



## 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

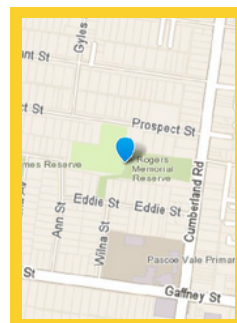
Take advantage of our 10% off the standard rate for 2 or more classes.

## 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).



## 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 4 2022 SPRING GUIDE



## ENGLISH | TECHNOLOGY | JOB SKILLS

\* Eligibility criteria apply.

### ENGLISH FOR BEGINNERS (LEVEL 1)

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

**FRIDAYS**  
**12PM - 2:30PM**  
**7 OCT - 9 DEC (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**  
**12 OCT - 14 DEC (10 SESSIONS)**  
**FREE\***

### HOW TO GET WORK IN AUSTRALIA

You will learn functional language phrases and real workplace scenarios. You will also increase your literacy skills through writing, reading, and class discussions to help you measure your understanding and practice of English.

**TUESDAYS & WEDNESDAYS**  
**9:30AM - 12:30PM**  
**11 OCT - 13 DEC (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**  
**3 OCT - 12 DEC (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**  
**3 OCT - 12 DEC (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**  
**7 OCT - 9 DEC (10 SESSIONS)**  
**FREE\***

### SEWING FOR ENTERPRISE

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

**MONDAYS**  
**5PM - 8:30PM**  
**10 OCT - 21 NOV (6 SESSIONS)**  
**FEE: \$96/CON: \$84**  
**(\$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**  
**5 OCT - 7 DEC (10 SESSIONS)**  
**\$60/\$50 CON\***



# TERM 4 2022 SPRING 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 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**  
**5 OCT - 7 DEC (10 SESSIONS)**  
**FEE: \$322/CON: \$280**  
**(\$32-28 / SESSION)**

### SMALL OBJECTS IN CLAY

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

**TUESDAYS 6:30PM - 8:30PM**  
**11 OCT - 6 DEC (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.

**SATURDAYS 10AM - 12PM**  
**15 OCT - 10 DEC (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.

**MONDAYS 9:30AM - 12PM | 10 OCT - 5 DEC (8 SESSIONS)**  
**FEE: \$184/CON: \$160 | (\$23-\$20 / SESSION)**

**WEDNESDAYS 7PM - 9PM | 12 OCT - 7 DEC (9 SESSIONS)**  
**FEE: \$129/CON: \$112 | (\$14-12 / 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**  
**13 OCT - 8 DEC (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**  
**6 OCT - 2 DEC (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**  
**7 OCT - 9 DEC (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**  
**11 OCT - 6 DEC (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**  
**11 OCT - 6 DEC (8 SESSIONS)**  
**COST: \$110/CON: \$96**  
**(\$14-\$12 / SESSION)**

# TERM 4 2022 SPRING 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**  
**3 OCT - 5 DEC (9 SESSIONS)**  
**FEE: \$124/CON: \$108**  
**(\$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**  
**4 OCT - 6 DEC (9 SESSIONS)**  
**FEE: \$124/CON: \$108**  
**(\$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**  
**4 OCT - 6 DEC (9 SESSIONS)**  
**FEE: \$124/CON: \$108**  
**(\$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**  
**4 OCT - 6 DEC (9 SESSIONS)**  
**FEE: \$124/CON: \$108**  
**(\$14-\$12 / SESSION)**

### YOGA THURSDAY NIGHT

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

**THURSDAYS 7PM - 8PM**  
**6 OCT - 8 DEC (10 SESSIONS)**  
**FEE: \$138/CON: \$120**  
**(\$14-\$12 / SESSION)**

### DANCE FITNESS - MONDAY

Dance your way into an energetic day with our Dance Fitness workout classes.

**MONDAYS 6:30PM - 7:15PM**  
**10 OCT - 5 DEC (8 SESSIONS)**  
**FEE: \$161/CON: \$140**  
**(\$20-\$18 / SESSION)**

### DANCE FITNESS - SATURDAY

Dance your way into an energetic day with our Dance Fitness workout classes.

**SATURDAYS 8AM - 8:45AM**  
**8 OCT - 10 DEC (9 SESSIONS)**  
**FEE: \$181/CON: \$158**  
**(\$20-\$18 / 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**  
**6 OCT - 8 DEC (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**  
**6 OCT - 8 DEC (10 SESSIONS)**  
**FEE: \$138/CON: \$120**  
**(\$14-\$12 / SESSION)**



# TERM 4 2022 SPRING 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**  
**10 OCT - 5 DEC (8 SESSIONS)**  
**FEE: \$129/CON: \$112**  
**(\$16-\$14 / SESSION)**

### STUDIO ART FOR TEENS

Fortnightly art-making workshops led by experts, with free weekly access to the studio space if you prefer to work on your own projects. VCE Art students welcome.

**DATES TBA**  
**FEE: TBA**

### LET'S DANCE - KIDS DANCE

Dance sessions for 7 to 12 year old, designed to learn moves, build confidence and meet new friends.

**MONDAYS 4:30PM - 5:15PM**  
**10 OCT - 5 DEC (8 SESSIONS)**  
**FEE: \$156/CON: \$136**  
**(\$20-\$17 / 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**  
**11 OCT - 6 DEC (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**  
**12 OCT - 7 DEC (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**  
**12 OCT - 7 DEC (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.

**MONDAY MORNINGS 10AM - 12PM**  
**10 OCT - 5 DEC (8 SESSIONS)**  
**FEE: \$129/CON: \$112 | (\$16-\$14 / SESSION)**  
**MONDAY AFTERNOONS 1PM - 2:30PM**  
**10 OCT - 5 DEC (8 SESSIONS)**  
**FEE: \$97/CON: \$84 | (\$12-\$11 / SESSION)**

### KEYBOARD LESSONS 7-12YRS

Music classes for kids aged 7-12. With our experienced and enthusiastic music teachers. Olivia on Mondays and Cassie on Tuesdays. Learn in a small group and at your own pace. BYO keyboard.

**MONDAYS 4:30PM - 5:30PM | 10 OCT - 5 DEC (8 SESSIONS)**  
**FEE: \$129/CON: \$112 | (\$16-\$14 / SESSION)**  
**TUESDAYS 4PM - 5PM | 11 OCT - 6 DEC (8 SESSIONS)**  
**FEE: \$129/CON: \$112 | (\$16-\$14 / SESSION)**

### HOMEWORK CLUB

A weekly online homework club for high school students. One-on-one tutoring is available in English, maths and other subjects, including at VCE level.

**TUESDAYS ONLINE 5PM**  
**VIA ZOOM**  
**FREE**

# TERM 4 2022 SPRING GUIDE



## INCLUSIVE ARTS

All SNH programs are inclusive. The programs below are specifically designed to support adults with disabilities. 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**  
**10 OCT - 12 DEC (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**  
**10 OCT - 12 DEC (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**  
**11 OCT - 6 DEC (8 SESSIONS)**  
**FEE: \$320**  
**(\$40 / SESSION)**

## LANGUAGES

### SPANISH FOR ADULTS - BEGINNERS LEVEL 1 & 2

**Level 1:** A course for absolute beginners.

**Level 2:** A course for beginners, travellers and anyone seeking to improve their Spanish speaking skills in a group learning environment.

**THURSDAYS (L1) | 6PM - 7:15PM**  
**13 OCT - 8 DEC (9 SESSIONS)**  
**FEE: \$145/CON: \$126 | (\$16-\$14 / SESSION)**

**THURSDAYS (L2) | 7:30PM - 9PM**  
**13 OCT - 8 DEC (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**  
**11 OCT - 6 DEC (8 SESSIONS)**  
**FEE: \$147/CON: \$128**  
**(\$18-\$16 / SESSION)**

### SPANISH FOR ADULTS - ADVANCED

A course for those who want to fine tune their Spanish Language skills.

**MONDAYS 6:30PM - 8PM**  
**10 OCT - 5 DEC (8 SESSIONS)**  
**FEE: \$147/CON: \$128**  
**(\$18-\$16 / SESSION)**

# TERM 4 2022 SPRING GUIDE



## SOCIAL

### SCRABBLE CLUB

Calling on 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.

**1ST FRIDAY OF THE MONTH**  
**1:30PM - 4:30PM**  
**STARTS 7 OCT**  
**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.

**3RD MONDAY OF MONTH**  
**1PM - 3PM**  
**STARTS 17 OCT**  
**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**  
**5 OCT - 7 DEC (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**  
**12 NOON**  
**STARTS 30 SEPT**  
**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 THURSDAY OF THE MONTH**  
**10AM - 12PM**  
**STARTS 6 OCT**  
**FEE: GOLD COIN**



# TERM 4 2022 SPRING 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 23 OCT**  
**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 10AM - 11AM**  
**10 OCT - 24 OCT (3 SESSIONS)**  
**FEE: \$90 (\$30 / SESSION)**

### SNH REPAIR CAFE

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

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

### INTRODUCTION TO FILMMAKING AND ANIMATION

One-day short course - an overview of the skills and technologies used in screen and multimedia industries. Learn about industry-standard film editing software and programs for creating 3D animation. Short course, ideal for young people, but open to all ages.

**SATURDAY 29 OCTOBER**  
**12PM - 4:30PM**  
**FEE: \$60/CON: \$50**  
**FREE FOR AGES 15 - 25**

### LET'S SHOOT - PRACTICAL FILMMAKING (WITH RMIT)



Open to anyone 19 years or older, this two part workshop will introduce you to filmmaking and production theory onsite at SNH before heading to the RMIT media precinct to put your knowledge into practice, using real cameras, sound and lighting equipment, and exploring 3D animated spaces.

**NOVEMBER, DATES TBA**  
**2 DAY WORKSHOP**  
**FREE**  
**AGES 19+**