

**WHERE CONNECTIONS ARE MADE AND OPPORTUNITIES ARE REALISED** 

## **PROGRAM TERM 1 2024**

### January 29th - March 28th

All equipment supplied unless specified.

Spaces are limited so book your course early.

CHILDCARE. SHORT COURSES, VENUE HIRE, COMMUNITY GROCERY FOOD RESOURCE, MONTHLY MARKET, COMMUNITY MAGAZINE, PRINTING, COPYING.

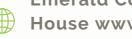
**Emerald Community House Inc.** 356 - 358 Belgrave-Gembrook Rd, **Emerald VIC 3782** Call 03 5968 3881 Email: emhouse@iinet.net.au to sign up.





#### Office Open:

Monday, Wednesday, Friday 10 am - 3 pm or by appt (Office closed during school holidays) 'Find us' on Facebook www.facebook.com/emeraldcommunity house



**Emerald Community** House www.echvic.org.au

### Membership course enrolment details and conditions

**Membership Course Enrolment Details** 

Membership fees for house programs and activities: \$10 for a single Associate Member and \$15 for Family Associate Members (1-2 adults and children under 18). This is an annual membership fee that covers January to December 2024. Associate members are not required to volunteer and have no association voting rights.

New Course Enrolment membership forms will be available on the website in January (echvic.com.au).

Course cancellations may occur if minimum numbers are not achieved

Course times and details are correct at time of printing but may be subject to change at the discretion of House

Management

#### **Course Guide**

#### Hills Community Focus Magazine

The Hills Community Focus magazine is auspiced by ECH and is open for volunteers to assist with writing, proof reading, deliveries, editor duties and planning. This project has been developed by the Hills Creative Alliance (also auspiced by ECH) and has a steering group to manage design and content. Volunteers learn about working in a group, English writing skills, grammar, photo placements, commission articles, advertising and sponsorship, page layouts, choosing content, editing and printing. Ideal for anyone who wants to improve their communications and language skills or gain important experience for the workplace, journalism students and community development practitioners. The magazine is published quarterly and printed at ECH.

Cost: Free

Location: On Zoom and in meetings throughout the year



#### **Venue Hire**

Emerald Community House has facilities for hire suitable for parties, workshops, meetings, consultations, performances and events.

Enquiries and to book: emhouse@iinet.net.au.

Membership and enrolment forms are available for download on our website.

Application forms: www.echvic.org.au/forms



#### Introduction to Herbalism

Herbalism is the use of plants to enhance general health and wellbeing. This course will provide you with the history and philosophy of herbalism. Students will then learn how to make salves, tinctures, elixirs, infusions and essential oils. Students will be able to take home products made in the course.

Date: Wednesdays May 8th - 22nd

Time 9:00 am - 3:00pm

Cost: \$250 Location ECH



#### Introduction to Permaculture

Permaculture is based on flourishing natural ecosystems and uses that knowledge to benefit garden design and land management. Students will learn how to apply the philosophy and principles of permaculture in the garden and how it might also enhance your lifestyle and wellbeing. A permaculture garden tour will be included in the course.

Date: Wednesdays April 17th - May 1st

Time 9:00 am - 3:00pm

Cost: \$250 Location ECH



#### **Emerald Wellbeing Group**

Our popular and innovative free program provides a diverse and fun environment for people to engage in various physical and intellectual activities that can improve quality of health and wellbeing. The program takes place in an environment that includes carers to develop friendships, receive support from the group and develops a network with a variety of people and age groups.

We offer a range of structured fun activities to improve general well-being directed at people over 50. There is a focus on providing people with an opportunity to get together for social gatherings, informal discussions as well as providing valuable information. Carers who support loved ones must attend together and are welcome. Our program is coordinated by volunteers and currently funded by ECH.

Date: Thursdays February 1st - March 28th

Time 10:00am - 12:00pm

Cost: Free Location ECH



#### First Aid

HLTAID009 Provide CPR HLTAID011 Provide First Aid

Date: TBC

Cost: (Provide CPR) \$70 Time: 9:00 - 10:30am

Cost: (Provide First Aid) \$150 Time: 9:00am - 1:00pm

Please note: If you volunteer in Cardinia Shire and need your first aid, please enrol as Cardinia will pay half the cost of the fee. You will need to fill in a Cardinia Volunteer Subsidy form.

Expression of interest

#### Fired Arts Courses: Ceramics/Pottery

Fired Arts Centre is again offering pottery in Term 1 to get you ready for the new year!

Functional ware pottery: hand building cups, mugs, plates, jugs and general crockery for your kitchen and home. Sculptural Pottery: make totem poles, bells, wind chimes, bird feeders, wall reliefs, ollas and more!

For more info and to book, email: emhouse@iinet.net.au .

Membership and enrolment forms are available for download on our website in January.

(Most materials and firing included)

Date: Mondays February 5th - March 25th

Cost: \$330

Time: 1:00pm - 3:30pm Location: ECH Hall

Date: Fridays February 2nd - March 22nd

Cost: \$330

Time: 1:00 - 3:30pm Location: ECH Hall



#### Childrens Fired Arts Courses: Mixed Media

These courses are very popular at ECH and can fill up fast. Kids will explore clay hand building, glass fusion and enameling to make jewelry, crafting and painting with expert instructors. Kids will discover the creative genius that is waiting to emerge in them!

Age: 8-12.

Date: Wednesdays February 7th - March 27th

Cost \$220 Children Time: 4:00 - 5:30 pm Location: ECH Hall



#### **Volunteer Opportunities**

ECH occasionally has opportunities for individuals to volunteer in assisting staff or tutors in programs. Volunteers may also have skills to assist in vegetable garden/greenhouse management, helping in the Dig In Community Grocery, provide editorial assistance with the Hills Community Focus magazine or help with free food community support. Centrelink clients and tertiary placement students are encouraged to apply.



#### **Garden to Plate**

Join us in our 'food-for-all' journey from garden to plate, learning to use seasonal local garden produce and other food resources to create healthy meals for home and for the community. Increase your cooking skills using what is seasonal and fresh. Explore multiple cuisines and test your taste buds. Take your 'garden pick' from our onsite raised beds, taking advantage of the fresh produce. Ready-made meals created from this program can be taken home or can be donated to the ECH's free Food support to help those who are stretching their dollars. Enjoy working with others in this fun-filled creative course bound to expand your culinary prowess and help others in the process!

Consider enrolling into one of our other gardening courses to expand your skills. - Introduction to Herbalism, Introduction to Permaculture and Successful Gardening

Grab a friend or organise an entire group and enrol together.

Suitable for all abilities.

Date: Mondays February 5th - March 25th

Cost: \$80 per term Time:9:30am-1:30pm

**Location: ECH** 



#### Yoga

If you have a regular yoga practice and wanting a change or you have never done yoga before, that's OK. Start the year off right and:

- Improve sleep
- Reduce stress
- Improve memory, focus and concentration
- Get limber
- Increase strength and flexibility

Please call Lisa Baker on 0438 097 475 for more information

Dates: Fridays 2nd February ongoing

Time: 10:30 - 12pm

Cost: 10 sessions for \$250

Location: ECH Hall



#### **Successful Gardening**

Any time is a good time to boost your gardening expertise and improve your yield. You will gain skills in controlling pests and diseases, soil improvements and get inside tips from our expert. You will learn how to work with nature which will save you time, money and resources. An excursion to the Peace Farm in Wesburn for inspiration and practical techniques will be included in this course.

Date: Wednesdays March 6th - March 20th

Cost: \$250

Time: 9:00am-3:00pm

**Location: ECH** 









# **Finalist**

HOME OF THE **OLD EMERALD BAKEHOUSE** 1 Kilvington Drive Emerald









Supporting sustainability and food security.

We support local businesses and programs.

#### DIG IN COMMUNITY GROCERY

I Kilvington Drive Emerald VIC 3782 (access via Murphys Way)

Open Wed - Sat from 9am to 4pm and Market Day - every third Sunday of the month



An Emerald Community House initiative



Dig In Community Grocery Oldigingrocery





## NO JAN 2024 MARKET





We have stalls
ranging from
produce, plants,
baked
goods,freshly
brewed coffee and
local craft.



We are a dog friendly market and welcome all furry friends on leashes.

Dig In Community Grocery opens on market days.

# **Emerald Market**

Cnr Kilvington drv and Belgrave Gembrook rd

# 10am - 3pm

3rd Sunday of every Month



Ph: 5968 3881 E:emhouse@iinet.net.au



### **HOUSE SERVICES:**

venue hire, photo copying, printing, laminating, scanning, wi-fi access, small catering equipment, BBQ and marquee hire on site, first aid.

356 - 358 BELGRAVE GEMBROOK RD, EMERALD VIC 3782 CALL 03 5968 3881 EMAIL: EMHOUSE@IINET.NET.AU

Where connections are made and opportunities are realised.

Our mission is to meet the needs of the community by providing quality community development activities, programs, and services.

