

Heyfield Community Resource Centre

UPCOMING COURSES & ACTIVITIES



The Heyfield Community Resource Centre has a range of classes and activities to suit all ages and abilities. We invite you to come down and participate in a program or just drop in for a cuppa and a chat. Please note that bookings are required for some activities - book on 5148 2100.



Learn Local with HCRC

These programs are designed to help learners gain the confidence and skills needed to look for a job or go on to further study. They include courses in communication, job search skills and digital literacy. To deliver Learn Local training, we are registered with the Adult, Community and Further Education (ACFE) Board.



GET THAT JOB!

Gain an edge on getting into the workplace

Are you looking to re-enter the workforce or just starting out? This 3 week course will provide you with a range of job-ready skills including:

- **Sitting a mock job interview**
- **How to develop a resume that stands out from the crowd and is targeted to specific industries**
 - **Digital literacy skills for the workplace.**
 - **Setting savings goals, understanding payslips, accessing financial support**

This course will run for 3 days a week (Monday, Tuesday & Wednesday) starting Monday 9th August, 9.30am - 3.00pm

Cost - \$40. Bookings essential on 5148 2100

DIGITAL MATTERS - technology skills for life, work and study.

Topics include - an introduction to Zoom, digital devices and digital media, navigating safely online and managing privacy, Microsoft Word and Excel, folders, filing and much more.

Places are limited so bookings essential.

**Runs for 2 days - Thursday 29th and Friday 30th July
10am - 2pm.**

Cost - FREE. Bookings essential on 5148 2100

FOR TEENS

NEW

Smart cash - making your money go further for teens

Hosted by a Financial Counsellor from Anglicare, this session will teach teenagers the basics on managing their money:

- Understanding a payslip
- Creating a practical budget for financial goals
- The realistic costs of moving out of home
- The pitfalls of Afterpay and payWave

**Wednesday 18th August
5.30pm - 6.30pm. FREE.**



First Aid basics for children 12yrs - 18yrs

NEW

This session will be run for older children and will cover common accidents that children may have to deal with including:

- safe removal of motorcycle helmets
- falls from horses and applying splints to arms & legs

**Wednesday 11th August
5.30pm - 6.30pm, \$10 per child**

CRAFT

Happy Hookers Crochet

Armed with only a crochet hook and some luscious yarn you can hook to your heart's content, make new friends and learn all about crocheting. No experience necessary, beginners most welcome.

**Every Wednesday 7pm - 9pm.
\$2 per session.**



Card making with Jo from Cowwarr Cards

Jo is back with her popular card making classes. She will supply all the materials and inspiration for you to create unique, memorable cards for any occasion. Make just 1 card or as many as you like!

**Monday 16th, 23rd and 30th August, 10.30am - 12.30pm.
Jo charges \$5 per card.**



STAY ACTIVE

Walking Basketball

Are you looking for something to keep you active but is gentle on the body? Then this is for you! Each session runs through warm up exercises, skill based drills and a game - all overseen by local personal trainer, Pip. A perfect way to have fun, stay active and meet new people. All ages and abilities welcome.

**Every Monday, 12pm - 1pm,
Heyfield Basketball Stadium.
FREE.**



CLASSES JUST FOR KIDS

Kids Cooking - banana muffins

Leonie and Denise are back to teach the kids how to make banana muffins for our popular Kids Cooking classes.

**Tuesday 17th August OR
Wednesday 18th August
3.15pm - 4.15pm. \$5 per child.**

Bookings essential as places are limited and these sessions book out quickly.



Seed Balls for Bees

A fun way to introduce kids to gardening and save the bees in the process.

These balls are full of seeds that start to grow once the seeds are thrown into the garden.

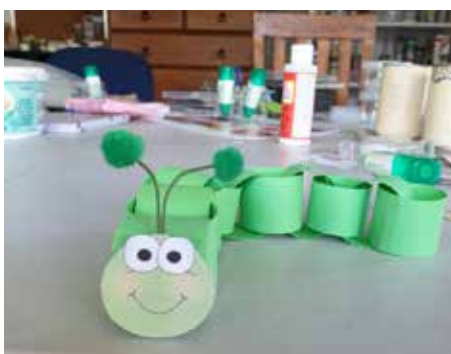
**Monday 2nd Aug
3.15pm - 4.15pm. FREE.**

This workshop is supported by the Wellington Shire Council.

Kids Craft

Let the kids get creative in these fun, crafty sessions with Jo from Cowwarr Cards.

**Tues. 27th July & Tues. 10th Aug. 3.15pm - 4.30pm.
\$10 per child, per session.**



Tai Chi QiGong

This gentle QiGong form incorporates movements from Tai Chi to gently stretch and strengthen the body and increase mobility.

Classes also include breathing exercises and relaxation techniques. Exercises can be tailored to individual needs.

Every Monday from Monday 19th July to Monday 13th September, 2pm - 3pm at HCRC. \$108 for 9 sessions. Upfront payment required.

Heyfield Hoofers

The Heyfield Hoofers walking group has been active for over 20 years.

It's a wonderful way to stay active and stay connected.

New walkers are most welcome. Please share with your friends if you think they'd be keen to come along.

Every Thursday during term 3. Meets at the Resource Centre at 10am on Thursdays - gold coin donation. Walks vary in location.

COOKING

Fermenting made simple with Wild Earth Mother



Find out how easy it is to start fermenting foods in this practical cooking class with Narelle. Learn how to make sauerkraut, a delicious kimchi, wild fermented kombucha and lacto-fermented pickles. Take home your ferments as well as recipes to try at home.

Sat. 18th Sept, 10am to 1pm. \$120pp, includes a light lunch. BYO jars (1 large and 4 smaller jars)

Cheesemaking - labneh, ricotta, feta & halloumi



Cheesemaking is a simple skill that anyone can learn and these cheeses are ideal for trying at home.

Homemade halloumi is sure to impress the family and labneh is made from yoghurt - never throw out excess yoghurt again! A light lunch of spanakopita and baked camembert will be provided and taste test ricotta and halloumi once it is freshly made.

Saturday 21st Aug. 10am-1pm, \$120pp, includes light lunch. BYO 3 - 4 containers to take your cheeses home in, plus a cooler bag if the weather is warm.

GARDENING

Seed balls for bees

NEW

Seed balls are a fun, set and forget way to garden! We'll be making balls that are full of seeds to attract bees to the garden. They also make great gifts.

Monday 2nd August, 2pm - 3pm. FREE. *This workshop is supported by the Wellington Shire Council.*



Spring vegie gardening

Start planning and planting now for a bumper spring and summer harvest! In this hands-on workshop Caroline will show you how to sow seeds and take you through tips to set your vegie garden up from scratch. Take home some seeds to get your own garden growing!

Monday 23rd August, 11am - 12pm. \$5 per person.

INFORMATION SESSIONS FOR SUPPORT

Living at home for longer

Home is where the heart is. Stay there for longer.

Latrobe Community Health will be explaining how to access government funding to help you stay living at home for longer.

A chance to talk directly to staff and have your questions answered. Family members most welcome.

Light morning tea included.

Thursday 16th September, 10.30am - 11.30am.

MUSEUM TOUR



Have you visited the Heyfield & District Museum yet? Step back in time to discover the history of Heyfield and surrounds. Hear from museum volunteers as they give a talk on the museum then head to the Resource Centre for morning tea.

Thursday 26th August. 10am at the Museum, Temple St Heyfield. \$5 per person includes morning tea.

HEYFIELD KIDS HOUSE

Childcare available Monday to Friday 9am to 2pm.

Childcare subsidy available to eligible families.

Mobility Scooter safety session

Travellers Aid are coming to Heyfield to run a practical session to build skills and increase confidence on mobility scooters.

This will be valuable for new mobility scooter users as well as a chance for regular users to brush up on skills and safety regulations.

Wednesday 21st July, 10.30am - 12.30pm.

FIRST AID TRAINING

Level II First and inc. CPR

This course is the Certificate for the workplace and includes a CPR refresher in the morning session. First Aid should be updated every 3 years with CPR every year.

Friday 13th August, 9am - 4.30pm. \$160pp for full First Aid or \$80 for CPR update only.

Infant First Aid

Infant First Aid will cover a broad range of responses including CPR basics (non-accredited), convulsions, choking and burns plus time for a Q&A session at the end.

Perfect for parents new and old, family members or anyone who is around children.

Friday 6th August. 9am - 12.30pm, \$40 per person.

First Aid basics for children 12yrs - 18yrs

This session will be run for older children and will cover common accidents that children may have to deal with including:

- safe removal of motorcycle helmets
- falls from horses and applying splints to arms & legs
- burns, sprains and snakebites

Finish the session with a look in the Heyfield Branch Ambulance and meet some of our local paramedics.

Wednesday 11th August 5.30pm - 6.30pm, \$10 per child

NEW



**TAKE-AWAY
COMMUNITY LUNCH
EVERY WEDNESDAY
FROM 12PM.**



The Heyfield Community Resource Centre also offers

- Photocopying A4 and A3
- Mens Shed open Wednesday and Thursday 9am to 3pm
- Green Machine lawn mowing and gardening service.
- Cleaning service for basic home cleaning.
- Family History Group meets every Friday from 9.30am
- Publishes and prints the Heyfield News
- Centrelink Access Point with self-help desk and phone

Bookings essentials for all activities apart from weekly groups. We reserve the right to cancel classes due to low numbers.

GET OUT & ACTIVE!

MONDAY:

- **Walking Basketball.** Basketball Stadium, 12pm - 1pm. FREE
- **Tai Chi.** Heyfield Community Resource Centre: 2pm - 3pm. \$108 for 9 sessions.

TUESDAY:

- **Aging with Attitude Exercise.** Heyfield Hall: 9am - 10am. \$10 per class.
- **Circle Dance.** Memorial Hall, 2pm - 3pm. \$5 per person.

WEDNESDAY:

- **Happy Hookers Crochet.** Resource Centre: 7pm - 9pm. \$2 per class.

THURSDAY:

- **Yoga with Carol.** Memorial Hall: 9.00am - 10.30am. \$14 per class.
- **Hoofers Walking Group.** Meets 10am at the Resource Centre. \$2 per session.

FRIDAY:

- **Gentle Yoga** with Lynda. Memorial Hall. 10.30am - 11.45am. \$10 per class

If someone in your household holds a pensioner concession card or receives JobSeeker, Austudy, Abstudy or Youth Allowance, get in touch with us and we can help you apply for the \$250 Power Saving Bonus.

This is a one-off payment to help your family with the cost of living.