



Community Enterprise Zone:
Strengthening new opportunities
for local business development,
training pathways, volunteering
and pathways to employment

PAVE Festival & FunFest

April 8-15,
2018

www.pave.org.au

www.funfest.org.au



Term 1

(January 29th - March 29th 2018)

Semester 1

Short course programs, children's
programs, local events, venue hire,
activities & community projects

*All Welcome
please come in
& say hello*

Office open
Monday - Friday
9am - 4pm
(During School Terms)

Emerald Community House

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Telephone: 03 5968 3881 Email: emhouse@iinet.net.au

www.emeraldcommunityhouse.org.au

'Find us' on Facebook - www.facebook.com/emeraldcommunityhouse



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Feb 21st**

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PAVE Festival

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***Our Vision is to
be a place where
connections are
made and
opportunities are
realised.***

***Our Mission is to
consistently meet
the needs of the
community by
providing quality
community
development
activities, programs
and services.***

Champions for our local Community Enterprise Zone

Emerald Community House starts 2018 with an application for Deductible Gift Recipient status as a charity not for profit. Why is this important? ECH is already an incorporated charity not for profit organisation but gaining the DGR status will enable the organisation to apply for philanthropic grants from businesses and organisations like the Myer Foundation, Commonwealth Bank and other benevolent foundations. The reality is that ECH has been providing the community with programs that benefit the community, people in need or in transition to other pathways in life from the very beginning of the centre in 1977. Reaffirming our Statement of Purpose is a key commitment to describe a large part of the work ECH is engaged in besides the activities that attract the broader community.

ECH welcomes all demographics and the representation in our membership, small businesses, community groups and partners reflects a community with diverse needs as well as resources. Our service agreement with DHHS encourages ECH to deliver beneficial programs that support our community according to our assessments, community feedback and strategic objectives.

Operating as a Centre of Resilience in our own Community Enterprise Zone, ECH pushes the boundaries of conventional neighbourhood house operating theory to an empowered, responsive and viable incorporated association with flexible resources at its fingertips ready to respond and adapt to ever changing community needs. Watch for our new introductory courses targeting the industries of interest in our area and our continuing progress with solar community enterprises in 2018.

The role of ECH is flexible in local responses to needs, issues and opportunities. We have the ability to access local resources and relationships and increase the level of local volunteering and donations which benefit the whole of our community including Cardinia Shire as well as Yarra Ranges, Casey and Knox City councils. By strengthening our own region we invest in the betterment of Melbourne's resilience as a member of the greater metropolitan region.

Membership, Course Enrolment Details & Conditions

Membership

A membership of \$10 for individuals & \$15 for families applies to all users accessing any of the services at Emerald Community House (ECH). The membership fee is an annual fee from January to December and goes towards House facilities and maintenance, community grant support, insurance, free community wifi and other house expenses.

Course Enrolment

To secure your place, payment must be made at the time of enrolment. Enrolment can be made in person, over the phone, via mail, fax or email to emhouse@iinet.net.au even when we are closed! Enrolment and membership forms can be obtained from the House or downloaded at www.emeraldcommunityhouse.org.au. We accept cash, cheque, EFTPOS, MasterCard, Visa and direct deposits.

Our banking details are BSB 063-842 Acct No 1009 3095. You must include your name and course code when making direct deposits.

Course Cancellations

ECH may cancel courses if minimum class numbers aren't achieved. The House will contact participants in advance and fees will be refunded in the case of cancellation. However, if students cancel a class, a **10% administration fee** will be charged. Late cancellations by students (7 calendar days or less prior to course start date) **will not be eligible for any refund**.

ECH statement of Purpose

Improve quality of life and connection through community development, adult education, children's programs and inclusive participation by delivering community strengthening activities that meet our social, economic or environmental goals to benefit the community.

NOTE: Course times and activity details are correct as at time of printing, and may be subject to change at the discretion of management.

Learn Local

Emerald Community House is a member of Learn Local - a network of over 300 not-for-profit organisations across Victoria offering quality adult community education and training to people from all walks of life.



www.learnlocal.org.au

Dig In Community Cafe

The Dig In Community Café is an ECH initiative to promote community volunteering, job skills and connections. ECH practices community dining as an exercise in preparedness and community engagement. Run by community volunteers under the House Manager, The Dig In Community Café provides a range of volunteer opportunities including menu planning, food preparation, cooking, venue setting, set-up, pack up and dishwashing. Donations are kindly accepted to keep the café going.

Volunteers and diners all enjoy a fun night and it's a great outlet to make new friends and eat together around the community table. This takes place on the last Friday of every month, unless otherwise posted. Other community groups are encouraged to get involved and run a Dig In Community dining event of their own.

Volunteers and food donations always welcome!
Email: emhouse@iinet.net.au for more information.



Thank you to all of our Dig In Community Cafe regular sponsors (Emerald Woolworths, Emerald Bakery & Bakers Delight) and our wonderful team of volunteers!

Dates: Friday January 26th at ECH Hall - Summer BBQ - **from 1-3pm**
Friday February 23rd at ECH Hall - **from 6-8pm**
(not operating in March due to Good Friday)



The Dig in Community Café is one of 16 programs recognised by Monash/EMV resilience projects in Victoria
<https://www.monash.edu/muarc/research/research-areas/home-and-community/disaster-resilience/view-the-compendium>

Watch our Video - www.digincommunitycafe.com.au

Health & Wellbeing

Wellbeing Program

This popular innovative wellbeing program provides a diverse and fun environment for people to engage in various physical and intellectual activities that can improve quality of health and wellbeing. The program takes place in an environment that includes carers to develop friendships, receive support from the group and develops a network with a variety of people and age groups.

We offer a range of structured fun activities to improve general wellbeing directed at people over 50. There is a focus on providing people with an opportunity to get together for social gatherings, informal discussions as well as providing valuable information. Carers who support loved ones, must attend together and are welcome.

Dates: Tuesday February 6th - March 27th (8 weeks)

Time & Venue: 9:30am - 11:30am, Emerald RSL

Free

Our program is coordinated by volunteers & currently funded by ECH.

Communication for Better Relationships

Course Code CBR

With Sirini Kularatne-Samarapathi

Communication for better relationships - is a psycho-educational program offered to women to help focus on building quality relationships through empowerment and resilience. In this 2 hour program, which covers many aspects of communication, participants can expect to learn, share and connect in a supportive cohesive environment. Some of the areas covered in the program are - assertiveness, anger management, conflict resolution, self-care etc. Included in this 7 session program are - all writing material, hand outs at each session, and a surprise gift pack at the last session.

Dates: Saturday February 3rd - March 24th (7 sessions)
(No class on March 10th)

Time & Venue: 4pm - 6pm, ECH

Course Fee: \$231 (inc GST)

Health & Wellbeing

QiGong for Health & Healing

Course Code QG

With Maxine Gardner

QIGONG, (*chi gong*), from which Tai Chi originated, uses the same principles of combining breath-work, movement and stillness to improve the quality of life on all levels. The purpose of these ancient exercises is to seek stillness (relaxation) in movement (chaos). Bringing these aspects into balance will help to provide participants with practical tools for coping with the daily stresses of everyday life. QiGong can improve flexibility, balance, and coordination. It can be beneficial for those with arthritis, recovering from surgery or illness. Or it can simply help those who wish to enjoy the practice of a beautiful and gentle way of being, contributing to their health at the same time. First class is free for new participants as a trial. Please bring water & a blanket.

Dates: Thursday February 1st - March 1st (5 sessions)
Time & Venue: 7pm - 8:30pm, ECH Hall
Course Fee: \$82.50 (inc GST)

Embracing Serenity - Releasing Stress & Anxiety for Women

Course Code ES

With Jennifer Cameron, Holistic Anxiety Counsellor

Would you like to be more relaxed and mindful? Do you need help with stress levels or anxiety?

Free information session at ECH: **Wed 11am –12pm, February 7th**

- Learn how to re-wire your brain from stressed to happy and calm
- Receive practical tools and tips to ease panic and relax deeply
- Experience guided meditation and exercises to take home with you
- Learn to breathe in a way that's deeply calming
- Receive ongoing support to embrace a new way of life

Dates: Wednesday February 21st - March 28th (6 sessions)
Time & Venue: 11am - 12pm, ECH
Course Fee: \$88 (inc GST)

Literacy & Numeracy

Everyday Literacy through Cooking

Course Code ALTC *With Sharyn Thomas*



Participants will learn literacy, numeracy and food handling skills through practical cooking demonstrations and preparing their own recipes, incorporating the five food groups. Ideal for those with special needs, participants will learn the fundamentals of food safety and handling including use and sanitising of equipment, preparation and storage of ingredients and storage of food types including dairy, dry goods, fruit and vegetables, meat, seafood and poultry.

Hygiene procedures, identifying and preventing high risks and handling of waste items will be covered to provide safe practices and increase work place skills. Participants will also make up their own recipe book, using their literacy and numeracy skills while they learn how to prepare and cook a meal to take home and share.

Dates:	Monday February 5 th - March 26 th (7 weeks) (excluding Labour Day public holiday March 12 th)
Time & Venue:	12:30pm - 2:30pm, ECH Hall & Kitchen
Dates:	Tuesday February 6 th - March 27 th (7 weeks) (Note: No class February 20 th)
Time & Venue:	1pm - 3pm, ECH Hall & Kitchen
Course Fee:	\$80 each term, including materials & amenities fees
Materials:	Special dietary needs - add \$20

Literacy for Adults with a Disability

Course Code ALFA *With Dianne Edwards*



This course is geared for those who will benefit from basic numeracy and literacy skills in a small friendly group environment. Using fun and interactive methods, students will also increase their confidence and abilities to work in a group.

Dates:	Monday February 5 th - March 26 th (7 weeks) (excluding Labour Day public holiday March 12 th)
Time & Venue:	9:30am - 11:30am, ECH Hall
Course Fee:	\$80

Employment Skills

Hospitality Work Ready Training *

Course Code HT

The Hospitality Work Ready Training is an accredited Work Skills program conducted over one day. It is aimed at providing participants the skills to be Work Ready to gain employment in the hospitality industry.

This is a hands on hospitality course where participants will prepare a 3 course meal. Learn the fundamental skills to build your knowledge of the industry. Experience an insight into the professional operation of a commercial kitchen. Develop the skills required to work in the ever expanding hospitality sector.

Skills covered in practical training & upon completion of workbook participants will have achieved;

SITXFSA001	Use hygienic practices for food safety
SITXFSA002	Participate in safe food handling practices
SITHFAB002	Responsible service of alcohol

Dates: Saturday March 17th
or Saturday March 24th
Time & Venue: 9am - 3pm, ECH Hall
Course Fee: \$75



* Please note:

Individuals cannot be enrolled if they are currently studying as secondary students due to extra conditions for eligibility of participants for the Hospitality Training course. Please discuss any queries with the ECH Coordinator to confirm.

Craft / Special Interest

Absolute Beginners Crochet

Course Code ABC

With Beth Turley

Students will learn all there is to know about how to create a Granny square/Blanket/Bag, other basic stitches and terminology, all in a fun environment.

Students will need to bring their own choice of 8 ply yarns and a size 4.5 crochet hook.

Dates: Friday February 9th - March 23rd (7 sessions)
Time & Venue: 10am - 12pm, ECH Hall Kitchen
Course Fee: \$154 (inc GST)

Developing an entrepreneurial mindset in the digital world

Course Code DEM

With Divesh Sareen

We all live in the digital world where we want our phone the second we open our eyes. This presents an amazing opportunity for us which we have never had before - "The chance to create new tools, make a difference in people's lives and be Entrepreneurs". Learn how to work on creating solutions for real problems and be successful.

Expressions of interest: Ring 5968 3881 or emhouse@inet.net.au

Suggestions — Seeking Expressions of Interest

What kind of new courses or projects would you like to join?

Are you interested in other activities, events or services run in the future? Topics like: **craft, walking group, photography, digital technology, computer coding, equipment repairs, sewing alterations, bread making and arts/performance projects.**

We are capable of searching for tutors and teachers who can deliver a course on a specific subject which could help you to access job opportunities, networking or kick start new enterprises.

Information Technology

Computers (Day or Night sessions)

Course Code CD

With *Julia Foster*



Learn all about the ins and outs of your computer in a supportive environment. Work at your own pace, guided by the tutor to help you learn what you need to know and are interested in, such as simple documents, email and communicating through the internet. As your confidence grows learn about spreadsheets, inserting pictures or creating data bases. Participants can choose from Microsoft Windows operating system and Microsoft Office Suite (including Word, PowerPoint, Excel) and more.

Dates: Wednesday February 7th - March 28th (8 weeks)

Time & Venue: 12:30pm - 3pm, ECH Hall

Course Fee: \$70 (including material & amenities fees)

Dates: Monday February 5th - March 26th (7 weeks)
(excluding Labour Day public holiday March 5th)

Time & Venue: 7pm - 9:30pm, ECH

Course Fee: \$70 (including material & amenities fees)



Garden & Environment

Camembert Cheese

Course Code CC

With Peter Allen

Enjoy the satisfaction of making and eating your own cheese. Over the course of the day you will make camembert, gourmet feta & sour cream to take home and also make ricotta to eat on the day. Cheeses can be made using cow, goat or sheep's milk. If you wish to bring your own milk, this will need to be pasteurized on the day, otherwise all materials are supplied. Participants to bring a lunch to share.

Dates: Saturday February 24th (1 session)
Time & Venue: 9am - 4pm, Telopea Mountain Permaculture
134 Invermay Road, Monbulk
Course Fee: \$121 (inc GST)

All About Espaliers

Course Code AAE

With Peter Allen

Selecting the right trees, what espalier shapes to use for which species, creating and maintaining them. Prune for fruit or for new growth this depends on when you do it, reduce workload by 90%. Includes a walk around the collection of over 1000 varieties. Bring your lunch.

Dates: Sunday February 25th (1 session)
Time & Venue: 10am - 4pm, Telopea Mountain Permaculture
134 Invermay Road, Monbulk
Course Fee: \$104.50 (inc GST)

Garden & Environment

Making Bio Dynamic compost and soils for fruit trees

Course Code CPF

With Peter Allen

Fruit trees need a certain compost, this will supply all nutrients plus aid pest & disease reduction. Experience this hands-on learning opportunity to make a Bio Dynamic compost heap for fruit or a veggie patch. You will also benefit from a presentation exploring further Bio Dynamic principles.

Date: Sunday March 18th (1 session)
Time & Venue: 10am - 4pm, Telopea Mountain Permaculture,
134 Invermay Road, Monbulk
Course Fee: \$104.50 (inc GST)

Permaculture Design Course

Course Code PDDC

With Peter Allen (Permaculture Elder)



This 147 hr Permaculture Design Course (PDC) will suit many levels including those wishing to design their own property, going on to seek employment, or planning to continue with other accredited courses.

This is a real chance to learn and gain 2 certificates in this 16 wk course (21 sessions). Numerous tutors will cover concepts of a full permaculture design including, zones, sectors and the ethics and principles of permaculture. At the conclusion of this course participants will complete and present a design to the class to complete this certificate course.

Dates: Starting Tuesday February 20th (16 Weeks)

NOTE: 2018 Course Full

Register interest for 2019 enrolments

Time & Venue: 9am - 4.30pm

(1st session only at ECH 9am to 4pm)

Telopea Mountain Permaculture,

134 Invermay Road, Monbulk

www.petethepermie.com.au

Workplace Skills

Developing your Skills for the Workplace

Course Code DYSW
With Sharyn Thomas



Ideal for those with special needs, participants will learn a variety of natural and environmental crafts that interest them such as making soaps, recycled paper and cards and how to present them for sale. Students will run their own market stall once a term at the Emerald Market to sell their creative works and gain confidence within a community environment. The money raised goes back into the group and community by funding a karaoke night for special needs.

We have two groups running.

Dates:	Tuesday February 6 th - March 27 th (7 sessions) Note: No class February 20 th
Time & Venue:	10am - 12pm, ECH Hall Kitchen
Course Fee:	\$80 (including materials and amenities fees)

Provide CPR

Course Code HLTAID001

Covering both the knowledge requirements and practical skills required to perform CPR on an infant and adult, the use of an AED, and the requirements for providing an incident/injury report.



Dates:	Saturday February 24 th (1 session)
Time & Venue:	9.30am - 11.30am, ECH Hall
Course Fee:	\$70 per person (All prices include ECH admin fees)

Provide First Aid (Includes CPR)

Course Code HLTAID003

The ability to deliver first aid can often mean the difference between life and death. Practical competencies include all theory and assessments which are to be completed at home. This is your opportunity to gain a qualification by completing these accredited courses.



Dates:	Saturday February 24 th (1 session)
Time & Venue:	9.30am - 1.30pm, ECH Hall
Course Fee:	\$140 per person. (All prices inc ECH admin fees)

Literary Arts

Developing your Writing Skills

Course Code DYWS

With Maria Millers



Would you like to develop your writing skills further, become an author, a literary critic or write moving editorials? In this course, while exploring different literary works and sharing your creative writing, you will be introduced to a range of creative writing techniques that will help to develop your own personal writing skills. This is a supportive atmosphere headed by a skilled teacher with some students already published or going on to be successful authors. You can too, starting with this course.

Dates: Friday February 2nd - March 23rd (8 weeks)
Time & Venue: 12:30pm - 3pm, ECH Hall
Course Fee: \$50 (including material & amenities fees)

Book Writers' Workshop

Course Code WW

With Heather Ellis



Ever wanted to write that book? Make a start? This course will take you through the steps of writing a book, promoting it, getting it published and finding out about attending literary festivals and events around the world. Of special interest is the memoir - a historical account or biography written from personal knowledge.

Heather Ellis, author of the acclaimed memoir, “Ubuntu”, will take you down your memory lane and help you to collect your thoughts and get them organised. This course will run for two semesters to allow enough time to finish your book hopefully by the end of the year.

Dates: Wednesday January 31st, February 14th & 28th,
March 14th & 28th
(5 sessions)
Time & Venue: 7pm - 9pm, ECH
Course Fees: \$80 (including materials & amenities fees)

Book Direct

Beekeeping for Beginners - Create a Buzz in your Backyard

With Bec McBride from Bec's BeeHive - Local Beekeeping Supplier & Trainer

Are you interested in having a beehive in your backyard? My Beginner Beekeeping Program teaches you to care for your colonies throughout the seasons with the health of the honeybee as No.1 priority. You will learn how to begin, the legalities, pests & diseases and most importantly how to properly nurture your bees from a nuc to a complete working beehive. It's not a taster but a demonstration of beekeeping husbandry and step one of my program.

I've been running these workshops for over 6 years and have trained 100's of people in hobby beekeeping during this time. It's my business, my passion and my life and I wouldn't have it any other way!

Time & Date: 10am - 3.30pm, Sunday March 11th (1 session)
Venue: ECH Hall
Cost: \$150 per person

Book Directly bec@becsbeehive.com.au

Honey Harvesting Workshop

With Bec McBride

A sticky fun workshop designed to give you an understanding of timing, practical experience and know-how when it comes to harvesting your honey from your backyard hive. Hands on fun with Bec. BYO Apron!

Time & Date: 7.30pm - 9.30pm, Tuesday February 13th (1 session)
Venue: ECH Hall
Cost: \$50 per person

Book Directly bec@becsbeehive.com.au

Emerald & Region Bee Club: Next Meeting - All Welcome

Time & Date: 7pm - 9:30pm, Tuesday March 20th
Venue: ECH Hall
Cost: Entry by Gold coin donation

Book Direct

Abundance and Life Purpose Healing Workshop

With Angela Corner

Learn how to harness the universal abundance energy to change your negative beliefs about abundance and reprogram with positive beliefs.

You will learn to activate your healing and psychic abilities, heal and balance your chakras and aura and much more...

Dates: Saturday February 24th, March 24th (2 sessions)
Time & Venue: 11am - 12:30pm, ECH (Entry via rear courtyard)

Book Directly Angela 0425 748 702
Email: sacredabundance9@gmail.com

Private healing sessions on; reiki, angel energy healing, crystal therapy, abundance and life purpose, angel card readings.

Bookings are essential please for workshops & private healing sessions.

Emerald Small Business Network

Annual Membership from January - December is \$20. Call 5968 3881

Business	Contact
Aaheli Oceania	0415 158 598
Australian Green Growers	0417 637 375
Barry Callister Photography	0427 641 269
Emerald Lake Travel	0400 990 026
Fernlea House Inc	03 5968 3895
Helleren Hill Gourmet Products	0438 288 808
Heritage Seeds Victoria	0410 646 519
Karas Accessories	0422 378 709
Little Gem Nursery	0417 113 772
Shiba Jewellery	0407 826 407

New Introductory Courses for 2018

New and exciting courses are offered at ECH in 2018.

These Introductory courses provide a snap shot into relevant industries that operate in the Dandenong and Yarra Ranges areas, ideal for over 18s, job changers, return to work adults and mature age residents with a variety of abilities.



Introduction to Travel and Tourism

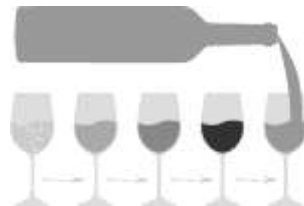
Running in Term 2 and 3, will explore the tourism industry and identify what skills are required whether you want to pursue a career as a fully-fledged travel



agent or manage boutique travel interests like ecotourism, group travel or develop a local tourism business of your own.

Introduction to Working in the Wine Industry

Running later in the year is an ideal starter course if you are seeking employment in a wine tasting venue, hospitality industry or pursue a career or further study in viticulture.



Introduction to Sustainable Design Practices

Is bound to be popular in the hills region in Term 3 and will include discussions about sustainable building practices, renewable energy enterprises and the terms, policies and principles of sustainable design practices. Learners could combine all three introductory courses to strengthen their employment options in the local area.



All introductory courses can be applied to prior learning and experience if you decide to pursue a formal qualification at a tertiary level.

Expressions of Interest: emhouse@iinet.net.au
5968 3881

Venue Hire Bookings

Emerald Community House has facilities for hire suitable for parties, weddings, workshops, meetings, consultations, performances & events.

Our church hall was fully restored in 2012, has a white interior with polished timber floor, air-conditioning and heating. Comfortably seats 36, (6 trestle tables each seating 6). Seats 50 maximum without tables.

Our kitchen caters for 36 people with crockery, cutlery and glassware. The kitchen comprises a large island work bench, fridge/freezer, upright oven, microwave, dishwasher, double sink, hand sink and laundry sink.

Children's playground with basketball hoop, climbing equipment, grassed area and secure fencing. Nearby parking areas are available for hirers.

Enquiries: 5968 3881

Application forms - www.emeraldcommunityhouse.org.au/forms



Children's Programs

Occasional Childcare

Emerald Community House is a registered licensed childcare provider operating an affordable community based program. Occasional childcare is available on Monday, Tuesday (3 yr old +), Wednesday and Friday.

Sessions for 12mths - 5 year olds (Monday, Wednesday, Friday)
9:30am - 2:30pm \$40 per child

'Kidzplay' - 3 year old & over (Tuesdays)*
9:30am - 2:30pm \$45 per child

(* Includes Spanish session run by *Pilar Nesvara* from 'Global Kids' which strengthens children's reading, writing and mathematic development and through diverse cultural experiences inspires imagination, compassion, empathy and build a sense of belonging.)

NEW Casual rate: \$10 per hour, per child (minimum 2hrs)

Our play & learning program offers lots of fun, love and social activities. Special experiences are provided each day, taking into account the children's natural interests, and designed to promote their social, physical, intellectual, language and emotional development.

'*Bean Sprouts*' Playgroup

Our facilitated playgroup is turning green with a focus on sustainable practices and naturally fun activities. Sourcing recycled materials, feeding the worm farm, recycled paper mache fun, planting and playing in edible garden spaces and making craft from natural materials teaches kids about our environment from the start. This playgroup is the perfect introduction to our suite of childcare programs. Small children practice the fine art of getting along with others & trying new ways to play.

A regular playgroup can be great for mums, dads, grandparents and caregivers too, especially if they are new to the community and want to meet other parents with children.

Call to secure a place in Term 1 and join in having fun with your little ones as they explore the world.

Dates: Thursday February 8th - March 29th (8 wks)
Time & Venue: 9:30am - 11:30am, ECH Child Care
Term Fee: \$52

Children's Programs

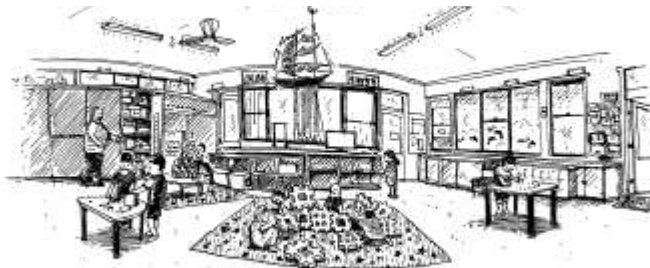
Out-of-School Hours (OOSH) care

Emerald Community House is a registered licensed childcare provider operating OOSH programs for each school day and supervises travel between Emerald Primary School. The program is self funded by ECH as a community enterprise.

A substantial and nutritious breakfast and afternoon tea is provided within the cost of the program. Fun activities include arts & crafts, books, board games, outdoor activities, games and lots more. Laptop computer and internet access are also available to use for homework.

Note: Extended operating times

Morning - 6:30am - 9am	\$18 per child
Afternoon - 3:30pm - 6:30pm	\$20 per child



Important Information for all parents of our children's programs

Parents or guardians must attend a '#WeatherSmarts' program which is a requirement of childcare enrolment & ECH Emergency Mgt Plan.

Our inaugural session was held in Oct 2017 with an advisory panel discussion following Dig In Community Café. Our survey results indicated more workshops are needed. Our next session:

Time & Date: 7 - 9pm, Thursday February 21st
Venue: Emerald Community House

Enrolment & membership forms can be obtained at ECH or online:
www.emeraldcommunityhouse.org.au/forms

Note: OOSH doesn't operate on days Emerald Primary School is closed.

Healthy End of Life Program

Monthly Group Meeting Sessions - All Welcome

Dates: Wednesday January 31st, February 28th, March 28th

Time & Venue: 7pm - 9pm, Emerald Community House Hall



End of life care has many dimensions not restricted to the person facing their own mortality, but also family members and carers and their extended family and friends.

A terminal diagnosis due to an incurable disease which might be short or long, brings with it many questions including “where do I want to die and how will my care be managed”.

Then there is the person diagnosed with a neurological degenerative disease such as dementia, that might be slow to progress and often requiring full time nursing care, until death. Once again many questions are raised with family members and carers about how will care be managed and can it be within the familiar home setting.

HELP is a practical guide for communities to support local people who wish to receive end-of-life care in their home, or community setting.

The goal of HELP is to create a sustainable collaborative local culture that attends to end-of-life needs for local residents.

Emerald Community House

Healthy End of Life Program (HELP)

Offering, asking for and accepting help

Creating an End of Life Collaborative Community Culture in Emerald

Emerald Community House aims to build end of life community capacity and resilience in two ways:

By generating, in partnership with other community forums, public conversation, community discussion and skill sharing on the role of community at end of life.

By creating a community network of people with capacity to support other community members who wish to receive end of life care at home.

HELP invites community members to offer of themselves to be called upon to offer practical support for the person, enabling as best as possible, continuation of life with elements that previously gave purpose and meaning to the person's life. There are no limits to practical support, be it mowing the lawns, changing a light globe or providing company.

The 'other side of the coin' is care and support for the person's carer, often their partner, who is present 'around the clock' and who might appreciate an occasional break from what is often an enormously stressful and tiring situation.

The first Healthy End of Life Program (HELP); offering, asking for and accepting help was held and organised by the Emerald Community House in February 2017.

The gathering was attended by eight (8) local community members together with representatives from La Trobe University Palliative Care Unit and Eastern Metropolitan Region Palliative Care Consortium.

Subsequent and expanded gatherings have convened each month and envisaged ongoing meetings continue throughout the year, as there is real interest and enthusiasm for community members 'stepping up' to enable those wishing to die at home, to realise their last wishes.

Contact:
Chris Phillips

Mobile:
0407 060 069



Opportunities to become a tutor

We are seeking passionate tutors for the following upcoming introductory courses;

Travel & Tourism

Sustainable Design

Working in the Wine Industry

Social Media

Enquiries: emhouse@iinet.net.au or 5968 3881

Or perhaps you have an idea about a course that you would like to run and have skills or experience in a particular subject?

We are always looking for local people who have a skill or experience which could translate into an adult education course or workshop.

Whether it is photography, film making, foreign languages, gardening, creative arts or introductory courses that lead to further study, ECH is capable of getting the course going to meet local community needs and save on your travel time and expenses.

Tutor Experience - Heather Ellis (Book Writers' Workshop)

“As tutor of the Writers' Workshop at Emerald Community House, I have had the honour of witnessing students realise their potential as writers and gain confidence in their writing abilities. This opportunity has also been an extremely inspiring experience for myself as a writer. The writing class focused on the craft of memoir with the aim of students writing their first draft in the year-long workshop. Each lesson focused on an aspect of memoir writing but the skills were also just as applicable to writing fiction. It was inspiring to help students identify the structure and themes of their writing project, and then as a group, provide feedback to further improve the development of their story.”

Advocacy

The La Trobe Chapter of the 'Grandmothers against Detention of Refugee Children' (GADRC) is a proud sub committee of the Emerald Community House.

Please contact the House to find out when their next meeting or activity is. emhouse@iinet.net.au or 5968 3881.



All welcome, even if you aren't a grandmother!



'Food is Free'

This project is part of a worldwide movement that promotes food to be freely available to everyone. Emerald Community House has now set up a Food is Free pantry cupboard to offer food freely to the whole community.

Everyone is welcome to take food from the pantry and anyone can contribute food to the pantry. We only ask that you try to keep your donated foods reasonably healthy and within their use by dates, and that any fresh food donated can be stored in a sealed container to keep the possums out. Please feel free to leave a comment or suggestion in the book. This will help us to better provide for the needs of our community.

We hope that we can keep this food pantry well stocked through the generosity of our wonderful community. Please remember this pantry is for everyone's use. Food sustains us, food connects us. Food is life!





The Centre of Resilience (COR) is a community development model piloted at Emerald Community House committing to resilience building ideas and initiatives that stimulate community strength and social durability. This includes activities that invest in job skills for a stronger economy, sustainability action, social justice, resourcefulness and community asset protection.

The goal of **COR** is to contribute to "community continuity" by encouraging the efficient and effective use of existing social, natural, economic and built community based assets in a sustainable way.

A community continuity strategy, contributes directly to:

- Sustainable economic, environmental and social benefits
- Enhancement of community governance and leadership skills through proactive processes
- An increase in community participation in education, volunteering, living and employment skills
- Safer and happier communities

www.monash.edu/muarc/research/research-areas/home-and-community/disaster-resilience/view-the-compendium

www.emv.vic.gov.au/how-we-help/community/community-resilience-framework-for-emergency-management

We are grateful to be honoured with recognition by Resilient Australia 2016, a Commonwealth program through the Attorney General's office with a ***'Highly Commended' Community Award***.

In June 2017, ECH awarded Morwell Neighbourhood House as a Centre of Resilience in recognition of their work.

www.cor.org.au

References to our Community Development work

ECH has been referenced or illustrated in case studies in a variety of national and international publications and is looking forward to an evaluation of our Centre of Resilience strategy (CoR) by Monash University this year. We continue to work with a variety of Masters and PhD candidates who are studying resilience in communities.

How do we measure and build resilience against disaster in communities and households? - (2015) Input Paper, Global Assessment Report on Disaster Risk Reduction, United Nations Office for Disaster Risk Reduction, Torrens Resilience Institute, Adelaide, Australia

Strategies for Supporting Community Resilience - (2015) Multinational Resilience Policy Group, (R. Bach, Ed.), CRISMART, The Swedish Defence University. Stockholm, Sweden

Disasters and Public Health: Planning and Response - (2016) Clements, B. W., & Casani, J., Butterworth-Heinemann Publisher, Austin, Texas, USA

Compendium of Victorian Based Resilience Building Case Studies - (2016) Monash University and Emergency Management Victoria, Monash University Disaster Resilience Initiative. Clayton, Victoria, Australia

Implementing the Rockefeller Foundation 100 Resilient Cities Project in Melbourne - (2016), Mulligan, M., McLennan, B., & Kruger, T., RMIT University | City campus, School of Science, Centre for Urban Research (CUR), Melbourne, Victoria, Australia

Resilient Melbourne Strategy - (2016) Resilient Melbourne, City of Melbourne, Victoria, Australia

Community Resilience Framework for Emergency Management - (2017) Emergency Management Victoria, EMV, Victorian Government, Melbourne, Victoria, Australia

Core Humanitarian Standards

ECH invites other community groups engaged in community development activities to adopt appropriate standards such as the Core Humanitarian Standards (CHS) which are recognized throughout the international humanitarian sector. These standards should now be embraced by governments, councils and community groups who are involved in supporting people in crisis or in high risk disaster areas.



Further details available at www.corehumanitarianstandard.org

#WeatherSmarts

Community Forum

February 21st 2018

7-9pm



emerald
community
house



#WeatherSmarts is part of ECH's Centre of Resilience strategy to prepare our community for climate calamities such as extreme storms, bushfires, high winds and asthma thunderstorms which can create a serious disruption for us very quickly.

- Just how ready and adaptable are we?
- What do we need to know?
- What are our shared responsibilities when living in a high risk environment?
- What can we expect? Who is in charge?
- How will road closures affect us?
- Can I survive for 72hrs without power or services?

Test your perception about your readiness for disruptive weather and its consequences by attending an informative forum where you get to ask some questions of your own and improve your **WeatherSmarts**.

Past Comments:

- *I learned to leave earlier, watch the Vic Emergency app more vigilantly and attempt to learn the predicted wind patterns.*
- *I will get a CFA assessment, an emergency box together, clear gutters, mow grass.*
- *WeatherSmarts should be run every 3-6 months. The more discussed, the more shared, the more learned.*
- *We need more compulsory forums like WeatherSmarts so people can learn how they can be self-sufficient and take responsibility*

356-358 Belgrave-Gembrook Road, Emerald VIC 3782
emhouse@iinet.net.au (03) 5968 3881
www.emeraldcommunityhouse.org.au





Note: Program current as at 15 Dec, 2017

Check online for updates at www.3mdr.com

MONDAY

- 7am The 80/20 RULE
- 9am SUSTAINABILITY SHOW
- 10am THE KORNIEST SHOW
- 1pm GOLDEN AGE OF ROCK'N'ROLL
- 3pm THE GOOD LIFE
- 5pm BRING DOWN THE BIRDS
- 7pm THE CLUB SHOW
- 9pm THE SHENNIGANS
- 11pm AUSTRALIAN MUSIC OVERNIGHT

TUESDAY

- 7am THE WIND UP
- 9am 3MDR AUSTRALIAN MUSIC
- 10am DIGGIN' IT
- 11am ALPHABET SOUP
- 1pm ROCKABILLY DRIVE-BY
- 3pm FRESH AIR
- 4pm PRIMARY PERSPECTIVES
- 5pm THE MUSIC GARDEN
- 7pm THE ROMANIAN SHOW
- 9pm THE CROATION SHOW
- 12am AUSTRALIAN MUSIC OVERNIGHT

WEDNESDAY

- 6am IMAGINARY FRIENDS SHOW
- 9am FRIENDLY FEMMES
- 10am UNFOLDING
- 11am UNCUT & UNSIGNED
- 1pm TALKING ON THE MOON
- 2pm AUSTRALIAN MUSIC
- 3pm NOW & THEN
- 5pm HARMONICA RIFF RAFF
- 7pm FOLK ON THE FRINGE
- 9pm THE DOTTED LINE
- 11pm AUSTRALIAN MUSIC OVERNIGHT

THURSDAY

- 6am UNDER THE FLOORBOARDS
- 9am JUDY-ANNE & CO
- 11am UPBEAT SOUL
- 1pm BASICALLY COUNTRY
- 3pm THE ITALIAN SHOW
- 5pm ROUNDABOUT
- 7pm PILOT THE DUNE
- 9pm ALMOST BLUE
- 12am AUSTRALIAN MUSIC OVERNIGHT

FRIDAY

- 6am BREAKFAST
- 9am PAY IT FORWARD
- 10am AKA PELICAN
- 11am WHITE LINE FEVER
- 1pm BANGERS & MASH
- 3pm RED TO BLUE
- 5pm CHICK HABIT
- 7pm COUNTRY BONANZA
- 10pm INDEPENDENT COUNTRY
- 11am AUSTRALIAN MUSIC OVERNIGHT

SATURDAY

- 6am SAT MORNING COUNTRY
- 9am CLASSICALLY SATURDAY
- 11pm AN ACOUSTIC COMPANION
- 1pm COMMUNITY OUTLOOK
- 2pm THE GREEN ROOM
- 4pm SOUND FROM INBETWEEN
- 5pm COSMIK DEBRIS
- 8pm OUT ON THE EDGE
- 11pm SOX ON THE RUN
- 2am AUSTRALIAN MUSIC OVERNIGHT

SUNDAY

- 6am GOSPEL
- 8am TAMIL SHOW
- 10am SRI LANKIN SHOW
- 12pm GREEK SHOW with
- 2pm SAMOAN SHOW
- 4pm THE BUDDHIST HOUR
- 5pm HINDI SHOW
- 7pm WAKING THE NEIGHBOURS
- 9pm NOT QUITE MIDNIGHT
- 1am AUSTRALIAN MUSIC OVERNIGHT



Mountain District Radio
Voice of the Dandenongs



INDOOR &
OUTDOOR
STALLS



EMERALD MARKET

3RD
SUNDAY
EACH MONTH

KILVINGTON
DRIVE

9AM - 3PM

5968 3881

 Find us on
Facebook

echmarket@iinet.net.au

www.emeraldcommunityhouse.org.au

2018 Market Dates

January 21st

February 18th

March 18th

April 15th

May 20th

June 17th

July 15th

August 19th

Sept 16th

October 21st


November 18th

December 7th *Twilight*

December 16th

PAVE Festival - April 8-15, 2018

Performing And Visual arts in Emerald



PAVE FESTIVAL
PROGRAM

**8-15
April
2018**

OVER
40
EVENTS

Rejuvenate...
Rediscover...
Rethink...

WWW.PAVE.ORG.AU

The 2018 festival theme has been inspired by the ABC series 'War on Waste' and events have been created which explore the three-fold theme; *Rejuvenate, Rediscover & Rethink.*

It's shaping up to be an exciting eight days of events across the Emerald township at the foothills of the Dandenong Ranges as part of the PAVE – Performing and Visual Arts in Emerald – Festival 2018!

Launching the celebrations is FunFest with great activities, rides, entertainment, food & music to enjoy in the Kilvington Dr precinct.



**Sunday 10am -4pm
April 8, 2018**

www.funfest.org.au