

Heyfield Community Resource Centre

Term 2 courses and activities



Make your own tiny pots

These teeny tiny pots are made using tiny pottery wheels! The workshop is fun and a great chance to get a group of friends together and get creative. All materials supplied and Julie will take the pots back to be glazed and fired in her kiln.

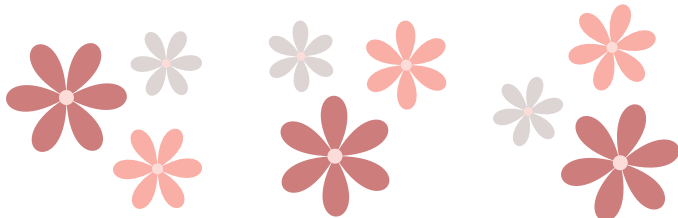
Monday 12th May, 10am to 1pm. \$60 per person.



Kids Floral art for Mother's Day

Barb from the Sale Floral Art Club is back to run a special floral art session for kids, just in time for Mother's Day. She'll be helping the kids make a simple, but sweet flower posy.

Thursday 8th May, 3.15pm - 4.30pm. \$15 per child, all materials supplied.



Baby babble first aid workshop

A hands on discussion and interactive session about common presentations to the Emergency Department by parents. Steph from 3 Rivers Training will cover a range of topics including:

- Infant CPR
- Choking
- Poisoning, burns and scolds
- Allergic reactions & anaphylaxis and more.

Tuesday 3rd June, 10am - 12pm. \$60pp or \$110 per couple. Bookings essential.



DEALING WITH DEMENTIA

New daytime session!

Tuesday 13th May, 1.30pm - 3.00pm

Dementia can happen to anybody and there is no known cure. Join us for this special session, supported by Central Gippsland Health to learn more about this condition, the symptoms, diagnosis and how to support and communicate to loved ones.

Heyfield Community Resource Centre
5 George Street, Heyfield
Bookings: 5148 2100
or coordinator@heyfield.net



Mind Matters - understanding the impact of anxiety & depression

An empowering information session to help understand the impacts of anxiety and depression on the individual and their loved ones.

Hear from a range of guest speakers who can help with tips for managing and improving mental health and inform people on where to go for help.

Thursday 12th June, 6pm - 7.30pm. A free event, but bookings essential.



Computer classes - digital matters

Ideal for those who want to gain confidence using various types of digital programs and technology including:

- being safe and secure online
- using email confidently
- managing information on devices
- useful apps and technology
- and more depending on learner needs

When: Monday 19th May, Monday 26th May and Monday 2nd June. **Where:** Maffra Neighbourhood House

This is an ACFE funded course with a low fee of \$50 for 3 sessions. Bookings essential on 5148 2100 or 0422 335 155



LEARN TO SEW

Mums & Bubs sewing group

Our Mums & Bubs sewing group is suitable for complete beginners to confident sewers. Learn how to make a variety of items for bubs, including burp cloths, simple clothing, swaddle blankets and more. Material and machines provided, or bring your own along. Bubs is also welcome to come!

Meets every second Monday starting Monday 19th May, 10am - 12pm. Gold coin per session.



Upcycling clothing for beginners

Upcycling is a creative way of saving clothes from landfill. It gives clothing a second life and a new function limited only by your imagination. Bring along some articles of clothing that you'd like to repurpose under sewing instruction from our upcycling tutors. Machines provided, all levels of sewers welcome.

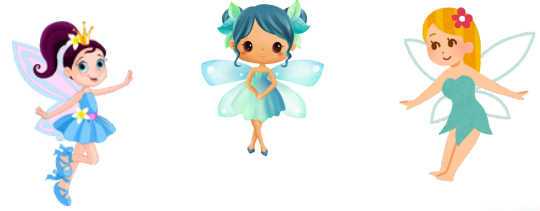
Meets every second Monday starting Monday 19th May, 1pm - 3pm. Gold coin per session.



Fairy song and dance party

A chance for kids to let their imagination go at this special fairy-themed party. They'll be making a magical fairy wand and crown, then casting spells with dance, music and songs with Camille. Fairy bread and drinks provided.

Wednesday 21st May, 3.15pm - 4.30pm. \$15 per child.



Tuning in to Kids

Parenting program that teaches parents skills to help their young children begin to understand and regulate their emotions.

Do you want to

- Learn how to better understand and manage your children's emotions, such as anger, anxiety and sadness?
- Improve communication with your child?
- Teach your child to deal with conflict?
- Help your child learn to manage their emotions?

DATES: 8th May - 12th June

TIME: 9:30am to 11:30am

WHERE: Heyfield Community

Resource Centre - 5 George Street

COST: FREE

Bookings essential

Supporting the development of your children's emotional intelligence will help them:

- Have greater success with making and keeping friendships
- Be more able to calm down when angry or upset
- Have better concentration at school
- Better manage challenges and change

For bookings & enquiries contact: Early Help Family Workers - Leonie 0474698821 & Kerry 0460646611 or email earlyhelp.outergippsland@anglicarevic.org.au

BETTER TOMORROWS

Take away community lunches

Don't feel like cooking? Pre-order a low- cost meal to pick up for yourself or your family. Keep an eye on our facebook page each Monday for the menu and dates available - [facebook.com/hcrc3858](https://www.facebook.com/hcrc3858)

Deliveries available in Heyfield



Don't forget to book!

5148 2100 or coordinator@heyfield.net

TO HELP YOU LEARN

Heyfield Study Hub



The Study Hub is part of the Gippsland East Study Hub partnership and provides free resources and facilities to help all TAFE and University students study locally.

- Access to high-speed internet, computers and printing, all in a quiet study space
- Help from learning skills advisors, access to study resources and academic workshops throughout the year
- Connections with other students, even if you study remotely

To find out more and register for the Study Hub visit gestudyhub.org or scan the QR code



Money Matters - financial wellbeing

A series of 3 workshops to help people gain control of their personal finances.

Workshop 1, Thurs 15th May: Budgeting Brilliance - making your money go further

Workshop 2, Thurs 22nd May: Protecting yourself from scams and being safe online

Workshop 3, Thurs 29th May: Dollars and Sense - practical tips for financial wellbeing

All workshops run from Sale Neighbourhood House, 9.30am - 12.30pm. Gold coin per session. Bookings essential 5148 2100 or 5144 5747



Senior Bytes - confident, tech-savvy seniors

Do you need help navigating technology? Come along to Seniors Bytes, a social group for older members in our community to overcome digital challenges, learn new skills and support others to be confident, tech-savvy seniors.

Meets every Tuesday, 10am - 11.30am. Gold coin donation.

**This program is supported by the Heyfield Lions Club*



TO GET YOU ACTIVE

Walking Basketball

A low impact way for all abilities to keep active and it's plenty of fun too.

When: Mondays, 12pm - 1pm

Where: Heyfield Basketball Stadium

How much: \$5 per session

**This program is supported by the Heyfield Lions Club*

Circle Dancing

No need for a partner! Dance to different rhythms in a circle.

When: Tuesdays, 2pm - 3pm

Where: Heyfield Memorial Hall

How much: \$10 per session

Ageing with attitude exercise

A social way to get active, improve balance and increase muscle tone.

When: Tuesdays, 9am - 10am

Where: Heyfield Memorial Hall

How much: \$10 per session

Walking Group

Catch up with the Heyfield Hoofers for a gentle walk around town each week.

When: Thursdays, 9am in terms 1 and 4, 10am in terms 2 and 3.

Where: Meet at the Resource Centre

How much: Gold Coin per session



HEYFIELD PLAYGROUP

Playgroup offers babies, toddlers and pre-schoolers time each week to socialise, and learn through play and have fun together. Enjoy a tea or coffee and bring a snack for your little one/s.

Meets every Thursday during the school term at the Resource Centre. 9:30am - 11:30am. Gold coin donation per session.



KIDDO - fun for kids through movement



Kiddo makes it easy for children to develop the skills and confidence to be active for life.

Meets every Wednesday during the school term, starting Wed 30th Apr, 9.30am - 11am. \$100 per term or \$14 per week.

Register at kiddogippsland.com.au

SPECIAL INTEREST GROUPS

Heyfield Garden Club

Our Garden Club meets on the second Monday of each month to visit beautiful gardens, both local and further afield. For information on upcoming trips join their facebook group 'Heyfield Garden Club'



Heyfield Family History Group

Delve into your past and discover where your ancestors come from. Join the group as a member, or organise for them to research your family history for you using their extensive library and database (fees apply).



The Group meet on Friday mornings at the Resource Centre from 9.30am - 11.30am or by appointment

Men's Shed

The Heyfield Men's Shed is the ultimate man cave! Spend time in a relaxed atmosphere and good company whilst working on projects and building new skills. The Shed is well equipped with lathes, drills, band saws and even a oven to bake their weekly muffins. Pop in for a visit and ask about becoming a member. The Shed is down the driveway at the Resource Centre and open Wednesday and Thursday, 9am to 3pm. Phone 0428 286 258 for more information.



DECLUTTER your space

FIND OUT HOW TO DEAL WITH STUFF

What is Clutter
The types of clutter, and the stages of clutter to hoarding.

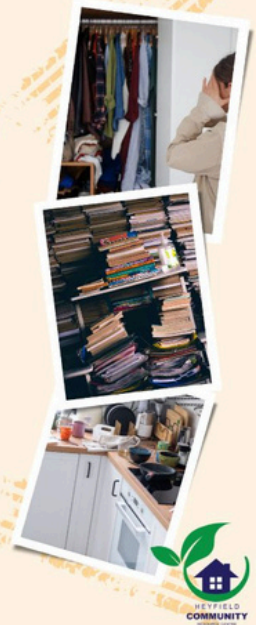
How to declutter
The popular methods of decluttering and what suits you. What to do with it all.

After the declutter
How to keep the clutter away.

BOOK NOW

Enrol or find out more:
Heyfield Community Resource Centre
5 George St, Heyfield
5148 2100
coordinator@heyfield.net

When??
1-3pm Tues,
May 20th



Happy Hookers & Knitters Nook

A social way to learn how to crochet or knit. Bring along an existing project or ask Lisa for some inspiration. **Happy Hookers Crochet - Thursdays, 10.30am - 12.30pm. Knitters Nook - Mondays, 12pm - 2pm \$2 per class.**

WHAT'S ON AT MAFFRA NEIGHBOURHOOD HOUSE

GEL PRINTING for BEGINNERS

Learn how to create a monoprint using a gel plate. Suitable for beginners in this medium or people wanting to become familiar with this process. All materials provided.

The first week we will use stencils, textures and tools to produce abstract artworks.

The second week we will create our own stencils to be used to produce multiple mono prints.

WHEN: Tues 3rd June and 17th June

TIME: 1- 3pm session OR 7 - 9pm session

COST: \$80

Bookings essential 0422 335 155



IMAGE TRANSFER

USING GEL PLATES

Continue your gel printing experience by learning how to transfer magazine images, creating a monoprint artwork.

WHEN: Tuesday 1st July

TIME: 1 - 3pm session

OR 7 - 9pm session

COST: \$40

Bookings essential 0422 335 155

