

PROGRAM GUIDE

ABN: 96 172 874 155

TOID# 3993

Incorporation No. A0001745V

TERM I

29th January - 28th March 2024



Is your Support or Social group looking for somewhere to meet?

North Shepparton Community & Learning Centre has a range of rooms available for hiring, from casual to long term and everything in between. Our centre has a variety of room sizes available to accommodate all types of groups, including a full-size kitchen. Each room has tables, chairs and whiteboards. Our rooms are available for use during and outside of office hours. All rooms have air conditioning/heating, access to tea and coffee facilities and access to toilets and disabled toilets. We also have on-site parking available.



WHAT'S ON:

- Term 1 Calendar
- Social Groups
- Support Groups
- Tools for Trade
- Beginners Music
- Computer Classes
- Vacation Care
- First Aid Training
- Room Hire
- Use of Facilities
- Transport Map
- Fee Schedule Chart

Address: 10-14 Parkside Drive, Shepparton

Phone: (03) 5821 5770

Fax: (03) 5831 5181

Email: admin@nscslc.com.au

Facebook: facebook.com/nscslc

Website: www.nscslc.com.au

Office Hours: Mon - Fri 9am - 3:30pm

TERM 1 CALENDAR

NSCLC 2024

Mon

Tues

- Bear Making
- Strawberry Patchers
- Open Place (monthly)
- MS Peer Support (Bi-Monthly)
- Neighbourhood Watch (Bi-Monthly)
- GV Cerc

Wed

- Social Craft

Thurs

- The Men's Shed
- Oil Painting
- The Applique Guild (Monthly)
- Pacemaker Clinic (Monthly)

Fri

- Craft for a Cause
- Alcoholics Anonymous
- ME/CFS & Fibromyalgia (Monthly)

SOCIAL GROUPS

Term 1 2024

CRAFT FOR A CAUSE

Craft for a Cause is looking at expanding on the wonderful work they already do. Craft for a Cause is a group of volunteers who knit and crochet items to donate to people in need. Bring along some lunch, have a chat and create something beautiful. The group is currently seeking volunteers to help continue the great work they already do.

Day: Every Friday (Victorian School Term)

Time: 10am - 2pm

Cost: Free



BEAR MAKING

Come along and learn how to make your very own teddy bear. Every 4 weeks you will make a new bear. Everything you need is provided. All bears are hand sewn.

Bookings Essential.

Day: Every Tuesday
(Victorian School Term)

Time: 12:30pm - 3pm

Cost: Maximum \$14 a bear

Price will vary from bear to bear)

To register or for more information please call reception on (03) 5821 5770



THE MEN'S SHED

If you like creating things with your hands, why not come and check out The Men's Shed. The shed is open to all those 17 years and over. If you would like more information call reception on (03) 5821 5770 or pop into the centre.

All Welcome

Day: Every Thursday
(Victorian School Term)

Time: 9am - 3pm

Cost: Free



OIL PAINTING

The Oil Painting group is fun and social. Come along with your own materials (canvases & paints not supplied), have a chat & some laughs while working along at your own pace.

Day: Every Thursday
(Victorian School Term)

Time: 1pm - 3pm

Cost: Free



SOCIAL CRAFT

Do you enjoy making craft but are sick of doing them at home alone? Would you like to meet new people who also enjoy crafting. Then this could be the group for you. Bring along your craft project and have a chat with the group.

Day: Every Wednesday
(Victorian School Term)

Time: 11am - 3pm

Cost: Free

THE APPLIQUE GUILD

The Applique Guild of Australia (TAG) is a group of patch workers who are interested in the Applique technique, both by hand and machine. Come along have a chat, applique and share your techniques and accomplishments.

Phone: Gael on 0458 215 794 for more information

Day: Thursday once a month - 15/2, 21/3,

Time: 1pm - 3pm

Cost: \$5

STRAWBERRY PATCHERS

A quilting group

Day: Every Tuesday
(Victorian School Term)

Time: 9am - 12:00pm

Cost: \$2

SUPPORT GROUPS

Term 1 2024

ALCOHOLICS ANONYMOUS



Having trouble with alcohol? Does your drinking worry you? Is it causing you to get into unpleasant or dangerous situations? Are family members in need. complaining about your drinking? Then the AA program of recovery may be able to help you!

Day: Every Friday including public and school holidays

Time: 8pm - 9:30pm

Phone: Les on (03) 5831 5532 for more information

MS PEER SUPPORT



This is a support group for people living with multiple sclerosis and carers. We are an active group splitting our meetings between education and actively participating in an external outing/ event program. Members are empowered, gain self-esteem and self-respect through participation of our educational sessions, research information and trying new activities.

When: Tuesday once a month - 20/2

Time: 9:30am - 1pm

Phone: 1800 042 138 for more information

OPEN PLACE



Open Place is a support group and advocacy service that co-ordinates and provides direct assistance to address the needs of people who grew up in Victorian orphanages and children's homes during the last century.

Day: Second Tuesday of the month - 13/2, 12/3

Time: 11:30am - 2:30pm

Shepparton ME/ Chronic Fatigue Syndrome & Fibromyalgia Support Group



We offer support to the sufferer, their family and or carers. We provide information, friendship, understanding and empathy from other sufferers. Occasionally we also have various professional guest speakers attend meetings. Gold coin donation to cover the cost of refreshments. There is a Facebook page for those who are unable to attend due to health or other commitments.

Facebook page: Shepparton ME/CFS & Fibromyalgia Support Group

Email: georgie_girl_13@me.com for more information

Day: Second Friday of the month - 9/02, 8/03

Time: 10:30am - 12:30pm

Phone: Georgie on (03) 5821 0988 or 0423 358 177

HEALTH & WELLBEING

The Royal Melbourne Hospital's Cardiology Department is running a Pacemaker clinic for patients here at the North Shepparton Community and Learning Centre.

Bookings are Essential.

Please call the Royal Melbourne Cardiology Department on (03) 9342 7133 for more information.

When: Thursday - 1/02, 21/03

Time: 9am - 3:30pm

VACATION CARE

Term 1 2024



School Holiday Program Dates For 2024

1st April – 12th April, 2024

1st July – 12th July, 2024

23rd September – 4th October, 2024

Do you work during the school holidays and need care for your primary aged children?

NSCLC runs a school holiday program every Victorian School Holidays with fun activities and excursions to suit primary school aged children's interests.

Days: Monday to Friday (not on public holidays)

Venue: North Shepparton Community Hub

10-14 Parkside Drive, Shepparton, Victoria

Cost: \$8.96 – \$50 a day

Childcare Subsidy (CCS) is available for eligible families.



COURSES

The courses listed below are all part of Learn Local

**Book into either of these courses
and bring a friend for free.**

TOOLS FOR TRADE

This course is a basic introduction "taster course" of various industry fields, covering components such as plumbing, tiling, small motors and construction. This course is also perfect for the home DIY person, you will learn basic skills to help you with small jobs around your home, plaster up holes, basic car maintenance such as checking oil, changing a tire, wiper blades etc. and how to maintain a lawn mower such as replacing or cleaning spark plugs, replacing of petrol and oil, blade sharpening and repairs.

7-week Duration, [3 hour Sessions]

	<u>Full Fee</u>	<u>Concession</u>
Resources	\$10.00	\$10.00
Amenities	\$5.00	\$5.00
Admin	\$18.00	\$18.00
Tuition	\$50.40	\$10.10
Total	\$83.40	\$43.10

BEGINNERS MUSIC

If you have always wanted to learn how to play the Ukulele, then we have the group for you. You will learn basic knowledge and music terms, listening skills and loads more. Day & Night Classes Available

10-week Duration, [2 hour Sessions]

	<u>Full Fee</u>	<u>Concession</u>
Resources	\$5.00	\$5.00
Amenities	\$5.00	\$5.00
Admin	\$10.00	\$10.00
Tuition	\$25.00	\$5.00
Total	\$45.00	\$25.00

COMPUTER CLASSES

Term 1 2024

Book into any of our computer courses and bring a friend for free, and go into a draw to win \$100 gift voucher.

BEGINNERS COMPUTERS

For those unsure of what they are doing, you will learn the basics of your computer in smaller class environment. This course covers topics such as: Turning on/off the computer, navigating & manipulating the desktop, organising files, printing information, workspace safety, identifying & developing keyboard skills as well as learning a variety of other things to make using a computer easier for windows 10.

8-week duration, Excludes Public Holidays

	<u>Full Fee</u>	<u>Concession</u>
Resources	\$16.50	\$16.50
Amenities	\$10.00	\$10.00
Admin	\$42.85	\$42.85
Tuition	\$49.00	\$9.80
Total	\$118.35	\$79.15

INTERMEDIATE COMPUTERS

This course provides students with the knowledge of using Microsoft Word 2013, internet, emailing and building upon your basic computer skills.

8-week duration, Excludes Public Holidays

	<u>Full Fee</u>	<u>Concession</u>
Resources	\$18.20	\$16.50
Amenities	\$10.00	\$10.00
Admin	\$42.85	\$42.85
Tuition	\$49.00	\$11.50
Total	\$120.05	\$80.85

OFFICE 2013

This course provides students with the knowledge of using Microsoft Word 2013, internet, emailing and building upon your basic computer skills.

8-week duration, Excludes Public Holidays

	<u>Full Fee</u>	<u>Concession</u>
Resources	\$28.00	\$28.00
Amenities	\$10.00	\$10.00
Admin	\$42.85	\$42.85
Tuition	\$61.25	\$12.25
Total	\$142.10	\$93.10

USING ZOOM

In this class you will learn how to use the Zoom App effectively, schedule and participate in meetings and webinars. Build your confidence in accessing and using all functions of Zoom.

7-week duration, Excludes Public Holidays

	<u>Full Fee</u>	<u>Concession</u>
Resources	\$10.00	\$10.00
Amenities	\$5.00	\$5.00
Admin	\$10.00	\$10.00
Tuition	\$21.00	\$5.20
Total	\$46.00	\$30.20

Day and Night classes are available

Tuition fees as published are subject to change given individual circumstances at enrolment and are subject to change with Government Policy changes.

PROVIDED BY:



HLTAID009 - Provide CPR

Cost: \$65

When: Saturday March, 2024

Time: 9am - 4pm

HLTAID011 - Provide First Aid

This is a short course designed to develop the knowledge and skills to provide basic first aid and manage the casualty(s) and the incident.

Cost: \$175

When: Saturday March, 2024

Time: 9am - 4pm

HLTAID012 - Provide First Aid (Childcare/OSHC)

This unit specifies the outcomes required to provide first aid in a range of education and care settings to manage the incident and response and communicate with others involved in the treatment or response.

[Includes Asthma and Anaphylaxis training]

Cost: \$225

When: Saturday March, 2024

Time: 9am - 4pm

HLTAID014- Provide Advance First Aid

You will be able to provide advanced first aid response, life support, management of casualty(s), the incident and other first aiders as well as support to other providers. This unit covers the application of skills and knowledge in an emergency in the workplace or home where first aid treatment options applied.

Cost: \$270

When: Saturday March, 2024

Time: 9am - 4pm

22300VIC - Anaphylaxis Management

This will provide participants with the skills and knowledge to assist a person suffering & anaphylactic reaction until the arrival of medical assistance.

Cost: \$65

When: Saturday March, 2024

Time: 9am - 4pm

22556VIC - Asthma Management

This course is designed to develop the skills and knowledge to enable the giving of assistance to a person having an asthma attack in the workplace administer with the casualty(s) own asthma bronchodilator medication or the organisations asthma first aid equipment.

Cost: \$65

When: Saturday March, 2024

Time: 9am - 4pm

Updates and Combined Classes

- Anaphylaxis & Asthma Management - Cost: \$115
- CPR Update - Cost: \$65
- Level 2 First Aid, Anaphylaxis & Asthma Management - Cost: \$225
- Anaphylaxis, CPR & Asthma Management - Cost: \$165

A USI number will be required to complete any of the above courses. To create one if you do not already have one, please go to www.usi.gov.au or contact our office on (03) 5821 5770 for assistance

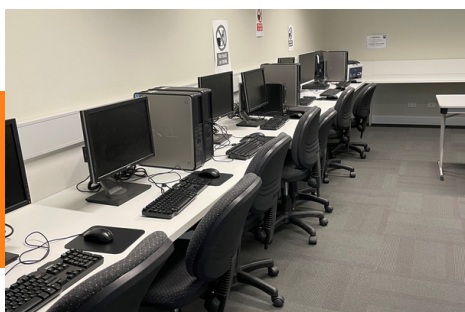


We can organise group bookings for over 15 people. These courses can be customised to the individual group needs. Please call us on (03) 5821 5770 to organise individualised training for your organisation.

**FEES AND DATES ARE
SUBJECT TO CHANGE**

>>> ROOM HIRE

Term 1 2024



North Shepparton Community & Learning Centre has rooms available to be booked for meetings, support and social groups or functions. (Conditions apply)

All rooms have a booking fee.

Hire fees range from \$8 - \$165

For more information phone reception on (03) 5821 5770



COMMUNITY CLOTHES RACK

Why not pop in and check out our FREE clothes area. We have adults and kids clothing available. There are items for all occasions. Clothes are being added all the time. Make sure you pop in regularly to check out what's been added. If you would like to donate, please drop items off to reception.



BOOK NOOK

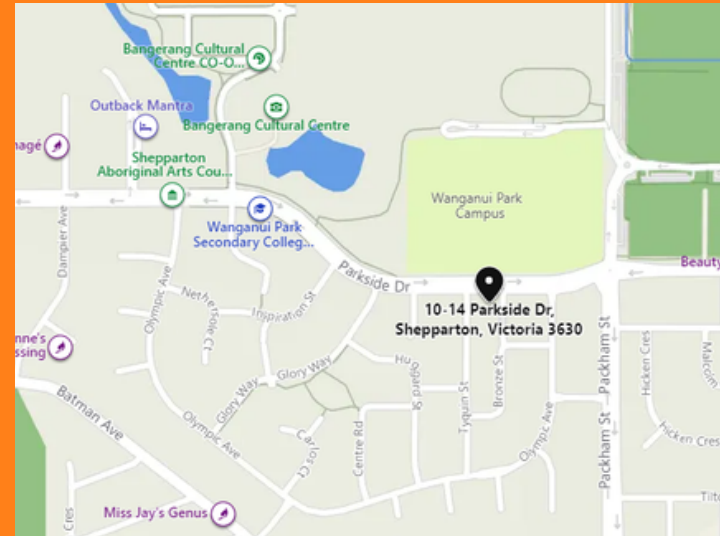
If you like to read then we have the nook for you. We have set up a book nook in our foyer for anyone to read, swap, keep or borrow. We have a large range of books & magazines on offer. If you would like to donate to our book nook the books can be dropped off to reception.



OUR LOCATION

Term 1 2024

North Shepparton Community & Learning Centre is located in the North Shepparton Hub at 10-14 Parkside Drive, Shepparton. To get to us travel north out of Shepparton on Numurkah Rd/ Goulburn Valley Highway, turn left into Brauman Street. Stay on this street as it becomes Parkside Drive after the roundabout. We are on the left hand side opposite the old Greater Shepparton Secondary College Wanganui Campus. The town bus route stops beside the hub and a car-park for those driving is available at the Hub itself.



USE OF FACILITIES

COMPUTER USAGE

Internet and computers are available for the community to use during non-computer class times. Please call to make sure they are available to save disappointment. Users must check in at reception upon arrival.

Cost: Free usage .10 cents per printed sheet

PHONE CALLS

.50 cents cost of a local call
STD & Mobile calls unavailable

LAMINATING

\$2 A4 size
\$3 A3 size

PHOTOCOPYING AND PRINTING

.10 cents A4 single side
.20 Cents A4 Double sided

DISABILITY ACCESS

NSCLC welcomes all members of the community and provides disabilities. Motorised scooter users are welcome to recharge their scooters on site.

FINANCIAL MEMBERSHIP

Would you like to have a say concerning your Community & Learning Centre? You can do so by becoming a financial member for just \$3.00 a year. Please pop into the Centre and fill out a membership form.

SUGGESTIONS

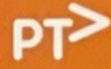
Do you have a skill or interest you would like to share with others?
If so, then pop into North Shepparton Community & Learning Centre and share your ideas with us! Perhaps you are part of a support or social group looking for somewhere to meet. Pop in for a chat and have a look at the rooms available or give reception a call on (03) 5821 5770.



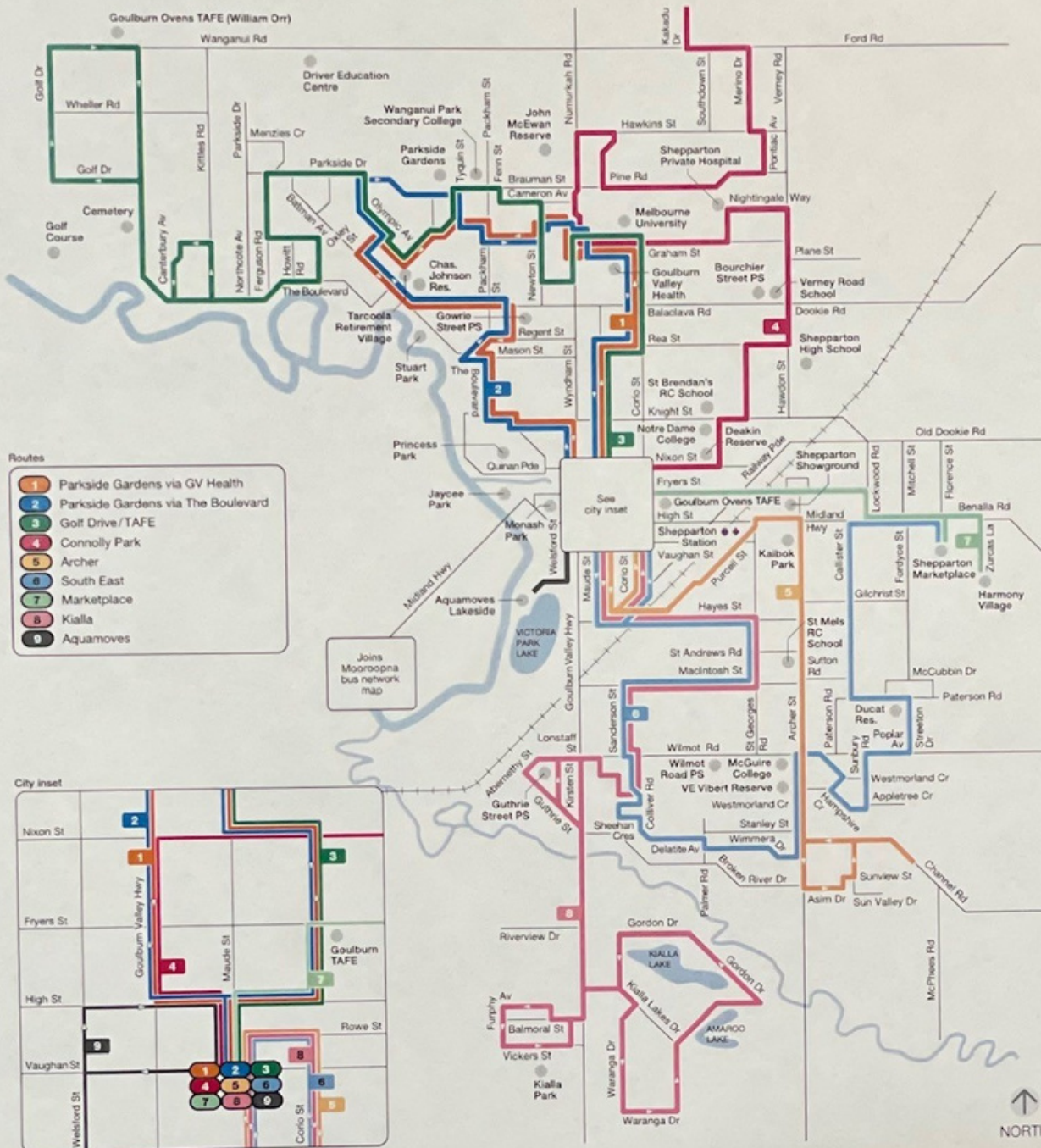
North Shepparton Community & Learning Centre is supported by the Victorian Government:

TRANSPORT MAP

Term 1 2024



Shepparton bus network



The North Shepparton Community Hub is accessible from the following bus route:

Route 2: Parkside Gardens via The Boulevard

Route 3: Golf Drive/ TAFE

For further information and timetables, go to ptv.vic.gov.au or call 1800 800 007 (6am - Midnight daily)