



Sussex
Neighbourhood
House



Merri-bek
City Council

TERM 3 2024 WINTER GUIDE

Enrolments for Term 4 open to public 19th September



03 9354 2210



enquiries@sussexnh.org.au

7 Prospect St, Pascoe Vale



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

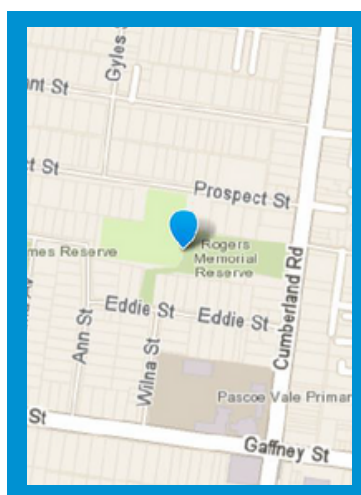
Take advantage of our 10% off the standard rate
for 2 or more classes.

BECOME A MEMBER in 2024

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

The annual \$7 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



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
9:15AM - 11:15AM
26 JULY - 20 SEP (9 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
12:30PM - 2:30PM
24 JULY - 18 SEP (9 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
26 JULY - 20 SEP (9 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.

TUESDAYS
9AM - 11AM
23 JULY - 17 SEP (9 SESSIONS)
FREE*

UNDERSTANDING SMARTPHONES

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
25 JULY - 19 SEP (9 SESSIONS)
FREE*

INTRODUCTION TO MICROSOFT OFFICE



This course is designed for people who have a very basic knowledge of computers and want to learn or advance their skills in Microsoft programs such as Word, PowerPoint, and Excel.

WEDNESDAYS
9:30AM - 12PM
24 JULY - 18 SEP (9 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
22 JULY - 16 SEP (9 SESSIONS)
FEE: \$95/CON: \$85

INTRODUCTION TO PERMACULTURE & GARDEN DESIGN

Unearth the art of sustainable gardening with Leila Alexandra at our new program! This course dives into practical skills prioritising food and medicinal plants. Cultivate a biodiverse, food-rich community garden - let's grow sustainably together!

WEDNESDAYS
10AM - 12PM
24 JULY - 18 SEP (9 SESSIONS)
FREE*

ENGLISH IN THE DIGITAL AGE: UNDERSTANDING LANGUAGE & TECH

Through interactive lessons and hands-on activities, participants will learn to communicate effectively in English across various digital platforms. From harnessing the power of technology to enrich their daily lives. From understanding online communication to utilising digital tools for productivity and learning.

FRIDAYS
12PM - 2PM
26 JULY - 20 SEP (9 SESSIONS)
FREE*

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CREATIVE ARTS, LANGUAGE & MUSIC

SMALL OBJECTS IN CLAY

Create and glaze unique small works of art with our new and experienced clay tutor - using hand-building techniques. Materials and firing included.

TUESDAYS 6:30PM - 8:30PM
23 JUL - 17 SEP (9 SESSIONS)
FEE: \$306/CON: \$275
(\$34-\$31 / 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.

TUESDAYS 6:30PM - 8:30PM
23 JUL - 17 SEP (9 SESSIONS)
FEE: \$171/CON: \$154
(\$19-\$17 / SESSION)

THURSDAYS 7PM - 9PM
25 JUL - 19 SEP (9 SESSIONS)
FEE: \$171/CON: \$154
(\$19-\$17 / 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
24 JUL - 18 SEP (9 SESSIONS)
FEE: \$324/CON: \$292
(\$36-\$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
18 JUL - 19 SEP (10 SESSIONS)
FEE: \$111/CON: \$100
(\$11-\$10 / SESSION)

UKULELE FOR ADULTS

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.

THURSDAYS 10:30AM - 11:30AM
25 JUL - 19 SEP (9 SESSIONS)
FEE: \$153/CON: \$138
(\$17-\$15 / SESSION)

SPANISH - BEGINNERS

A class for beginners and those with basic Spanish language. Continue to learn and improve Spanish speaking skills in a group learning environment.

MONDAYS 6:30PM - 8PM
22 JUL - 16 SEP (9 SESSIONS)
FEE: \$207/CON: \$186
(\$23-\$21 / SESSION)

SPANISH - 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
16 JUL - 17 SEP (9 SESSIONS)
FEE: \$230/CON: \$207
(\$23-\$21 / 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
15 JUL - 16 SEPT (10 SESSIONS)
FEE: \$180/CON: \$162
(\$18-\$16 / 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
16 JUL - 17 SEPT (10 SESSIONS)
FEE: \$180/CON: \$162
(\$18-\$16 / SESSION)

YOGA WEDNESDAY NIGHT

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

WEDNESDAYS 7PM - 8PM
17 JUL - 18 SEPT (10 SESSIONS)
FEE: \$180/CON: \$162
(\$18-\$16 / SESSION)

CHAIR YOGA WITH SIMONE

Chair Yoga with Simone - find your mobility in a way that is soft and gentle but also supportive and beneficial. This class invites awareness and integrity into the body and activate the muscles that help you find length up through the spine for better posture and energy flow.

TUESDAYS 11AM - 12PM
16 JUL - 17 SEPT (10 SESSIONS)
FEE: \$123/CON: \$110
(\$12-\$11 / SESSION)
INTRO PRICE

TUESDAYS 12:15PM - 1:15PM
16 JUL - 17 SEPT (10 SESSIONS)
FEE: \$123/CON: \$110
(\$12-\$11 / SESSION)
INTRO PRICE

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
18 JUL - 19 SEPT (10 SESSIONS)
FEE: \$160/CON: \$144
(\$16-\$14 / SESSION)

TAI CHI INTERMEDIATE

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

THURSDAYS 9:30AM - 10:30AM
18 JUL - 19 SEPT (10 SESSIONS)
FEE: \$160/CON: \$144
(\$16-\$14 / SESSION)

SUPPORTIVE TAI CHI

A new safe program designed for people with chronic health conditions, or people recovering from surgery or trauma. Participants can either stand, be seated or be in a wheelchair for this program.

THURSDAYS 1PM - 2PM
18 JUL - 19 SEPT (10 SESSIONS)
FEE: \$111/CON: \$100
(\$11-\$10 / SESSION)
INTRO PRICE

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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
22 JUL - 16 SEPT (9 SESSIONS)
FEE: \$207/CON: \$186
(\$23-\$21 / SESSION)

KEYBOARD LESSONS 7-12YRS

Music classes for kids aged 7-12. With our experienced music teacher, learn in a small group and at your own pace.
BYO keyboard.

MONDAYS (SESSION 1) 4:30PM - 5:20PM
22 JUL - 16 SEPT (9 SESSIONS)
FEE: \$180/CON: \$162 | (\$20-\$18 / SESSION)

MONDAYS (SESSION 2) 5.30PM - 6.20PM
22 JUL - 16 SEPT (9 SESSIONS)
FEE: \$180/CON: \$162 | (\$20-\$18 / SESSION)

CLAY ART FOR KIDS 8-12YRS

With our new and experienced clay art teacher, enjoy this hands-on opportunity 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 5PM - 6PM
23 JUL - 17 SEPT (9 SESSIONS)
FEE: \$216/CON: \$194
(\$24-\$22 / SESSION)

LITTLE ARTISTS 4-7YRS

Ignite kid's spark for creativity with Michelle! 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
24 JUL - 18 SEPT (9 SESSIONS)
FEE: \$207/CON: \$186
(\$23-\$21 / 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
18 JUL - 19 SEPT (10 SESSIONS)
FEE: \$250/CON: \$225 | (\$25-\$23 / SESSION)

THURSDAY AFTERNOONS 1PM - 2:30PM
18 JUL - 19 SEPT (10 SESSIONS)
FEE: \$190/CON: \$171 | (\$19-\$17 / SESSION)

FRIDAY MORNINGS 10AM - 12PM
19 JUL - 20 SEPT (10 SESSIONS)
FEE: \$250/CON: \$225 | (\$25-\$23 / SESSION)

SCALLYWAGS FOR BUBS

Are you a parent or caregiver seeking a peaceful haven to connect with your baby and other like-minded caregivers? Join Scallywags for Bubs, designed for babies under 2 years. A term filled with the joy of music, rhymes, and mat time activities. Facilitated by the lovely Rose, it's the perfect chance to connect with serene moments for your little one and connect with other local families.

WEDNESDAYS
1:30PM - 3PM
17 JUL - 18 SEPT (10 SESSIONS)
FEE: \$190/CON: \$171
(\$19-\$17 / SESSION)

NEW

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YOUTH

CODE CLUB

A community-led computer club for kids aged 9-13 and their carers to collaborate on coding, animation and computer design projects.

MONDAYS 5PM - 6:15PM
15 JUL - 19 SEPT (10 SESSIONS)
FEE: \$20
(\$2 / 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. Places are limited and subject to availability of tutors

THURSDAYS 7PM - 9PM
ONLINE VIA ZOOM
18 JUL - 19 SEPT

LET'S ANIMATE: INTRO TO 3D ANIMATION

Learn how to use 3D animation software to create your own computer generated graphics in this course. Ages 11 to 25.

TUESDAYS 5:15PM - 6:15PM
23 JUL - 17 SEPT (9 SESSIONS)
FEE: \$45
(\$5 / SESSION)

CHESS CLUB

A fun and educational club for learning, improving, and practicing your chess, all taught by a skilled chess teacher. Ages 12+

TUESDAYS 4PM - 5PM
23 JUL - 17 SEPT (9 SESSIONS)
FEE: \$45
(\$5 / SESSION)

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. For ages 12-18

WEDNESDAYS 6PM - 8PM
17 JUL - 18 SEPT (10 SESSIONS)
FEE: \$100/CONC: \$50
(\$10-\$5 / SESSION)



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SOCIAL

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
NEXT: 6 JUL, 3 AUG, 7 SEPT
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
NEXT: 15 JUL, 19 AUG, 16 SEPT
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
NEXT: 17 JULY
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. Board games also available.

FRIDAYS
10AM - 12PM
NEXT: 19 JULY
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
NEXT: 15 APRIL
FEE: GOLD COIN

MAKERS, MENDERS & BASKETRY

Interested in creating 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
NEXT: 15 APRIL
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 small furniture, electronics, clothing, bikes, toys, and more!

1ST SUNDAY OF THE MONTH
10AM - 1PM
NEXT: 7 JULY, 4 AUG, 1 SEPT

PAY AS YOU FEEL DONATION

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.

**@ the Pascoe Vale Senior Citizens Centre - 20 Norton St,
Pascoe Vale (Opposite James Reserve)**

**2ND SATURDAY OF THE
MONTH**
9:30AM - 11:30PM
**NEXT: 13 JULY,
10 AUG, 14 SEPT**



INCLUSIVE ARTS

All SNH programs are inclusive.
The programs below are specifically designed to support adults with disabilities.

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
22 JUL - 16 SEPT (9 SESSIONS)
FEE: \$315 | MULTI: \$284
(\$35 / 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
22 JUL - 16 SEPT (9 SESSIONS)
FEE: \$315 | MULTI: \$284
(\$35 / SESSION)

CLAY ART FOR ADULTS

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

TUESDAYS 1PM - 3PM
23 JUL - 17 SEPT (9 SESSIONS)
FEE: \$450 | (\$50 / SESSION)

THURSDAYS 1PM - 3PM
25 JUL - 19 SEPT (9 SESSIONS)
FEE: \$450 | (\$50 / SESSION)

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



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



Australian Government

Be Connected

Every Australian online.

Network
Partner

MERRI-BEK TOY LIBRARY

Toy libraries are a place for you to regularly borrow toys, puzzles and games in your local community. Save money and the environment while adding to your kids' development and education! Branches in Merri-bek:

Pascoe Vale Neighbourhood Facility:
7 Prospect St, Pascoe Vale
Mondays 10am to 12pm
Saturday 9:30am to 12pm

BRUNSWICK WEST SCOUT HALL
14A Jolley Street, Brunswick West
Fridays 9:30AM to 11:30AM
Saturdays 9:30AM to 12PM



MERRI COMMUNITY SHED

Community Sheds play an important role in the prevention of social isolation and the promotion of positive health and wellbeing, as well as enabling people to positively (re)connect with their community.

Follow the Merri Community Shed on
Facebook to stay updated

EVERY SUNDAY
9AM TO 1PM
EVERYONE WELCOME!



JESUIT SOCIAL SERVICES - ECOLOGICAL JUSTICE HUB

We partner with the Jesuit Social Society and their Ecological Justice Hub in Brunswick to deliver lids collected through the Lids4Kids initiative. JSS have the technology at the Hub to melt down the lids and repurpose them into practical products which then go back to the community, saving landfill from thousands of bottle lids that commercial recycling plants cannot recycle. **SNH houses a small portion of the Hub's recycled products**, where all proceeds go back to the Jesuit Social Services so they can continue their sustainability programs and expand their recycling capabilities.

Find out more
jss.org.au



RECYCLE @ SUSSEX

AUSSIE BREADTAGS FOR WHEELCHAIRS

We collect plastic bread tags that are then sent to be recycled locally. This project raises funds to buy wheelchairs for disadvantaged people, mainly in South Africa.

Learn More:
ozbreadtagsforwheelchairs.org.au



LIDS4KIDS

Lids4Kids rescues plastic bottle lids from landfill and recycles them to protect our environment for future generations and wildlife.

Learn More:
www.lids4kids.org.au



COFFEE POD COLLECTION POINT

Your aluminium capsules are collected at our reception, then sent to a local specialist recycling plant to separate the coffee from the aluminium so they can both go on to live a second life.

Learn More:
www.nespresso.com/pro/au/en/our-choices



PROJECT PAIR UP

Project Pair Up collects mismatching containers and lids from the community and pairs them up so they can be given back or donated. You can find a collection box at reception.

Learn More:
www.facebook.com/ProjectPairUp



PACKSHARE BAG COLLECTION

Project Pair Up has partnered with Packshare in collecting supermarket shopping bags to reuse for giving away food without having to buy new bags.



RECYCLE4CHANGE

Recycle4Change (R4C) collects containers through the Victorian Container Deposit Scheme. A yellow collection bin will be outside our front door during business hours for you to donate eligible containers. Half of the 10c refund will go to R4C and half to SNH.

Learn More:
www.recycle4change.com.au



GLEEGIVERS

A not-for-profit that works to refurbish devices and pass them on to those without access to technology, allowing them to connect and reducing e-waste at the same time.

GleeGivers is looking for **Windows Laptops 2015 or newer, MacBook Pro/Air 2013 or newer, & iMac 2019 or newer.**

Learn More:
gleegiver.au

