



TERM 4 ONLINE SPRING GUIDE



How do I book and pay for an online course or activity?



Online:

www.sussexnh.org.au and click on the Term 4 Activities

or



Over the telephone:

Ring us on 9354 2210
Monday to Friday 8.30am-4.30pm

TERM & CONDITIONS

CLASS CANCELLATIONS - ONLINE CLASSES

A full refund is provided if the online class is cancelled due to insufficient numbers or other reasons.

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 program.

After commencement, a refund will only be considered where you provide special circumstances in writing. A refund fee of \$20 will be retained.

ATTENTION MEMBERS!

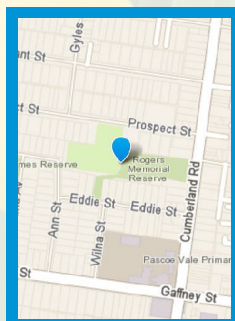
2021 Annual General Meeting - ONLINE

When: Wednesday, 20 October at 6.30pm

Our Annual General Meeting will be held online. Members will receive Notification and Zoom link. We hope you can join us.

Members entitled to vote can nominate to join our Board. Nominations close 10 October 2021.

For more information and to nominate please contact chairperson@sussexnh.org.au



WHERE ARE WE LOCATED?

7 Prospect St. Pascoe Vale
ph: 9354 2210

e: enquiries@sussexnh.org.au
www.sussexnh.org.au

OFFICE HOURS

Monday - 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.





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LEARN LOCAL

** Eligibility criteria apply.
Permanent residents, 18 - 65yrs

CONVERSATION FOR JOB SEEKERS **

English as an additional language course. Learners will focus on improving their understanding of the English language specifically to align with the job seeking process. Funded by ACFE. (No session 2 Nov)

TUESDAYS & FRIDAYS
9.30AM - 12PM
5 OCT- 7 DEC (18 SESS)
COST: FREE**

ENGLISH FOR BEGINNERS & LEVEL 1 **

English as an additional language course. Improve your reading, writing and spoken English. Develop your English language skills to improve your daily life, employment possibilities, community participation or volunteering. Funded by ACFE. (No Session 2 Nov)

TUESDAYS & FRIDAYS
12.30PM - 3PM
5 OCT- 7 DEC (18 SESS)
COST: FREE**

CAREER PLANNING **

Build your confidence by understanding how to create and maintain a career plan. Aimed at participants who may be long term unemployed or have recently lost a job and looking to find a new career pathway. Funded by ACFE. (No session 1 Nov)

MONDAY & THURSDAY
9.30AM - 12PM
25 OCT-6 DEC (12 SESS)
COST: \$60/\$50CONC**

PASS THAT ENTRY TEST IN NUMERACY **

Build your confidence in your numeracy skills! For people needing to take a TAFE entry numeracy test or employment agency/entry numeracy test. Or work skills for OH&S or money handling requirements. Funded by ACFE.

WEDNESDAYS
9.30AM - 12PM
PROVISIONAL DATE
20 OCT-8 DEC (8 SESS)
COST: \$50/\$40CONC**

I WANT A JOB IN COMMUNITY WORK **

An overview of the skills and traits needed to work in the community field, then exploring key areas to assist in decision making entering TAFE. Pathways to TAFE or entry level community jobs. Funded by ACFE.

MONDAYS
9.30AM - 12PM
PROVISIONAL DATE
25 OCT-6 DEC (6 SESS)
COST: \$50/\$40 CONC**

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CREATIVE, LANGUAGE & MUSIC

CREATIVE WRITING

Be inspired to write in a supportive, friendly group. Suitable for new and emerging writers of fiction, non-fiction and poetry.

FRIDAYS 10AM-12PM
15 OCT - 03 DEC (8 SESS)
COST: \$127/CON: \$105

SPANISH FOR ADULTS

For beginners, travellers and those wishing to improve their Spanish spoken skills.

THURSDAYS 6:30 PM- 8PM
07 OCT- 02 DEC (9 SESS)
COST: \$155/CON: \$128

UKULELE - BEGINNERS

Have you ever wanted to play the Ukulele?
Suitable for absolute beginners. BYO Ukulele.

TUESDAYS 12PM-1PM
12 OCT-07 DEC (8 SESS)
COST: \$107/CON: \$88

UKULELE - INTERMEDIATE

Learn to play new chords, strum patterns and tablature intermediate levels. BYO Ukulele.

TUESDAYS 10.30AM-11.30AM
12 OCT -07 DEC (8 SESS)
COST: \$107/CON: \$88

ENGLISH LANGUAGE FOR OVER 65'S

English as an additional language course for over 65's.
Build confidence in everyday language. Focus on health and participants are able to choose projects in the group.
Funded by Reimagining Health - Vic Health

FRIDAYS
10AM-12PM
8 OCT-3 DEC (9 SESS)
COST: FREE

KIDS

KIDS YOGA 6-11YRS

A program to help improve a child's ability to focus and support their well-being.

THURSDAYS 4.30-5.30PM
07 OCT-09 DEC (10 SESS)
COST: \$135/CON: \$111



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SOCIAL GROUPS

SKYLARKS COMMUNITY CHOIR

Join our friendly and inclusive choir, lead by Phil Hudson, from Black Sheep Music Australia. No singing experience required, just a desire to sing!

FRIDAY 1PM-2.30PM
08 OCT-10 DEC (10 SESS)
COST: \$5 PER SESS/\$50 TERM

SUSSEX AUTISM CARER SUPPORT GROUP

Virtual catch up with monthly speaker and carers, from the comfort of your home. We welcome parents and carers of children up to 18 years old. Participants MUST register to receive zoom link.

1ST THURS OF THE MONTH
10AM-12PM
FREE ONLINE
EXCLUDE SCHOOL
HOLIDAYS

ART SPACE

Make some space in your weekly routine and work on your own project or learn a new skill with materials provided.

WEDNESDAYS 1-3PM
6 OCT-1 DEC (9 SESS)
FREE ONLINE

SUSSEX FAMILY HISTORY

An informal group for people who want to research their family history. BYO laptop or device.

FIRST FRIDAY OF THE
MONTH
1:30PM-4.30PM
FREE ONLINE

BOOK CLUB

Do you enjoy reading and discussing books you have read? Books provided by Moreland City Council Libraries.

THIRD MONDAY OF MONTH
1-3PM
FREE ONLINE

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HEALTH & WELLBEING

YOGA MONDAY NIGHT

A flowing & mindful approach to asana (postures) & Pranayama (breath). Promotes strength, flexibility & tranquility. (No session 1 Nov)

MONDAYS 8-9PM
04 OCT- 13 DEC (10 SESS)
COST: \$135/CON: \$111

YOGA TUESDAY MORNING

A flowing & mindful approach to asana (postures) & Pranayama (Breath). Promotes strength, flexibility & tranquility. (No session 2 Nov)

TUESDAYS 9.30-10.30AM
05 OCT -14 DEC (10 SESS)
COST: \$135/CON: \$111

YOGA THURSDAY NIGHT EARLY

A flowing & mindful approach to asana (postures) & Pranayama (breath)). Promotes strength, flexibility & tranquility.

THURSDAYS
6.30 - 7.30PM
07 OCT-09 DEC (10 SESS)
COST: \$135/CON: \$111

YOGA THURSDAY NIGHT LATE

A flowing & mindful approach to asana (postures) & Pranayama (breath)). Promotes strength, flexibility & tranquility.

THURSDAYS 8-9PM
07 OCT-09 DEC (10 SESS)
COST: \$135/CON: \$111

ZUMBA WEDNESDAY EVENING

Zumba Fitness is a fun fitness program combining Latin dance moves.

WEDNESDAYS 7-7.45PM
06 OCT-08 DEC (10 SESS)
COST: \$115/CON: \$95

TAI CHI BEGINNERS

An introductory program for those with little or no previous experience of Tai Chi, who wish to improve their health with gentle mind-body exercises. Beginner level class.

THURSDAYS 11AM-12PM
07 OCT- 09 DEC (10 SESS)
COST: \$135/CON: \$111

TAI CHI FOR HEALTH

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

THURSDAYS
9.30AM-10.30AM
07 OCT- 09 DEC (10 SESS)
COST: \$135/CON: \$111

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