

# Heyfield Community Resource Centre

## Term 3 courses and activities



### Friday Talks

**Bookings essential**

#### The Molphy ancestors

Gerald Molphy is back; this time to share the tales of his ancestors who settled in the Heyfield district. Hear how they shaped our rural communities and established landmark buildings familiar to us today. Anyone interested in a good story and local history will find this a fascinating day.

Includes a 2 course meal.

**Friday 1st September, 12pm.**

**\$20 per person**



### Winter Christmas community lunch



Come along and enjoy a hearty 2 course winter Christmas feast. Sit down with friends for some good conversation and a chance to meet others. Meal includes roast meats, vegetables and plum pudding or pavlova for dessert.

Everyone is welcome but seating is limited so be sure to book - call 5148 2100.

**Friday 11th August, 12pm. \$20 per person.**

### Take away community lunch

Take Wednesday night off from the kitchen and order a take-away community meal. Menu changes each week, with a variety of mains to choose from, plus dessert. The weekly menu is added to our Facebook page every Monday.

**facebook.com/hcrc3858**

### Learn Local helping locals get ready for work

This course prepares job seekers for a range of entry-level roles including administration, hospitality, retail, agriculture, trades, health and more at various locations.

Job seekers will meet a range of business leaders from the Heyfield region who are actively seeking new employees including:

- Department of Energy, Environment and Climate Action (DEECA)
- Tinamba Hotel
- Quick Cuppa coffee
- Anglicare
- Heyfield IGA
- Wellington Shire Council and more

Learners will be supported to improve their employability and digital skills, with a focus on communication, problem-solving, workplace expectations and job applications.

**When:** Starts Wednesday 16th August and runs 2 days a week (Wed & Thurs) for 5 weeks, 9.30am - 3pm.

**Where:** Heyfield Community Resource Centre, Heyfield.

**How much:** This is an ACFE funded course for eligible learners with a low fee of \$20 for the entire course.

**Limited places. Book now 5148 2100 or email [coordinator@heyfield.net](mailto:coordinator@heyfield.net)**





# Kids activities



## KIDS CRAFT - BIRDSEED ORNAMENTS

A fun way to teach kids how to bring birds into the garden. Hang them in the garden or give as a gift.

**Tuesday 25th July, 3.15pm - 4.15pm.**  
\$7 per child.

## KIDS COOKING - COCO POP SLICE

The kids will have fun preparing this no-bake slice that can be enjoyed as a lunch-box treat.

**Tuesday 15th August, 3.15pm - 4.15pm.**  
\$7 per child.

## KIDS COOKING - PIZZA PINWHEELS

A creative take on pizza that the kids can make with toppings of their choice.

**Wednesday 13th Sept, 3.15pm - 4.15pm.**  
\$7 per child.

## HEYFIELD PLAYGROUP

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

**Meets every Thursday during the school term at the Resource Centre**

**9:30am - 11:30am,**  
**Gold coin donation per session.**



**TERM 3  
HEYFIELD  
AGED 2-5YR**

*Keeping kids moving*

**WEEKLY: \$10**  
**HALF TERM: \$45**  
**FULL TERM: \$80**

## KIDDO SUPPORTS THE LOVE OF PHYSICAL ACTIVITY

It's not just about the skills...but the confidence, motivation and knowledge that will help them become active for life. Drop in for a weekly session or book for the entire term!

**Every Monday starting 10th July, 9.30am - 10.15am**

**Register at [www.kiddogippsland.com.au](http://www.kiddogippsland.com.au) or drop in on a Monday morning**

## Senior Bytes - tackling technology step-by-step

Do you need help navigating technology? Come along to Seniors Bytes, a new social group for older members of 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.**

**Be Connected** Network  
Every Australian online. Partner

## Power Saving Bonus - new round open

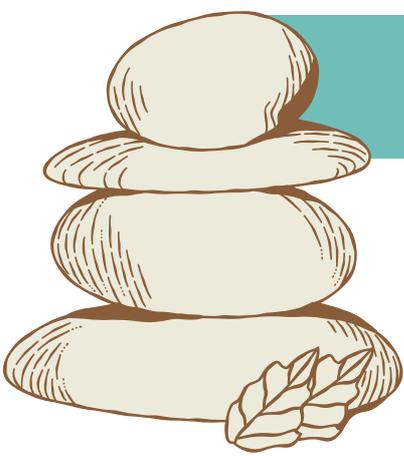
We can help you obtain the State Government's \$250 Power Saving Bonus. If you are a Victorian residential energy consumer and are the electricity account holder, you are eligible for the rebate.  
**Call us on 03 5148 2100 to make a booking!**

Since 1 July 2022, every Victorian household is now eligible for the

**\$250 POWER SAVING BONUS**



Neighbourhood Energy Network Good Shepherd VICTORIA



# Mindfulness & wellbeing

## Stonework play workshop

"Stonework Play inspires adults and children to create meaningful stories through contact with nature" - Diana Suskind, creator of Stonework play.

Come along to this workshop and discover how Stoneplay actively helps to reveal thoughts and feelings from your inner self.

**Monday 24th July, 2.00pm - 3.30pm. \$20 per person. Book on 5148 2100**

## World of colour - colour therapy workshop

Colours surround us everywhere. Discover how colours influence our lives, their unconscious effect on us and how we can use them to benefit our health and wellbeing.

This workshop will be facilitated by an Aura-soma level 2 trained teacher.

**Tuesday 18th July, 2.00pm - 3.30pm. \$20 per person. Book on 5148 2100**

## Forest Therapy Walk

Forest Therapy Walks are a gentle walk in nature and not long in distance. The walk focuses on the natural environment and engaging our five senses. Much research is available on the various health benefits of a guided Forest Therapy Walk.

Walks can be tailored to suit participants needs. Bring a water bottle, covered-in-shoes and wet weather gear if appropriate.

**Saturday 1st July, 1.30pm - 3.00pm. All ages welcome.**

**Wednesday 19th July, 1.30pm - 3.00pm**

**Both sessions will be held in Apex Park, Heyfield. \$30 per session.**

*Virginia is a INFTA qualified Forest Therapy Guide. To book call 5148 2100 or email [foresttherapy@bigpond.com](mailto:foresttherapy@bigpond.com)*



## First Aid classes with 3 Rivers Training.

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. Come and join Steph a local nurse with emergency department & general practice experience in an interactive and relatable learning session.

*Group sessions available*

**For further information please call Steph on 0408 472 835**

**HLTAID009 Provide Cardiopulmonary Resuscitation \$65**

**HLTAID011 Provide First Aid \$155**

**HLTAID012 Provide First Aid in an**

**Education and Care Setting (*enquire for dates*) \$175**



Click on QR code to book online

## Term 3 dates:

**Wed July 26th**  
CPR - 5.30pm  
FA - 5.30pm

**Tues Aug 29th**  
CPR - 5.30pm  
FA - 5.30pm

**Tues Sept 19th**  
CPR - 5.30pm  
FA - 5.30pm

# Social groups - craft & garden

## Knitters Nook.

A social way to learn new knitting skills, get help with projects and meet new friends. Join in weekly, or just pop in from time to time when you need help.

**Meets every Monday, 12pm - 2pm.**

**\$2 per person.**



## Happy Hookers.

Dig out that crochet hook and join the Happy Hookers. Bring along your own project or ask Lisa for some first-time project ideas. Beginners are most welcome.

**Every Thursday, 10am - 12pm. \$2 per person.**

## Acrylic Painting

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 during the term, 10.30am - 12.30pm**

**\$25 per person per session**

## Cricut group

Bring along your Cricut machine and work on projects with others. Share tips and ideas.

**Every Monday during the term, 12.30pm - 2pm**

## Beginner car maintenance for women

Get to know your car and how to look after it. It will save you time and money in the long run.

John, a lifelong mechanic, has been running classes for the Nissan Club and is now bringing his expertise to Heyfield. He'll show you how to undertake basic maintenance and troubleshooting. Park your car in the carpark opposite the Railway Hotel and meet at the Resource Centre.

**Thursday 10th August, 10am - 11.30am.**

**\$5 per person.**



## Beginner Ukulele Group Expression of interest

If you are keen to learn how to play the ukulele then this new group is for you! We have a few locals who are keen to meet up each week to help each other learn this fun little instrument. Call 5148 2100 to register

your interest or send us an email - [coordinator@heyfield.net](mailto:coordinator@heyfield.net)



# Happening each week

### MONDAY

**Walking Basketball**  
12pm - 1pm at Heyfield Basketball Stadium.  
\$10 per session

### TUESDAY

**Ageing with Attitude Exercise**  
9am - 10am, Heyfield memorial Hall, \$10 per class  
**Circle Dancing**  
Tuesday at the Memorial Hall supper room, 2pm - 3pm, \$10 per class

### WEDNESDAY

**Community Takeaway Lunches**  
Every Wednesday from 12pm, Main meals \$7 and desserts \$5

### THURSDAY

**Hoofers Walking Group**  
9am during terms 1 and 4 & 10am in terms 2 and 3. Gold coin donation  
**Yoga with Carol**  
Thursdays at the Memorial Hall, 9am - 10.30am, \$15 per class/ \$13 concession

### FRIDAY

**Heyfield Family History Group**  
Every Friday 9.30am - 12.00pm at the Heyfield Community Resource Centre