



Term 1

February - April 2019

North Ringwood Community House



Accredited Training
Pre-accredited Training
Computer Training
Art & Craft
Languages
Health & Fitness
Social Groups
Room Hire

Everyone welcome.

North Ringwood Community House Inc.

Registered Training Organisation 6434

Office Hours: **9.00am - 3.45pm**

Monday - Thursday

35 - 39 Tortice Drive, Ringwood North 3134

Ph: **03 9876 3421**

Email: admin@nrch.org.au www.nrch.org.au

abn: 78 052 679 939

Office Hours

Please note the office will close
Friday 13th December, 2018 and reopen
Monday 21st January, 2019.



NRCHI is a Registered Training Organisation that delivers nationally recognised training and qualifications. Our students can have confidence they will attain high quality skills of which are accepted and recognised everywhere in Australia.

Our programs are led by highly experienced trainers who have valuable experiences in training and industry. They understand the needs of adults, and especially those who are returning to study.

We are a welcoming, friendly environment, with motivated and friendly staff. We have free on-site carparking and personal small class sizes. Classes are held during school hours and terms.

Courses are offered under both fee for service and funded places. Training is delivered with Victorian and Commonwealth Government Funding. For details of Victorian Skills First support for students go to <https://www.education.vic.gov.au/victorianskillsgateway/students/pages/default.aspx>

New courses Enrolments being taken NOW



Certificate IV in Disability

CHC43115



Learn how to provide support to people with a disability, enhance their ability to achieve greater levels of independence, self-reliance and community participation. Work in group homes, day respite centres, or open employment services.

Commencing: Thurs 28th Feb 9.30 am - 3.00 pm

Career Opportunities include: Support Worker, Day Services Officer or Respite Worker.



Certificate III in Individual Support (Ageing and Home & Community)

CHC33015



Work in aged care residential facilities or clients' homes. Learn how to carry out activities to support individualised personal care plans.

Commencing: Thurs 28th Feb 9.30 am - 3.00 pm @ North Ringwood OR

Mon 18th Feb 9.30 am - 3.00 pm @ Bayswater North

Career Opportunities include: Personal Care Worker or Home Care Assistant.

Our course fees are similar to, or cheaper than,
"Free TAFE" courses



Certificate IV in Leisure & Health

CHC43415



Assist with the design, implementation and evaluation of health and leisure activities and programs for clients in aged care, day support or community services.
Commencing: Wed 20th Feb 9.30 am - 3.00 pm
Career opportunities include: Diversional Therapy Assistant or Community Leisure Officer.



Diploma of Leisure & Health

CHC53415



Coordinate the design, implementation and evaluation of health and leisure activities and programs for clients in day support, a residential service, community agency or day service.
Commencing: April 2019
Career opportunities include: Diversional Therapy Assistant, Community Leisure Officer



Diploma of Community Services

CHC52015



Gain knowledge, skills and placement experience necessary to work in a variety of roles in the community services sector, such as case work / case management, providing client services, supporting people with disabilities, supporting youth and families.
Commencing mid year
Career opportunities include: Community Case Officer, Client Care worker

Please call 9876 3421 or email admin@nrch.org.au for more information and register your interest.



Pathway to Disability Code 19VOCINTRDS

Leads to CHC43115 **Certificate IV in Disability**

This course will provide students with an introduction to the field of Disability. Students will engage with peers and professionals in the field to develop their understanding of Disability, communication skills, terminology and employment opportunities. Students will cover terminology, industry requirements, employment objectives and employability. Pathways are into Certificate IV in Disability at North Ringwood Community House, TAFE, other fields of employment or volunteering.

Date: Thursday 7th February (3 wks)

Time: 9.30am – 5.00pm

Cost: \$20

Pathway to Aged Care Code 19VOCINTRAC

Leads to CHC33015 **Certificate III in Individual Support**



This course will provide students with an introduction to the Aged Care sector and allow them to make an informed decision around their future pathways. Students will work on key employability skills including communication, initiative and planning as well as gaining a working knowledge around Aged Care terminology and how to apply for jobs in the Aged Care sector. Pathways are into Certificate III in Aged Care at North Ringwood Community House, TAFE, volunteering opportunities or entry level jobs.

Date: Thursday 7th February (3 wks)

Time: 9.30am – 5.00pm

Cost: \$20



Pathway to Leisure & Health Code 19VOCINTRLH

Leads to CHC43415 **Certificate IV in Leisure & Health**

This course will provide students with an introduction to the field of Leisure & Health. Students will engage with peers and professionals in the field to start to develop their understanding of the sector, Leisure & Health, terminology and employability skills and opportunities. Students will further develop their communication, teamwork skills and cover industry standards and requirements, terminology, career objectives and employment opportunities. Pathways from this course are into Certificate IV in Leisure & Health at North Ringwood Community House, TAFE, or further study and volunteering opportunities.

Date: Wednesday 30th January (3 wks)

Time: 9.30am – 5.00pm

Cost: \$20

Please call 9876 3421 or email admin@nrch.org.au for more information and register your interest.

Word & Excel

code 19EMPWORDEX

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.

Tue 5th Feb (8 wks) 7.00pm-9.30pm

or Thu 7th Feb (8 wks) 9.30am-12.00noon

Cost: \$63



Basic Computer Skills for Beginners

code 19EMPBASCOM

This course introduces basic computer, skills and terminology. This class is aimed at students with no prior computer knowledge. Includes an introduction to the mouse, keyboard, internet and email. Learn at your own pace in a relaxed environment.

Tue 5th Feb (8 wks) 9.30am-12noon

Cost: \$63



Beyond Basic Computer Skills

code 19EMPBEYBAS

Following on from Basic Computer Skills this course is designed to increase skills and confidence in Microsoft Word/Excel, internet and email. This program will suit students with basic computer skills.

Tue 5th Feb (8 wks) 12.30pm - 3.00pm

Cost: \$63



Introduction to Office Skills

code 19EMPINTOFF

This course is aimed at building your familiarity and confidence for students pursuing work in an administration/office environment.

Building effective and professional oral and written communication skills, working as a team and general administration is all part of this program. Computer skills will include Microsoft Word, internet and email.

Mon 4th Feb (8 wks) 12.30pm-3.00pm

Cost: \$73 (incl manual) No class 11th Mar.

Return to Work

code 19VOCRETWOR

In a relaxed environment students will find out how to seek employment. Students will look at job options, qualifications skill, shortages and presentation skills for interviews. Cover letters, resume writing and interview skills are just part of what this program has to offer.

Mon 4th Feb (8 wks) 9:30am-12noon

Cost \$73 (incl handouts) No class 11th Mar.



Digital Literacy for Smart Devices

code 19EMPDIGLIT

Come along into a relaxed atmosphere and learn how to use your devices, whether it be smartphone, tablet or laptop. This course will build your confidence.

Wed 6th Feb (8 wks) 9:30am-12noon

Cost \$63



Professional Creative Writing

code 19VOCPROFCW



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 & good communication skills are recommended.

Tue 5th Feb (8 wks) 7.00pm -9.30pm

Funded Cost: \$85 (incl manual)

Fee for Service \$182 OR

Wed 6th Feb (7 wks) 9.30am-12.30pm

Funded Cost: \$86 (incl manual)

Fee for Service \$191

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.

Tue 9th Apr (1 week)

Time: 9:00am - 1:00pm

Cost: \$135

Provide CPR

code HLTAID001



Safe Work Australia recommends that CPR training be renewed annually.

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

Tue 9th Apr (1 week)

Time: 9:00am - 11:00am

Cost: \$65

Meet me @ the Movies

Meet Isobel at Croydon Cinemas to see the latest blockbuster with a social group of like-minded 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 interest.

Last Tues of the month: 26th Feb & 26th Mar

Time: 12.00noon-4.00pm

Bush Nomads

Great social walk of 8-10kms with an experienced leader. Bring along your own lunch and wear sturdy shoes for the walk. Participants will car pool on the day.

Mon 4th Feb (8 wks)

Time: 9.15am - 3.30pm

No walk 11th Mar.

Cost \$1.50

Taste of Malaysia **NEW** (Peranakan)

In this class you will learn to make delicious curry puffs and spring rolls. Participants will be required to bring their own chopping board or pastry mat, rolling pin and 10cm round cookie cutter.

Tue 26 Feb 10.00am-12.00noon OR

26 Mar 10.00am-12.00noon

Cost: \$15 each plus \$10 to the tutor for supplies

Fab 50's plus

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.

Thu 7th Feb (9 wks) 10am-12 noon

Cost: \$4 per session

Beginners Crochet **NEW**

Are you interested in learning to crochet? This class is perfect for beginners and will focus on chaining, basic stitches, changing colours, weaving in ends and reading patterns. During the course, a comforter sized blanket (approximately 14"x17") with a border will be completed. Requirements list on enrolment. Tue 12th Feb (8 wks) 10.00am-12.00noon
Cost: \$127 C \$122

Porcelain Dolls & Figurines

Annette will show you the art of hand painting beautiful ornaments, figurines, brooches, dolls or porcelain antique reproductions. Modern & traditional designs. Beginners welcome. Mon 4th Feb (8 wks) 10.00am-12.00pm or 1.00pm-3.00pm
Cost: \$127 C \$122 No class 11th Mar.

Leadlighting

Leadlight a beautiful stained glass window panel - traditional & modern designs. Make copperfoil suncatchers, jewel boxes & mirrors etc. Materials list on enrolment. Thu 7th Feb (9 wks) 12.30pm-3.30pm
Cost: \$214 C \$209
or 7.00pm-9.30pm **NEW TIME**
Cost: \$178 C \$173

Coffee & Craft

Come along for a cuppa and enjoy the company of others while you work on your craft projects. This social groups is fun, social and welcoming and will create a space where you will feel supported and make new friends. Morning tea provided. Wed 6th Feb (9 wks) 10.30am-12.30pm
Cost: \$2 per session

Watercolour Painting

Explore your inhibited mind and show your artistic ability. Designed by the tutor 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 on enrolment or \$70 to tutor. Mon 4th Feb (8 wks) 12.30-3.00pm
Cost: \$158 C \$153 No class 11th Mar.



Drawing & Painting **NEW**

Painting styles with acrylic, watercolour and pastel. The tutor will offer ways in which you can find your own artistic expression by guiding you to know what feels right for you through different techniques, mediums and approaches. Learn how to paint life as you see it and experience it. Learn by seeing, sensing and exploring colours, tones and textures. Discover your own innate style. Fri 15th Feb (8 wks) 10.00am-12.00noon
Cost: \$127 C \$122
Requirements list on enrolment.



Strong People Stay Young

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

Mon 4th Feb (8 wks) 6.00pm-7.00pm

No class 11th Mar.

Cost: \$101 C \$96

Thu 7th Feb (9 wks) 8.30am-9.30am

Cost: \$113 C \$108 (BYO yoga mat)



Pilates

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

Wed 6th Feb 9.15-10.15am or 10.30-11.30am (9 wks) Cost: \$113 C \$108

Thu 7th Feb 6.00-7.00pm or 7.00-8.00pm (9 wks) Cost: \$113 C \$108

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.

Tue 5th Feb (7 wks) 11.30am-12.30pm

Cost: \$89 C: \$84

No class 5th & 12th Mar.

Fri 8th Feb (9 wks) 1.00pm-2.00pm

Cost: \$113 C: \$108

Belly Dancing

Come along and have fun, experience the beautiful art of expression that is belly dancing. A relaxed and informal class.

Mon 4th Feb (8 wks) 1.00pm-2.00pm

Cost: \$101 C \$96 No class 11th Mar.



Mindfulness Based **NEW** Meditation

The program helps people learn how to meditate and to bring the benefits of mindfulness meditation easily into their day.

It is suitable for beginners and the participants are comfortably seated in a chair for the meditation program.

The program may be particularly useful for people wishing to calm their mind, reduce stress and learn to relax. Meditation has also been shown to support the health and wellbeing of people recovering from medical conditions such as cancer, improve sleep, increase immunity and help to manage pain.

Mon 4th Feb (8 wks) 9.15am-10.15am

Cost \$101 C \$96 No class 11th Mar.

Tai Chi For Health

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

Qualified Tai Chi instructor.

Wed 6th Feb (9 wks) 12.15pm-1.15pm
or 1.30pm-2.30pm

Cost: \$113 C \$108

Rebuild your Body **NEW**

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. BYO yoga mat and thera bands.

Tue 5th Feb (8 wks) 1.00pm-2.00pm

Cost: \$101 C \$96

No class 19th Mar.

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.

Tue 5th Feb (9 wks) 7.00pm-8.00pm
or 8.05pm-9.05pm

Cost: \$113 C \$108

Chair Yoga

This 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.

Mon 4th Feb (8 wks) 10.30am-11.30am

Cost: \$101 C \$96

No class 11th Mar.



Annual General Meeting

**Our AGM will be held at the
Community House on Tuesday
19th March 2019 at 1.30pm.
All welcome.**

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 TAE40110

Commencing 2019

Call 9876 4381 for more information.

Spanish

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

Beginners - ongoing

Mon 11th Feb (7 wks) 6.00pm-7.45pm
Cost: \$112 C \$107 No class 11th Mar.

Intermediate

Mon 11th Feb (7 wks) 7.45pm-9.30pm
Cost: \$112 C \$107 No class 11th Mar.

Italian Language Classes

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

Beginners - new

Tue 12th Feb (8 wks) 7.00pm-9.00pm or
Thur 14th Feb (8 wks) 9.30am-11.30am
Cost: \$146 C \$141

Beginners - ongoing

Thur 14th Feb (8 wks) 7.00pm-9.00pm
Cost \$146 C\$141

Intermediate

Mon 11th Feb (7 wks) 7.00pm-9.00pm
Cost: \$128 C\$123 No class 11th Mar.



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.

Maroondah Immunisations

A free immunisation service for babies, children and adults based on the national immunisation program at North Ringwood Community House on; 22 & 24 Jan, 26 & 28 Feb, 26 & 28 Mar

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



Ringwood Historical Society

Meets on the 4th Wednesday of the month at 7.30pm. New members welcome.
Contact: president@rhs.org.au

New Committee Members

North Ringwood Community House is seeking new committee members, particularly a Treasurer and people with RTO experience.

Please phone the Manager on **9876 3421** for further information.

Starting at \$20 per hour

Short & long term bookings available

NRCHI offers an extensive range of rooms and facilities for hire. It is an ideal venue for community functions, meetings, training sessions playgroups, children's party hire, support groups and more.

Rooms available include:

- . Large Hall - caters up to 80 people
- . Meeting Rooms - caters up to 20 people
- . Computer lab - caters up to 10 people
- . Large office space (with access to NRCHI reception) suitable for two people includes desks, chairs, free wifi, waiting area and phone.
- . Fully equipped childcare space includes use of the childcare room, outdoor playground and toys. Access to our fully equipped kitchen for party food preparation, (including oven and fridge) is also included.



Facilities:

- . Tea & coffee
- . On-site car parking
- . Whiteboards
- . Tables & Chairs
- . Telephone
- . Overhead and data projectors
- . Internet and computer access
- . Free wifi
- . Disability access
- . Baby change table
- . Full kitchen
- . Heating and air conditioning

NO evening alcohol functions.

Approval for all functions is at the discretion of the Manager.

Some exclusions and time restrictions apply.

Booking are subject to availability.



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.

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.

How to find us

Melways Reference: Map 35 K12

From Ringwood Station take Bus 364

We gratefully acknowledge the support of:



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.crcocinc.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