

TERM 2 2023 AUTUMN GUIDE



03 9354 2210

7 Prospect St, Pascoe Vale



enquiries@sussexnh.org.au

www.sussexnh.org.au



Book and pay online!

- Go to our website
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.



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.

Your assistance in helping to keep the costs of
the classes as low as possible is appreciated.

Classes are confirmed once the number of
enrolments required to cover the cost of running
the class is achieved.

CLASS CANCELLATIONS

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

REFUNDS

Enrolments will be for the full term and there
will no refunds for change of mind or swapping
classes.

A full refund will be provided if you withdraw at
least 7 days before the commencement date of
the class.

After commencement, refunds will only be
considered in special circumstances.

Refund requests must be in writing and a
refund fee of \$20 will be retained.

MULTI-BOOKING DISCOUNT

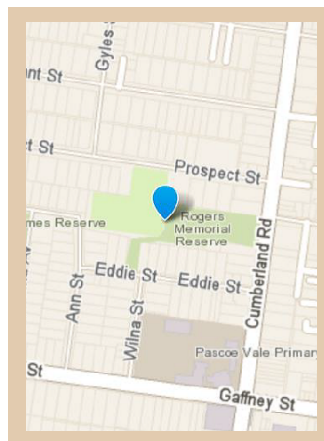
Take advantage of our 10% off the standard rate for 2 or
more classes.

BECOME A MEMBER in 2023

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

The annual \$6 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: 03 9354 2210
e: enquiries@sussexnh.org.au
www.sussexnh.org.au

OFFICE HOURS

Monday to Friday
8:30am - 4:30pm



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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
12:30PM - 2:30PM
5 MAY - 23 JUNE (8 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.

TUESDAYS
12:30PM - 2:30PM
2 MAY - 20 JUNE (8 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
5 MAY - 23 JUNE (8 SESSIONS)
FREE*

DIGITAL SKILLS FOR EVERYDAY LIFE

Computer and digital skills are vital for everyday life and can strengthen your career opportunities, relationships with people, and access to resources. This course will empower you to carry out actions such as emailing, online shopping, and social media use on all IT devices.

MONDAYS
11:30AM - 1:30PM
1 MAY - 19 JUNE (7 SESSIONS)
FREE*

SMARTPHONES FOR ABSOLUTE BEGINNERS

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

THURSDAYS
1PM - 3:30PM
4 MAY - 22 JUNE (8 SESSIONS)
FREE*

COMPUTERS FOR ABSOLUTE BEGINNERS

This supportive foundation course is designed for people who are new to computers. Classes will begin with the basics, guiding students through how to turn on and use computers to assist with everyday living.

MONDAYS
1PM - 3:30PM
1 MAY - 19 JUNE (7 SESSIONS)
FREE*

SEWING FOR BEGINNERS

Learn to sew in a friendly environment with our resident professional pattern & dress maker, Jan Bowles. Suitable for all skill levels. Some materials and machine supplied, or bring your own if you prefer.

MONDAYS 9:30AM - 12PM
1 MAY - 19 JUNE (7 SESSIONS)
FEE: \$88/CON: \$75
(\$13-\$11 / 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.

FRIDAYS 12.30 - 2.30PM
5 MAY - 23 JUNE (8 SESSIONS)
FREE*

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CREATIVE ARTS, LANGUAGE & MUSIC

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
2 MAY - 20 JUNE (8 SESSIONS)
FEE: \$239/CON: \$208
(\$30-\$26 / 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
27 APR - 22 JUNE (9 SESSIONS)
FEE: \$155/CON: \$135
(\$17-\$15 / SESSION)

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
26 APR - 21 JUNE (9 SESSIONS)
FEE: \$331/CON: \$288
(\$37-\$32 / SESSION)

SKYLARKS COMMUNITY CHOIR

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

THURSDAYS 12PM - 1:30PM
27 APR - 22 JUNE (9 SESSIONS)
FEE: \$104/CON: \$90
(\$12-\$10 / 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
2 MAY - 20 JUNE (8 SESSIONS)
FEE: \$120/CON: \$104
(\$15-\$13 / 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
2 MAY - 20 JUNE (8 SESSIONS)
FEE: \$120/CON: \$104
(\$15-\$13 / SESSION)

SPANISH FOR ADULTS - BEGINNERS LEVEL 1

A course for absolute beginners, travellers and anyone seeking to learn Spanish in a group learning environment.

WEDNESDAYS 6:30PM - 8PM
4 MAY - 22 JUNE (8 SESSIONS)
FEE: \$166/CON: \$144
(\$21-\$18 / SESSION)

SPANISH FOR ADULTS - BEGINNERS LEVEL 2

A course for those who have a base level of Spanish and would like to continue learn and improve their Spanish speaking skills in a group learning environment.

MONDAYS 6:30PM - 8PM
1 MAY - 19 JUNE (8 SESSIONS)
FEE: \$166/CON: \$144
(\$21-\$18 / SESSION)

SPANISH FOR ADULTS - INTERMEDIATE

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

TUESDAYS 6:30PM - 8PM
2 MAY - 20 JUNE (8 SESSIONS)
FEE: \$166/CON: \$144
(\$21-\$18 / SESSION)

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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
1 MAY - 19 JUNE (7 SESSIONS)
FEE: \$113/CON: \$98
(\$16-\$14 / 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
2 MAY - 20 JUNE (8 SESSIONS)
FEE: \$129/CON: \$112
(\$16-\$14 / SESSION)

YOGA MUMS & BUBS

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
2 MAY - 20 JUNE (8 SESSIONS)
FEE: \$129/CON: \$112
(\$16-\$14 / SESSION)

YOGA THURSDAY NIGHT

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

THURSDAYS 7PM - 8PM
27 APR - 22 JUNE (9 SESSIONS)
FEE: \$145/CON: \$126
(\$16-\$14 / SESSION)

DANCE FITNESS - MONDAY

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

MONDAYS 6:30PM - 7:15PM
1 MAY - 19 JUNE (7 SESSIONS)
FEE: \$153/CON: \$133
(\$22-\$19 / 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
27 APR - 22 JUNE (9 SESSIONS)
FEE: \$135/CON: \$117
(\$15-\$13 / 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
27 APR - 22 JUNE (9 SESSIONS)
FEE: \$135/CON: \$117
(\$15-\$13 / SESSION)

KIDS & PRE-SCHOOLERS

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
1 MAY - 19 JUNE (7 SESSIONS)
FEE: \$153/CON: \$133
(\$22-\$19 / 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 | 1 MAY - 19 JUNE
(7 SESSIONS)
FEE: \$121/CON: \$105 | (\$17-\$15 / SESSION)
TUESDAYS 4PM - 5PM | 2 MAY - 20 JUNE
(8 SESSIONS)
FEE: \$138/CON: \$120 | (\$17-\$15 / SESSION)

CHESS CLUB

A fun and educational club for learning, improving, and practicing your chess, all taught by a skilled chess teacher. Ages 7+

TUESDAYS 3:30PM - 5PM
FORTNIGHTLY
2 MAY - 27 JUNE (5 SESSIONS)
FEE: \$30

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
2 MAY - 20 JUNE (8 SESSIONS)
FEE: \$156/CON: \$136
(\$20-\$17 / 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
3 MAY - 21 JUNE (8 SESSIONS)
FEE: \$166/CON: \$144
(\$21-\$18 / 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
3 MAY - 21 JUNE (8 SESSIONS)
FEE: \$175/CON: \$152
(\$22-\$19 / SESSION)

SCALLYWAGS PLAYTIME PRESCHOOL

Facilitated by the enthusiastic Rose and 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.

THURSDAY MORNINGS 10AM - 12PM
27 APR - 22 JUNE (9 SESSIONS)
FEE: \$186/CON: \$162 | (\$21-\$18 / SESSION)

FRIDAY MORNINGS 10AM - 12PM
28 APR - 23 JUNE (9 SESSIONS)
FEE: \$186/CON: \$162 | (\$21-\$18 / SESSION)

FRIDAY AFTERNOONS 1PM - 2:30PM
28 APR - 23 JUNE (9 SESSIONS)
FEE: \$155/CON: \$135 | (\$17-\$15 / SESSION)

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YOUTH

YOUTH ARTSPACE

Start, renew or fulfil your passion for art learning new alternate skills in an open studio space. A great opportunity to build on your VCE portfolio or to increase your artistic awareness.

THURSDAYS 4:30PM - 6:30PM
4 MAY - 22 JUN (8 SESSIONS)
FEE: \$80

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

LET'S ANIMATE: INTRO TO 3D MODELLING

Learn how to use 3D animation software to create your own computer generated graphics in this course. Ages 13 to 25.

MONDAYS 4:30PM - 6PM
15 MAY - 29 MAY (3 SESSIONS)
FEE: \$30

HOME EDUCATORS SOCIAL GROUP

Social get-together for teens who are home educated to connect and make friends over video games. Parents can get to know each other over a cup of tea or coffee.

THURSDAYS 12:30PM - 3PM
4 MAY - 22 JUN (8 SESSIONS)
FEE: \$25

INCLUSIVE ARTS

All SNH programs are inclusive. The programs below are specifically designed to support adults with disabilities.
Subsidised by Merri-bek 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
1 MAY - 19 JUNE (7 SESSIONS)
FEE: \$175
(\$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
1 MAY - 19 JUNE (7 SESSIONS)
FEE: \$175
(\$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
2 MAY - 20 JUNE (8 SESSIONS)
FEE: \$320
(\$40 / SESSION)



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SOCIAL

BOARD GAMES CLUB

A mid-week board game break! Suitable for everyone from beginners to experienced players. Enjoy Scrabble and a variety of other board games with locals and share a cuppa together.

THURSDAYS 1PM - 3PM
WEEKLY FROM 16 FEB
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 SATURDAY OF THE MONTH
1:30PM - 4:30PM
STARTS 4 FEB
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 Merri-bek City Council Libraries.

3RD MONDAY OF MONTH
1PM - 3PM
STARTS 16 JAN
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 (9 SESSIONS)
26 APR - 21 JUNE
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 24 FEB
FEE: GOLD COIN

CHATTY CAFÉ

The aim of Chatty Café Australia is to help connect communities and increase social interactions by getting people chatting - everyone is welcome! Look for the yellow table in the hub and let The Art of Conversation cards get you started.

FRIDAYS
10AM - 12PM
STARTS 28 APRIL
FREE



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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
WEEKLY FROM 16 JAN
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 10:30AM - 1:30PM
WEEKLY FROM 6 FEB
FEE: GOLD COIN

SNH REPAIR CAFÉ

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 - 1PM
NEXT: 2 APRIL
FEE: GOLD COIN

PASCOE VALE FOOD COLLECTIVE DISTRIBUTION DAY

Low waste. Bulk buying for residents of Pascoe Vale and surrounding suburbs. Grocery and cleaning products sourced in bulk and provided for distribution to members and visitors on a monthly distribution day. A variety of membership options are available.

2ND SATURDAY OF THE MONTH
9:30AM - 11:30PM

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
22 MAY - 5 JUNE (3 SESSIONS)
FEE: \$90 (\$30 / SESSION)

VIDEO GAMES CLUB

A social and friendly environment to make new friends and enjoy a variety of games on PC, Xbox and Nintendo Switch. Ages 7+

SATURDAY 3:30PM - 5:30PM
23 MAY
FEE: \$15

FIRST AID LEVEL 2 & CPR TRAINING

Ideal for parents, volunteers of clubs and organisations and school canteens, and those applying for jobs. Certificate Course - Funded by Merri-bek City Council and run by Vic First Aid.

SATURDAY 20 MAY
10AM - 4PM

FIRST AID LVL 2:
CONC/VOLUNTEER: \$90
FEE: \$175

CPR ONLY:
CONC/VOLUNTEER: \$50
FEE: \$90



COMMUNITY PARTNERS

DARE DRAMA

DARE Drama's weekly acting classes combine mindfulness and improvisation to build resilience in our students by equipping them with the tools and strategies to be happier, kinder, more active participants in life. Classes from pre-schoolers to adults.

CONTACT:
hello@daredrama.com.au

TUESDAYS 3:30PM - 8:30PM
RUNNING DURING THE TERMS @ SUSSEX



OCTEC EMPLOYMENT SERVICE

OCTEC is a leader in assisting people and their communities to provide early pathways to employment, and to help individuals adjust to changing employment conditions. To do this, much of the focus of OCTEC programs is on vocational education and training, disability support and employment services. A key to the success achieved by OCTEC has been tailoring training and support to individual needs and local circumstances.

CONTACT:
03 9101 5923

MONDAY TO FRIDAY 9AM - 5PM
@ SUSSEX, 7 PROSPECT ST PASCOE VALE



BE CONNECTED - DIGITAL ASSISTANCE

Be Connected is an Australian government initiative committed to building the confidence, digital skills and online safety of older Australians. Whether you want to pick up new skills or dive into a new topic, you can access free learning resources online or join Sussex for FREE computer classes or one-on-one tutoring.

Call 9354 2210 to book a time with us.

MONDAY TO FRIDAY
BOOKING TIMES FROM 9AM - 3:30PM



Be Connected
Every Australian online.

**Network
Partner**

POWER SAVING BONUS

Sussex is an official community outreach provider for the State Government's \$250 Power Saving Bonus, open for another round as of March 24th. Applications are made online. If you do not have access to the internet, or are uncomfortable using technology, Sussex is here to help you get your \$250.

Call 9354 2210 to book a time with us.

MONDAY TO FRIDAY
BOOKING TIMES FROM 9AM - 4PM



VICTORIAN SICK PAY GUARANTEE

The Victorian Sick Pay Guarantee is providing sick pay to eligible casual and contract workers – and Sussex Neighbourhood House can help you access it. If you know someone in your community who needs help to sign up or claim online, please let them know that we can make the process easy.

Call 9354 2210 to book a time with us.

MONDAY TO FRIDAY
BOOKING TIMES FROM 9AM - 3:30PM

