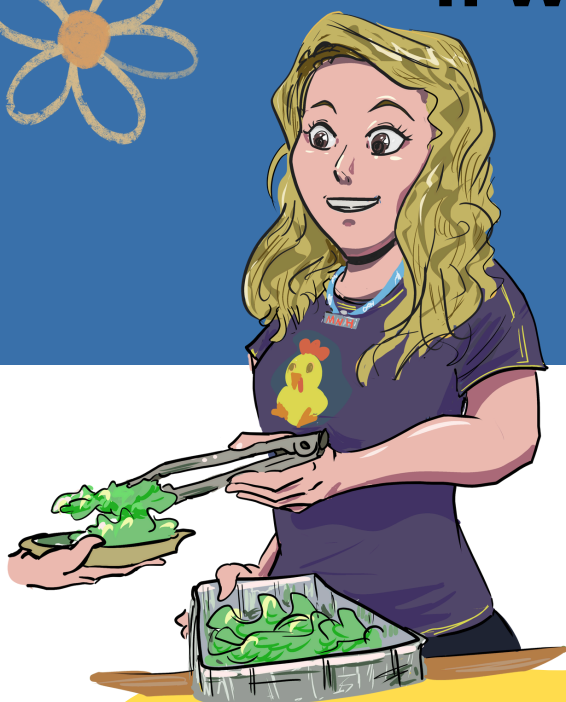


# Moe Neighbourhood House Term 2 2025

## PROGRAM GUIDE

22ND APR - 4TH JUL

11 WEEK TERM



### OPENING HOURS:

Mon-Fri 9am to 3:30pm (except for public and school holidays)


### OUR VISION

Provide support, respect and a place of belonging through community participation.

### CONTACT US

 [office@mnh.org.au](mailto:office@mnh.org.au)

 [moeneighbourhoodhouse.org](http://moeneighbourhoodhouse.org)

 (03) 5126 3123

 Moe Neighbourhood House (MNH)

 1-11 James St Moe 3825

## About Us

We are a not-for-profit organisation that is a place for the whole community to come to build confidence, extend themselves, and to grow, engage and connect with others in their community. Our aim is to provide support, respect, and a place of belonging through community participation.

## Food Relief

Pantry bags and frozen meals are available at reception during 9am-3:30pm. No identification needed.

## Community Lunch

Join MNH and Yooralla Drouin Community Hub for some delicious food and good company every Thursday at 12noon during the school Term – only \$5.

## Venue Hire

Six areas available for hire, including the kitchen & computer room. Includes Wi-fi, air conditioning, accessible facilities & TV available for presenting. Call us or visit our website for more information.

## Partners and Sponsors



Neighbourhood Houses  
The Heart of Our Community



Moe Baptist Church



Learn  
Local



***MNH would like to acknowledge that we are situated on the traditional land of the Brayakaulung people of the Gunaikurnai nation. We pay respect to their Elders past and present.***

# MNH Memberships

Cost: \$10 Single, \$15 Family financial year.

Membership will give you discounted rates on our services, access to attend meetings and have a say in your community.

MNH membership are renewed each financial year.

## Other Services

### Photocopying/Printing

A4 size

*B&W*: 20 cents per sheet

*Colour*: 60 cents per sheet

A3 size

*B&W*: 40 cents per sheet

*Colour*: \$1 per sheet

### Laminating

A4 \$1.50 per page

A3 \$3:00 per page

### Public computer use

FREE!

### Private space for telehealth appointments - FREE

Tuesday & Thursday there is a bookable private space to have your telehealth appointment - WiFi, laptop available at request.

## Payment and Booking Information

We try keep our class fees manageable and available to all.

**Bookings are essential for all programs as we require a minimum number of students before a class can start.**

**When you register to attend a course, it is for the whole term (excluding groups).**

### Payment options:

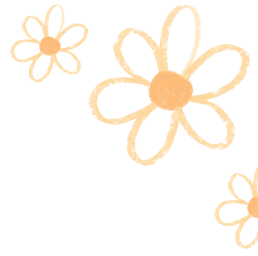
1. **Upfront**- full payment for course

2. **Payment plan**- please talk to the friendly reception staff to arrange a payment plan.

Discounts are available for MNH members and concession cardholders. **Please note all prices shown in booklet are the full fee.**

# MONDAY

## Beginners Computers



Nervous or scared about technology? We have something whether you are a complete beginner or if you are looking to advance your skills.

- 10am - 12pm | \$50 admin & material fee (eligibility required)

## Knit & Sew 2 Give

A group to fundraise for MNH and to donate items to other local not-for-profit organisations. A great way to share the love for craft and tips.

- 10am - 12pm | FREE

## All Star Women Group

Come and join our all abilities women's group where we will be running different, fun activities throughout the term.

- 10.30am - 12pm | \$7 per session

## Drawing

Explore your artistic side in our drawing class! Whether you're a beginner or looking to improve your skills, this class offers a welcoming environment to learn various techniques and express your creativity. This class is a great form of art therapy for you to relax and let the world fall away.

- 12.30 - 2.30pm | \$110 per Term (discounts available)



# Diamond Dotz Club

Bring in a beautiful design your working on & meet/chat with like-minded people.

- 12.30-2.30pm | \$2 per group

## Get Ready for Care & Support



**NOW TAKING expressions of interest**

### INTRO TO CARE AND SUPPORT



## Latrobe Skills Network



### Intro to Care and Support

Are you looking to build a rewarding career in the care and support sector?

This course offers you the opportunity to develop a deep understanding of support work principles, opening doors to extensive career opportunities and further study in this growing field.

**Support workers are in high demand**

**Course Content:**  
employability skills / communication and diversity / safe work practices / legal requirements and ethics / person-centred approach to care / developing support and care plans / working in a team / managing potential conflict / ethical behaviour and duty of care / self care and wellbeing

**Monday's 10am - 2.30pm**  
**1 week**  
**\$360 / \$100 concession**  
**Course location:**  
**Churchill Regional Food Centre online**  
**February 2025**

# Contact MNH for more details

Moe Neighbourhood House  
51263123 / office@mnh.org.au



# TUESDAY

## Beginners Computers



Nervous or scared about technology? We have something whether you are a complete beginner or if you are looking to advance your skills.

- *10am - 12pm | \$50 admin & material fee (eligibility required)  
\$110 for 10 per Term (discounts available)*



## Tech Time

Let us help you gain the confidence to live and work in a digital world! Come along and find out more about all things computers and open your horizons!

- *12.30 - 2.30pm | \$110 per Term (discounts available)*

## Gardening Group

Share the love of gardening with others. Volunteers help our community garden space by growing fresh produce for our community.

- *From 10am | FREE*



## Family History



Discover who your family is, how it has grown and where they originally came from. Create a family tree.

- 1 - 3pm | \$110 per Term (discounts available)  
+ \$40 Ancesrty Access Fee (per Term)

## WEDNESDAY

## Quilting / Patchworks



From beginners to advanced quilters, learn how or finish your quilt at MNH! Start learning this timeless craft, in no time you will start to understand the process and create a lovely heirloom piece or a keepsake to treasure.

- 10am - 12pm | \$110 per Term (discounts available)

## Quilting Group

Casual social group with individuals working on their projects while sharing tips and tricks. Please note - no teacher

- 12:30pm - 2:30pm | \$2 per session

## Community Yoga

Calm and balance your mind and body with YIN yoga. This type of yoga is slow and offers a deep release. Come along and increase flexibility and reduce stress and anxiety. All levels welcome.

- 6pm - 7:15pm

To book, SMS or call Caroline on 0407 745 590



## TABITHA'S CLOSET VAN 'Meeting The Need'



## FREE CLOTHING INITIATIVE

THE SECOND WEDNESDAY  
OF THE MONTH

### MOE

MOE NEIGHBOURHOOD  
HOUSE  
1-11 JAMES ST

**10:30AM - 11:30AM**



Proudly brought to you by  
**THE CITY CHURCH**



# THURSDAY

## Intermediate Computers

Take the next step after learning the basics. Includes extra skills in Microsoft Office applications like word or excel.

- 10am - 12pm | \$110 per Term (discounts available)



## Beginners Photography



Explore the captivating world of photography with our interactive course! From mastering camera basics to understanding light & composition, embark on a creative journey tailored for beginners. All abilities welcome!

- 12:30pm - 3:30pm | \$60 admin & material fee (eligibility required)  
\$110 per Term (discounts available)





## Community Lunch

Join MNH and Yooralla Drouin Community Hub for some delicious food and good company every Thursday @ MNH during the school Term – ONLY \$5.

- From 12pm | \$5 for main, dessert and tea & coffee



## Community Playgroup with Playgroup Victoria

Join our exciting new community playgroup, proudly partnered with Playgroup Victoria! It's a welcoming space where children can learn, play, and grow, while parents and caregivers build connections and share support. Come be a part of our vibrant community!

- 9.30am - 11.30am | \$2 per session





# FRIDAY

## Sit 'n' Sew

Learn the basics of sewing whether it be making an item of clothing or quilting. YOU GET TO CHOOSE! Work on your own design and get help along the way.

- 10am - 12pm | \$110 per Term (discounts available)

## Carer Support Group

**BrainLink.**

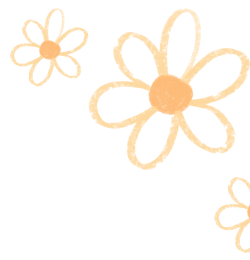
Support group for unpaid carers (family or friends) caring for someone. This will be a monthly group. This will be a safe space to share experiences, tips, and resources with fellow caregivers. Morning tea will be provided.

- Last Friday of the month, 10am - 12pm | Free

## Sit 'n' Sew Group

Casual social group with individuals working on their projects while sharing tips and tricks. Please note - no teacher

- 12.30 - 2.30pm | \$2 per session
- 



# SATURDAY

## Friendship Group

New to the area, or just want to meet new people, come along! Stay for the whole time or just come for a cuppa and a chat.

- *First Saturday of the month, 1pm - 5pm | \$2 per group*



## CARPENTER BEE MEN'S SHED

The Carpenter Bee Men's Shed purpose is to:

- Be a local space for like-minded people, to attend, socialise, learn & share skills
- Provide activities, support and mateship to all members so that they can improve physical and mental health

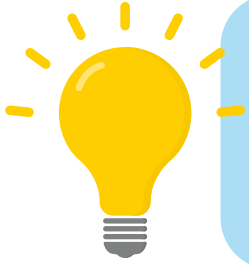
**WED & THURS / 9:30am - 3pm**

FOR MORE DETAILS CONTACT  
CARPENTER BEE MEN'S SHED  
0400 103 639 OR [carpenter.bee.ms@gmail.com](mailto:carpenter.bee.ms@gmail.com)



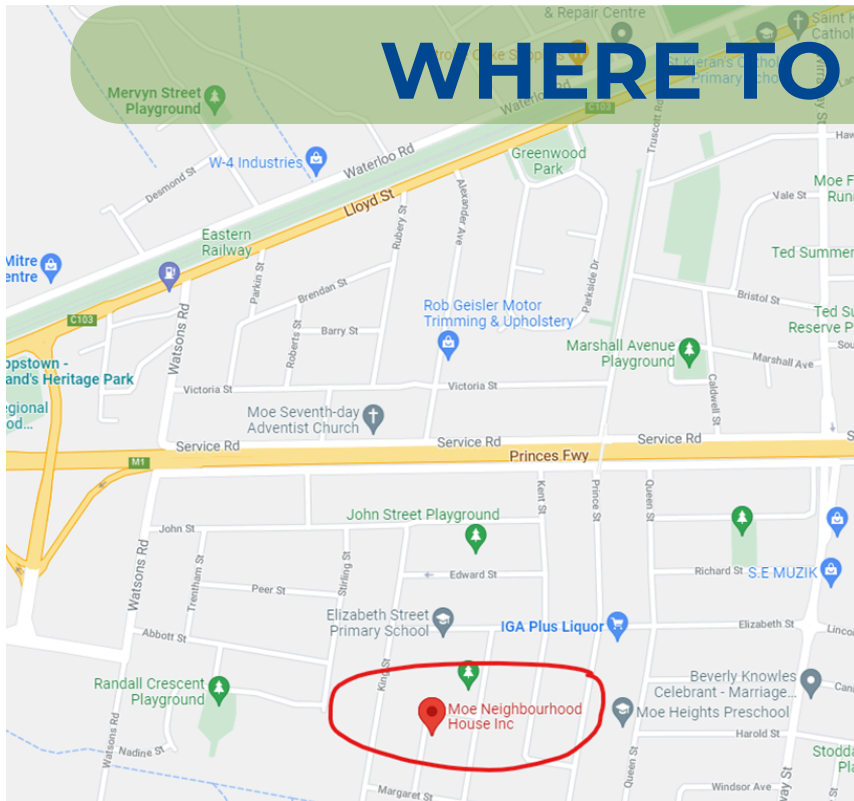
# WORKSHOPS AND EVENTS

Please note we are still developing our workshops and events - stay updated by following us on Facebook or Instagram!



We have space available to run more programs, groups, activities and workshops! Have an idea - PLEASE LET US KNOW!

## WHERE TO FIND US



MNH is located at  
**1-11 James Street,  
Moe VIC 3825.**

We have free parking available and accessible access to the building and to our gardens.

**You can get to MNH by route 11 on Latrobe Valley Buslines that departs from the Moe Bus Interchange located on Albert Street in Moe across from Coles on the petrol station end.**

- 1. Catch the Moe West (Route 11) Bus from Moe Bus Interchange.**
- 2. Continue until the Margaret Street/King Street bus stop (13 Minutes - 18 Stops).**
- 3. Walk across the road and back along Margaret Street to James Street and walk approximately 3 minutes (230 metres) to reach MNH.**