

Vermont South Learning Centre

www.vslc.org.au

Term 4 2020 Program October—December

supportive inclusion belonging
engaging social opportunities
togetherness connections
friendship wellbeing
Community



1 Karobran Drive Vermont South 3133

P: 9803 2335 E: info@vslc.org.au

NEW CONTACT NUMBER! Call us on 0490 244 142

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Funding Bodies

We gratefully acknowledge the support of the following funding bodies:

- ◆ Adult, Community & Further Education Board (Learn Local)
- ◆ City of Whitehorse
- ◆ Department of Health and Human Services



Vermont South Learning Centre is one of the Whitehorse Council Houses. The other Houses:

Avenue Neighbourhood House @ Eley	9808 2000
Bennettswood Neighbourhood House	9888 0234
Box Hill South Neighbourhood House	9898 8270
Burwood Neighbourhood House	9808 6292
Clota Cottage Neighbourhood House	9899 0062
Kerrimuir Neighbourhood House	9899 7660
Koonung Cottage Community House	9878 6632
Louise Multicultural Community Centre	9285 4851
Mitcham Community House	9873 4587

EXCITING

NEWS!

NEW MANAGER AT VSLC!



Carol I'Anson – Manager Vermont South Learning Centre

I'm excited to be joining the team at VSLC and looking forward to working together with the community, to build on the strength and vibrancy of our community learning centre. I have held senior management and leadership roles for over 25 years in a broad range of not for profit, community managed settings.

I have chosen to work in this sector for most of my career, as I believe it is where the opportunities exist to make a positive difference in the lives of others. I am motivated by working alongside others, by building the capacity of communities and by empowering individuals to thrive. My most recent role was with the Brotherhood of St Laurence, where I led a multi-disciplinary team, in providing programs and support to refugee and migrant families. I have also managed early childhood and parenting services throughout my career. I strongly believe that all people have a right to opportunities that support them to live their best life. Of central importance to my work are the principles of collaborative partnerships, inclusiveness and a commitment to life-long learning.

Term 4 2020

Due to continued restrictions related to the Covid-19 pandemic it is unlikely that we will be able to resume any face to face classes and activities, including the Community Café, at the Centre during Term 4

What we can do is encourage you to stay connected to us and join in the courses we are offering online during Term 4. All online activity is offered via Zoom, a simple and easy to use video application that has so far worked very well for us in terms 2 and 3.



We're happy to help get people connected and offer support along the way, so please ask us about it!

**Join our online classes
today!**



Enquiry, Enrolment & Payment Information

We are asking people to email their interest or intention to enrol in our courses to info@vslc.org.au or phone us on [0490 244 142 / 9803 2335](tel:0490244142)

We will reply to all enquiries as soon as possible.

Visit our website for more information www.vslc.org.au

LIKE us on Facebook - www.facebook.com/versouth.house

Payment of course fees for Term 4 2020

At this time we are asking participants to pay fees via (online banking) Direct Debit using the following bank details:

Account Name: Vermont South Learning Centre

BSB: 033 127 Account Number: 13 3530

(please add surname and course for description)

Please email info@vslc.org.au to advise of payment via this method.

- ◆ Fees are to be *paid in full* prior to commencement of course
- ◆ If a course is cancelled a full refund will be made
- ◆ No refund will be given once a course commences

Vermont South Learning Centre is a Learn Local Organisation.

We are provided funding support from the Adult Community & Further Education Board (ACFE) to offer affordable educational courses to adult learners.

*Eligibility criteria apply to people who enrol in funded courses.

Applicants must be Australian residents seeking training:

- to enhance employment and/or volunteering opportunities by learning new skills; and/or
- as a pathway to further study opportunities.

Please contact us to assist you with the enrolment process.

☎ 0490 244 142 / 9803 2335

or email us  info@vslc.org.au

ACFE Funded Courses in Term 4 2020 are free to *eligible applicants (refer to eligibility criteria above).

Ineligible applicants who wish to study ACFE Courses will be charged as full fee places at a cost of \$100.00.



All Funded Courses will be delivered over the (free) Zoom video app in Term 4. A guide to using Zoom will be provided to all participants. Telephone support to get people connected can be provided if needed—just ask us!

Our Courses are facilitated by experienced Trainers who provide an inspiring environment for learners to build on their skills and build up their confidence.

INFORMATION TECHNOLOGY

*COMPUTER BASICS—AN INTRODUCTION TO COMPUTERS USING WINDOWS 10

20LNIntCom *with Scott*

If you find yourself struggling with getting to know the basic in's and out's of computers, this online 8 week course is a great starting point!



Over eight weeks you'll spend a couple of hours each week with our patient tutor who will help you learn the basic skills to operate a computer. You'll be given plenty of time to practice and ask loads of questions— it's the perfect opportunity to develop some skills and gain your confidence. This course is for complete beginners or those with limited computer skills. It covers basic computer skills; basic word processing, an introduction to the Internet and using email. You'll also learn more about using Zoom and you'll explore the world of Online Shopping! Support can be provided to get connected—just ask us!

It is an ideal course for anyone requiring basic skills for using a computer in the workplace—even if that's working from home— and for study and, personal reasons.

DAY	START	END	TIME
Tue	13 Oct	8 Dec (8 weeks)	1.00pm—3.00pm



No class Tuesday 3 November

**To be eligible for a Funded placement participants must be Australian residents and produce a green Medicare card as evidence of eligibility*



***EXCEL BASICS USING WINDOWS 10—
FOR THE WORKPLACE** 20EMPExelA with Scott

Designed as an entry level course with a focus on introducing learners to MS Excel (spreadsheets for beginners with basic computer skills), this course gives learners an insight into the basic requirements of computer literacy required in a workplace environment, and provides examples of basic spreadsheet applications for work, personal and/or study purposes.

DAY	START	END	TIME
Thu	15 Oct	3 Dec (8 weeks)	1.00pm—3.00pm



***COMPUTER SKILLS FOR THE WORKPLACE
USING WINDOWS 10 —INTERMEDIATE LEVEL** 20EMPIInComB with Scott



Feeling overwhelmed by the info tech demands in your workplace?

We can help!

The aim of this 8 week course is to build on your existing skills by providing up to date hands on learning of **current computer applications** now required by employers in most workplaces. Computer skills are transferable so everything you learn here will also be useful for your small or home business needs, and even help you out with more complex personal projects!

This course will cover using Windows 10 interface; organising files and folders; working with Microsoft Office applications with a focus on Word which you will use to create a CV; advanced internet search techniques; computer security; and more...

Basic computer literacy / skills are required to join this course. .

DAY	START	END	TIME
Fri	16 Oct	11 Dec (8 weeks)	12.30pm—3.00pm



No class Friday 23 October

**To be eligible for a Funded placement participants must be Australian residents and produce a green Medicare card as evidence of eligibility*

***JOB SEEKER SKILLS & RESUME PREP—SHORT COURSE**

20EMPOffAd with Sandra



Preparing yourself for the challenges of seeking employment, including returning to work can be daunting.

This course is designed to provide practical strategies, useful advice, and tips to help participants gain confidence and skills to prepare themselves for entering the workforce, returning to work, and volunteer opportunities.

This course will include creating a Resume—how to write and adjust your resume and cover letter for specific jobs.

DAY	START	END	TIME
Tue	13 Oct	8 Dec (8 weeks)	1.00pm—3.00pm

No class Tuesday 3 November



***XERO BASICS
+ BONUS SINGLE TOUCH PAYROLL!**

20VOCIntroAS with Sandra

This introductory course will teach learners to set up and use basic functions of **Xero** accounting software in a small business or home business environment.

Learners will also be introduced to working with Single Touch Payroll! Basic computer skills required.

DAY	START	END	TIME
Tue	13 Oct	8 Dec (8 weeks)	7.00pm—9.00pm

No class Tuesday 3 November



**To be eligible for a Funded placement participants must be Australian residents and produce a green Medicare card as evidence of eligibility*

Release the Stress—Art as Therapy

20VOCartThe with Heather



‘Release the Stress’ is a therapeutic art-based course that offers the opportunity for individuals to learn how the use of art can strengthen mental health and wellbeing. Students can increase their self-esteem, develop supportive social networks and improve the sense of control over their lives.

By creating their own expressive artworks students will use a multitude of mixed mediums & use the reflective process of art journaling to gain understanding/meaning of personal barriers.

The goal is for students to gain personal confidence to move forward in life to pursue further study and/or volunteer/employment opportunities.



DAY	START	END	TIME
Tue	13 Oct	8 Dec (8 weeks)	7.00pm—9.00pm
<i>No class Tuesday 3 November</i>			



DAY	START	END	TIME
Wed	14 Oct	2 Dec (8 weeks)	11.00am—1.00pm



ADULT LITERACY AND NUMERACY

ENGLISH AS A SECOND LANGUAGE (ESL) BEGINNERS

20ALNesIA with Virginia

English language at a **basic** level. ***This class is not suitable for absolute beginners.***

Course includes learning to use common words in:

- speaking - reading - writing
- computing

in activities of daily living in Australian culture.



DAY	START	END	TIME
Mon	12 Oct	7 Dec (9 weeks)	10.00am—12.00pm



**To be eligible for a Funded placement participants must be Australian residents and produce a green Medicare card as evidence of eligibility*

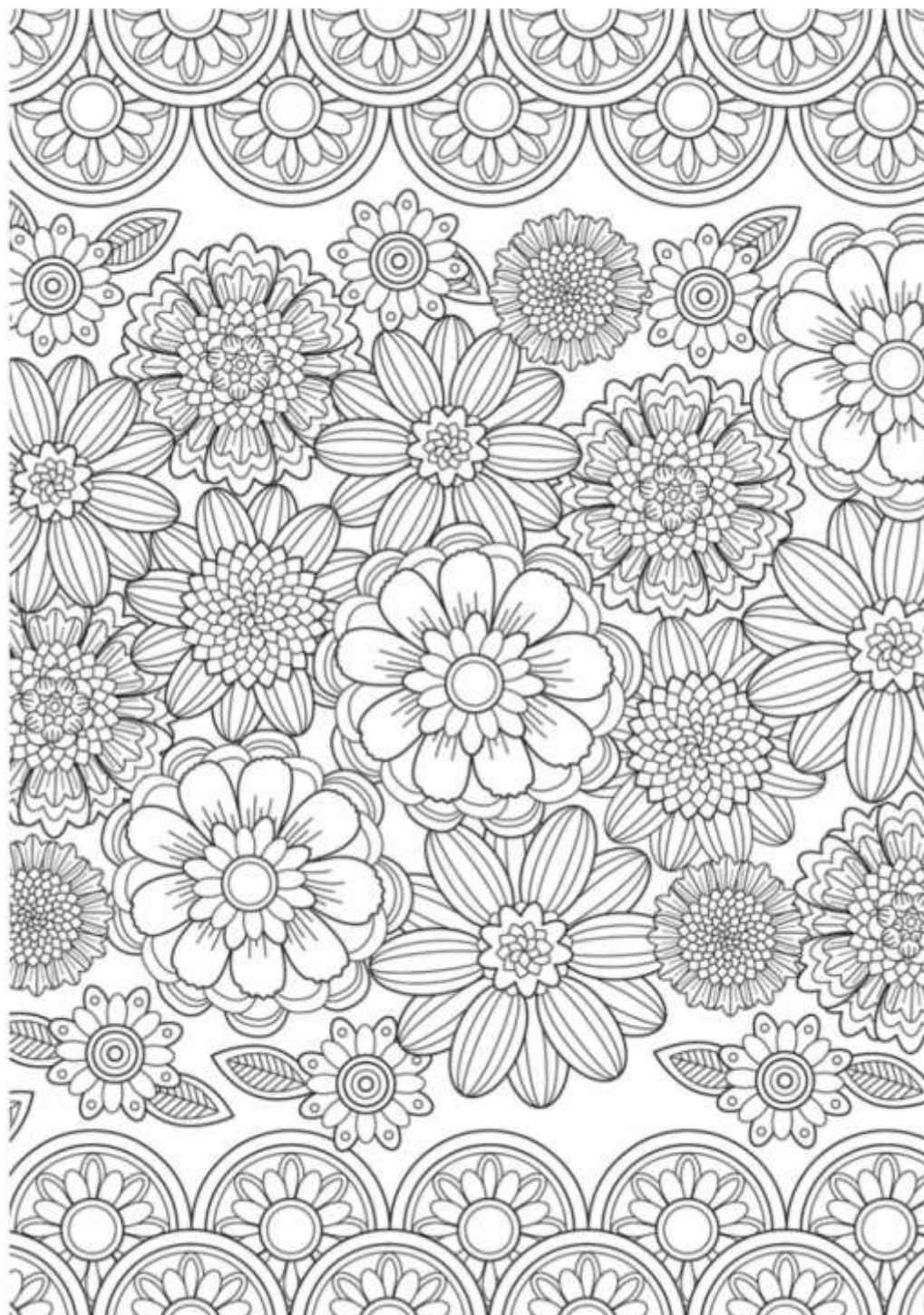
spend 10 and colour me in...

11



HELLO SPRING





GENERAL INTEREST COURSES FOR ADULTS

13

FRENCH INTERMEDIATE *with Vanessa*

Consolidate your speaking skills in a relaxed atmosphere with an experienced native speaker.

For students that can already express themselves on a variety of topics who want to enrich their vocabulary and use more complex tenses and sentence structures.

Class conducted mainly in French.

DAY	START	END	TIME	COST
Fri	16 Oct	11 Dec (8 weeks)	10.00am—12.00pm	\$160.00



No class Friday 23 October

LEISURE COURSES—ART & CRAFT

ART Catch-up *with Karen*

Join Karen, an artist and experienced art tutor, to talk all things Art!

Grab your paints, pencils or pastels and come along. Whether you are just starting your art journey or you are already on it—this is a great opportunity to learn and develop your skills and a wonderful way to relax.

Why not give it a try—you may surprise yourself!

DAY	START	END	TIME	COST
Thu	8 Oct	10 Dec (10 weeks)	10.30am—12.30pm	Free



DRAWING Course *with Owen*

Owen Brown, local artist and art teacher of some 40 years and experienced drawing and painting teacher is running a complete drawing course of 1 term's length for term 4 and beyond.

The course will take you through a skills/task based series of weekly steps from developing an ability to produce many different effects with a 2B pencil; to shading techniques & shadowing objects to enhance 3-Dimensionality; to rendering of different material surfaces, to an introduction to both linear and atmospheric perspective so you can create satisfying realistic scenes.

Materials required at first are; a good quality 2B pencil, a very good quality eraser and an A4 or preferably an A3 cartridge drawing paper pad. Also a pocket sized sketch book. Later in the course you will be asked to get a stick of charcoal and a dip-in split-nib pen and some quality black or sepia drawing ink.

DAY	START	END	TIME	COST
Thu	8 Oct	10 Dec (10 weeks)	7.30pm—9.30pm	Free



STRENGTH TRAINING with Muriel

Circuit style training consisting of weight bearing and minor cardio exercises, warm up and cool down stretching. Independent and team orientated. A great way to increase strength, balance, stability and flexibility.

Suitable for most ages / abilities.



DAY	START	END	TIME	COST
Mon	5 Oct	7 Dec (10 weeks)	12.00pm—1.00pm	\$100.00
			1.15pm—2.15pm	\$100.00



YOGA & RELAXATION with Karyn (Monday) / Cheryl (Wednesday)

Gentle stretching and breathing exercise to help improve posture, strength and flexibility, and designed to protect the body and mind against stress, and help lower blood pressure.

Suitable for all ages and abilities.

To fully enjoy your experience please use a yoga mat and have a blanket on hand for the relaxation/meditation segment.



DAY	START	END	TIME	COST
Mon	5 Oct	7 Dec (10 weeks)	7.00pm—8.00pm	\$120.00
Wed	7 Oct	9 Dec (10 weeks)	7.00pm—8.15pm	Free

GENTLE YOGA & MEDITATION *with Jacinta*

This Gentle Yoga class will consist of some gentle yoga movements to help improve mobility, flexibility and balance followed by a relaxing meditation.

This class is suitable for beginners or those with some yoga experience. Options will be offered to suit most abilities.

To fully enjoy your experience please use a yoga mat and have a blanket on hand for the relaxation/meditation segment.

DAY	START	END	TIME	COST
Thu	8 Oct	10 Dec (10 weeks)	7.00pm—7.50pm	\$100.00



JAPANESE FACIAL MASSAGE WORKSHOP *with Helen*

A beauty therapy technique for massaging your face and neck.

Muscle release, blood brought to the upper layers of the skin for renewal. Students will need: 2 hand towels, a bowl for warm water for face washing, a small condiments bowl (a soy sauce bowl ideal), a shower cap or head band to hold back hair, clean face (no make up or earrings), notepad and pen, willingness to get peach kernel oil (or other suitable massage oil) on face and hands.

Students will learn on themselves.

Workshop date options: Thursdays

October 22 or 29

November 5 or 12



Time: 10.00am—11.30am Cost:\$15.00 for 1.5 hour Workshop

OTHER ACTIVITIES & SERVICES

Due to restrictions related to the COVID-19 Pandemic other activities run as independent programs are not currently being offered at Vermont South Learning Centre.

For further information about these activities, enquiries can be made directly to the Contact person.

FOR CHILDREN

Chinese Playgroup

For further information please contact **Christie** on **0422 299 588** or email dolphinlemon2004@yahoo.com.au

Hamro Nepali Pathshala, Melbourne—**ONLINE SESSIONS AVAILABLE!**

For further information please direct enquiries to:
email nepali.pathshala100@gmail.com or visit
www.facebook.com/hamronepalipathshala
<https://sites.google.com/view/hamronepalipathshala/>

Japanese Learning Program for Pre Schoolers

For further information please contact **Mayuko** on **0422 555 683** or email mayuco2@gmail.com

Mini Maestros—**ONLINE SESSIONS AVAILABLE!**

For further information please contact **Judy** on **0417 104 729** or email judy@minimaestros.com.au or visit www.minimaestros.com.au

St Andrews Greek Playgroup—**ONLINE SESSIONS AVAILABLE!**

For further information please contact **Helen** on **0412 958 300** or email helenlambris@gmail.com

FOR ADULTS

Ausline Dance (Line Dancing) - **ONLINE SESSIONS AVAILABLE!**

For further information please contact **Marie** on **0412 296 827** or email mariepietersz@hotmail.com

Pilates Classes—**ONLINE SESSIONS AVAILABLE!**

For further information please contact **Jenny** on **0410 404 419** or email jennymargeridis9@gmail.com

ONLINE Courses and Activities at a glance...



Mondays:

ACFE English As a Second Language Course ☿ Strength Training
☿ Yoga & Relaxation Course

Tuesdays:

ACFE Computer Basics Course ☿ ACFE Job Seeker Skills Course
☿ ACFE Xero Beginners Course ☿ ACFE Art as Therapy Course

Wednesdays:

ACFE Art as Therapy Course ☿ Yoga & Relaxation Course

Thursdays:

ACFE Excel Basics Course ☿ Art Course ☿ Drawing Course ☿
Gentle Yoga & Meditation Course ☿ Japanese Facial Massage
Workshop

Fridays:

ACFE Intermediate Computers Course ☿ French Conversation Course

The advertisement features a logo on the left with stylized letters 'V' and 'S' in green and grey, and a background image on the right showing a close-up of a person's feet on a wooden floor. The text is centered and uses various colors (green, grey, black) for emphasis.

Vermont South PODIATRY

Sore feet?

Call podiatrists Joanne, Angela and Susan for an appointment (Mon—Sat) to help you with:

General foot care	Ingrown toenails
Diabetes	Orthotics

ORTHAHEEL FOOTWEAR NOW AVAILABLE!

1c Hanover Road
Vermont South 3133

Ph: **9802 0077**



1C Hanover Rd Vermont South 3133

Welcome to OsteoCare

- hands on health care for the whole family

At OsteoCare, Vermont South you will receive caring and competent Osteopathic healthcare assessment, treatment and advice to best optimise your bodies function and your health whilst reducing pain and discomfort.

OsteoCare provides treatment for the whole family—a newborn through to the elderly. Osteopathy may help with a wide variety of conditions such as back pain, headache and migraines, pregnancy related musculo-skeletal conditions, sports injuries, childhood and teen musculo-skeletal issues and many more...



Ph: 9803 7005

Dr Brooke Franklin (Osteopath) and Associate Osteopaths Melissa, Belinda, Hayley & Jacqui



Vermont South Physiotherapy

9802 5304

RON MUNRO Musculoskeletal Physiotherapist

MATTHEW ROSSO Physiotherapist

CLINICAL PILATES CLASSES

Knee pain?

Shoulder pain?

We can help!

Visit our website! vermontsouthphysio.com.au

429 Burwood Highway Vermont South 3133 (Cnr Stanley Road)

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**Call Des on 0412 914 423
E: guitarstart.au@gmail.com**

FUNCTION ROOM HIRE

**Due to restrictions related to the
COVID-19 Pandemic the Function Room is
not currently available for hire.**

**Please check our Website or Facebook page for
updates on this situation**

www.vslc.org.au www.facebook.com/versouth.house

ADVERTISEMENT




Neil **ANGUS** MP

STATE MEMBER FOR FOREST HILL



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