



Caulfield South Community House



CSCH Membership Newsletter – Term 2

Last week I had the pleasure of attending the Annual Neighbourhood House Victorian Conference, it was held in Creswick. The Theme of the conference was 'Belonging' and we broke out into 3 streams – Strengthen, Innovate and Connect. The conference provides an opportunity for networking with other managers and members of various Community Houses dotted around Victoria. It is important to hear what they are up to learn about the wonderful work each house undertakes. So watch this space for new programs, new special events and lots of fun and friendship opportunities for our members to enjoy!

Thank you to Neighborhood House Victoria, Dept Health and Human Services for delivering a very worthwhile and informative conference and our CSCH Committee of Management for providing me with the opportunity to attend.



Please note: from July 1 2017, the Community House will NOW BE OPEN during School Holiday Term Breaks.

If you would like to continue with your programs or require access to the house, please advise the girls in the office and we will continue your ESL or sessions through school holidays. The Community House will only now close for 4 weeks over the Christmas and January holiday periods.

Australian Hearing are holding **FREE Hearing Tests** Right here at CSCH
FRIDAY 21st July, 9.30am – 12.30pm

More information can be obtained from the office where you can also register your name and secure an appointment time.

Tests can be performed on adults of any age (children testing is not available)



Our Lovely Office Ladies are taking a “well deserved” holiday during the Winter Months

Andrea and Rachel from administration – will be taking extended leave over June and July. We wish them a happy and safe trip overseas, please be mindful that in their absence, we will be a little short staffed – so please be kind to the both myself and Naomi who may be not be quite as good as these two fabulous office administrators.

Biggest Morning Tea

Thank you to all the wonderful members, volunteers, staff and friends who dropped into the community House last week to raise money for the Cancer Council and joined in on the 'Biggest Morning Tea'. The home-made goodies were delicious, we sold raffle tickets to win a super hamper and the Sit'n'Stitch group knitted gorgeous scarves to sell on the morning – a collected effort and CSCH raised an amazing \$330.00



St John's Uniting Church Winter Appeal

Social Justice and outreach opportunity to support the Asylum Seeker Resource Centre Melbourne. A collection of warm Coats and Blankets (ONLY) will be available in the office and we will forward these to the Uniting office for distribution. (No beanies, No Scarves and No gloves – upon their request)



Terrariums for Sale

All sorts of shapes and sizes! These have been on display in the Activity room. Available for purchase or new orders taken. Terrariums come with a 'taking care' instruction sheet. Katrina Lo is a member of the community garden and would be happy to hold a 'terrarium making class' in the Community House – if you would be interested in attending, please register your interest at the office.

Building Works

The "Atrium" room will be undergoing building repair works during the school holidays. Could you please keep this in mind if you are accessing the House for activities/school holidays etc. It will be a work zone and it will be clearly signed, so please be mindful of this area and avoid the area at all times.

Our Community House Program Updates

CSCH Book Clubs – day and evening classes! Long standing programs who have room for new members!

Cooking and Healthy Dining In – Day and evening classes available with two amazing cooking instructors!

Art Therapy/Mindfulness – Thank you to Bianca who has been leading this class over the last 12 months! Bianca is having a break to concentrate on her university studies – we will have a new Volunteer leader in the coming weeks and look forward to putting a new spin on this class to develop this passionate group.

Yoga with Vanessa and Nicole – proving very popular! "Hatha Flow Yoga" – Tuesday evening and Saturday morning. Only \$12.00 per class (\$10.00 concession)

Low Impact/Pilates Strengthen and Tone Exercise Class with Leigh: Tuesday and Wednesday afternoon. First two classes are FREE – then only \$5.00 per session. 3.00pm-4.00pm

Walking with Kaye – this has been a long standing program and we have 3-4 consistent walkers on Tuesday mornings. They would love new walkers to help them discover our community by foot!

ESL Classes – Thank you to Ann who leads our Beginners class and Deb Williams who is a qualified IELTS Tutor and takes our Intermediate and Advanced English classes. Tuesday, Wednesday and Thursday mornings @ \$15.00 per 2 hour session.

Welsh Group – Dilys would love to hear from any new members who would like to join this dedicated and fun loving group of native speaking Welsh ladies. Lots of fun, laughter, singing and poetry.

Tai Chi in the Garden – over the winter months, this session will be placed on hold. But wait for a new time and day for Term 4. Norman will be ready and waiting for new members to join this beautiful group.

Computer Classes – we now have 4 amazing tutors who can assist members with their “everyday” computer, Iphone and/or Ipad issues. They will provide helpful tips on program files, emails, social media and getting the most from your computer! \$5.00 drop in session every Tuesday and Thursday morning.

Early Learning Childcare Services – Occasional Care Program - 15 months – 3 years (Mon, Tues, Wed)
Kindergarten Program (Thurs, Fri) – we are currently finalizing numbers for Term 3, so please confirm places as soon as possible. We are currently working on a waiting list and need to ensure we can assist as many families in our community as possible.



New Programs for Term 3 and Term 4 – REGISTER Your Interest

The Community House are planning to introduce new programs and we are seeking your interest or feedback on the following opportunities:

- Garden Horticulture – various informative sessions including home composting, worm farms, propagating, growing herbs etc., 8 week session @ \$80.00 per participant
- Chitter and Chatter with Bubs – New Mums, Dads, Nana’s and Nannies. Come along and have morning tea with other members. Morning will include a guest speaker displaying recycled string bags, shopping bags and fruit/vegetable string pockets for shopping and keeping fresh in the fridge.
- Memoir (Memory) Writing – Purposeful writing about a story in your life. Keepsake opportunity for family
- French and Japanese Language Classes. Does your future plans include travel and you would like to learn to read, write and speak these languages to assist with your travels. Please register your interest if you would like to fulfil a life long dream of learning a new language.



Volunteer Updates

City of Glen Eira - Volunteer Recognition Award Evening



At the recent City of Glen Eira Volunteer recognition Award ceremony, CSCH acknowledged two amazing Community House volunteers who reached 500 volunteer hours. Thank you to Dianne who works tirelessly in the garden to ensure the chickens have fresh water, fresh vegetables and clean coupe everyday! As well as regular 'free range' exercise on most days!

And Sally Lewis, who has been meeting with ESL (English as Second Language) students for the past 2 years and dedicates one hour sessions (3-4 times) each week to sit with her students for English conversation.



Caulfield South Community House Volunteer Award

The Community House acknowledged ALL our dedicated Volunteers at last week's morning tea – Committee of Management thanked each and every volunteer for their commitment and contribution to assist and lead our programs. We talked about the definition of a Volunteer and why places like our Community House, just 'cannot do, what we do, without them'. However, I really believe that the Community House also provides our volunteers with an opportunity to "Practice their concern for the welfare of others". Volunteers have an enormous amount of life skills and knowledge to share, as well as care and genuine concern for others. The classes they deliver, the conversations they hold and the time they take to assist in various ways, is invaluable! The CSCH Volunteer Recognition Award was presented to Adrienne Sylva who is a patient, long standing – always with a smile volunteer! Adrienne runs extra classes at the request of her students, she acquires donations from other organisations to assist with the purchase of materials for the Sit'n'Stitch class and spends hours outside of classroom sessions to finish, fix or start student projects. Adrienne contributes to all aspects of the Community House extra curricula activities and her grandson "Remy" commenced in the Early Learning Childcare service sessions earlier this year. Adrienne is the ultimate example when it comes to "Practicing of concern for the welfare of others"



Volunteer Vacancies

We are currently advertising for volunteers in:

- Handy Man/Woman and Maintenance
- Cooking and Nutrition
- Art Therapy
- Social Media/Marketing
- Gardening Program Leader

If you know someone that would love to join our Community House to Volunteer, please ask them to contact me at the Office for more information.

SCOOP - Community Garden



SCOOP Community Garden, the Garden Sub-Committee and Management are currently planning for an upgrade to the garden – A FACELIFT!!! This is to ensure we are meeting the standards and expectations of our members and the regulations of our current City of Glen Eira permit.

Over the coming months, we will be engaging workers to re-define a car park for all members to access as well as clear and level pathways through the garden for “all abilities” access (this will include wheel chair access). Later in the year, you will see refurbished garden beds, raised garden beds for ‘no bending’ gardening, grassed area for picnics and well planned areas for composting, hot house and vertical gardens as well as a self watering system. We will be asking for volunteers and helpers over these months (on dedicated working bee days) to assist with digging, shoveling, clearing and tidying. Please continue to read your emails that will update you on current works and if we require you for special working days.

ANOTHER IMPORTANT ANNOUNCEMENT:

The Community Garden will soon be appointing a ‘Garden Program Leader’ who will join the House to lead a dedicated group of passionate gardeners and assist in bringing the garden to another level! The Leader will be the first point of contact if you need to know anything about “what is happening” in the Garden.

The Program Leader will plan informative garden presentations on Open Days, garden classes, morning tea celebrations and orientation programs for new members. If you would like to know more about the next phase of this amazing ‘growing space’, please do not hesitate to contact the office.

NEXT OPEN DAY:

Please join the next Open Day on Sunday 11th June. There will be plenty of jobs to do and a lovely lunch to finish off a day’s work! For any new members joining, please contact the office and we will ensure that you have a “buddy” for the day to orientate you around the garden.



Special thanks to Ange, Steven and Craig who volunteered their time and energy to ‘refresh’ the front garden into an oasis of natural/native plants. This area looks amazing as you drive past on Kooyong Road!

Thank you to Steven (Garden volunteer) who assisted with making these herb pots which we distributed as small appreciation gifts to our helpers during ‘Volunteer Recognition Week’.



Garden Plants for Sale

You are all very welcome to visit the garden and see the wide variety of plants for sale. These plants have been propagated and organically grown in our very own garden.

Plants for sale range from \$1, \$2 and \$3