

**Term 4, 2018**

**Brochure**

October 8 - December 21



**DISCOVER**  
**GROW**  
**ACHIEVE**

**creswick neighbourhood centre**



## Welcome to Term 4, 2018

Welcome to Term 4, and the warm weather of Summer. Please have a flick through and see if something interests you. There's a selection of locally led classes to enjoy as well as expert sessions, groups, career qualifications, and interesting workshops to liven up your weekends.

Share your passion! If you have a skill or special area of expertise, come and talk to us about how you can share it - we'd love to hear from you and running a class may be easier than you think!

Did you know you can get our brochure online every term? Just let us know or you can go directly to our website, scroll down, and enter your email address in the box provided. Save trees and stay up to date on activities, classes and events.

A little about us: we are a neighbourhood house originally started by the Creswick community in the early 1980s. We are an incorporated, not-for-profit organisation dedicated to community development, education, and training. Governed by a volunteer Committee of Management we are funded in part by The Department of Health & Human Services and partly self-funded.

Talk to us about volunteer opportunities - everything from cleaning, gardening, maintenance, administration, and committee of management - we value your input. Or just drop in for a cup of tea in the sunny kitchen.

Kim, Derek, Di, Tim & our many amazing volunteers

## Our Committee

We appreciate all our volunteers here at the Centre including our Committee of Management members: Di Oram, Francis Hooper, Gayle Roberts, Ian Kronberger, Jenni Sewell, Kiyoko & Glen Harris, and Trish McMahon.



Creswick Neighbourhood Centre is a not-for-profit organisation governed by a volunteer Committee of Management. Opinions/advice expressed by tutors, trainers, and contractors at the Centre may not reflect those of Staff, Volunteers and Committee of Management.

Postal Address:  
PO Box 96, Creswick 3363

Incorporation: A0013426B  
ABN: 72 933 882 251

## Services

- Creswick Market the 3rd Saturday of every month
- Community Garden
- Wholefoods Co-op
- Free computer and Internet access
- Trivia Nights for Community Groups
- Baby capsule hire
- Colour A3 Photocopying and Printing
- Meeting, Venue/Room, and Hall Hire
- Community facilities including pizza oven
- Graffiti removal kit
- Resume assistance

## How to Register for a Class

Phone, email, or drop in to put your name down for a course or workshop and staff will remind you when payment is due one week before the scheduled start date of a class. Refunds are available when the Centre is notified within three working days of the class start date. All classes and workshops at the Centre need a minimum number of students enrolled to commence. Payment plans can be arranged for people who may be experiencing special circumstances and/or require extra time to pay off a course. Class dates and times change from time to time so please make sure you register, and include your phone number if by email, and we will keep you in the loop.

## Getting Involved

There are lots of opportunities for volunteering at the Centre including: housekeeping, gardening, teaching, committee of management, reception, and more. Talk to us about it - we'd love to work with you.

## The Purposes of Our Association

To provide education, engagement, and volunteering opportunities to Creswick and its community through the provision of welcoming community spaces for all, provision of life-long learning, and support of community connectedness and participation. To endeavour to address isolation through equity and inclusion. To strengthen community through support of diversity and promotion of participation. To facilitate community development and capacity building by supporting individuals and groups. To promote programs and processes to address locally identified needs.

## Feedback Welcome

We welcome your ideas, compliments, and complaints. Whilst we regularly ask for your feedback in classes you attend, and there is a suggestion box in the foyer, we are happy to hear from you in any shape or form including in a message, by mail or email, in person, or anonymously. We have a grievance policy on the notice board and we are always happy to give or forward you a copy. Don't be shy - help us be the best we can be.

## Young People

### **Creswick Community Playgroup**

Playgroup is a great opportunity to meet other parents and children - socialising is good for kids and their grown-ups! Playgroup happens in the Playscape and in the Hall on wetter days. Wear weather appropriate clothing and footwear.

**Thursdays in the school term, 10 - 11.30am In the Natural Playscape & The Hall \$2 - Ongoing, just come along**

### **Kids Craft Club**

Primary aged young people are invited to come along each week and get creative with a range of fun, artistic and craft skills including drawing and textiles. This term we will draw Japanese Manga characters, make origami, learn weaving and make colourful rainbows using yarn. Bring along a drink and snack. Places are limited and registration is essential. Thank you to Creswick Pharmacy, Flemos, and Foodworks for their ongoing support.

**Fridays from October 26, 4.15 – 5.30pm Maximum fee - \$48 + \$8 materials, 8 sessions Tutor: Lauren Taylor**

### **Introduction to Karate for Kids**

This fun, non-combative introduction to Karate skills is a great fitness activity for kids aged 7 – 13 years, and gives them the opportunity to test the waters before making a commitment to a more formal Karate class which may be expensive and involve travelling out of Creswick. Practice moves including Kata, kicks, blocks, stances, basic strikes, and self-defence moves. Wear loose comfortable clothes and bring a drink.

**Mondays from November 12, 4-5pm \$35, 6 Sessions, Bookings essential Tutor: Greg Morrison**

### **Early Childhood Music and Movement Classes**

Exposure to a high quality music program from a young age optimises childhood development. Come along to weekly music sessions.

- Music is a universal source of pleasure, regardless of a person's age or degree of development.
- Every child is born with musical potential and an innate ability to respond to music – this is important to encourage.
- Research constantly links the use of music and musical activities to key areas of development in early childhood – physical, cognitive, social-emotional and language development.
- Anne is an early-childhood music specialist with over 20 years teaching experience. She is fully endorsed by Hepburn Maternal and Child Health Services

**Thursdays from October, 9.15-9.45am \$120 - 10 sessions Sibling discount available Places are limited - to book contact Anne Belcher 0400543020 or [branchintomusic@gmail.com](mailto:branchintomusic@gmail.com)**



**Be Connected**

Every Australian online.

**The Be Connected Network is a movement that supports older Australians to engage with digital technology in their local communities. The network is managed by Good Things Foundation, and is part of the wider Be Connected campaign run by the Department of Social Services, in partnership with the Office of the eSafety Commissioner.**

### **I.T. Help! - One:One - Free**

Do you need some one-on-one assistance to get your technology problems solved? Assistance is available for most I.T. questions including ones relating to smart phones, tablets, laptops, PCs, and including software and hardware issues.

**Fridays from October 26, From 1pm by appointment: 5345 2356 or FREE One on one 45 minute sessions Bookings essential Tutor: Matthew Drysdale**

### **Be Connected - Get Online Week! October 15 - 19**

#### **IT High Tea**

Join us for a delicious high tea and talk to us about I.T. This social event will be presented by the neighbourhood centre and local IT expert Matthew Drysdale. Take a quick survey and help us tailor future classes designed to fill gaps in your use of technology.

**Thursday October 18 11am – 12.30pm Please RSVP for catering: 5345 2356**

#### **Make your iPhone a MyPhone**

Explore the functions of your apple smart phone or tablet over some morning tea. Find out what is possible as we all live our lives with a computer in our pockets!

**Friday October 19, 11am – 12.30pm Please RSVP for catering: 5345 2356**

#### **University of the Third Age BBQ Lunch**

Join our tech curious local 'over fiftyfivers' for a scrumptious BBQ lunch under the old oak tree. All welcome.

**Friday October 19, 1pm – 2pm Please RSVP for catering: 5345 2356**

#### **How to Outsmart your Android Smart Device**

Explore the functions of your android smart phone or tablet over some afternoon tea. Find out what is possible as we all live our lives with a computer in our pockets!

**Friday October 19, 2pm – 3.30pm Please RSVP for catering: 5345 2356**

## **Technology for Home & Business**

### **Introduction to JotForm and SurveyMonkey**

Want to collect data from your clients? Want to put a form on your website? Want to create a survey? JotForm and SurveyMonkey are two free, versatile and easy-to-use online services for collecting information. Find out how to create your own JotForm and/or get those monkeys collecting surveys for you in this helpful three hour - hands-on workshop.

**Wednesday TBC, 6 – 9pm \$35 Tutor: Clay Ravin**

### **Mail Chimp Anyone? Easy and Cool eNewsletters**

Whether you're self-employed, you manage projects for clients, or distribute an e-newsletter, MailChimp has features and integrations that will suit your email marketing needs. Send subscribers product updates, event invitations, announcements, editorial content, or even automated birthday congratulations! Use our reports to improve your campaigns and learn more about your readers. Best of all? MailChimp is free for lists of up to 2,000 subscribers.

Session 1. Introduction to Mailchimp Session 2. Design a Mailchimp Template

**Wednesdays November 21, 6 – 8pm, \$70 - 2 Sessions Tutor: Clay Ravin**

### **Grow Your Digital Mindset & Build your Business**

Finding the online digital landscape confusing and not sure where to start? Do you need a website, blog, twitter, facebook page? You need to Grow Your Digital Mindset! Join communications leader Morgan Williams in this two hour, deep dive workshop. He will help you create an A4 action plan in six easy exercises. Use the plan to implement your online strategy. Perfect to launch or promote a product, business, event, or personal brand.

**Thursday November 15, 6- 8.30pm \$55 Tutor: Morgan Williams – DesignScope**

### **Easy & Professional Marketing Tools for Business**

Use free, easy to use, online software to create edgy, colourful, marketing material for; event posters, menus, signage, social media marketing, business cards, and more. Explore free online tools such as Canva and create professional looking graphic materials to use in business every day. Artwork created can then be saved in a variety of formats for web and print.

**Wednesday TBC, 6 – 8.30pm \$55 - 2 sessions Tutor: Matthew Drysdale**

### **Facebook for Business**

Get some help setting up a business facebook page. You can create a great profile for your business, get tips on engaging followers and potential customers, and get some advice on running paid promotions.

**By appointment: 5345 2356 \$60 per 2 hour session**

**Tutor: Tim Drylie**

### **Web Health Check**

Review the appeal and functionality of your website with an expert. This class will send you away with a prescription for web health that will give your site the best chance of success.

Topics covered include:

- Page Structure – calls to action, welcome text, parallax vs click thru vs splash
- Making Google Happy – meta data, keywords, links, text on home page
- User focused – “you” rather than “we”, becoming people focussed
- CMS platforms – what you use, how to decide, installed vs managed
- Keeping pages up to date
- Google / FB Ads
- Menu + Navigation – menu length, page titles,
- Mobile Friendly – most sites are accessed by mobile - does your page stack up?

**Thursdays November 22 & 29, 6- 8pm \$100 - 2 sessions**

**Tutor: Morgan Williams – DesignScope**

### **Wordpress Webdesign**

Need a website for your business? Older style websites can be clunky and hard to manage. Using Wordpress you can design a simple yet effective website that won't cost you the earth. With no 'hard to manage' back end your website can be anything from 1 page to 55. Basic computer skills are required. Join us for two, two hour group sessions and one half hour 1:1 session

**Wednesdays from November 7, 6-8.00pm, \$100 - 3 sessions Tutor: Clay Ravin**

### **Advanced Wordpress Workshops**

Whether you've been working on your own Wordpress site for a while and have hit a technical hitch, you just need some fresh inspiration to take your site design to a new level, or you simply need the motivation of being in a supportive group environment to keep going with site construction - this workshop is for you! Come to one or all three, however bookings are essential and workshops require a minimum number of students to commence.

**Wednesdays October 17, November 7, December 12, 6 - 8pm \$40 per session**

**Tutor: Clay Ravin**



## Work Life

### Responsible Service of Alcohol

This is the standard certificate training for people wanting to work in hospitality in a licensed venue. Learn responsible service of alcohol, regulations around serving liquor, and how to serve alcohol in a safe and legal way. You will receive a certificate for the unit 'Provide Responsible Service of Alcohol'.

**Tuesday December 4, 12-4pm, \$75 Trainer: Stephan Jerman - On Tap Liquor**

### Provide FIRST AID

Get the skills you may need some day to save a life:

- Manage an unconscious casualty
- Basic Life Support - DRABCD
- Cardiopulmonary resuscitation - adult, child, and infant
- Airway obstruction / asthma / anaphylaxis
- Wounds, bleeds, and shock management
- Communicate details of the incident
- Automated External Defibrillation
- Legal issues / infection control
- Heart attack / stroke
- Poisons , bites, and stings
- Fractures, dislocations, sprains, strains
- Spinal injury / head injury / chest injury / burns
- Diabetes / epilepsy / fainting / drowning

On successful completion, receive a Statement of Attainment for the nationally accredited course 'PROVIDE FIRST AID HLTAID003.'

**Tuesday December 11, 9.30am – 4.30pm + Pre-course activity book  
\$175 Training Provider: Vic First Aid**

### Provide CPR

Statement of Attainment for the nationally accredited course 'PROVIDE CPR HLTAID001.'

**Tuesday December 11, 9.30am – 12pm \$75 Training Provider: Vic First Aid**

### CERTIFICATE IV IN ALCOHOL AND OTHER DRUGS

Obtain a nationally recognised qualification and learn to assist people with alcohol and other drugs issues.

Develop your knowledge in preparation for working in community-based organisations, withdrawal services, residential rehabilitation services, and outreach services.

Under the guidance of professional trainers with extensive practical experience, develop skills and knowledge to implement health promotion and community interventions.

### Career Opportunities

- Rehabilitation support worker
- Outreach worker
- Family support worker
- Drug and alcohol support worker
- Case worker

### Learning Pathways

- CHC43315 Certificate IV in Mental Health
- CHC40413 Certificate IV in Youth Work
- CHC52015 Diploma of Community Services Practical Placement - 80 hours (Mandatory)

### Fees

Skills First Program\* Standard: \$327.00

Skills First Program\* Concession: \$65.40

Fee for service: \$3924 (Government subsidised training places are available for people who meet the eligibility criteria).

### Register your interest:

**1 night per week (TBC)**

**Phone the Centre 53452356 or email to [info@creswicknc.org.au](mailto:info@creswicknc.org.au)**

**Registered Training Organisation: GenU Training [genutraining.org.au](http://genutraining.org.au)**



## **CERTIFICATE IV IN MENTAL HEALTH (CHC43315)**

Establish a career in supporting and promoting mental health. This nationally accredited qualification is the foundation for developing a successful and rewarding profession in mental health care.

This entry-level qualification provides the knowledge in readiness for working autonomously or under the guidance of other practitioners in supporting people with a mental illness.

### **Career Opportunities**

- Rehabilitation support worker
- Outreach worker
- Family support worker
- Case worker
- Mental health coordinator
- Mental health outreach worker

### **Learning Pathways**

- CHC43215 Certificate IV in Alcohol and Other Drugs
- CHC40413 Certificate IV in Youth Work
- CHC52015 Diploma of Community Services

Practical Placement - 80 hours (Mandatory)

### **Fees**

Skills First Program\* Standard: \$227.50

Skills First Program\* Concession: \$45.50

Fee for service: \$2730.00

(Government subsidised training places are available for people who meet the eligibility criteria).

### **Starting Soon!**

**Mondays from October 22, 9.30am - 3.30pm, 10 months**

**Phone the Centre 53452356 or email to [info@creswicknc.org.au](mailto:info@creswicknc.org.au)**

**Registered Training Organisation: GenU Training [genutraining.org.au](http://genutraining.org.au)**



## **Creativity**

### **Make a Hand-Crafted Spoon**

Wood carving is one of the oldest human crafts. You can use green wood working techniques and simple hand tools to create a unique and functional wooden spoon to take home in this fun, one-day workshop. You will also learn how to work with axes and knives, and how to keep them sharp. This workshop is targeted to people 18 years and over. All materials required for the workshop are provided – just bring along some lunch.

**Saturday or Sunday TBC, 10am – 4pm \$100 + \$20 Materials fee**

**Tutor: Paul Ryle**

### **Life Drawing**

Beginners and more advanced artists are welcome to come along and draw or paint the human form with inspiration from nude life models in a series of short poses followed by a long pose for a more finished drawing. Tuition and individual assistance can be provided on request. BYO materials.

**Tuesdays from July 17, 6 - 8pm \$20 per session - Ongoing Tutor: Selwyn Rodda**

### **Art Group**

Bring along your current painting project or begin a new one. This fun and friendly group meets weekly to share artistic passion and always welcomes newcomers. BYO materials and lunch.

**Tuesdays Ongoing, 12 – 3pm \$5 Per session - Just come along**

**Artist: Pam Worswick**

### **Landscape Painting Workshop**

Learn to paint landscapes in this hands-on workshop. Take part in an empathetic demonstration designed for those who have always longed to paint. Learn how to mix colours, and then start painting a landscape scene of your own. Get help and direction to create a work that you can take home at the end of the class. All materials are included just bring some lunch and your creativity.

**Saturday November 10, 11 – 3pm \$35 + \$15 materials fee Tutor Dawn Lim**

### **Making a Functional Twined Basket**

Learn how to use natural materials to make a small to medium sized basket using the traditional basketry technique of twining. Twining is the twisting of two strands of flexible material around a vertical support. This technique creates shape as well as adds stability to baskets. Red hot poker and flax will be provided as well as information about how to collect, dry and prepare your own materials to use at home. Jodie Goldring is a Sculptor and Art Teacher who has a broad range of creative experiences to share. Please bring an apron, scissors and some lunch.

**Saturday February 23, 10-4pm Tutor: Jodie Goldring**

**\$80 (\$65 Conc) + \$20 material fee**

## Kokedama Making Workshop

Kokedama is a lovely addition to your home and would make a beautiful personalised gift for Christmas. Kokedama means 'moss ball' in Japanese and is a traditional Japanese art form that uses moss to house a plant and its roots. The plants roots and soil are covered with moss and bound together tightly with twine. The moss retains water and replaces the need for a pot. Learn how to create a Kokedama moss ball, using simple steps and tips to make it easy, as well as how to care for your Kokedama at home. This is a beginners class and no experience is necessary. You don't need to bring a thing and the end of the class take home two beautiful and decorative plants. Early bookings are essential as materials need to be organised.

**Sunday December 9, 1pm – 3.30pm \$45 + Materials fee \$35**

**Tutors: Sharon Joy and Gayle Roberts**

## Blacksmithing Introduction - An ancient craft

Considered a rare trade due to dwindling numbers of practitioners, Murray has been practicing the craft since the 1970s. He is experienced in forging items both for utility and ornamental items, tools, jewellery, and knives. His forged knives have won different levels of awards; the top honour was to have a knife recognised as a cultural heritage item.

- Explore the basics of blacksmithing -. The elements of Earth, Air, Water, Fire
- Preparing your fire
- Discussion and demonstration of how fire levels affect metals
- Beginners basics with mild steel - experimentation by students
- Project-make a fire rake.

Participants can expect to take home a fire rake, plus other small items if time permits, such as awl or bodkin. Students over 16 are invited to register. Wear covered shoes and fire resistant (natural fibre) clothing.

**Saturday December 8 or Sunday December 9, 1- 4.30pm \$80 + \$10 materials fee**

**Blacksmith: Murray Shanaughan**

## Blacksmithing - Development of Basic Techniques

Students who have participated in the introduction can further hone their skills.

- Development of basic techniques in metal forging
- Continuing forging techniques. Students will develop techniques under guidance
- Learn about heat treatment of tool steels
- Drawing an 8 sided point. Forge a punch and chisel(s)

Participants can expect to take home a punch and chisel plus other small items if time permits. Students over 16 are invited to register. Wear covered shoes and fire resistant (natural fibre) clothing.

**Saturday or Sunday TBC, 1 -4.30pm \$80 + \$15 materials fee**

**Blacksmith: Murray Shanaughan**

## Intro & Advanced Upholstery

In this fun DIY beginners workshop you can upholster a dining chair, piano stool, or simple accent chair. Learn skills and upholstering tips including how to re-web, cut and attach foam, and correctly remove and reupholster your piece with new or recycled fabric. Skills taught in the session will be tailored to suit the style of chair you are working with. Gain an understanding of the tools and skills needed to tackle similar projects at home. Materials supplied include any webbing, foam, and dacron needed as well as tools to use on the day. BYO chair and fabric; however fabric is available for pre-order, let us know if you are interested. Students who already have basic upholstery skills or have previously taken this class are invited to join us for a more advanced workshop – a list of suitable projects will be provided on registration. Bring along some lunch or visit the historical Glenlyon General Store.

**Intro: Sunday March 17, 11am – 4pm \$100+\$50 materials fee**

**Advanced: Sunday November 25, 10am – 5pm \$140 + \$50 materials fee**

**Teacher: Andy Hemming - The Upholstery House Victoria**

**Venue: Glenlyon (46km from Creswick)**

## Ballroom Tea Dance

This happy group of passionate ballroom dancers bring a charming and fun tea dance event to Creswick. Beginners and experienced dancers are welcome to come along and join in an afternoon of new vogue dancing including The Barn Dance, Merilyn, Swing and Parma Waltz, The Pride of Erin, and more. Enjoy a selection of beautiful nostalgic music from the 1930s - 50s, raffles, prizes, and a delicious high tea. Bring a plate of afternoon tea to share.

**Saturday October 27, 2-6pm  
\$10 - includes raffle tickets**



## **Interest & Social**

### **A Men's Group**

"Change starts with acknowledging where you are - precisely because the denial of the pain is what holds us in our inner prison." - Steve Biddulp. Join Greg Govinda to explore connecting with a better sense of self, increase your confidence, feel inner peace, and bring camaraderie to your life. Use guided relaxation techniques to heal inner conflicts on the journey to a more connected and joyful life. Greg provides a safe, respectful, and supportive group environment.

**Men 18 years and over are invited to join Greg for a free information session on Tuesday November 13, 7-8.30**

**Ongoing sessions Tuesdays from December 4 6.30 - 8.30pm \$45 3 Sessions Bookings essential: 5345 2356**

### **Introduction to the Share Market**

The development of online share trading has made it easier than ever to invest in shares on the ASX, but for too many people there is a perception that it is complex or risky, or that you need a lot of cash to get started. This short course will introduce you to the basic way that online trading works and how to get started. It will cover new trading options designed to reduce risk and costs. It will compare share-trading to property investment and look at the pros and cons of both. The share market is a 'get rich slowly' scheme that anyone can access. The sooner you get started whilst applying the best strategies to protect against risk, the more wealth you may accumulate.

Disclaimer: The information provided in this course is not intended as legal, financial or investment advice and should not be relied on as such. Before making any commitment of a legal or financial nature you should seek advice from a qualified and registered legal practitioner or financial or investment adviser.

**Saturday March 9, 9am -12pm \$10 Tutor: Patrick Hockey**

### **Family History Group**

This friendly group researches family histories on a world-wide scale. You can join this group of enthusiastic people who happily share knowledge and experience to help you discover your ancestors. Many historical records and other resources are available, including Victorian records from 1836. Come along for part of, or the whole session. Each session includes both structured presentations and informal time to conduct your own research. Bring lunch.

**Wednesdays Ongoing, 10am - 4pm, \$20 annual fee + \$5 per session**

**Facilitator: Adele Morrison**

### **Jam Sessions in the Hall**

Friendly, casual jam sessions welcome singers and musicians of all skill levels and musical tastes. Bring your instrument of choice including your voice and join in these free flowing, fun sessions. Audience also welcome.

Registration is not necessary – just come along.

**Fridays 7-9pm \$2 - Ongoing**

## **Music & Dance**

### **So You Think You Can't Sing!**

Which word stood out - Think, Can't, Sing? Deep down we all love to sing. It is so good for our emotions, our hearts, our health, our brains, but somewhere in your life someone probably told you not to sing. But it wasn't me! I love to hear people sing. It's about the story, the heart, the life, the baby being sung to, the tipsy karaoke, or your favourite rock song or aria. It's just another muscle, another challenge, but if it is done in a sharing environment, the joy can be sensational. Be brave. Come on. I'll support you, share with you, laugh with you, sing with you. Tell me the songs you love, sing loud, clap, stamp your feet, bring an instrument, a rattle, a tambourine and let's get really noisy, and then softly quiet and then laugh a lot together. I will always give you permission to fail, and then a round of applause every time you try. The journey starts with the first step. The end is simply marvellous.

**Register now for this new activity starting soon: 5345 2356**

**Teacher: Maureen Andrew**

### **Soulful Dance - Dancing the 12 Archetypes**

Ever wanted to dance like no-one is watching? Come and be guided by the music as you explore movement in a safe and supportive space. This class is a combination of several types of conscious dance, butoh and creative dance. No previous dance experience necessary, all you need is a willingness to move and be moved by your body and emotions. This is non-competitive dance where you can really listen to yourself, let go, feel, explore, be free, find connection, and support. This term we will play and explore parts of our personalities that we often ignore, repress or shy away from. Carl Jung defined 12 primary types that symbolize basic human motivations. It's time to allow your inner hero, your caregiver, your rebel, your magician, your explorer, your lover, your orphan and many more parts of your personality to be recognised and given a space in your life and on the dance floor. Suitable for ages 15 to 115 years.

**Thursdays TBC, 7pm to 8:45pm \$120 - 6 Sessions Teacher: Zilke Davey**

### **B.B.B. - Ballet for Baby Boomers**

Men and women - if you can you raise your arms, nod your head, clap your hands, or tap your toes, then you can do Baby Boomer Ballet. All forms of dance provide a simple and elegant way to communicate. Engage the brain, invigorate the body, and attune the heart and soul to music. Dance, let go, feel the rhythm, and enjoy benefits both mental and physical. Rediscover the music you love, and have fun in a safe and communal environment. Maureen has been a dance teacher for more than 50 years and wants to share her experience with you, no matter what your ability. Maureen says "Music and movement are natural to us all, and to move and create shapes and lines bring forth emotion, stories, and memories, and evoke feelings of happiness." Wear something you feel comfortable in.

**Thursdays from October 11, 1pm - 2pm \$5 per session Teacher: Maureen Andrew**



## Fitness & Health

### Hatha Yoga

Regular yoga practice improves physical and mental fitness. Yoga postures develop core strength and flexibility and balance the body and mind creating an overall feeling of peace and wellbeing. Students new to yoga or with a pre-existing condition are to advise the yoga teacher on commencement of the class, and check with their GP. Bring a yoga mat, cushion for support, a warm blanket and comfortable clothing. Beginners and experienced students are all welcome.

**Mondays from October 22, 6-7pm \$96/\$80 Conc. - 8 Sessions**

**Wednesdays from October 24, 8-9am \$96/\$80 Conc. - 8 Sessions**

**Tutors: Mangala (Monday evenings) & Kriya (Wednesday mornings)**

### Yoga Nidra

Yoga Nidra is a simple and effective yoga meditation technique usually practiced in a lying down position (Shavasana). It creates a state of deep relaxation of the entire body and mind. The yoga nidra practice involves simple breathing techniques, and the setting of Intentions for positive change. Yoga Nidra is a proven tool to help manage anxiety, stress and chronic pain. Bring along a yoga mat, favourite cushion for support, a blanket for warmth and comfortable clothing.

**Mondays from October 22, 7.15 - 7.45pm \$10/\$8 Conc. per session- 8 Sessions Just go along**

**Tutor: Mangala**

### Simply Mindfulness Basics Short Course

Mindfulness involves simple tools for enhancing stress management skills in this age of constant demands, chronic disease and poor mental health. Learn how we can re-train our brains and overcome old mental habits of worrying, negativity, stuck or anxious thinking to better manage stress, sleep better, improve focus & concentration, enhance health & wellbeing.

**Sundays from October 14, 4-5.30pm \$70 + \$10 materials fee - 4 Sessions**

**Tutor: Jane Southwell**

### Monthly Mindfulness Refresher

Take time out each month to slow down and refresh with a mindful deep relaxation practice as well as exercising your mindfulness muscles with some mindful meditation. New students are advised to sign up for the short course before joining these sessions.

**Fridays, 19 October, 23 November and 21 December, 11am – 12.15pm**

**\$15/\$13 Concession per session Tutor: Jane Southwell**

### Staying Strong

Regular exercise assists avoid diabetes, improves balance, agility, and bone density, increasing joint flexibility, and general fitness for health. This is a fun and friendly class for adult men and women of all ages. Students new to exercise or those with a preexisting condition are advised to seek advice from their GP before undertaking any new activity. Wear comfortable clothing and bring a drink bottle.

**Mondays & Wednesdays, 2.30 - 3.30pm \$3 per session Ongoing**

**Instructor: Roberta Rice – A joint CNC and U3A partnership activity**

## Our Environment

### Slow Clothing Sewing Group

There is a new/old movement around – the ‘Slow Clothing Movement’. “It is a way of thinking about and choosing clothes to ensure they bring meaning, value and joy to every day” - Jane Milbourne, (sustainability consultant and founder of Textile Beat). This new group will explore the concept of slow clothing, sharing how ‘we can do it’ - take control of the ethical and environmental impact of our clothing. Join us in this space to create, learn, share, and explore these concepts in a practical way. Learn how to repurpose clothing, repair, remake, find new uses, adapt, and salvage. There are several sewing machines available to use, or bring your own. Share your skills or learn a few more. Bring along your ideas and clothing or material for your project and let’s see what we recreate. If you need more information let us know and the tutors will contact you.

**The 3rd Thursday of every month from October 18, 6.30 – 8.30pm \$5 per session**

**Tutors: Gayle Roberts & Jane Marriott**

### Nuno Felting Workshop

Hands on, face to face, friendly learning. Make flat, solid, and hollow formed yarn. Learn the craft to create beautiful and unique clothes, scarves, toys, soft furnishings, wall hangings, and art pieces, at home in your own time. Some materials are provided and a simple list of extra things to bring along will be provided on enrolment.

**Sunday November 25, 9.30am – 4.30pm, \$65 + \$25 Materials fee**

**Tutor: Sarah Coates**

### Make a Basket using Random Weaving

Learn how to create a contemporary basket using a more modern basketry technique. Random weaving requires an expressive and creative way of working that appeals to many. In this workshop you can create a basket or let your imagination go wild to create a garden sculpture. This visually appealing style of basketry echoes forms in nature such as the bird nest and seedpod. Examples of materials that will be provided are happy wanderer, wisteria, and willow. Jodie Goldring is a Sculptor and Art Teacher who has a broad range of creative experiences to share. Please bring an apron, scissors, secateurs and some lunch. You are invited to bring vines from home if you have them - other plant material will be provided.

**Saturday October 27, 10-4pm \$80/65 Conc. + \$20 material fee**

**Tutor: Jodie Goldring**

## Chainsaw Operation & Maintenance

Learn from a professional instructor to an industry standard all aspects of chainsaw operation, chainsaw selection, maintenance and cross cut techniques, OH&S, operator safety, maintaining and sharpening your saw, and environmental concerns. For the absolute beginner through to the casual user wishing to upgrade their skills. Clear your block ready for summer. This workshop combines both theory and practical application. Bring along your chainsaw if you have one, lunch, and wear weather appropriate clothing. Participants must wear steel cap boots.

**Saturday/Sunday, October 20/21, 8.30am – 4.30pm \$165 - 2 Sessions**

**Tutor: Ralf Boyke**

## Soap Making Magic

Learn how to make your own natural and gorgeously scented aromatherapy soaps to enjoy at home or give as fantastic gifts. In this fun, hands-on session you will learn how to create soap from natural ingredients, use essential oils to enhance fragrance, and take home your wonderful creations to enjoy! Bring along a clean milk carton (not UHT), apron, rubber gloves and safety glasses, and wear closed-toed shoes. As we are working with caustic soda, this workshop is only suitable for ages 18 and up.

**Sunday TBC, 11am – 2pm, \$100 + \$25 Materials fee**

**Hosted by Ally Bauer - Delicious Whimsy**

## Natural Skin-care Products

Learn how to make your own skincare products at home from pure and natural household items. Make a soothing moisturiser, luscious lip balm, and gentle body scrub to take home. Save money making your own products or gifts for your family and be confident of the safe ingredients used. All ingredients and jars are provided as well as recipes so you can make more at home. Bring along an apron or wear old clothes as this is a hands-on class.

**Saturday December 8, 12 – 2pm, \$35 + \$10 Materials fee**

**Tutor: Dora Berenyi**

## Wool Craft Workshop

Be part of the slow cloth movement and learn the skills and knowledge necessary to prepare raw fleece and manipulate it into single and plied yarns suitable for hand knitting, crochet, weaving, and felting. With patience, practice, and persistence you will be able to craft your own unique items, limited only by your imagination. Some materials are provided and a simple list of extra things to bring along will be available on enrolment.

**Sunday TBC, 9.30am – 4.30pm \$65 + \$25 Materials fee**

**Tutor: Sarah Coates**

## Bees Wax Wraps

Easy to make and use wax wraps help you to reduce the amount of plastic in your home contributing to landfill and polluting waterways. Wraps are simple to use and perfect for lunch boxes and leftovers. Bring along two or three pieces of cotton material cut into 30cm x 30cm squares, other materials provided.

**Friday November 16, or Saturday December 8, 10 – 11.30am**

**\$20 + \$10 Materials fee Tutor: Dora Berenyi**

## What is Plarning?

Join this friendly group who make mats, re-usable bags, and other items from used plastic shopping bags. They begin by making yarn called 'Plarn' - plastic yarn. The technique from there is straight forward and practice improves your technique. Mats are distributed through the Soup Bus in Ballarat, to those sleeping rough. Plarn can be used to crochet mats for pets. Plarning helps reduce the amount of plastic which ends up in landfill or in our oceans.

**Tuesdays, 11.30am - 12.30pm ongoing - just come along Free**

**Facilitator: Anne Chamberlain**

## Transition Creswick

Rebuilding a sustainable future together. A friendly and passionate, local group affiliated with the world-wide Transition Towns movement. People get together to make positive change at a grass roots level. Aims of the movement include developing diverse responses and projects to address climate change and peak oil: building resilience, self-sufficiency, re-localising economies and fostering creative contentment. Current running and planned projects include Boomerang Bags, ZNET rollout, home energy auditing, LETs trading scheme, community dinners, food & produce swap, and an annual Harvest Festival held in April. If you would like to get involved give us a call. Join our monthly newsletter and become a member.

**Contact/Find Us: facebook.com/transitiontowncreswick or email: transitioncreswick@gmail.com.**

**Phone: Tim 0425716544, or Jane 0402811659**

## Monthly Food & Produce 'Swap It' Event

Transition Creswick and Creswick Community Garden present a food, produce and seed swap morning. A fun way to share your excess home-grown and homemade produce with others, reduce waste, meet people, exchange ideas. Swap your eggs for some lemons, or your tomato seeds for lettuce seedlings, worm juice for your jam... no money changes hands. Tea, coffee, and Norm's own wood fired pizza available by donation.

**The fourth Saturday of every month 9.30 - 11.30am**

**Rear of Creswick Neighbourhood Centre**

**Ongoing - just come along.**



**CRESWICK MARKET**

*A Happy Small-Town Market every 3rd Saturday of the Month*

**2018**  
 Jan 20th, Feb 17th  
 Mar 17th, Apr 21st,  
 May 19th, Jun 16th  
 Jul 21st, Aug 18th  
 Sep 15th, Oct 20th  
 Nov 17th, Dec 15th  
 9am-1pm

*local food, produce, craft, art, music, plants*  
 19-21 Victoria Street, Creswick VIC 3363  
 fb.com/creswickmarket @thecreswickmarket  
*kids' craft, handmade goods, eco-friendly wares*

## Food Glorious Food

### **Sourdough Bread Making**

Home bakers can make their own tasty French Farmhouse style loaf. Mix dough, knead, shape, and then bake some lovely fresh loaves. Learn some tips along the way including how to test baked loaves for readiness. Bring along some lunch, a large bowl, and a jar or container with a large opening to take home your starter; a pen; a tea towel; and of course - your favourite apron.

**Sunday December 9, 10am – 2pm \$55 + \$10 Materials fee Tutor: Robyn Mensch**

### **Blokes' Cooking**

Are you lost in the kitchen, sick of expensive take away, restricted to costly recipes? Liberate yourself into the sensory world of man food. Learn the basic methods of cooking through an informal series of three hands-on practical demonstrations allowing you to confidently utilise budget ingredients, specials, and markdowns to create quick and healthy mouth-watering meals. Enjoy the food you have prepared in a shared dinner. Places are limited.

**Thursdays from November 29, 6 - 9pm \$45 - 3 Sessions Chef: Derek Raffin**

## *Creswick Wholefoods Collective*



**Open Fridays 1-4pm & Saturdays 11am – 2pm/Market Day from 1pm**  
**Located at the rear of the neighbourhood centre. Vege boxes available in season. For membership and other info phone Trish: 0490 340 702**



## In the Garden

### **The Forbidden Garden – A herbal history**

A personalised workshop dedicated to the remembrance of ancestral plant medicines. Come along to this interesting and informative workshop and explore prominent plant allies, their historical periods of use, as well as the associated symbolism, religion, mysticism and folklore. Discuss traditional uses of unconventional medicinal plants and the origins of pharmaceutical medicines and basic plant chemistry. Bring along some lunch – vegan friendly afternoon tea will be provided.

**Sunday February 24, 10am - 4.30pm \$80/65 Conc. + \$10 Materials Fee**

**Tutor: Jaynaya - Dose Botanicals**

### **Creswick Community Garden**

Meet to share skills and experiences growing food in the shared community garden. The garden provides an opportunity to learn about propagation, planting out, and looking after your crop. If you plan your garden right, you can enjoy the fruits of your labour without having to spend hours tending it. Maintain a community bed, or just come down to discuss and learn. Workshops are held the third Saturday of every month at Creswick Market from 10.30am. Monthly produce swap meets are held in partnership with the Transitions Creswick Group every 4th Saturday of every month at 9.30am.

**8am Saturday Group Working Bee, from 9am most Fridays & other days as required \$10 per term**

**Community Garden Guru: Norm Beshara**

### **Edible Wild Plants Walk**

Enjoy a leisurely stroll through the back streets, lanes, and gardens of Creswick in search of edible wild plants. You might be surprised to discover edible and tasty plants growing right under your feet that in the past you have destroyed or ignored. Discuss the culinary and medicinal uses of a variety of wild plants or weeds and get tips on where to look to find them all year round as well as learning about which ones to avoid. Once you've collected a variety of wild plants enjoy a demonstration and tasting of how these plants can be used in your kitchen. Bring along lunch.

**Sunday March 24, 10am – 2pm, \$55 Bookings essential**

**Tutor: Alexis Pitsopoulos**



Creswick & District **Community Bank®** Branch

## **Making great things happen.**

When you bank with Creswick & District **Community Bank®** Branch great things happen in your community.

Local projects find funding. Local clubs find sponsorship. Local schools benefit.

And, you can access a suite of financial services rivalling any bank in the country.

So, if you're not banking with us already, drop by and be part of something bigger.

**Drop into your nearest branch at 1 Raglan Street, Creswick or phone 5345 1233 to find out more.**

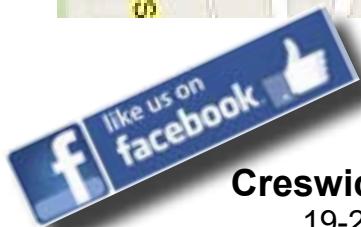
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## **Creswick Neighbourhood Centre**

19-21 Victoria Street, Creswick

Monday - Friday  
9.30am - 4.30pm

[info@creswicknc.org.au](mailto:info@creswicknc.org.au)

[creswicknc.org.au](http://creswicknc.org.au)

(03) 5345 2356

