

HEYFIELD COMMUNITY RESOURCE CENTRE

Team 3 PROGRAM

Gain the confidence and skills to gain employment or undertake further study

Kick Start your career

This course has been co-designed with local businesses in Heyfield and the Heyfield Community Resource Centre. It prepares job seekers for a range of entry-level roles including administration, hospitality, retail, agriculture, trades, health and more at various locations in and around Heyfield.

Job seekers will meet a range of business leaders from the Heyfield region who are actively seeking new employees. Learners will be supported to improve their employability skills, with a focus on communication, problem-solving, workplace expectations and job applications.

Starts Tuesday 9th August and runs Tuesday's & Wednesday's for 5 weeks, 9.30am - 3pm.
This is an ACFE funded course for eligible learners with a low fee of \$20.



Skills for study
work and life

Digital Matters

This short course will provide learners with technology skills for life, work and study. Ideal for beginners or those who need to refresh their digital skills.

Topics include - an introduction to Zoom, digital devices and digital media, navigating safely online and managing privacy, Microsoft Word and Excel, folders, filing and much more.

Monday 29th August & Monday 5th September, 9.30am - 3.00pm.
Cost - \$20 per person for the 2 sessions.

Money Matters- Financial literacy for work & life

With the cost of living on the rise, there has never been a better time to develop an awareness and gain control of your personal finances. This short course will help you improve your financial well-being by identifying savings goals, plugging spending leaks, understanding your attitudes to money and learning where to go for help.

Friday 19th & Friday 26th August, 9.30am - 3.00pm at TAFE Gippsland Flexible Learning Centre, Sale.
Cost - \$20 per person for the 2 sessions

Colour printing & photocopying available.

A 3 - \$1.30

A 4 - 60c



5 George Street, Heyfield VIC 3858 Open 8.30am - 4.30pm, Mon - Fri.
03 5148 2100 www.heyfieldcommunity.org.au coordinator@heyfield.net



Kids Cooking Classes



Monday 8th August

Scones

The kids will be cooking up batches of scones (plain and sultana) to enjoy at home.

**Monday 8th August,
3.00pm - 4.00pm.**

\$7 per child (to be donated to Bake for Babies)

Wednesday 7th September

Powerballs & Smoothies

A fun way to mix healthy foods into snacks for kids.

**Wednesday 7th September,
3.00pm - 4.00pm.
\$7 per child.**

Get Active!

Walking Basketball

Are you looking for something to keep you active but is gentle on the body? Then this is for you! Each session runs through warm up exercises, skill based drills and a game - all overseen by local trainer, Pip.

A perfect way to have fun, stay active and meet new people. All ages and abilities welcome.

**Every Monday, 12pm - 1pm at
Heyfield Basketball Stadium.
\$10 per session**

Hoofers Walking Group

Come along and join the Hoofers as they walk around Heyfield and beyond. The group meets at the Resource Centre at

**9am during terms 1 and 4 &
10am in terms 2 and 3.
Gold coin donation**

Aging with Attitude Exercise

A specific circuit style class for the over 50s focussing on improving strength, flexibility and balance with Kim.

Includes functional exercises to assist in day to day living.
**Every Tuesday at Heyfield Hall
9am-10am \$10 per class**

Bake for Babies Supporting Locals



Bake for Babies is a local fundraiser to support the Special Care Nursery and Birthing Unit at Sale Hospital. Their goal is \$25,000 to purchase new equipment and we can do our bit to help.

All money raised in the regions stays in the region.

Scone-a-thon Morning Tea

Join us for morning tea and a scone or two to support Bake for Babies. A guest speaker from Sale Hospital will be there to talk about the program and how our support can give sick, newborn babies the best chance to lead normal, healthy lives.

\$5 entry. Lucky door prizes and raffles on the day! Monday 22nd August, 10.30am - 11.30am

Scone-a-thon

Pre-order scones and we'll bake them fresh in time for your morning tea.

Packs of 6 scones, \$12 each.

Choose plain (with jam & cream), date or cheese & chive (with butter).

Pick up or delivery available.

Orders must be placed by Thursday 11th August for pick-up on Monday 15th August.

For more details contact us on 5148 2100 or email coordinator@heyfield.net

Community Lunches

Let us do the cooking for you!

Grab a Take-away Community Lunch from the Resource Centre every Wednesday from 12pm

Gardening & Craft

Worm Farms

Let the worms do the work!
Worm Farms are an easy way of turning kitchen scraps into compost and liquid fertiliser for the garden. At this workshop, Sharon from the Wellington Shire Sustainability team, will show you how to set up a worm farm from scratch. Learn how to make a 'worm tower' that you can take home. This session is for all ages! Adults and kids welcome.

**Thursday 8th Sept,
3pm - 4pm, \$7 per person.**



Drawing with Graphite Pencils

Local artist, Penny Curuthers, leads this 6-week course for all levels of budding artists to teach the principles of drawing. Starting with the basics, then progress through a series of classes in perspective, portrait drawing, still-life and more. Pencils supplied, but bring along a sketch pad at least A3 in size.

**Every Thursday from 4th August -
8th September, 10am - 12pm.
\$25 per person, per session.
Places are limited so book quickly.**



Cricut Machines for Beginners

Learn the skills and gain the confidence to create your own designs and apply them to items using your own Cricut machine. Leah will take you through setting up the machine and devices, tips for eye-catching designs and material preparation. On the first day you'll go home with a personalised water bottle and gift card and in the following session you'll be applying designs to a bag and t-shirt. BYO Cricut machine and digital device.

**Session 1-
Saturday 17th Sept, 10am to 3pm.
\$35 per person**

**Session 2 -
Sunday 18th Sept, 10am - 3pm.
\$35 per person.**

All materials supplied except the t-shirt, which you'll need to bring.

Watercolor Postcard Workshop

Enjoy a Watercolour Postcard Workshop where we make a set of floral inspired postcards to share or frame.

The floral patterns are easy to create & will help you feel confident in exploring watercolour techniques with simple brush strokes. The carefree creation of these imaginary florals in happy colour combinations give us the perfect opportunity to use our imaginations in a playful & much needed relaxation session. Bring your friends along for some creative fun & join us to make your own set of Watercolour Postcards.

**Saturday 6th August 10am - 12pm OR
Saturday 3rd September 10am - 12pm**

**\$25 per person
All materials supplied**

Acrylic Painting

Over 6 weeks, local artist, Wendy Hickin, will help budding acrylic artists to become familiar with the basics of acrylic techniques so they can create their own pieces of art.

Participants will need to bring an acrylic pad, acrylic paints and brushes. A specific list will be supplied closer to date.

**Every Monday for 6 weeks
29th August to 3rd October
9.30am - 12pm
\$25 per person per session**

Protect yourself against Scams

Hear a personal account from a local on how they fell for a scam and the financial and emotional consequences. This experience has prompted her to help others avoid falling for scams including knowing what to listen for and where to go for help.

**Thursday 14th July, 10am - 11.30am
Free**

Community Plant
Nursery
Colourful & hardy plants
for your garden.
Available Mon - Fri
8.30am - 4.30pm

First Aid Training & CPR

First Aid & CPR

Do you have the skills and the confidence to manage a first aid emergency?

3 Rivers Training delivers and assesses nationally recognised training on behalf of Allens Training Pty Ltd RTO 90909. Courses have online theory & assessment modules for completion prior to our face-to-face session. This is where we aim to consolidate your learnings, develop your knowledge & skills, and boost your confidence & competence to manage a first aid emergency. Come and join Steph a local nurse with emergency department and education experience in an interactive and fun session in a non-threatening environment. Group sessions available

HLTAID009 Provide Cardiopulmonary Resuscitation \$65

HLTAID011 Provide First Aid \$155

HLTAID012 Provide First Aid in an Education and Care Setting (enquire for dates) \$175

July 26th CPR – 9.00am First Aid – 10.00am

Aug 16th CPR – 5.00pm First Aid – 6.00pm

Sept 27th CPR – 9.00am First Aid – 10.00am



Infant First Aid

Can you recognise emergencies & provide immediate & effective first aid treatment to babies suffering a sudden illness or injury?

This non accredited course is ideal for new parents and grandparents.

Topics covered include but are not limited to CPR – infant & adult, choking, allergic reactions, bleeding, burn management, childhood illnesses, Fevers and dehydration

Cost \$30.00pp

Monday 8th August, 10am - 11.30am

Friday Talks

Friday 29th July

Hear how Brenda Price's son came to feature in The Blue Lagoon as a baby boy and what it was like to live on the island set.

On the menu:

Roast beef & veggies
Apple crumble
tea & coffee
\$15 per person



Friday 19th August

Graeme Anderson shares his knowledge of the soldier settler scheme and how it shaped our local landscape.

On the menu:

Silverside & veggies
Trifle
tea & coffee
\$15 per person

Get Out & Active

Monday

Walking Basketball

Basketball Stadium
12pm- 1pm \$10



Tuesday

Aging with Attitude Exercise

Heyfield Hall
9am - 10am \$10 per class

Circle Dancing

Heyfield Hall
2pm - 3pm \$5 per class

Wednesday

Happy Hookers Crochet

Resource Centre
7pm onwards \$2 per class



Thursday

Yoga with Carol

Memorial Hall
9.15am - 10.45am \$14 per class

Hoofers Walking Group

Resource Centre
Terms 1 & 4 meets 9am
Terms 2 & 3 meets 10am
\$2 per session

