

# NEWSLETTER

## Healesville Living and Learning Centre

Term  
**3**  
2008



### From the Manager's Desk

Welcome once again to our newsletter, where I hope you will read lots of interesting items on what's happening at your Centre.

I hope that everyone has noticed the wonderful results of the working bees, which were organised by Healesville Rotary Club. Approximately twenty members of the Club volunteered their time to repair and paint our buildings. They will be back shortly to do the same "face lift" on the administration building.

### YRNHG Meeting

On Tuesday 2nd September the coordinators and managers of the twelve neighbourhood houses in the Shire of Yarra Ranges held a get-to-know you meeting with the new Shire CEO, Glenn Patterson.



Mr. Patterson was well informed about the role of Neighbourhood Houses in the Shire, and we all look forward to working together in the future.

### In Memory of Marea Yann

Recently, the family of Marea Yann approached both the Living and learning Centre and Cr. Jeanette McRae regarding the possibility of erecting or providing something as a memorial to Marea Yann.

It was decided that a dedicated seat in memory of Marea would be placed in the grounds at the Living and Learning Centre for all the community to enjoy. The seat has arrived and the commemorative plate will be attached soon.

As always, it's a busy time at the Centre, so until next time, please enjoy your newsletter.

Karen.

### Write Your Own Story

#### HLLC 30th Birthday Celebration

Next year, Healesville Living and Learning Centre will celebrate it's 30th birthday. As part of the celebrations, we will be compiling a collection of stories from people who have been involved with the Centre.

If you have been a part of the Living and Learning Centre's story, we would love to hear from you. Contact us to find out how to be part of the fun.



### Contact Us

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# HEALESVILLE LIVING AND LEARNING CENTRE

## A word from the Program Coordinator

After the icy weather, fog and torrential rain of Winter, Spring has finally arrived with the prospects of warm weather to come. It is the commencement of a new term with exciting programs and projects kick starting in October.

The Centre has received funding to run a Positive Body Image project in conjunction with some students from Healesville High School. The plan is for the project to raise awareness of issues around body image at school and in the community, and to generate conversations around the topic. There will be activities taking place at Healesville High School and at the Living and Learning Centre during term four, so look out for these initiatives spear-headed by the youth team from Healesville High School.

We are introducing several new short courses under Certificate II in Business that be used as credits toward the full Certificate II course. The four areas we are kicking off next term are customer service, workplace relations, environmentally sustainable work practices and the basics of micro business. I am planning to schedule the other units from Certificate II in 2009, so check out the details by contacting the Centre.



Committee member, Maxine Maddock, enjoys a bite to eat with our students at the Sausage Sizzle.

In term four, the Centre will be running several non-accredited training programs aimed at developing employability skills in participants to increase their ability to operate in a work environment, no matter what sector. The areas covered will include problem-solving, team work, communications, self management, planning and organising, initiatives and enterprise and learning and technology. If you're unsure of the next step in your journey for employment, then access one of these programs to improve your chances of success for the future.

I look forward in seeing everybody enjoying the programs and projects in the coming term.

Darren Grainger  
Program Coordinator



## Men's Shed Program

We are looking for men of all ages and abilities who are interested in coming together in a social, friendly and supported environment.

You will be able to interact with others, and involve yourselves in skill, social and other activities of your choice. There will be organized workshops, activities and excursions, with ongoing support for participants.

Do you know any men who would enjoy or benefit from these activities or who would like to join? Would you like to know more?

Give us a call for further information.

## Art Works Launch



This amazing piece was designed by the students of our Art Works class to represent Healesville. It was created using Redgum, porcelain and glass, and was unveiled at the official launch on 18th August. The piece will be on permanent display at the Centre.

## Adult Learner's Week

The Centre was bustling with Adult Learner's Week activities this year, hosting a Barista Skills workshop and a Sausage Sizzle on Thursday 4th September. It was a wonderful opportunity to open our doors to the public, and attract new people to the Centre.

The Barista Skills workshop was an opportunity for participants to explore the art of making good coffee. Fifteen people participated in this free workshop, where they learned to make proper froth, chai lattes and more.

The Sausage Sizzle was held at lunch time, and was a great success. Events like these give students and tutors from different programs a chance to mingle and chat. Participants from Rivendell joined us for lunch, making a total of approximately 35 people in attendance.

This was a great way to celebrate life long learning in the community.



### The Living Well Project - Hannah Sky

Hullo to the HLLC community!

Well here I am back again working for the Centre and very happy to be here.

My first contact with HLLC was in August 1991 when I began work on the Melba Open Learning Project which was housed here at HLLC and for which HLLC was the auspicing agency. One thing led to another and in 1992, with a seeding grant from the Victorian Women's Trust, I established a program known as the Melba Support To Isolated Women - a program which provided social support to isolated elderly women. I worked on this project from the Cottage - then known as Siberia - yes! very hot in summer and freezing in winter. This was part-time work, giving me the time to take on the position of Program Coordinator which was only a three day position back then, as Karen and I say, in the days of the dinosaurs!

By the end of 1993, The Melba Support To Isolated Women had morphed into the Melba Community Support Project, and I left the coordinator position to focus on the Melba Community Support Project which continued to work out of Siberia and to be auspiced by HLLC until 1999, when it moved to its present location at the Swinburne campus.

The Living Well project has brought me back to Healesville. It is the sort of project that I love to work on. It is all about living well - living active lives, eating healthy food and having good connections with our community. We are probably all aware that exercise and healthy eating improve the

quality of our lives but did you know that people who are connected to their community in general are more resilient and recover more quickly from traumatic events?

Living Well aims to deliver its services to a wide range of people - no less than everybody who needs to develop healthy living habits to support their long-term enjoyment of life! In particular Living Well is here to build positive networks and healthy living opportunities for people who are socially isolated and/or struggling to build or maintain healthy lifestyles. This can include people dealing with economic disadvantage, new residents, people with chronic health conditions such as diabetes, arthritis, depression etc. and middle-aged adults who need to develop good living habits as they move toward the challenge of living well into older age.

At the core of the project will be a social support group - the You Too, Eh? group. As well as enjoying informal social interaction, group members will have the opportunity to attend low cost or no cost weekly sessions that promote enjoyable and healthy activities - from walking to sailing and more.

There will be opportunities to learn to buy and cook yummy, nutritious food for way less than you would expect. And you get to eat the food and enjoy the company of your fellow cooks, of course! There will be the chance to join dancing classes for fun, fitness and social interaction.

We will be support people to attend support groups for chronic health conditions or to start their own if the

support they need is not available locally. The Living Well project's first support group will begin in Term 4 and is for women turning 50 and more who find that there seems to be many endings in their lives but can't yet see or raise the energy for new beginnings. The group will meet at the Centre. You can get more details by contacting the Centre at the start of Term 4.

#### New Mum's Tennis Group

In conjunction with the Healesville Tennis Club we are offering young mums who are stuck at home the chance to spend an hour a week having a relaxed, social hit of tennis (no previous experience necessary - it's fun, you'll have a good laugh!). This is a low cost activity - \$15 for 5 x one hour sessions - and volunteer child carers will be provided beside the court in a fenced playground. The sessions commence on Wednesday 15th October at 10.00am. Come and try or if you know someone who may enjoy these sessions please let them know!

Living Well will also keep local people informed and connected with low cost and no cost activities in the community.

If you have ideas for low cost, healthy activities, if you or someone you know has the skills to deliver either one off or ongoing activities, please contact me at the Centre.

Hannah Sky  
Coordinator,  
Living Well





### 30th Birthday Quilt

How have you been a part of the Healesville Living and Learning Centre? Join the celebration and share your experiences with us by creating your own square for our 30th Birthday Quilt. Squares are available free of charge from Reception, and can be taken home and decorated in any way you choose.

#### Quilt Patch Inspiration Workshops

Wednesday 22nd October

10:00 am - 12:00 noon

Saturday 25th October

1:00 pm - 3:00 pm

Phone Kathy on 5962 3639 to book your place.

### Congratulations

Congratulations to Kate Bills, winner of the "Emerging Pastel Artist Award". A prize of one Terms Pastel Class was sponsored by Healesville Living and Learning Centre. Judged By Margaret McLaughlin.

### Birthday Celebrations

Happy Birthday to our Finance Officer, Robbie Schuurman.

### HEWI Calendar

#### Healesville Environment Watch

Wed October 8th - 7:30 pm

Room 7 at HLLC

Senior Botanist, David Cameron, presents "Endangered Plants in the Yarra Region".

Fri October 17th - 11:00 - 2:00 pm

Room 7 at HLLC

WaterWatch - Invertebrate Sampling  
HEWI and MtTBW Landcare members will use stereo microscopes and hand lenses to identify aquatic specimens from the Watts River and Boggy Creek. Community welcome to observe this activity.

Sat - Sun October 18th and 19th

Toolangi Festival

Walk to Yea River - 3:00 pm

Sat October 25th - 10:00 - 4:00 pm

Yarra Ranges National Park Walk  
HEWI will lead a guided stroll along the new boardwalk at Myrtle Gully, Toolangi.

### Productivity Placement Program

Productivity Placement Program part II will begin 1st July. New courses are now eligible for funding.

Healesville Living and Learning Centre is registered to deliver the following Certificate II and Certificate III level qualifications under this program:

- WRH20106 Certificate II in Horticulture
- RTF20103 Certificate II in Hairdressing
- WRH30106 Certificate III in Hairdressing
- ICA30105 Certificate III in Information Technology
- CHC40302 Certificate IV in Disability Work

### Op Shop News

The East End Op Shop is always happy to receive your donations of good quality, pre-loved clothing and goods. They have a good selection of children's items from 50c and clothing from \$2 a piece, so why not drop in and pick up a bargain today?

### Brand New Courses

These are just some of the new courses being offered in the coming term. Please refer to our program brochure for more information.

#### Community Garden - Employability Skills Course

This course is for participants to develop skills for employment, or further study. Students will gain skills such as goal setting, team work and interpersonal and communication skills to help improve self-esteem and personal development.

#### Customer Service Training Certificate II in Business

This course focuses on customer service and communication skills for those seeking to gain employment in the business/retail field. It covers Delivery of a service to customers, working effectively with others and contributing to workplace innovation.

#### Workplace Relations

##### Certificate II in Business

Students in this course will be provided with the basic skills in team-building, OH&S processes, and will learn to work effectively in a business environment. This course would be beneficial for staff training and development.