



Nationally Accredited Training

VCAL Program

Recreational Activities

Free* Onsite Childcare

General Adult Education Courses

Term 2 April - June 2018



2018 AGM

The AGM will be held on Tue 20th Mar at 1:30pm. Everyone is welcome to attend. We look forward to welcoming the Mayor of Maroondah City Council, Cr Nora Lamont who will be guest speaker.

North Ringwood Community House Inc.

Registered Training Organisation 6434 Senior Secondary Provider SSP69

Office Hours: **9.00am - 5.00pm Monday - Friday**

35 - 39 Tortice Drive, Ringwood North 3134 **Ph: 9876 3421** Fax: 9879 0739

email: admin@nrch.org.au www.nrch.org.au abn: 78 052 679 939

Nationally Accredited Training

NRCHI is a Registered Training Organisation that delivers nationally recognised training and qualifications. Students will attain skills and a high quality qualification which is accepted and recognised everywhere in Australia.

NRCHI is a Learn Local Organisation which supports the community and where our students are our number one priority. We are genuinely committed to helping our students obtain an industry recognised qualification in a supportive, friendly environment with industry experience and qualified trainers who provide a collaborative and engaging learning environment.

NRCHI has onsite subsidised childcare for those partaking in accredited or preaccredited training and free onsite parking. Free computer access is also available for students via a booking service.

Subsidised Training

Nationally Accredited courses at North Ringwood Community House are offered under both fee for service and funded places.

Government funding is only available for students who meet the eligibility requirements. Training is delivered with Victorian State and Commonwealth Government Funding.

For more information on the eligibility requirements and if you meet them, visit <http://www.education.vic.gov.au/training/learners/vet/pages/funding.aspx>



Visit www.nrchi.org.au or phone 9876 3421



for more information and to register your interest!



***Subsidised childcare while you study**

Onsite childcare is available during the day. Limited spaces available.
Bookings must be made in advance. Subject to relevant funding criteria.
Funded by State Government Victoria.

Courses for 2018

Enrolments now being taken. Contact us for more details of 2018 intakes.

SIR20216 Certificate II in Retail Services

This course provides skills and knowledge in a range of basic retail operational tasks and customer service as part of a retail team in speciality retailers, department stores and much more.

Career opportunities can include: - Speciality Retail - Department Store Clerk - Team Leader

Introduction to Individual Support

code 18ESINTRAC

This course will provide learners with an introduction to the Aged Care sector and allow them to make an informed decision around their future pathways. Learners will work on key employment skills as well as gaining a working knowledge around Aged Care terminology and how to apply for jobs in the Aged Care sector. Pathways are in Cert III in Individual Support at North Ringwood Community House, volunteering opportunities or entry level jobs.

Date: Wed 2nd May x 8 weeks Time: 9:30am - 12:00pm



CHC33015 Cert III in Individual Support (Ageing & Home and Community)

Focus on person-centred care while learning skills, techniques and procedures to make a real difference to the lives of people in need either through work in aged care or home and community settings.

Career opportunities include: - Personal Care Worker - Home Care Assistant

CHC43415 Certificate IV in Leisure & Health

Assist with the design, implementation and evaluation of health and leisure activities and programs for clients in day support, a residential service and/or in a community agency and day service.

Career opportunities include: - Activities Officer - Community Leisure Officer - Disability Officer

CHC43115 Certificate IV in Disability

Work in respite programs, group homes or open employment services to support people with disabilities through empowerment, person centered care, inclusion and advocacy.

Career opportunities include: - Support worker - Day Services Officer - Respite worker

CHC53415 Diploma of Leisure & Health

Studying this qualification will enable you to contribute to the quality of life of others through providing, implementing and evaluating health and leisure activities.

Career opportunities include: - Diversional Therapy Assistant - Community Leisure Officer

Please see our website www.nrch.org.au for further details or phone us on (03) 9876 3421.

Computer & Workskills

Return to Work

code 18ALNSKILLS

code 18ESBUSINESS

Return to Work is a well rounded course combining both "Developing Skills for Finding Employment" and "Essential Skills for Business Administration". This course will provide participants with the knowledge to source employment or volunteer opportunities confidently and successfully. Personal presentation and body language will also be taught throughout the course. BYO lunch.

Date: Mon 23rd Apr x 8 weeks Time: 9:30am - 3:00pm Cost: \$99 (incl. notes)
No class 11th Jun



Developing Skills for Finding Employment

code 18ALNSKILLS

Self-paced job-ready course designed to teach participants how to source employment opportunities, look at job options, qualifications, prerequisites and understanding employment lingo. Participants will also work on developing cover letters, resumes and answering interview questions.

Date: Mon 23rd Apr x 8 weeks Time: 9:30am - 12:00pm Cost: \$68 (incl. notes)
No class 11th Jun



Essential Skills for Business Administration

code 18ESBUSINESS

Refresh or learn new business administration skills that will help you get that job! Participants will gain a solid, working knowledge of Microsoft Office Suite, understanding mail merge principles, developing a powerpoint presentation and building a resume.

Date: Mon 23rd Apr x 8 weeks Time: 12.30pm - 3:00pm Cost: \$78 (incl. notes)
No class 11th Jun



Computers - The Beginning

code 18ESCOMPBEG

Gain skills and confidence in a fun and relaxed atmosphere. Introduces mouse and keyboard secrets, files and folders and using the internet.

Date: Tue 24th Apr x 8 weeks Time: 9:30am - 12:00pm Cost: \$63



Computer & Workskills

Computers - Moving Ahead

code 18ESCOMAHE

This is the next step from Computers - The Beginning or those with basic computer knowledge. Includes an introduction to Word, Excel and Powerpoint and understanding files and folders. Learn at your own pace in a relaxed environment.

Date: Tue 24th Apr x 8 weeks Time: 12:30pm - 3:00pm Cost: \$63



Word & Excel

code 18ESWORDEX

Increase your computer skills using Microsoft Office products. Learn Word to create letters and reports, format documents, use mail merge tools and create labels. Using Excel you will create spreadsheets, simple formulas, learn to draw graphs and create tables. Ideal for home or office. Prerequisite: basic computer skills.

Date: Tue 24th Apr x 8 weeks Time: 7:00pm - 9:30pm Cost: \$63



MYOB AccountRight

code 18ESMYOB

Ideal for small business owners and operators. MYOB AccountRight is a computerised accounting and reporting package that lets you set up easy, effective financial records for home or business, including payroll. Prerequisites: basic bookkeeping skills, computer and keyboarding skills. Cost includes manual.

Date: Sat 28th Apr x 8 weeks Time: 9:30am - 12:00pm Cost: \$78
No class 9th Jun



Professional Creative Writing

code 18VOCPROFCW

Learn research, writing and editing skills to create a folio of work, together with insights on submitting work for publication. Students will work at their own pace. Minimum Year 10 English and good communication skills are recommended. Cost includes manual.

Date: Tue 17th Apr x 9 weeks Time: 12:00pm - 3:00pm Cost: \$92
Time: 7:00pm - 9:30pm Cost: \$87

Date: Wed 18th Apr x 9 weeks Time: 9.30am - 12.30pm Cost: \$92

No class 24th & 25th April & 12th & 13th June



Health & Fitness

Pilates

Build greater endurance, strength and flexibility to create harmony within your body. Suits any age or fitness level. BYO yoga mat. Qualified Pilates Instructors.

Date: Wed 18th Apr x 10 weeks Time: 9:15am - 10:15am Cost: \$125 Conc: \$120
Time: 10:30am - 11:30am Cost: \$125 Conc: \$120
No class 25th Apr

Date: Thu 19th Apr x 11 weeks Time: 6:00pm - 7:00pm Cost: \$138 Conc: \$133
Time: 7:00pm - 8:00pm Cost: \$138 Conc: \$133

Date: Fri 20th Apr x 11 weeks Time: 9:15am - 10:15am Cost: \$138 Conc: \$133

Hatha Yoga

Our yoga classes are a gentle flow of poses with synchronised breath, calming and ideal for reducing stress. Experience greater freedom and flexibility in your body with regular practice. Suitable for all ages and fitness levels. Experienced and qualified yoga teacher. BYO yoga mat.

Date: Tue 17th Apr x 11 weeks Time: 7:00pm - 8:00pm Cost: \$138 Conc \$133
Time: 8:05pm - 9:05pm Cost: \$138 Conc \$133

Belly Dancing

Belly dance is an ancient art of expression. The course will include a vocabulary for belly dance and a simple way to use the language to express yourself with fluid graceful movements. Included are choreographed steps, free dancing, fun and fitness. Low to medium impact on body, suitable for all ages.

Date: Mon 16th Apr x 9 weeks Time: 1:00pm - 2:00pm Cost: \$113 Conc \$108
No class 4th & 11th Jun



Health & Fitness

NEW - Rebuild Your Body

It is really important to exercise and build strength to maintain and support our bodies. You may be unaware but there are certain exercises which can further damage the pelvic floor and increase any abdominal separation. This class is designed and focused on providing safe, all over body exercises whilst protecting your pelvic floor and abdominal area. Learn the right exercises, using the right technique to help rebuild your body today.

Date: Tue 17th Apr x 11 weeks Time: 9:30am - 10:30am Cost: \$138 Conc \$133

Latino Fitness

True Latin group fitness for everyone. Come along and learn basic Cha Cha, Salsa, Jive/Rock and Samba moves. Fabulous world tracks that bring together new and old music mixes so you can feel the beats and learn the rhythms of Latin America.

Date: Mon 16th Apr x 9 weeks Time: 12:00pm - 1:00pm Cost: \$113 Conc \$108
No class 4th & 11th Jun

Tai Chi For Health

Improves muscle tone, strength, fitness, joint flexibility, balance and coordination. Suitable for everyone including arthritis sufferers. Qualified Tai Chi instructor.

Date: Mon 16th Apr x 10 weeks Time: 7:15pm - 8:15pm Cost: \$125 Conc \$120
No class 11th Jun

Date: Wed 18th Apr x 10 weeks Time: 12:15pm - 1:15pm Cost: \$125 Conc \$120
Time: 1:30pm - 2:30pm Cost: \$125 Conc \$120
No class 25th Apr



Health & Fitness

Strong People Stay Young

Strength training - ideal for people 50+ years. Aids in body toning, strength and weight loss. Helps to prevent osteoporosis. Experienced Vic. Fit Instructors. BYO leg weights and yoga mat.

Date: Mon 16th Apr x 10 weeks Time: 6:00pm - 7:00pm Cost: \$125 Conc \$120
No class 11th Jun

Date: Thu 19th Apr x 6 weeks Time: 8:30am - 9:30am Cost: \$75 Conc \$75
No class 24th & 31st May, 7th, 14th & 21st Jun

NEW - Chair Yoga

This new 60 minute class is suitable for all and is especially designed for you if you still like to move and connect with your body but are finding it difficult to get up and down from the floor. The class is chair-based and offers a beautiful combination of yoga based movements, breath awareness and relaxation.

Date: Mon 16th Apr x 10 weeks Time: 10:30am - 11:30am Cost: \$125 Conc \$120
No class 11th Jun

NEW - Yoga for Preschoolers

The classes are playful and energetic as well as calming and creative as we explore yoga poses, breathing and imagination. Games, small craft activities and visualisation are also included. Particularly designed for ages 3-5.

Date: Mon 16th Apr x 10 weeks Time: 9:45am - 10:15am Cost: \$60
No class 11th Jun



Health & Fitness

Zumba Gold

For active older adults who are looking for a modified Zumba® class that recreates the original moves you love but at a lower intensity. Qualified Zumba Gold Instructors.

Date: Tue 17th Apr x 11 weeks Time: 11:30am - 12:30pm Cost: \$138 Conc \$133

Date: Fri 20th Apr x 11 weeks Time: 1:00pm - 2:00pm Cost: \$138 Conc \$133

Zumba

Ditch the workout and join the party! Dance along to Latin American vibes whilst getting an aerobic workout. Zumba® is a dance party for fitness - kick start your weekend in the best way. Qualified Zumba Instructors.

Date: Sat 21 Apr x 9 weeks Time: 8:30am - 9:30pm Cost: \$113 Conc \$108

No class 9th Jun

Bush Nomads

Great social outing and walks of 8-10 kms with an experienced group leader. Discover new bush parks and walking locations. Moderate level of fitness required. BYO lunch and sturdy shoes. Car pooling and shared transport costs.

Date: Mon 16th Apr x 10 weeks Time: 9:15am - 3:30pm Cost: \$1.50 per session

No class 11th Jun



Art & Craft

Porcelain Dolls & Figurines

Annette will show you the art of hand painting beautiful ornaments, figurines, brooches, dolls or porcelain antique reproductions. Modern and traditional designs. Beginners welcome.

Date: Mon 16th Apr x 10 weeks Time: 10:00am - 12:00pm Cost: \$159 Conc \$154

Time: 1:00pm - 3:00pm Cost: \$159 Conc \$154

No class 11th Jun

Watercolour Painting - Botanical Art

Discover your creativity and show your artistic ability. Designed for beginners. Your love for plants and flowers could translate into beautiful framed art to decorate your wall or give to friends on special occasions. Materials list upon enrolment or \$70 to facilitator.

Date: Mon 16th Apr x 10 weeks Time: 12:30pm - 3:00pm Cost: \$186 Conc \$181

No class 11th Jun

Leadlighting

Leadlight a beautiful stained glass window panel - traditional and modern designs. Make copperfoil suncatchers, jewel boxes and mirrors etc. Requirements list upon enrolment.

Date: Thu 26th Apr x 10 weeks Time: 1:00pm - 4:00pm Cost: \$236 Conc \$231



Special Interest

Provide First Aid

code HLTAID003

This course is for those with existing first aid experience who are confident in their skills. It is appropriate for experienced first aiders, health care professionals and those who update their skills regularly. It is not recommended for beginners.

Online component required prior to the training day. Training provided by Revive2Survive.

Date: Wed 4th Jul x 1 week Time: 9:00am - 1:00pm Cost: \$125



Provide CPR

code HLTAID001

This is an annual requirement for those holding Level 1 or 2 First Aid.

Online component required prior to the training day. Training provided by Revive2Survive

Date: Wed 4th Jul x 1 week Time: 9:00am - 11:00am Cost: \$65



NEW - Paediatric First Aid

A casual information session aimed to provide parents, grandparents and people entrusted with the care of babies and children with information on administering child and baby CPR and the treatment of burns, bites, bruises and allergies.

Date: Tue 5th Jun x 1 week Time: 6:30pm - 8:30pm Cost: \$45



Wiser Driver - FREE

This course focuses on helping older drivers develop techniques and skills to become a safer & wiser driver. Friendly informal course, thought provoking & challenging.

Date: Thu 31st May x 4wks Time: 12.30pm - 2.30pm

Includes afternoon tea



Social Groups

Fab Group

A friendly social morning for women over 50. Guest speakers, craft activities and outings. Join in the fun and friendship. Carpool to outings. **New members most welcome.** Morning tea provided.

Date: Thu 19th Apr x 11 weeks Time: 10:00am - 12:00pm Cost: \$4 per session

NEW - Coffee & Craft

Come along for a cuppa and enjoy the company of others while you work on your craft projects. Examples - crochet patterns, cross stitching, patchwork, knitting, colouring in, or any other craft. This social group is fun, social and welcoming and will create a space where you will feel supported and make new friends.

Morning tea provided.

Date: Fri 20th Apr x 11 weeks Time: 10:30am - 12:30pm Cost: \$2 per session

NEW - Meet Me @ the Movies

Meet Isobel at Croydon Cinemas to see the latest blockbuster with a social group of likeminded movie lovers. Enjoy a nice cuppa and afternoon tea afterwards. This social group will meet on the last Tuesday of the month for an early afternoon session. Call 9876 3421 for more details and to register your place.

Date: 4th Tue of each month - 24th Apr, 29th May, 26th Jun Time: 12:00pm - 4:00pm

NEW - Rummikub

Want to join a fun and welcoming group to play Rummikub - a tile based game which is addictive and interesting. Don't know the rules - fear not - we will be able to show you the ropes and have you playing the game of strategy in no time! Beginners welcome. Morning tea provided.

Date: Wed 18th Apr x 10 weeks Time: 1:00pm - 3:00pm Cost: \$2 per session



Languages

Spanish

Planning a trip to South America? Our native Spanish facilitator will guide you through grammar, vocabulary, conversation skills and a look at the culture and customs.

Beginners

Date: Mon 14th May x 6 weeks Time: 6:00pm - 7:45pm Cost: \$102 Conc \$97
No class 11th Jun

Intermediate

Date: Mon 14th May x 6 weeks Time: 7:45pm - 9:30pm Cost: \$102 Conc \$97
No class 11th Jun

Italian

Pronouncing, spelling and reading Italian is easy by comparison with English. Ideal for people planning to travel to Italy. Includes vocabulary, grammar and conversation.

Beginners

Date: Thu 26th Apr x 8 weeks Time: 9:30am - 11:30am Cost: \$146 Conc \$141
Time: 7:00pm - 9:00pm Cost: \$146 Conc \$141

Intermediate

Date: Mon 23rd Apr x 8 weeks Time: 7:00pm - 9:00pm Cost: \$146 Conc: \$141
No class 11th Jun

Occasional Childcare

Occasional Childcare

Monday to Friday during school terms with 3 and 5 hour sessions available from 9:30am - 2:30pm.

FREE childcare is available to parents attending accredited or preaccredited training courses at the Community House

For more information on prices, funding eligibility or to book your child's place, please contact (03) 9876 3421 or email admin@nrch.org.au.



Enrolments

Save time and fill in your enrolment form online at www.nrch.org.au

OR phone us on **9876 3421**.

North Ringwood Community House
PO Box 2489, Ringwood North 3134

- Fees to be paid in full at the beginning of term.
- A fee reduction of no more than two classes per term will be made where you expect to miss classes for holidays or other obligations.

No reduction for classes marked with a Learn Local logo.

Refunds will be given if:

- Class is cancelled by the Community House - we refund fees in full.
- You cancel your enrolment at least 7 days prior to course commencement. This will be less \$15 non-refundable deposit.
- No refunds given if student cancels within the week prior to or after class commences.

Materials: Before purchasing materials check that your class is going ahead.

About NRCHI

North Ringwood Community House is a non-profit organisation whose core business is to offer support for all people who wish to develop personal or professional skills, whilst providing an avenue for social and recreational interaction in secure and non threatening surroundings.

We gratefully acknowledge the support of:



L'abri SRS



Maroondah Photographic Society

Meets on the 1st & 3rd Wednesday of the month at 8pm. New members welcome.

Contact: secretary@mpsociety.org.au

Maroondah Toy Library

Open at Parkwood Hub every Monday, Thursday and Saturday.

visit www.maroondahtoylibrary.org.au
or phone: 9723 0866 for details.

Ringwood Historical Society

Meets on the 4th Wednesday of the month at 8pm. New members welcome.

Contact: president@rhs.org.au

Thank you

We are continually grateful for the support of our local community but would like to make special mention to Bunnings Ringwood.

How to find us

Melways Reference: Map 35 K12

From Ringwood Station take Bus 364

Community Houses in Maroondah



**Arrabri
Community House Inc.**

42-78 Allambanan Drive, Bayswater North 3153
9294 7530 | www.arrabri.org
Open: Mon to Fri 8.30am - 4.00pm



**Central Ringwood
Community Centre Inc**

Bedford Park, Rosewarne Lane, Ringwood VIC 3134
9870 2602 | www.crcinc.org.au
Open: Mon to Thu 9.00am - 4.00pm & Fri 9.00am - 1.00pm



**Glen Park
Community Centre**

30 Glen Park Road,
Bayswater North VIC 3153
9720 5097 | www.glenparkcc.com.au
Open: Mon to Fri 9.00am - 4.00pm



**Yarrunga
Community Centre**

76-86 Croydon Hills Drive, Croydon Hills VIC 3136
9722 8942 | www.yarrunga.org.au
Open: Mon to Fri 9.00am - 4.00pm

The House...

Committee of Management

Chairperson: John Kyle

Vice Chairperson: Steve Allen

Secretary: Travis van den Berg

Treasurer: Ron Barker

General Member: Pat King

House Staff

CEO: Rachel Lieske

Assistant Manager: Helen Ferguson

Administration Officer: Gaye Angus

Marketing/IT Support: Holly Edgar

Finance Administrator: Yanti Tanto

Childcare Coordinator: Michelle Dark

Training Coordinator: Fiona Boardman

VCAL Coordinator: Julie Reid

Accredited Training at

Park Orchards Community House & Learning Centre. RTO 4008

Cert III in Education Support CHC30213

Cert III in Early Childhood Education &
Care CHC30113

Cert IV in Training & Assessment & Upgrades
TAE40116

Call 9876 4381 for more information.

Maroondah Immunisations

A free immunisation service
for babies, children and
adults based on the national immunisation
program at North Ringwood Community
House on;

Visit www.maroondah.vic.gov.au for
information.





Victorian Certificate of Applied Learning (VCAL)



Has your child experienced barriers in, or to, accessing education? Would your child thrive in a small, individualised learning environment? If so, check out our VCAL program.

The Victorian Certificate of Applied Learning (VCAL) is a senior secondary certificate and is an alternative to VCE. Students who do VCAL are more likely to be interested in training at TAFE, doing an apprenticeship or going straight into the workplace after formal schooling.

Please visit www.nrch.org.au for more information about the VCAL Program that NRCH offers. Please be advised that if your child is currently enrolled in a school, you **MUST** maintain that enrolment to be eligible for VCAL funding. Please be sure to contact North Ringwood Community House for further details on (03) 9876 3421.

Registered Senior Secondary Provider No. SSP69

Phone: (03) 9876 3421

Email: vc@nrch.org.au

