



Share, Learn, Enjoy, Grow

SUSSEX NEIGHBOURHOOD HOUSE

PROGRAM GUIDE

Term 1

JANUARY - APRIL 2025

Bookings for Term 2 open 31st March 2025



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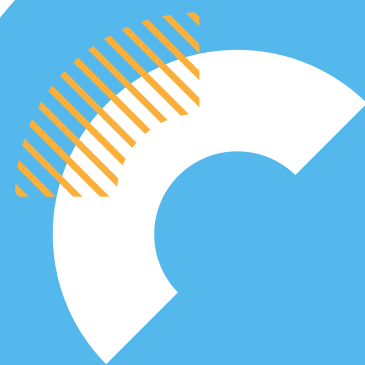
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**Sussex
Neighbourhood
House**

 7 Prospect St,
Pascoe Vale, 3044

 9354 2210

 sussexnh.org.au

 enquiries@sussexnh.org.au



ABOUT US

Sussex Neighbourhood House is a community hub committed to providing lifelong learning through social activities that are inclusive, accessible, and sustainable for the local community. We offer a range of activities suitable for all ages and abilities.

Our community is made up of diverse cultures, beliefs, abilities, bodies, sexualities, ages and genders. We are committed to access, equity, participation and rights for everyone: principles which empower, foster harmony and increase the wellbeing of an inclusive community.

First Time at Sussex?

We would like you to get the most out of your classes.

You are welcome to visit Sussex Neighbourhood House anytime to see where your class is held. Have a look around and have cuppa.

If you would like to get to know some of the other participants or the tutor, we are happy to offer a free trial. Please contact us to arrange a time.

We welcome Carers attend classes with participants if required.

Classes are relaxed, some are quiet and some can get loud. Speak to staff about the types of classes that would suit you.

Parents are welcome to stay in the Hub where tea, coffee, and free Wi-Fi is available while children attend classes.

If you need to use a quiet space, you can sit in the library just off the kitchen.

Our toilets are accessible.



CLASS POLICIES & ENROLMENTS

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

Bookings are essential!

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

REFUNDS

Enrolments will be for the full term.

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.

Book and Pay.

Online, by phone or in person?

- Pay via credit/debit card or cash. Card payments made via the Square terminal will incur a 1.6% processing fee.
- Agencies can request an invoice.
- If you are having difficulty with payment a payment plan can be arranged

Multi-Booking Discount

Take advantage of our 10% off the standard rate when enrolling in 2 or more classes.

*Learn Local Programs- Eligibility criteria apply.



Office Hours

Mon to Fri, 8:30am - 4:30pm



Phone

03 9354 2210



Website

www.sussexnh.org.au



Mail

enquiries@sussexnh.org.au



Address

7 Prospect St, Pascoe Vale 3044



@SussexNeighbourhoodHouse



@sussexneighbourhoodhouse



Sussex Neighbourhood House Inc.

Subscribe to our mailing list to stay up to date with what's on at Sussex, head to www.sussexnh.org.au and scroll to the bottom of the page to join

Creativity - Arts & Crafts

Unleash your inner artist and explore your creative potential! Our creativity courses include painting, drawing, crafts, clay, sewing, and more, offering a space to experiment and thrive. Whether you're a beginner or experienced, you'll find a supportive environment to express yourself and develop your skills.

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 sewing machines supplied, or bring your own if you prefer.



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.**



Craft Circle

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



Mixed Media

An arts and crafts program designed for adults with disabilities. Participants will use 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

Kids Create

Stimulate the imagination & spark your kid's creativity with Tiffeny! Kids Create is a small creative expression group for **kids in Grades 5-6**, where young, hopeful creatives are invited to explore a topic in artistic forms of their choice. All forms of creative expression welcome!

Crochet for Beginners NEW!

Perfect for beginners, learn crochet essentials and tips to develop your technique in this fortnightly program. Basic materials provided.

Clay Art for Adults

A social and community-based inclusive program, tailored for adults with disabilities. Create and glaze unique small works of art using hand building techniques. Materials and firing included.

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.

Clay Art for Kids

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.

Creativity - Arts & Crafts

Knitting

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

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.

Art Space

A fantastic opportunity to get creative with company, Art Space is an open social group where you can bring along your own art projects to work on and share them with like-minded locals over a cuppa. Everyone is welcome, even if you're just coming for a chat.

Little Artists

Ignite kid's spark for creativity with Michelle! This fun arts program for **kids in Grades K-2** fosters children's wellbeing and capacity to focus on a task by engaging the imagination.

Arty Explorers

NEW!

Unleash your child's creativity in a fun, hands-on art adventure made just for **kids in Grades 3-4**.

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 Grades 7-12



Creativity - Arts & Crafts

No classes on Monday March 10th

 for kids/youth

Program	Day	Term Dates	Time	Sessions	Conc. Fee	Stand. Fee
Sewing for Beginners	Monday	3 Feb - 31 Mar	9:30am - 12pm	8	\$108	\$120
Makers, Menders & Basketry	Monday	From 3rd Feb	10:30am - 1:30pm		Gold Coin	
Craft Circle	Monday	From 13th Jan	1pm - 3pm		Gold Coin	
Mixed Media	Monday	3 Feb - 31 Mar	2pm - 3:30pm	8	\$252	\$280
Kids Create	Monday	3 Feb - 31 Mar	4:15pm - 5:45pm	8	\$166	\$184
 Crochet for Beginners	Monday	3 Feb - 17 Mar	5:30pm - 7:30pm	4	\$68	\$76
Clay Art for Adults	Tuesday	4 Feb - 1 Apr	1pm - 3pm	9	\$450	
	Thursday	6 Feb - 3 Apr	1pm - 3pm	9	\$450	
Clay Art for Kids	Tuesday	4 Feb - 1 Apr	5pm - 6pm	9	\$194	\$216
Small Objects in Clay	Tuesday	4 Feb - 1 Apr	6:30pm - 8:30pm	9	\$275	\$306
Knitting	Tuesday	4 Feb - 1 Apr	6:30pm - 8:30pm	9	\$154	\$171
	Thursday	6 Feb - 3 Apr	7pm - 9pm	9	\$154	\$171
Drawing & Watercolour	Wednesday	5 Feb - 2 Apr	10am - 12pm	9	\$292	\$324
Art Space	Wednesday	From 15th Jan	1pm - 3pm		Gold Coin	
Little Artists	Wednesday	5 Feb - 2 Apr	4pm - 5pm	9	\$170	\$189
 Arty Explorers	Wednesday	5 Feb - 2 Apr	5:15pm - 6:15pm	9	\$170	\$189
Youth Artspace	Wednesday	29 Jan - 2 Apr	6:30pm - 8:30pm	10	\$50	\$100

Digital Skills & Technology

Stay connected in the digital world! From learning the basics of computers to coding and media production, our courses are designed for all levels of experience. Build confidence with technology, enhance your career prospects, or simply enjoy discovering the endless possibilities of the digital age.

Code Club

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

Introduction to Computers



This supportive foundation course is designed for students who are new to computers. Classes will begin with the basics, guiding students through how to turn on and use a computer, run basic programs, and search the internet.

Let's Animate: Introduction to 3D Animation

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

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.

Python Pathways: Your First Steps in Coding



A crash course in Python programming that covers the basics of coding.

Open to teens and adults.

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.

for kids/youth

No classes on Monday March 10th

Program	Day	Term Dates	Time		Conc. Fee	Stand. Fee
Code Club	Monday	3 Feb - 31 Mar	5pm - 6:15pm	8	\$16	
Introduction to Computers	Tuesday	4 Feb - 1 Apr	9:30am - 12pm	9	FREE*	
Let's Animate	Tuesday	4 Feb - 1 Apr	5:15pm - 6:15pm	9	\$45	
Understanding Smartphones	Thursday	6 Feb - 3 Apr	1pm - 3:30pm	9	FREE*	
Python Pathways	Thursday	13 Feb - 13 Mar	6pm - 7:30pm	5	\$90	\$100
Digital Skills for Everyday Life	Friday	7 Feb - 4 Apr	12pm - 2pm	9	FREE*	

*eligibility criteria apply - see page 4

Language & Communication

Empower your voice and connect with the world! Join our language classes or conversation groups to improve your speaking, writing, and comprehension skills. Whether learning English or mastering another language, our courses are inclusive, practical, and tailored to your goals.

English Conversation Group

A casual and volunteer-led group focused on improving English conversation skills in a relaxed social setting.
No booking required.

Everyday English

Learn the words, phrases, and simple grammar needed to chat with neighbors, navigate local shops, and feel more at home.

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.

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.

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.

EAL at Belle Vue & Glenroy West Primary School

Foundation English courses offered at local primary schools. Perfect for beginners with limited background speaking English.

Spanish for Adults: Beginner

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

Spanish for Adults: Intermediate

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



Language & Communication

No classes on Monday March 10th

*eligibility criteria apply - see page 4

Program	Day	Term Dates	Time	Sessions	Conc. Fee	Stand. Fee
NEW! English Conversation Group	Monday	3 Feb - 31 Mar	10am - 11:30am	8	FREE	
Everyday English	Monday	3 Feb - 31 Mar	2:15pm - 4:15pm	8	FREE*	
English for Beginners (Level 1)	Friday	7 Feb - 4 Apr	9:30am - 11:30am	9	FREE*	
Continuing English (Level 2)	Tuesday	4 Feb - 1 Apr	12:30pm - 2:30pm	9	FREE*	
English Language for Over 60's	Friday	7 Feb - 4 Apr	10am - 12pm	9	FREE*	
Spanish for Adults: Beginners	Monday	3 Feb - 31 Mar	6:30pm - 8:30pm	8	\$166	\$184
Spanish for Adults: Intermediate	Tuesday	4 Feb - 1 Apr	6:30pm - 8:30pm	9	\$186	\$207
English at Belle Vue Primary School	Tuesday	4 Feb - 1 Apr	9:15am - 11:15am	9	FREE*	
English at Glenroy West Primary School	Thursday	6 Feb - 3 Apr	9:15am - 11:15am	9	FREE*	

Performing Arts, Music & Movement

Find joy and expression through music, dance, and performance! Participate in ukulele classes, choir groups, or Tai Chi and Yoga sessions to build confidence, improve wellbeing, and celebrate the power of movement and rhythm. Perfect for beginners and enthusiasts alike.

Creative Movement & Dance

Develop creative imagination through dance, music and drama in a friendly and supportive social context. Tailored for adults with disabilities.

A discount of 10% is applied if enrolled in both Creative Movement and Dance, and Mixed Media

Yoga with Simone

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.

Yoga with Melisa

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

Chair Yoga

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.

Tai Chi Beginner

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.

Tai Chi Intermediate

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

Keyboard Lessons for Kids: Beginner & Intermediate classes

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

Ukulele for Adults

Want to learn 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 all levels. BYO Ukulele.

Skylarks Community Choir

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



Performing Arts, Music & Movement

● for kids/youth

No classes on Monday March 10th

Program	Day	Term Dates	Time		Conc. Fee	Stand. Fee
Creative Movement & Dance	Monday	3 Feb - 31 Mar	12:30pm - 2pm	8	\$252	\$280
Keyboard Lessons for Kids Intermediates	Monday	3 Feb - 31 Mar	4:30pm - 5:20pm	8	\$144	\$160
Keyboard Lessons for Kids Beginners			5:30pm - 6:20pm			
Yoga with Simone	Monday	3 Feb - 31 Mar	7:30pm - 8:30pm	8	\$130	\$144
	Tuesday	4 Feb - 1 Apr	9:30am - 10:30am	9	\$146	\$162
Chair Yoga: Morning Session	Tuesday	4 Feb - 1 Apr	11am - 12pm	9	\$99	\$110
Chair Yoga: Afternoon Session			12:15pm - 1:15pm			
Yoga with Melisa	Wednesday	29 Jan - 2 Apr	7pm - 8pm	10	\$162	\$180
Tai Chi Intermediates	Thursday	30 Jan - 3 Apr	9:30am - 10:30am	10	\$144	\$160
Tai Chi Beginners			11am - 12pm			
Ukulele for Adults	Thursday	6 Feb - 3 Apr	10:30am - 11:30am	9	\$138	\$153
Skylarks Community Choir	Thursday	30 Jan - 3 Apr	12:30pm - 2pm	10	\$100	\$110

Social & Community Engagement

Foster meaningful connections and become an active part of the community! Our social and community programs include volunteering opportunities, inclusive group activities, and initiatives to give back to the local area. Join us to share, learn, and grow together.

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.

Cook & Connect

NEW!

A program empowering individuals through the joy of cooking and sharing meals. A hands-on approach to exploring culinary skills, learning about healthy eating, and building meaningful connections.

Chess Club

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

Ages 12+

Introduction to Permaculture & Garden Design

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

Sallywags Playtime

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

Sallywags for Bubs

Are you a parent or caregiver seeking a peaceful haven to connect with your baby and other like-minded caregivers? Join Sallywags 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.

Gardening Social Group

NEW!

Come along and meet new people as you engage in gardening activities together, learn about gardening techniques, and share ideas. An opportunity have a hand in the establishment of our front garden.

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.

Pieceful Puzzle Club

NEW!

Calling all puzzle enthusiasts! Whether you're a casual puzzler, a speedy problem solver, or simply looking to connect with others over a shared hobby, this group has something for you.

Family History Group

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



Social & Community Engagement

for kids/youth

No classes on Monday March 10th

*eligibility criteria apply - see page 4

Program	Day	Term Dates	Time	Sessions	Conc. Fee	Stand. Fee
Book Club	3rd Monday of the Month	From 20th Jan	1pm - 3pm	11	FREE	
NEW! Cook & Connect	Tuesday	4 Feb - 1 Apr	10am - 12pm	9	\$162	\$180
Chess Club	Tuesday	4 Feb - 1 Apr	4pm - 5pm	9	\$45	
Introduction to Permaculture & Garden Design	Tuesday	5 Feb - 2 Apr	10am - 12pm	9	FREE* 	
Scallywags for Bubs	Wednesday	29 Jan - 2 Apr	2pm - 3:30pm	10	\$171	\$190
Scallywags Playtime	Thursday	30 Jan - 3 Apr	10am - 12pm	10	\$225	\$250
	Friday	31 Jan - 4 Apr				
Homework Club for Year 7-12	Thursdays, Online	30 Jan - 3 Apr	6:30pm - 8:30pm	10	FREE	
Chatty Café	Friday	From 17th Jan	10am - 12pm		FREE	
NEW! Gardening Social Group	Friday	31 Jan - 4 Apr	10am - 11:30am	10	FREE	
NEW! Pieceful Puzzle Club	Monthly Saturday	From 18th Jan	10am - 1pm		Gold Coin	
Family History Group	1st Saturday of the Month	From 1st Feb	1:30pm - 4:30pm	11	Gold coin	

Workshops

Discover new passions or sharpen your skills in a workshop format! These short-term courses are perfect for busy schedules and curious minds. Learn something new in a friendly, hands-on environment that encourages exploration.

Python Pathways: Your First Steps in Coding

A crash course in Python programming that covers the basics of coding.

Open to teens and adults.

Cultural Cooking

Join us as we delve into different cultural cuisines every term, from Pakistani to Polish, you'll learn new dishes each time!

Writing Workshop

Everyone's a storyteller. And anyone can express themselves in writing, whether it's for their own private self-discovery and therapy, or with the object of publication or performance. This supportive workshop is suitable for all levels.

Mental Health First Aid

An accredited short-course run by *Mental Health First Aid Australia*.

Using a practical, skills-based action plan, participants learn the skills to recognise and respond to someone experiencing a mental health problem or mental health crisis, until professional help is received or the crisis resolves.

NEW!

Program	Day	Term Dates	Time	Sessions	Conc. Fee	Stand. Fee
Python Programming	Thursday	EOI* for Term 2	6pm - 7:30pm	5	\$90	\$100
Learn to Cook Authentic Pakistani Biryani	Saturday	15 February	11am - 2pm	1	\$60	\$50
Getting Started with Creative Writing	Saturday	22 February	10am - 12pm	1	\$40	\$30
Mental Health First Aid	Thurs & Fri	13 & 14 March	9am - 4:30pm	2	\$185	

Express your interest for Term 2



PASCOE VALE REPAIR CAFE

1st Sunday of the Month
10am - 1pm

@ Sussex Neighbourhood House
7 Prospect Street, Pascoe Vale

Neighbours helping neighbours fix stuff!

The repair café is all about repairing things together.

With a community of skilled, volunteer repairers every month, we can repair electronic appliances, bicycles, and toys, mend garments and sharpen knives, and perform general hammer and nail repairs.

If you can bring it through the door, we'll do our best to fix it! Don't throw it away - give your items a second life at the repair café.



PASCOE VALE FOOD COLLECTIVE

2nd Saturday of the Month
9:30am - 11:30am

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

Low waste, bulk buying for residents of Pascoe Vale and surrounding suburbs.

Grocery and cleaning products are sourced in bulk and provided for distribution to members and visitors on a monthly distribution day.

We encourage the community to bring their own containers for filling – but always have clean jars and paper bags on hand to make the process easy!



Recycle @ Sussex

SNH is home to a number of recycling collection points. We have dedicated sorters, for your lids and tags, and we partner with local initiatives who proudly recycle for us.. Some even reconstruct your recyclables into brand new things!



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. We've partnered with the Jesuit Social Services' Ecological Justice Hub where they melt down the lids on site to re-mold them into practical items for sale.

Learn More:

www.lids4kids.org.au
jss.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.

Reusable cups also accepted!

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

Learn More:

www.facebook.com/ProjectPairUp



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



LAPTOP COLLECTION

Glee Givers is 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



How to Find Us



Share, Learn, Enjoy, Grow



@SussexNeighbourhoodHouse



@sussexneighbourhoodhouse



Sussex Neighbourhood House Inc.

Subscribe to our mailing list to stay up to date with what's on at Sussex, head to www.sussexnh.org.au and scroll to the bottom of the page to join

Office Hours

Mon to Fri, 8:30am - 4:30pm



Phone

03 9354 2210



Mail

enquiries@sussexnh.org.au



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www.sussexnh.org.au



Address

7 Prospect St, Pascoe Vale 3044

