking for a social connection are also encouraged to attend. This class is supported by program staff as well as an experienced cook.

Tuesdays 10am–12.30pm

Term 3 17 July – 18 September

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

Reservoir Neighbourhood House

Thursdays 10am-1pm (fortnightly)

2 August – 8 November

Fee \$276 Concession \$251 ACFE \$60

Make Your Own Vertical Garden

Ariel de Ramos

Students will learn how to make an easy, customisable vertical garden made from 3 pots, rope and carabiners, which will all be provided. You will be able to take your finished product home.

Contact Span to express your interest.

Fee \$36 Concession \$33

Preserving Seasonal Fruit

Catherine Donnelley

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 preserving activities will be held.

Tuesdays or Wednesdays

Various dates, dependent on seasonal produce.

Fee dependent upon materials required.

Turkish Cooking Class

Arzu Yilmaz

A regular five tea at a Turkish home, or actually 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.

Contact Span to express your interest.

Fee \$72 Concession \$66

Fruit Pick Up

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

Wednesdays 12–3pm

Fee Free (HACC-PYP & CHSP subsidised)

Compost Program at Span

Refer to **Sustainable Activities** section for further information.



Health & Wellbeing

Span offers a diverse range of health and wellbeing activities both during the day and evening. You will feel comfortable in our environment, no need for the latest activity wear fashions!

Class numbers are kept to a minimum to ensure a comfortable experience and fees are kept to a level to only cover costs.

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 3 17 July – 18 September (10 weeks)

Fee \$87 Concession \$79

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

Fee \$79 Concession \$72

Thursdays 9.30–10.30am

Term 3 19 July – 20 September (10 weeks)

Term 4 11 October – 13 December (10 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 muscles without stressing joints 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 17 July – 18 September (10 weeks)

Fee \$158 Concession \$144

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

Fee \$143 Concession \$130

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 3 19 July – 20 September (10 weeks)

Term 4 11 October – 13 December (10 weeks)

Fee \$120



Tai Chi for Healthy Minds and Bodies

Rani Hughes

Rani 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 19 July – 20 September (10 weeks)

Term 4 11 October – 13 December (10 weeks)

Fee Free (HACC-PYP & CHSP subsidised)

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

18 July – 12 December (20 weeks)
(no classes 26 September and 3 October)

Fee \$330 **Concession** \$300

Tai Chi (evening)

Rani Hughes

Relax and rejuvenate your mind and body with Tai Chi using a series of gentle movements, release stress, develop strength, flexibility and concentration. Rani Hughes is a master trainer in Tai Chi and an Occupational Therapist.

Thursdays 6–7pm

Term 3 19 July – 20 September (10 weeks)

Fee \$183 Concession \$167

Term 4 11 October – 29 November (8 weeks)

Fee \$147 Concession \$133

Gentle Yoga (day)

Catherine Gault

Gentle stretching based on Iyengar method of yoga. Emphasis on alignment, improving joint mobility and posture. Rejuvenate, renew and restore your general health and wellbeing.

Tuesdays 10.45–11.45am

Term 3 7 August – 18 September (7 weeks)

Fee \$78 Concession \$71

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

Fee \$100 Concession \$91



Community Yoga. Yoga for EVERYbody!

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

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

Concession \$10 per class, class packages available

Auslan Yoga

Irene Holub

Irene, an Auslan Yoga Teacher, will lead you in a flowing, strengthening practice with yoga poses. Great for beginners and yogis to develop and practice yoga routines. Limited numbers. SMS 0409 610 044 or ireneholub@gmail.com to express your interest.

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) ongoing

Fee \$50 Concession \$40



Mindfulness

Take a break from your busy lifestyle and try some mindfulness activities at Span. Span run a varied range of mindfulness activities that offer something for everyone.

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 bookings for the walks are required.

Sundays 10–11am

Fee \$65 for 4-week block

Mindfulness with Shine Bright Darling

Carla DeSilva regularly runs classes in Angel Card Reading, Reiki, Women's Circle, Reiki for Kids, various forms of Meditation, Vision Board, Living and Loving for the Sensitive Soul. Bookings essential. Contact Carla 0410 708 118 or for more info shinebrightdarling.com.au

Mindfulness with Wisdom Within

Monique's aim is to get you clear, connected and empower you to own your own journey. Wisdom Within runs a number of programs at Span. Contact Monique 0403 126 387 wisdomwithin.net.au



Sustainable Activities

Compost, gardening, recycling, sustainable activities – so many things to interest you at Span! Do you have an idea? Let us know.

Compost Collection @ Span

The Compost Depot and Span are running a compost project 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 for use in the Community Garden. Future 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. Caddies are available from a drop off / pick up point at the front of Span and accessible at all times.

Workshops will be run at Span in semester 2. Contact Span to register your interest.



Sustainable activities

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

What do you wish to learn in sustainable activities?

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.



The image shows two clay sculptures. The one on the right is a pineapple, with a dark, textured base representing the body, and a crown of yellow and orange segments representing the fruit, topped with green leaves. The one on the left is a carrot, with a similar dark base and a green leafy top. Both are set against a light brown background.

For Young People

Do you have a suggestion on how to engage the young people of our community? Contact Span with your ideas.

Claymation Workshop

Animachin

Are you a fan of Wallace and Grommit and Shawn the Sheep? Ever wanted to know how those movies are made? At an intensive 3-day holiday workshop, you can make a fantastic short film while you learn the tricks of the trade.

In small groups, students write a script, create characters, sets and props using plasticine and other materials, then bring it all together frame by frame. After making the visuals, you can also record a voice for your very own animated character. Upon completion of the workshop students receive a downloadable link to their finished movie and can also take home their plasticine creations. Suitable for aged 9+ (negotiable). Fee is all-inclusive. www.animachin.com

Monday to Wednesday 9am–3.30pm

9 July – 11 July

Fee \$300 all-inclusive

Community & Social

Span is a Neighbourhood House which is open to the whole community for activities. Some activities are free, some are fee for service, some are subsidised. There is something for everyone!

Advanced Care Planning

Who will make medical decisions for you if you can't? Join us at Span for a short talk on Advanced Care Planning.

Friday 20 July 10–11.30am

Fee Free (HACC-PYP & CHSP subsidised)

Wills (what you need to know before seeing your lawyer)

This is the perfect preparation before making your Will. Learn the legal process and key things to think about. Presented by a lawyer with time for Q&A.

Thursday 23 August 2–3.30pm

Fee Free (HACC-PYP & CHSP subsidised)

Saving money on energy bills

Learn how to find the most competitive energy deal, how to read bills and understand concessions. Includes Q&A.

Thursday 27 September 2–3.30pm

Fee Free (HACC-PYP & CHSP subsidised)

Moving out of the family home

Thinking about downsizing or moving into residential aged care? Accommodation options for older people can be complex so it helps to have information before you move. This session covers the accommodation options available to older people.

Thursday 25 October 2–3.30pm

Fee Free (HACC-PYP & CHSP subsidised)

Understanding the Aged Care System – Consumer Directed Care

Recent reforms of Aged Care have resulted in significant changes to how services are accessed and delivered. A new model aims to put choice and flexibility in the hands of the consumers through individualised aged care packages. Empower yourself with this knowledge.

Thursday 29 November 2–3.30pm

Fee Free (HACC-PYP & CHSP subsidised)

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 (eg. a contract cleaner or taxi driver); run a business (including as a sole trader); sold shares or an investment property; owned a rental property.

Mondays 6 July to October

Bookings essential.

Fee Free (HACC-PYP & CHSP subsidised)



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. Contact the Programs Coordinator for further information.

Thursday 25 October 12–1.30pm

Fee Free (HACC-PYP & CHSP subsidised)

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 and discuss dietary requirements.

Wednesdays 12.30–2.30pm

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

Fee Free (HACC-PYP & CHSP subsidised)

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.

Mondays 10am–12pm (fortnightly)

2 July ongoing

Fee Free

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. Proudly supported by donors and volunteers. Bookings essential.

Thursday to Sunday – December

Contact Span to register your interest.

Fee Free (HACC-PYP & CHSP subsidised)

Tech Talk

Do you have a question about using digital technology, your device or a problem that needs solving?

Refer to the **Digital Literacy** section for more information.

Fruit Pick Up

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

Wednesdays 12–3pm

Fee Free (HACC-PYP & CHSP subsidised)

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

Cooking for Healthy Minds

Good Bugs Garden Group

Span's Community Garden

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

Craft Works

Art for All Abilities

Carers Get Creative

Please refer to the **Creative** section for more details on these free supported programs.

Safer on-line shopping and banking

Can you spot a scam?

Please refer to the **Digital Literacy** for more details on this free program.



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 activities. 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 current 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. We have volunteer opportunities in many different areas. At present we are looking for volunteers for the community garden and food delivery for a couple of hours a week. Please contact the Programs Coordinator to discuss your skills and interests.

Computer use and Wi-Fi

Our computers and Wi-Fi are available to the community, during office hours and when not in use for classes.

Small businesses and sole operators – community hub and venue hire

Are you running your small business from home? Feel like you need a different place to be inspired, motivated or join in with the community? Do you need a space to run your activities? Span is the place for you!

Enrolment Information

Enrolment Information

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

Subsidised course fees are available for students who are eligible. Rolling enrolment is available.

National Disability Insurance Scheme (NDIS), Home and Community Care –Program for Young People (HACC-PYP) and Commonwealth Home Support Program (CHSP) subsidised course fees

Span supports eligible participants. The Programs Coordinator 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. Enrolment is confirmed upon receipt of course fees. Rolling enrolments are available and fees are adjusted accordingly.

Early bird special

Enrol and pay 10 working days prior to the commencement date and receive a 5% discount. (Not available on ACFE fees.)

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

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

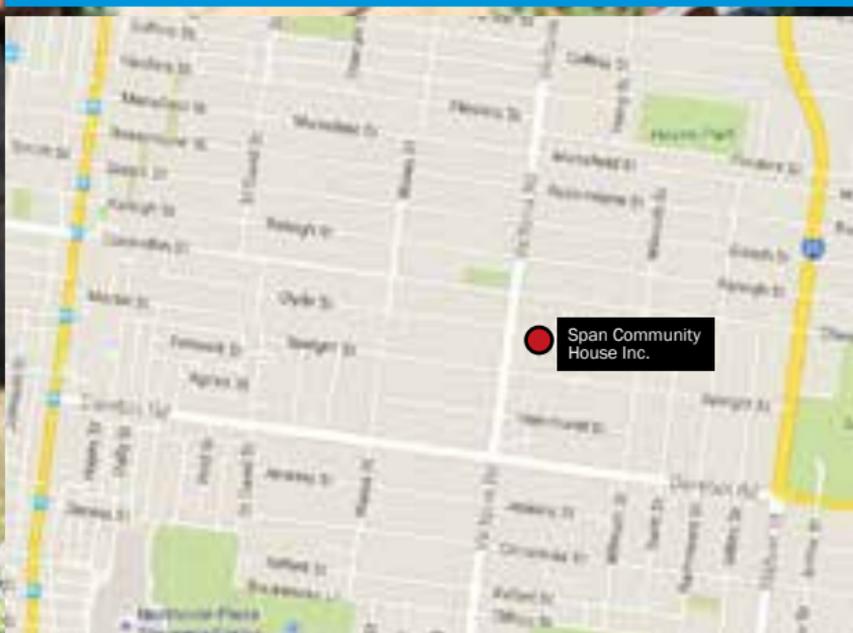
Account number: 142 881 275

Reference area: surname or class name



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.*