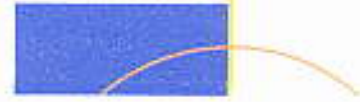


PROGRAMME:

February to
June 2011



Contact: Meredith Lawrence
Telephone: 9357 4631
Fax: 9357 3602
Email: fawcomhs@bigpond.com
Website: www.fawknerch.org.au
Address: We are at the end of the
Leisure Centre car park, CB Smith
Reserve, 79 Jukes Road Fawkner.
Postal Address: PO Box 74 Fawkner
3060.

Fawkner
Community House is
for Everyone

مركز فوكنر الشعبي
ملتقى لجميع الناس

La Casa della
Comunita' di
Fawkner e' per Tutti

Contatto: Meredith Lawrence
Telephone: 9357 4631
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Indirizzo: Noi siamo alla fine del
parcheggio automobilistico, CB Smith
Reserve, 79 Jukes Road Fawkner.
Indirizzo Postale: PO BOX 74
Fawkner 3060.

فاكنر
كميونٹی ہاؤس
سب کیلئے ہے

Incorporation Number: A0040104M
ABN: 35 852 132 543

Fawkner Toplum Evi
Herkez Icindir

SOCIAL AND SUPPORT GROUPS

Fawkner Butterflies Club

A social group for women 60 and over. Enjoy a weekly outing to all sorts of interesting and exotic places. All for the cost of a train fare. The group offers friendship and fun.

Wednesdays: 9.30 am—3.30 pm.

Ring Community House for details.

Arabic Speaking Women's Group

A support group for Arabic Speaking women. Learn about local support services. The group has speakers on a number of topics such as women's health, nutrition and parenting and is very friendly, fun and supportive. No cost.

Free childcare available.

Mondays: 10.00 am - 12.00 noon.

Term Dates: February 14—April 4.

May 2—June 27.



Urdu Speaking Women's Group

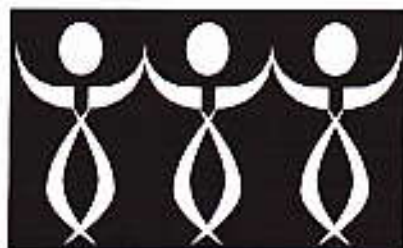
Join in this fun and informal group for Urdu speaking women. The group is a meeting point for women to come and have a chat, do craft activities, share ideas, have speakers on various topics such as women's health and parenting.

Free childcare available.

Wednesdays: 10.00 pm - 12.00 noon.

Term Dates: February 16—April 6.

May 4—June 22.



Jukes Club

An ongoing social group for women and men aged 50 and over. Come along and make new friends.

Share cups of tea, conversation, outings, card games, handicrafts, speakers and other activities. Some activity costs.

Mondays: 1.00 pm - 3.00 pm.

Term Dates: February 14—April 4.

May 2—June 27.



Single Mothers Support Group

A single mothers' fortnightly get-together. Meet over morning tea and have an opportunity to meet other single mums in Fawkner and have a good time. For more information ring Meredith on 9357 4631. No cost.

Free childcare available.

Fridays: 10.00 pm - 12.00 noon.

Term Dates: February 18—April 8.

May 6—June 24.

Fawkner Friendship Group

An ongoing social group for older women. Come along and make new friends. Share cups of tea, conversation, outings, speakers, demonstrations and craft activities. Meets at Fawkner Community Health Service. No cost.

Thursdays: 2.00 pm - 3.30 pm.

Term Dates: February 17—June 30.



COMPUTER CLASSES

Certificate 1 in IT

A 12 month program based on modules of the Information Technology Training Package. Study areas include: Operate a Personal Computer, Operate a Word Processing Application, Send and Retrieve Information over the Internet using Browsers and Email. Childcare available.



Fridays: February 18–April 8,
April 29–July 1.

9.30 am–12.00 noon.

Term Dates: COST: \$105 concession.

Funded by Skills Victoria. Run by Glenroy Neighbourhood Learning Centre.

Certificate 2 in IT (36 Weeks)

This is an accredited 12 month course designed to provide a solid grounding in basic workplace related computer skills. Subject areas include: operating computer hardware, operating computer packages, integrate commercial computing, use a computer operating system, work effectively in an IT environment, communicating in the workplace, connecting internal computer hardware, maintaining equipment and software, connecting hardware peripherals, operating a personal computer and workplace OH & S.

Mondays: 12.30 pm–3.00 pm.

COST: \$105.

Dates: February 14–April 4.

May 2–June 27.

Funded by Skills Victoria. Run by Meadow Heights Learning Shop.

Public Access to Computers

The computer laboratory is open for Fawkner residents to use during the day. This includes access to the internet and a range of software. No cost.

Tuesdays and Wednesdays: 9.30–4.00 pm.

Dates: February 14–July 1.

Funded by the Department of Planning and Community Development.

Certificate 3 in IT (36 Weeks)

This course provides computer skills for the workplace. Learning areas include: create user documentation, run standard diagnostic tests, OH & S procedures, migrate to new technology, install and manage network protocols, provide basic system administration, advanced features of computer applications, care for computer hardware, implement system software changes, determine and action network problems.

Mondays: 9.30 am–12.00 noon.

Dates: February 14–April 4.

May 2–June 27.

COST: \$130.

Funded by Skills Victoria. Run by Meadow Heights Learning Shop.

45s+ Computer Group

Tired of fast-paced learning. Come to this class and learn basic computer skills at your own pace. This programme runs for six months and is for the absolute beginner with little or no experience who wants to develop the confidence to use a computer at home. It will also take you through the different applications in in Microsoft Package.

Thursdays: 10.00 am–12.00 noon.

Term Dates: February 17–April 7.

April 28–June 30.

COST: \$65 concession.

Funded by Adult and further Education. Run by Glenroy Neighbourhood Learning Centre.

Internet and Email for 45s+

This six month course will teach you how to send and retrieve information over the internet using browsers and email. The course will include: using search engines, sending and receiving messages and attachments and setting up address books.

Thursdays: 1.00 pm–3.00 pm.

Term Dates: February 17–April 7.

April 28–June 30.

COST: \$65.00 concession.

Funded by Adult and further Education. Run by Glenroy Neighbourhood Learning Centre.

ENGLISH LANGUAGE & VOLUNTEER CLASSES

Beginners English for Women

A class for women who want to learn basic English skills in speaking, reading and writing. Learn in a friendly and supportive group. This is a pre-accredited class. Free childcare.

Tuesdays & Wednesdays: 9.30 am—12.00 pm
Term Dates: February 15—April 6,
May 3—June 29.



Cost is \$75.00 per year concession. Funded by Adult and Further Education Board. Run by Glenroy Neighbourhood Learning Centre.

Certificate 2 English for Women

A more advanced class for women who want to improve their English language skills in a friendly and supportive learning environment. Free childcare available.

Tuesdays & Thursdays: 9.30 am—12.00 noon
Term Dates: February 15—April 7,
May 3—June 30.

Cost is \$75 per year concession. Funded by Skills Victoria. Run by Glenroy Neighbourhood Learning Centre.



English Language and Literacy for the over 45s

A slower paced class for older people who want to improve their skills in speaking, reading and writing English. This class runs for 12 months and is very friendly and supportive. Non-accredited.

Tuesdays & Wednesdays: 12.30—3.00 pm
Term Dates: February 15—April 6,
May 3—June 29.

COST: \$75.00 concession for 12 months. Funded by Adult and further Education. Program run by Glenroy Neighbourhood Learning Centre.

First Aid - Level 2

This two day course teaches basic first aid to the acutely ill as well as for: wounds; burns;



external bleeding; limb injuries; head, neck and spinal injuries; facial injuries; bites and stings; poisoning and

cardio-pulmonary resuscitation (CPR) skills.
COST: \$60.00.

Dates: Saturday, 7 & 14 May.

Time: 10.00 am—4.30 pm.

Funded by Moreland City Council.

EXPLORING CREATIVITY



'Heart & Soul' Community Choir

Come and join our community choir. Learn a wide range of songs and how to sing in harmony with a qualified singing teacher. No experience needed, just a desire to sing with others in a fun and supportive group.

Thursdays: 1.30 pm—3.00 pm.

COST: \$50 per term.

Term Dates: February 17—April 7,
May 5—June 23.

Painting and Drawing

What inspires us to make great art? Come along and explore your personal muse by developing your creative skills in drawing and painting using a variety of materials and techniques. No experience necessary. Beginners and experienced students welcome. All materials provided. COST: \$70.00 per term.

Thursdays: 1.00 pm—3.00 pm.

Thursdays: 10.00 am—12.00 noon.

Term Dates: February 17—April 7,
May 5—June 23.



KNITTING, SEWING AND EMBROIDERY

Knitters' Circle

The Knitters' Circle makes blankets for different charities and welcomes anyone who wants to knit squares. All materials are provided by the group. No cost.

Wednesdays: 2.15 pm - 3.30 pm. No cost.

Dates: February 16–April 6,
April 27–June 29.



Sewing Made Easy

This course is designed for beginners through to advanced sewers and ranges from learning to use sewing machines and overlockers through to altering commercial patterns to suit your personal measurements. Make a skirt, dress, suit jacket and pants, tee shirt, blouse, etc. Childcare available.

Fridays: 9.30am–12.00 noon

COST: \$65 per term plus materials costs.

Term Dates: February 18–April 8,
May 6–June 24.

Urdu Women's Craft Group



Come along and learn how to make beautiful traditional embroidered cushion covers, tablemats, wall-hangings and shalwar kameez. Learn traditional

designs and different techniques including mirror work, shade stitch, filled stitch, beaded stitch, chain stitch and counted cross stitch. Free childcare available.

Wednesdays: 10.00 pm - 12.00 noon.

Term Dates: February 16–April 6,
May 4–June 22.



COOKING SKILLS

Thought for Food Cooking Group

Come along and share your cooking skills and recipes. Bake cakes and cook dishes from around the world in a friendly group. Share your cooking secrets (if you want to).

Mondays: 9.30 am - 12.30 noon.

Term Dates: February 14–April 4,
April 27–June 29.

Childcare available.

COST: \$5 per session.



Indian & Pakistani Cooking

Are you interested in the rich cooking traditions of the Indian Sub-continent? Learn how to make these wonderful dishes from a professional cooking teacher—curries, biryani, kofta, quorma, samosas, pakoras, chutneys, pickles, raita, salads, soups, desserts, cakes, kiewars, sweets and pastries. Women only.

Tuesdays: 10.00 am–12.00 noon.

Term Dates: February 16–April 6,
April 27–June 29.

Childcare available.

COST: \$100 including materials.

SPECIAL INTEREST ACTIVITIES

Community Newsletter Group

The Fawkner Community Newsletter Group is looking for people who are interested in volunteering to put out *Fawkner Focus*, Fawkner's quarterly community paper. If you have, or would like to develop skills in, desktop publishing, writing, typing, Languages or interviewing people and would like to become involved please contact us on 9357 4631.



Local Exchange Trading System

Fawkner Community House is interested in starting a local community skills trading system. The Local Exchange Trading System (LETS) is a community-based scheme that provides a way for its users to exchange their goods and services with each other. The idea behind the LETS system is to build community through the exchange of goods and services within the local area. The way it works is that I help you, and you help another—and someone else helps me. People receiving help become, in turn, the providers of help. What goes around comes around. By helping others you become entitled to receive goods, services or help from someone else. When you receive something, someone else is entitled to claim from the community the equivalent of what they provided. If you would like to become involved we would love to hear from you. We are intending to organize a meeting early in the year to get the group started and we are looking for people who would like to help. If you are interested in becoming involved please contact us on 9357 4631.

ACKNOWLEDGEMENTS

We would like to acknowledge the following organizations for their support: Department of Planning and Community Development, Moreland City Council, Glenroy Neighbourhood Learning Centre, Arabic Welfare, Visy Cares Learning Centre, CERES Environment Park.

