



## Book and pay online!

- Go to our website [www.sussexnh.org.au/activities](http://www.sussexnh.org.au/activities)
- Choose the activity
- Enter your details
- Pay by credit card
- ..... and you are done!



**Please note:** Payments are for full term. Partial term payments not accepted.

## CLASS CANCELLATIONS

If the minimum number of paid enrolments has not been received, a class may be cancelled 2 working days before the start date. Participants enrolled in a cancelled class will be notified and fully refunded.

## Prefer to pay by phone or in person?

- Pay over the phone with a credit card or drop into the office and pay via credit card/debit card or cash.
- Agencies can request an invoice.
- If you are having difficulty with payment please let us know.

## REFUNDS

Requests must be in writing. A full refund will be provided if you withdraw at least 7 days before the commencement date of the class. After commencement, a refund will only be considered where you provide special circumstances in writing. A refund fee of \$20 will be retained.

## MULTI CLASS DISCOUNT - New in 2022

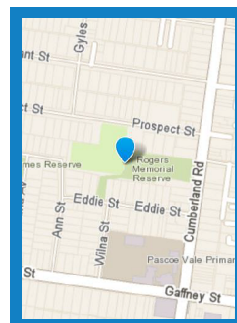
Take advantage of our 10% off the standard rate for 2 or more classes.

## BECOME A MEMBER in 2022

Do you feel aligned to the purpose and aims of the House? Show your support and become a Member!

The annual \$5 fee for Membership provides:

- voting rights at the AGM and free life membership after 10 years.
- 1 free trial session per term (subject to vacancies and excluding Floristry).



## WHERE ARE WE ?

7 Prospect St, Pascoe Vale  
Ph: 9354 2210

e: [enquiries@sussexnh.org.au](mailto:enquiries@sussexnh.org.au)  
[www.sussexnh.org.au](http://www.sussexnh.org.au)

## OFFICE HOURS

Monday to Friday 8.30am - 4.30pm

Sussex Neighbourhood House is committed to providing lifelong learning & social activities that are inclusive, accessible & sustainable for the local community.



# TERM 3 2022 WINTER GUIDE



## ENGLISH | TECHNOLOGY | JOB SKILLS

\* Eligibility criteria apply.  
Permanent residents

### ENGLISH FOR BEGINNERS (LEVEL 1) \*

The program assists learners in developing their English language skills for improved day to day interactions, community engagement and participation.

**THURSDAYS**  
**1:00PM - 3:30PM**  
**14 JULY-15 SEPT(10 SESSIONS)**  
**FREE\***

### CONTINUING ENGLISH (LEVEL 2) \*

Learn useful vocabulary and grammar to take your English to the next level. Level 2 is for learners looking to improve their English and for those who have completed Level 1.

**WEDNESDAYS**  
**1.00PM - 03:30PM**  
**13 JULY -14 SEPT(10 SESSIONS)**  
**FREE\***

### DIGITAL LITERACY FOR JOB SEEKERS (LEVEL3)\*

Learners will focus on improving their understanding of English language specifically focusing on digital literacy to assist their job seeking process.

**TUESDAYS & WEDNESDAYS**  
**9:30AM - 12:30PM**  
**19 JULY- 14 SEPT (9 SESSIONS)**  
**FREE\***

### SMARTPHONES, TABLETS AND COMPUTERS FOR ABSOLUTE BEGINNERS \*

This supportive foundation course is designed for people who are new to smart devices and technology. Classes will begin with the basics, guiding students through how to turn on and use computers, tablets and smartphones.

**MONDAYS**  
**9:30AM - 12:00PM**  
**11 JULY- 12 SEPT(10 SESSIONS)**  
**FREE\***

### DIGITAL SKILLS FOR THE MODERN WORKPLACE \*



Future-proof your resume by learning the digital tools and software necessary for the modern workplace. Students will be introduced to the Microsoft Office suite, as well as programs such as Canva and Eventbrite.

**MONDAYS**  
**12:30PM - 3:30PM**  
**11 JULY- 12 SEPT(10 SESSIONS)**  
**FREE\***

### ENGLISH LANGUAGE FOR OVER 60'S\*

English as an additional language for over 60's. Build confidence in everyday language by engaging in a social setting with a focus on improving your English language.

**FRIDAYS**  
**10AM - 12PM**  
**15 JULY-16 SEPT(10 SESSIONS)**  
**FREE\***

### NEW

### SEWING FOR ENTERPRISE\*

Practice sustainable sewing by utilising upcycled materials as you learn to repair, mend, and repurpose. Support sustainability for self, others and mother earth. With a focus on costume, couture, and the circular fashion industry, this course will cover basic sewing skills and enable you to work on your own designs with an entrepreneurial mindset.

**MONDAYS**  
**5PM-8.30PM**  
**15 AUG-19 SEP(6 SESSIONS)**  
**FEE: \$96/ CON:\$84**  
**(INTRO PRICE)**  
**(\$16- \$14 /SESSION)**

### INTRODUCTION TO YOUTH WORK AND COMMUNITY SERVICES \*

This course provides an overview of community, health and youth services, equipping learners with essential skills to pursue pathways into this sector.

**WEDNESDAYS**  
**10AM - 12:30PM**  
**13 JULY -14 SEPT(10 SESSIONS)**  
**\$60/\$50 CON\***





# TERM 3 2022 WINTER GUIDE



## CREATIVE ARTS

### DRAWING & WATERCOLOUR

With renowned artist, Ted Dansey, this class covers all the important principles and techniques of both drawing and watercolour. Ted Dansey encourages a 'learn as you go' style of painting. Learn to enjoy the medium and 'keep it simple' through demonstration and guidance from Ted.

**WEDNESDAYS 10AM - 12PM**  
**13 JULY-14 SEPT (10 SESSIONS)**  
**FEE: \$322/CON: \$280**  
**(\$32-28 / SESSION)**

### SMALL OBJECTS IN CLAY

Create and glaze unique small works of art with the fabulous Ursula - using hand-building techniques. Materials and firing included.

**TUESDAYS 6:30PM - 8:30PM**  
**19 JULY-6 SEPT(8 SESSIONS)**  
**FEE: \$202/CON: \$176**  
**(\$25-\$22 / SESSION)**

### CREATIVE WRITING

Get inspired with local author, Anna Fern. Spark your creativity in a supportive and friendly group. Suitable for new and emerging writers of fiction, non-fiction and poetry.

**FRIDAYS 10AM - 12PM**  
**29 JULY-16 SEP (8 SESSIONS)**  
**FEE: \$129/CON: \$112**  
**(\$16-\$14 / SESSION)**

### SEWING - MON DAYTIME & WED EVENING

Learn to sew in a friendly environment with our resident professional pattern & dress maker Jan Bowles. Suitable for beginners and those looking to expand on their skills. BYO sewing machine.

**WEDNESDAYS 7PM - 9PM**  
**20 JULY- 14 SEPT (9 SESSIONS)**  
**FEE: \$145/CON: \$126**  
**(\$16-14 / SESSION)**

**MONDAYS 9.30AM - 12PM**  
**18 JULY- 12 SEPT(9 SESSIONS)**  
**FEE: \$207/CON: \$180**  
**(\$23-\$20 / SESSION)**

### HOBBY FLORISTRY

The highly experienced florist, Cherie Roe, will guide you in the creation of floral arrangements for any occasion. Take home one piece per session. All foliage provided. BYO scissors and garden secateurs.

**THURSDAYS 10AM - 12PM**  
**21 JULY-15 SEPT (9 SESSIONS)**  
**FEE: \$414/CON: \$360**  
**(\$46-40 / SESSION)**

### KNITTING

Knitting classes with Christine Hill - Suitable for all knitting skill levels and those looking for guidance with their own project. Some materials provided to get you started.

**THURSDAYS 7PM - 9PM**  
**14 JULY-8 SEPT(9 SESSIONS)**  
**FEE: \$145/CON: \$126**  
**(\$16-14 / SESSION)**

## MUSIC

### SKYLARKS COMMUNITY CHOIR

Love to sing? Join our friendly and inclusive community choir led by the multi-talented Phil Hudson from Black Sheep Music.

**FRIDAYS 1PM - 2.30PM**  
**15 JULY-16 SEP (10 SESSIONS)**  
**FEE: \$100/CON:\$85**  
**(\$10-\$8.50 / SESSION)**

### UKULELE - BEGINNERS

Have you ever wanted to play the ukulele? Join this class for absolute beginners! Run by the multi-talented Phil Hudson, enjoy fun learning at your own pace and in a friendly, small group setting. BYO Ukulele.

**TUESDAYS 12PM - 1PM**  
**26 JULY-13 SEPT (8 SESSIONS)**  
**COST: \$110/CON: \$96**  
**(\$14-\$12 / SESSION)**

### UKULELE - INTERMEDIATE

Want to learn more ukulele? Join the multi-talented Phil Hudson and further your musical abilities in a small and friendly group setting! Learn new chords, tablature and strum patterns. Suitable for post beginners and intermediate levels. BYO Ukulele.

**TUESDAYS 10:30AM - 11:30AM**  
**26 JULY- 13 SEPT(8 SESSIONS)**  
**COST: \$110/CON: \$96**  
**(\$14-\$12 / SESSION)**



# TERM 3 2022 WINTER GUIDE



## HEALTH & WELLBEING

### YOGA MONDAY NIGHT

Hatha Vinyasa Yoga led by the passionate and experienced Simone Litchfield. Be guided with a flowing and mindful approach to asana (postures) & Pranayama (breath). This class fosters strength, flexibility and tranquillity. BYO mat.

**MONDAYS 7.30PM - 8.30PM**  
**11 JULY - 12 SEPT (10 SESSIONS)**  
**FEE: \$138/CON: \$120**  
**(\$14-\$12 / SESSION)**

### YOGA TUESDAY MORNING

Hatha Vinyasa Yoga led by the passionate and experienced Simone Litchfield. Be guided with a flowing and mindful approach to asana (postures) & Pranayama (breath). This class fosters strength, flexibility and tranquillity. BYO mat.

**TUESDAYS 9:30AM - 10:30AM**  
**12 JULY-13 SEPT (10 SESSIONS)**  
**FEE: \$138/CON: \$120**  
**(\$14-\$12 / SESSION)**

### YOGA MUMS & BUBS SESSION 1

With Simone, from 8 weeks postpartum, mothers can attend classes with their baby. Reconnect with your body, release tension, harness energy, and gently regain core strength. Includes baby massage & developmental play. BYO mat, pillow & throw rug.

**TUESDAYS 11AM - 12PM**  
**12 JULY-13 SEPT (10 SESSIONS)**  
**FEE: \$138/CON: \$120**  
**(\$14-\$12 / SESSION)**

### YOGA MUMS & BUBS SESSION 2

With Simone, from 8 weeks postpartum, mothers can attend classes with their baby. Reconnect with your body, release tension, harness energy, and gently regain core strength. Includes baby massage & developmental play. BYO mat, pillow & throw rug.

**TUESDAYS 12.30PM - 1.30PM**  
**12 JULY-13 SEPT (10 SESSIONS)**  
**FEE: \$138/CON: \$120**  
**(\$14-\$12 / SESSION)**

### YOGA THURSDAY NIGHT EARLY & LATE SESSIONS

Hatha Style Yoga with the inspirational Melisa - incorporates a balance of challenging and restorative physical positions, meditation, breathwork and guided relaxation

**THURSDAYS (10 SESSIONS)**  
**6:30- 7:30PM / 7:45PM- 8:45PM**  
**DATES: 14 JULY-15 SEPT**  
**FEE: \$138/CON: \$120**  
**(\$14-\$12 / SESSION)**

### ZUMBA WEDNESDAY EVENING

Zumba with Yulay - a fun and dynamic fitness program combining Latin dance moves and World rhythms - creating a total workout that encompasses all elements of fitness.

**WEDNESDAYS 7PM - 7:45PM**  
**13 JULY-14 SEPT (10 SESSIONS)**  
**FEE: \$115/CON: \$100**  
**(\$12-\$10 / SESSION)**

### TAI CHI BEGINNERS

Perfect for those who wish to learn the art of Tai Chi & improve their health through the use of gentle mind-body exercises. Beginner level class with our experienced Tai Chi instructor Averil.

**THURSDAYS 11AM - 12PM**  
**14 JULY - 15 SEPT (10 SESSIONS)**  
**FEE: \$138/CON: \$120**  
**(\$14-\$12 / SESSION)**

### TAI CHI FOR HEALTH

Post-beginner Tai Chi program with Averil, compassionately designed to improve balance, coordination & strength using simple mind-body exercises.

**THURSDAYS 9:30AM - 10:30AM**  
**14 JULY- 15 SEPT (10 SESSIONS)**  
**FEE: \$138/CON: \$120**  
**(\$14-\$12 / SESSION)**



# TERM 3 2022 WINTER GUIDE



## KIDS & YOUTH

### KIDS CREATE 7-12YRS

Stimulate the imagination & spark your kid's creativity with Tiffeny! Kids Create is a small creative expression group for those aged 7 to 12, where young, hopeful creatives are invited to explore a topic in artistic forms of their choice. All forms of creative expression welcome!

**MONDAYS 4:15PM - 5:45PM**  
**18 JULY-12 SEPT (9 SESSIONS)**  
**FEE: \$145/CON: \$126**  
**(\$16-\$14 / SESSION)**

### CLAY ART FOR KIDS 8-12YRS

With the fabulous Ursula, a hands-on experience for kids to have fun creating with clay. Learn how to make, decorate and glaze by creating a different project each week. Materials and firing included. For 8-12-year-olds.

**TUESDAYS 4:15PM - 5:15PM**  
**19 JULY-6 SEPT(8 SESSIONS)**  
**FEE: \$129/CON: \$112**  
**(\$16-\$14 / SESSION)**

### LITTLE ARTISTS 4-7YRS

Ignite kid's spark for creativity with Tiffeny! This fun arts program for 4-7 year old's fosters children's wellbeing and capacity to focus on a task by engaging the imagination.

**WEDNESDAYS**  
**4:15PM - 5:30PM**  
**20 JULY-14 SEPT (9 SESSIONS)**  
**FEE: \$155/CON: \$135**  
**(\$17-\$15 / SESSION)**

### SEWING FOR KIDS 10+YRS

Learn to sew by making small, fun projects. Join the inspirational Fiona Figliomeni and cover all the basics. Become confident in your sewing abilities. Aimed at beginners over 10 years old. BYO sewing machine – ask for the kit list.

**WEDNESDAYS**  
**4:30PM - 6:30PM**  
**20 JULY-14 SEPT (9 SESSIONS)**  
**FEE: \$145/CON: \$126**  
**(\$16-\$14 / SESSION)**

### SCALLYWAGS PLAYTIME PRESCHOOL

Facilitated by the enthusiastic Rose. Suitable for babies to pre-schoolers, Scallywags is a joyous playgroup that covers music, rhymes, dance and fun crafts during the term. A wonderful opportunity to meet other local families.

**MONDAYS 10:00AM - 12:00PM**  
**18 JULY-12 SEPT(9 SESSIONS)**  
**FEE: \$145/CON: \$126**  
**(\$16-\$14 / SESSION)**

### KEYBOARD LESSONS 7-12YRS

Fun music classes for 7-12 year old's. With our new and enthusiastic music teacher Cassie. Learn in a small group and at your own pace. BYO keyboard.

**TUESDAYS 4PM - 5PM**  
**19 JULY-13 SEPT (9 SESSIONS)**  
**FEE: \$145/CON: \$126**  
**(\$16-\$14 / SESSION)**

### HOMEWORK CLUB YEAR 7 - 12

A weekly online homework club for high school students. Tutoring is available in English, Maths, VCE Biology and VCE Psychology.

**FLEXIBLE ONLINE SESSIONS**  
**FREE**





# TERM 3 2022 WINTER GUIDE



## INCLUSIVE ARTS

All SNH programs are inclusive. The programs below are specifically designed to support adults and teens with additional needs. Subsidised by Moreland City Council.

### CREATIVE MOVEMENT & DANCE

Develop creative imagination through dance, music and drama in a friendly and supportive social context. A discount of 10% is applied if enrolled in both Creative Movement and Dance and Mixed Media

**MONDAYS 12.30PM - 2PM**  
**25 JULY-12 SEPT(8 SESSIONS)**  
**FEE: \$200**  
**(\$25 / SESSION)**

### MIXED MEDIA

An arts and crafts program using a variety of different mediums to explore creativity in a safe environment. All materials included. A discount of 10% is applied if enrolled in both Creative Movement and Dance and Mixed Media

**MONDAYS 2PM - 3.30PM**  
**25 JULY- 12 SEPT(8 SESSIONS)**  
**FEE: \$200**  
**(\$25 / SESSION)**

### CLAY ART FOR ADULTS

Create and glaze unique small works of art using hand building techniques. Materials and firing included.

**TUESDAYS 1PM - 3PM**  
**19 JULY- 6 SEPT (8 SESSIONS)**  
**FEE: \$320**  
**(\$40 / SESSION)**

## LANGUAGES

### SPANISH FOR ADULTS - BEGINNERS

A course for beginners, travellers and anyone seeking to improve their Spanish speaking skills in a group learning environment.

**THURSDAYS 6:30PM - 8PM**  
**21 JULY - 15 SEPT(9 SESSIONS)**  
**FEE: \$166/CON: \$144**  
**(\$18-\$16 / SESSION)**

### SPANISH FOR ADULTS - INTERMEDIATE

A course for those who want to improve and polish their Spanish language skills through conversation and group education.

**TUESDAYS 6:30PM - 8PM**  
**19 JULY - 13 SEPT (9 SESSIONS)**  
**FEE: \$166/CON: \$144**  
**(\$18-\$16 / SESSION)**

### ITALIAN FOR ADULTS

A course for beginners, travellers and anyone seeking to improve their Italian speaking skills. through conversation and group education.

**MONDAYS 6:30PM - 8PM**  
**18 JULY - 12 SEPT (9 SESSIONS)**  
**FEE: \$166/CON: \$144**  
**(\$18-\$16 / SESSION)**





# TERM 3 2022 WINTER GUIDE



## SOCIAL

### SCRABBLE CLUB

Calling lovers of words! Join our Scrabble Club for beginners and experienced players alike. Enjoy a game with local Scrabble lovers and share a cuppa.

**THURSDAYS 1PM - 3PM  
EVERY WEEK  
FEE: GOLD COIN**

### SUSSEX FAMILY HISTORY

An informal group for locals passionate about researching their family history. Sussex provides use of computers, a range of databases & source materials.

**FIRST FRIDAY OF THE MONTH  
1.30PM - 4.30PM  
STARTS 1 JULY  
FEE: GOLD COIN**

### BOOK CLUB

Do you enjoy reading and discussing books with others? Come and join our wonderful Book Club! With topical book choices, this monthly social group would love to hear your ideas. Books provided by Moreland City Council Libraries.

**THIRD MONDAY OF MONTH  
1PM - 3PM  
STARTS 18 JULY  
FEE: GOLD COIN**

### ART SPACE

A fantastic opportunity to get creative with company. Art Space is a creative social group where you can bring along your own art projects to work on and share them with like-minded locals over a cuppa.

**WEDNESDAYS 1PM - 3PM  
13 JULY - 14 SEPT (10 SESSIONS)  
FEE: GOLD COIN**

### MOVIE & MUSIC

Do you enjoy watching movies with other people? Come and join our monthly movie & music social group. Bring some snacks to share with a cuppa.

**LAST FRIDAY OF MONTH  
10.30AM-12.30PM  
STARTS 29 JULY  
FEE: GOLD COIN**

## SUPPORT

### SUSSEX AUTISM CARER SUPPORT GROUP

A supportive group for carers of children on the autism spectrum. We welcome parents and carers of children up to 18 years old. Monthly guest speakers with tea and coffee provided.  
No meetings during school holidays.

**1ST THURS OF THE MONTH  
10AM - 12PM  
STARTS 4 AUG  
FEE: GOLD COIN**



# TERM 3 2022 WINTER GUIDE



## SUSTAINABILITY

### CRAFT CIRCLE

For people looking to knit or crochet socially. Also, for keen quilters, patch-workers, lovers of embroidery or anything else the crafter in you desires.

**MONDAYS 1PM - 3PM**  
**EVERY WEEK**  
**FEE: GOLD COIN**

### MAKERS, MENDERS & BASKETRY

Interested in creating sustainably through recycling, making, mending, and basket weaving? A resourceful social group for the crafter in you. Enjoy creative sessions with like-minded locals and a cuppa. BYO project.

**MONDAYS 12PM - 3PM**  
**EVERY WEEK**  
**FEE: GOLD COIN**

### LEARN IT, MEND IT, MAKE IT

Be part of this enthusiastic and creative group that helps give unwanted items a new life. These sessions aim to provide a way to learn new skills, repurpose old and broken wares and mend items.

**4TH SUNDAY OF THE MONTH**  
**10AM - 4PM**  
**STARTS 24 JULY**  
**FEE: GOLD COIN**

## EVENTS & WORKSHOPS

### BABY MASSAGE

Through the introduction of baby massage, you can increase the bond between you and your baby. This will help you improve your understanding of your baby's needs (body signs), help their sleep and emotional support. You can learn the technique of how to massage the baby in a safe way.

**MONDAYS**  
**29 AUG - 12 SEP**  
**(3 SESSIONS)**  
**10 AM - 11 AM**  
**FEE: \$90 (\$30/SESSION)**

### SNH REPAIR CAFE

Throw it away? No way! Bring along your items in need of fixing or mending. Pascoe Vale Repair Café offers repairs of jewellery, clothing, bikes, toys, and more!

**1ST SUNDAY OF THE MONTH**  
**10 AM - 2 PM**  
**STARTS 3 JULY**  
**FEE: GOLD COIN**

### LET'S SHOOT - INTRODUCTION TO SCREEN AND MEDIA

Offering an overview of the skills and technologies used in screen and multimedia industries. Learn about editing, sound production and cinematography as well as pathways to further work or study. Short course, ideally for young people, but open to all ages.

**TUESDAYS**  
**4PM-6.30PM**  
**12 JULY-02 AUG(4 SESSIONS)**  
**FEE: \$60/\$50 CON**  
**FREE FOR AGES 15 - 25**