

FREE!!

NORTHERLY ASPECTS

Celebrating Geelong's Northern Suburbs
Corio > Cloverdale > Norlane > North Shore > Rosewall

Edition 16 Term 2, 2008



Local young people enjoying themselves at THE.CLUB

THE.CLUB

young people's drop-in lounge
@ Cloverdale Community Centre
167-169 Purnell Rd, Corio
4-7pm first Friday each month April-June
See page 10 for more details



**SEE PAGE 8 FOR
MORE DETAILS
ON A COMMUNITY
CELEBRATION NEAR
YOU!!!**

WIN a family pass to watch the Super Cats play at the Arena
See page 5 for details!!

* * * * * **COMPETITION** * * * * *
WIN a shopping voucher—see page 6 for details!

UPCOMING EVENTS IN THE NORTHERN SUBURBS

| Date | Event Name | Location | Time | Contact |
|-------------------------|--|--|----------------|---------------------|
| Wednesday 26th March | Norlane Community Celebration | Windsor Park Rose Ave, Norlane | 3.00-6.00pm | Liz: 03 5275 8124 |
| Saturday 29th March | 'A Space For All' Community Celebration | Cloverdale Community Centre Purnell Rd, Corio | 3.00-6.00pm | Sue: 03 5275 4415 |
| Tuesday 1st April | 'The Heart of Norlane' Community Celebration | Evan's Reserve Sparks Rd, Norlane | 3.00-6.00pm | Kylie: 03 5278 5363 |
| Saturday 5th April | Going Potty & Community Celebration | Rosewall Neighbourhood Centre Sharland Rd, Corio | 11.00am-3.00pm | Bev: 03 5275 7409 |
| 31st March to 5th April | Rosewall School Holiday activities | Rosewall Neighbourhood Centre Sharland Rd, Corio | Various | Bev: 03 5275 7409 |
| Thursday 22nd May | Biggest Morning Tea | Rosewall Neighbourhood Centre Sharland Rd, Corio | 10.00am | Karen: 03 5275 7409 |

If you would like to advertise your event in this section of Notherly Aspects, please contact the Editorial Committee on 03 5275 4415 or email: info@notherlyaspects.org.au

IMPORTANT PHONE NUMBERS

In an emergency dial 000
LIFELINE 13 11 14
Barwon Centre Against Sexual Assault 1800 806 292
Barwon Family Violence After Hours Service 1800 662 673
Jigsaw Young Persons Health Service 03 5275 6599
Kids Helpline 1800 551 800
Victorian Poisons Information Centre 13 11 26
Gas & Electricity Emergencies Ring your provider
Road Safety Hotline 03 5225 3297

PROUDLY SPONSORED BY

**CORIO NORLANE
NEIGHBOURHOOD
RENEWAL**



This edition proudly desktop published by Corio Norlane Neighbourhood Renewal. For feedback or ideas for future articles, please call: 03 5278 5363

www.notherlyaspects.org.au

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Opinions expressed in Northerly Aspects are not necessarily those of the Editorial Committee. The presence/placement of advertisements does not imply that the Editorial Committee or any organisation associated with Northerly Aspects endorses the product, service or advertiser.

If you would like input with Northerly Aspects, please call 03 5275 4415 or email info@northerlyaspects.org.au

From the Editor—Amendment Edition 15, page 3
The Norlane Neighbourhood House does not gain any extra income from the Tool Pool located on site. Money gained from memberships and hire costs are used to maintain and purchase equipment.



“Pointing to a better future for the North”

IF YOU LIVE IN AN OFFICE OF HOUSING PROPERTY, YOU DO NOT NEED TO CHANGE YOUR SMOKE ALARM BATTERY!

All Office of Housing properties have hard wired smoke alarms (smoke alarms are connected to the electricity mains). You need to check that your smoke alarm is working—use the end of a broom handle and press the button. If it doesn't work or your smoke alarm keeps chirping ring the Maintenance Call Centre on 13 11 72.

Look out for the Northern POINT display at the Community Celebrations to find out more information on how you can become a part of this Public Tenants Group.



Give your Children the Best Start in Life.
The Early Learning Centre @ Rosewall is taking enrolments for 2008!

The Early Learning Centre@ Rosewall has had a face lift. An exciting new program available for 4 and 3 year old children eligible to start kindergarten has commenced this year.

The kindergarten program offers your child opportunities to make friends, be creative, become more confident and independent, learn new things, improve skills and gain new ones, and be ready for school. The program also provides a nutritionally balanced meal prepared by the community centre.

Programs at the Early Learning Centre @ Rosewall are run by qualified Early Childhood Teachers so you can be sure your children are getting the best possible care and support.

Speak to one of the centre staff about enrolling your child now!

For more information contact 03 5275 4529 or 03 5227 0741

Family Day Care - Child Care Vacancies in Corio

Government accredited and approved child care in the homes of council registered Care Providers. Family Day Care provides individualised care in a family environment with a maximum of 4 pre-schoolers in care at any one time. Contact us on 03 5227 0805 to discuss your child care needs. Visit the Family Day Care at www.geelongaustralia.com.au and follow the links from "Services in Geelong".



WANTED

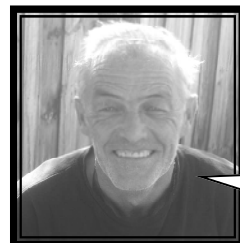
IN CORIO & NORLANE

The Northerly Aspects Community Newsletter NEEDS you...

- Help to find advertising
- Proof read articles
- Write articles
- Take photos
- Have fun & meet new people

REWARD: COMMUNITY SPIRIT

Call 03 5275 4415 for more information



Len's quote

"Remember what you do today will effect all your tomorrows"

ADVERTISE HERE

Your business or organisation could advertise here and reach over 17,000 people 4 times a year
Call 03 5275 4415 or go to www.northerlyaspects.org.au for information on advertising prices

Around Our Community

Some of the many wonderful women around our community

Northerly Aspects has dedicated this page to recognising some of the fantastic work that many women are doing in our community. Below you will see photos of part of the work that is being done by some very hard working volunteers and workers in Corio and Norlane.



Women's Art Group at Norlane Neighbourhood House



Artists at Rosewall Neighbourhood Centre



Community workers at the Train Stations as Creative Community Hubs workshop



Curtain Connection volunteers working hard!

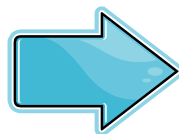


Tutor & volunteers from Cloverdale's 'No Falls' class



Photos: Various

Della; a local legend



Della was born in North Shore in the late 1930s and lived on a dairy farm in North Shore (where the Wire Works is now). Her grandfather built the farm house in the late 1800s. When he passed away her father and uncle took over the dairy farm. The land was bought in 1950 and Della's house was moved to its new location on Station St where Della now lives.

Della worked as a Station Mistress at North Shore Station for a couple of years in the early 1950s.

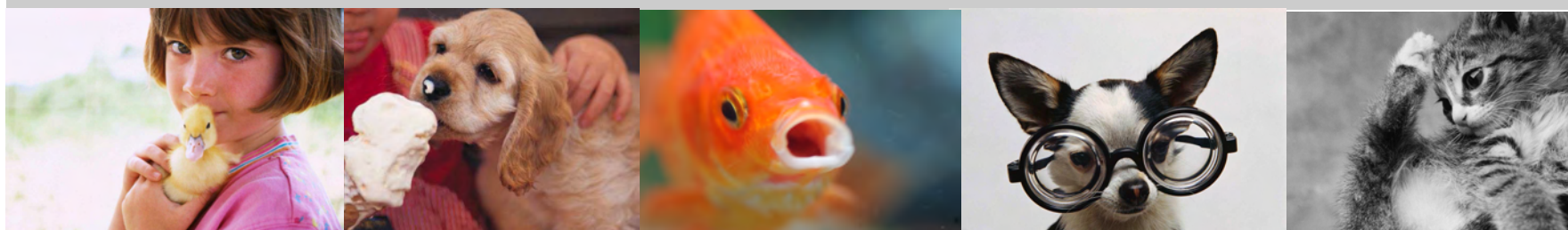
Her role included selling tickets to passengers on the platforms and collecting tickets from those who were getting off the train at North Shore Station. At the end of the day, Della had to take all of the takings from ticket sales to Corio Station where there was a Station Master. At the time when Della worked there, the station had a waiting room, toilet and ticket office.

Della would like to see the station returned to how it was in the 1950s with a toilet and waiting room, but more importantly, to have someone permanently at the station to encourage more people to use it and improve the perception of the station and its surrounds.

Photo & article—Kirsten Hemley

WIN a \$50 voucher for you and your pet!

Send us your favourite photo of your pet (and you) to publish in the next edition of the Northerly Aspects. Simply email your favourite pet pic to our email address: info@northerlyaspects.org.au OR drop the photo into the entry box at Cloverdale Community Centre, Purnell Rd Corio OR at an upcoming Community Celebrations Event in Corio or Norlane (see page 8 for details). Don't forget to include your name, your pets name and your contact details!



Dispute Settlement Centre of Victoria Community Mediation Program

For all disputes you can not resolve yourself,
call Pam on 03 5275 0125 or 1800 658 528





Do Not Knock Campaign—Are you sick of salespeople knocking on your door?

Consumer Action Law Centre has released a Do Not Knock sticker, which warns sales representatives that they are in breach of the law if they knock on a door to which the sticker is affixed. You can place the sticker on your door or at the front of your house to deter annoying salespeople. If you have a Do Not Knock sticker clearly displayed in front of your house, and a salesperson subsequently knocks on your door, you should complain about their conduct.

Northerly Aspects has a supply of stickers that can be picked up at Cloverdale Community Centre, Norlane Neighbourhood House, Rosewall Neighbourhood Centre or 61 Yooringa Ave, Norlane.

For more information, more stickers and template letters check out the Consumer Action's website— <http://www.consumeraction.org.au/get-involved-in-our-campaigns/>

Put the finger on Motor Vehicle Theft

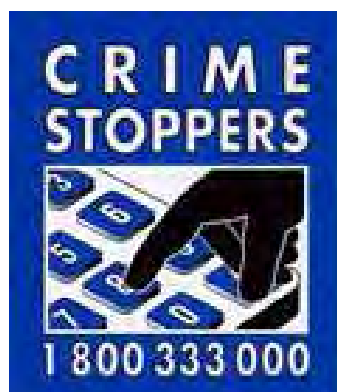
On some days 100 vehicles are stolen in Victoria—that's one every 15 minutes. We are all victims, even if our car has not been stolen, we are certainly paying higher insurance premiums to meet the pay-outs by insurance companies.

Make sure you secure your car

- Lock all doors and the boot
- Close all windows
- Never leave a spare key under or in the vehicle
- Never leave mobile phones, satellite navigation systems, laptops or any valuables on display or visible
- Report any suspicious behaviour

The Crime Stoppers number (1800 333 000) should be used to pass on information relating to a crime that has been committed in the past or if you have learned that a crime is being planned or to report an address where drug production or dealing may be taking place.

Crime Stoppers is anonymous



Motor Vehicle Theft in Rural Areas and Putting the finger on Crime—Crime Stoppers

The MEND Program- A FREE FUN PROGRAM FOR KIDS TO BECOME FITTER AND HEALTHIER

The MEND Program is a community placed, family-based program for overweight and obese children aged between 7-13 and their families. Designed by leading child health experts, the MEND Program is designed to deliver *sustained* improvements in families' diets, fitness levels and overall health. It is NOT a diet, but rather a foundation for healthy living – for life!

MEND places equal emphasis on exercise, behavioural modification, nutrition and diet (all the key elements recognized by medical experts as being vital in preventing obesity on a sustained, long-term basis) and is both practical and educational. MEND is an acronym, standing for: a healthy **M**ind, sufficient **E**xercise, good **N**utrition and a balanced **D**iet. Above all it is FUN!

The MEND Program is currently running at Waterworld, Norlane. Government funding and community sponsorships mean that we can continue to offer the MEND Program **FREE** of charge to local families but places are limited so please call early to secure a place. For more information about the program or to register your child contact Janeanne Lee on 03 8606 3500 or register online at www.mendprogramme.org.

"At first, I was a little anxious to join the MEND program but all of the happy smiles that welcomed me helped me to feel better and made me want to have a go. Being one of the oldest in the program I felt responsible to try and include others which also gave me a boost in confidence. I have become more active and I feel so much better about my social life! Thanks MEND!"
Ruby (13 year old girl)

"MEND has educated our family on how to replace foods we enjoy with better alternatives and it has been much easier to implement than I expected! MEND gives you the knowledge to make better food choices and our family has not been tempted to return to earlier eating habits! We now prefer to make MEND Friendly choices when it comes to food and now understand now the consequences of MEND Unfriendly alternatives. (My son) has maintained his weight loss and is much happier with his physical appearance. This has boosted his self-esteem and how he feels amongst his friends."
Mother, 7 year old boy



The Life Style promise

Life Style Funeral Company provides a simpler, caring approach with the highest level of support and understanding yet without all the extra costs.
Compare the quality and value of our funeral services.

New location now open serving the Eastern Suburbs, Bellarine Peninsula & surrounds.



Planning the Future

For the past few months Cloverdale Community Centre has been undertaking a strategic planning process. With consultant Roger Hastrich, committee members, staff and volunteers have been developing ideas and directions to make Cloverdale a vibrant, relevant and innovative community centre. To do this a number of planning days with community members and stakeholders took place which culminated in a well attended Planning Forum on 6 February.

As well as leading planning sessions and meeting key stakeholders, Roger has been extracting valuable information from the 2006 Census to provide a broader picture of our local community (the area bounded by Matthews (and the Ring) Road, Cox Road, Bacchus Marsh Road and Plantation Road). This has provided many new insights and up-ended a few preconceptions.

Four major strategic themes have emerged from the planning so far:

- Social Connections
- Health and Wellbeing
- Lifelong Learning
- Access and Equity.

Within these broad themes a number of key directions for the future have been developed. These are:

- Encouraging walking and non-car use
- A need for cultural activities
- Centre as a real "centre" (the centre of what?)
- Environment
- Food
- Employment
- Diverse Programming

It is now near the end of stage one of the planning process which involves pulling together all of the material into a business case (hopefully of a redevelopment of the centre which has outgrown its extremely restrictive building).

Cloverdale Community Centre are very grateful to City of Greater Geelong Ward Councillor, Lou Brazier, who has provided the resources for the planning work; and appreciate the input and support of all individuals and organisations who have contributed to the process. Now the Centre is eagerly awaiting the report. Keep reading future editions of Northerly Aspects to see what develops. For more information call Cloverdale on 03 5275 4415 or drop into 167-169 Purnell Rd.



22a Melbourne Rd, Norlane Ph 5278 1700
2a Bellarine Hwy, Geelong East Ph 5248 6500
www.lifestylefunerals.com.au

youth page

LOGO by Bianca Conway



To contribute to the Youth Page, contact Rachel at:
info@northerlyaspects.org.au

rOsewaLL scHool hoLidaY acTivitieS

During the last 2 weeks of the school holidays in January 2008, the City of Greater Geelong, Neighbourhood Renewal and Rosewall Neighbourhood Centre provided school holiday activities for over 20 young people.

One activity was a bus trip to Waurn Ponds to watch the movie 'The Waterhorse'. There was also a trip to 'Adventure Park' to get involved in the activities offered there, including the new water park that has been recently built. With perfect weather for making a splash at Adventure Park, all participants were excited about being there and made the most of the day. The local skateboarders enjoyed two days on the ramps out side Rosewall Neighbourhood Centre, and another group enjoyed a trip to the library and Waterworld. A free film was also shown at the Centre for young people.

'It was fun, my favourite part was the water park at Adventure Park.' - Maddie, Norlane



Register for Midnight Basketball starting in April 2008 and WIN a family pass to watch the Super Cats play at the Arena!!



Midnight Basketball is a **FREE 8-week tournament beginning on Saturday 26th April** at the Leisuretime Centre, Anakie Rd Bell Post Hill held each Saturday night from 7.30pm—midnight. It includes a meal, a workshop and the chance to make a jump shot! If you are aged between 12-18 years and you live in Corio or Norlane and want to get involved, drop into the Leisuretime Centre to pick up a form or call Brad on 0407 893 657, email broberts@geelongcity.vic.gov.au for more information or check out the Midnight Basketball website: www.midnightbasketball.org.au

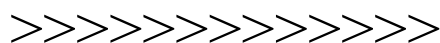
**NO WORKSHOP
NO JUMPSHOT**



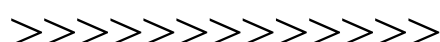
**Rosewall
Neighbourhood
Centre
School
Holiday
Activities**

31st March—5th April
Call 03 5275 7409 for details

LOOK!!



FREE youth activities @ Cloverdale Community Centre



THE CLUB
 YOUNG PEOPLE'S DROP IN LOUNGE (12 YEARS AND OVER)
 FIRST FRIDAY OF THE MONTH 4-7PM GOLD COIN ENTRY



MUSIC, GAMES, PLAYSTATION, COMPUTER LAB, ART, CARTOONS, ZINES, REFRESHMENTS AND MORE

FOR INFORMATION CALL 5275 4415 OR EMAIL CLOVERDALE@DATAFAST.NET.AU
4 APRIL, 2 MAY, 6 JUNE, 4 JULY

the.club is a fully supervised alcohol and drug free event for young people from the Corio/Norlane area.

CLOVERDALE COMMUNITY CENTRE 167-169 PURNELL ROAD CORIO

GIRLS EXPRESS 08



Free after school activity for girls aged 10-13 every Wednesday 4-8pm starting 6 Feb at Cloverdale Community Centre registration essential ph 5275 4415 email cloverdale@datafast.net.au

Arts, crafts, dance, cookery, fitness, music, games...and much much more

CLOVERDALE COMMUNITY CENTRE 167-169 PURNELL ROAD CORIO 3214

in the zone #1



**27, 28, 31 MARCH
1, 3, 4 APRIL
10AM-3PM**

Enter "the zone" for six days of performance making with actor, writer and director **SHAHIN SHAFAEI** and artist and set builder **MARK CUTHBERTSON**.

in the zone anything is possible young people (12+) only entry FREE but places limited

Call 5275 4415 email cloverdale@datafast.net.au to register

CLOVERDALE COMMUNITY CENTRE 167-169 PURNELL ROAD CORIO



Tips to help your garden during water restrictions

- Fertilise in the rain. Your neighbours may think your mad for doing it but its defiantly worth the hassle. A good soaking by the rain will work the nutrients into the soil more than watering.
- Try to forget your lawn for the time of the drought. A fully developed lawn will brown off during a drought but will recover quickly at the first signs of rain. Aerating your lawn during drought will cause the soil to dry out faster causing your grass more harm than good.
- Look at what doesn't have to be in pots and try to plant them in your garden. Pot plants use a lot more water as they loose the majority through evaporation. If you still want to use pots, why not try plastic or glazed pots to reduce the soil drying out.
- Remember to water large shrubs and mature trees. It may cost a lot of money to replace mature shrubs and trees. Its easier to replace bulbs than a mature citrus or fruit tree.

Tips from Margaret Farrell, Gardens in our Community Member



The water supply situation in the Greater Geelong region is slightly better than this time last year.

A general exemption permitting limited residential garden watering will apply during daylight saving from Saturday, October 27, 2007 to Saturday, April 5, 2008.

YOU CAN WATER YOUR GARDEN 2 NIGHTS A WEEK BETWEEN 7PM-8PM UNTIL 5TH APRIL 2008!

Odd street numbers: may only water their gardens on **Sunday and Wednesday.**

Even street numbers or no street number: may only water their gardens on **Saturday and Tuesday.** Restrictions will remain in force until further notice and breaches may incur penalties of more than \$2000 for a first offence.

For more information on what changes when daylight savings ends, call the Water Restrictions Hotline on 03 5273 4488 or visit the Barwon Water website: www.barwonwater.vic.gov.au

Information from: Stage 4 water restrictions - Daylight Saving fact sheet and advertising

'Where is it?' competition

Do you recognise this photo?
It is somewhere in Corio or Norlane...



Tell us where it is and you will go in the draw to win a \$50 Coles Group voucher*

Write your answer, name and address on the back of an envelope and mail to: 'Where is it?' - Northerly Aspects, C/- Cloverdale Community Centre, 167-169 Purnell Rd, Corio, VIC 3214
O R e m a i l : info@northerlyaspects.org.au
u with 'Where is it?' In the subject line. Include your answer, name and address in the email.

Winners will be notified by mail and published in the next edition of Northerly Aspects.

* See Terms and Conditions below

Congratulations

Congratulations to **Sue Spencer** of Corio for correctly identifying the 'Where is it?' photo from Edition 15. We had a record number of entries that went into a draw. The correct answer was the flags at the traffic lights near Aldi, Melbourne bound on the Princes Highway.

* **What is it? competition - Terms and conditions** Entry is by email to info@northerlyaspects.org.au and type: What is it? In the subject line, include your answer, full name and address in the main body. OR write your answer, full name and address on the back of an envelope and mail to: What is it? Cloverdale Community Centre, 167 Purnell Road, Corio, Vic, 3214. Enter as many times as you want. Competition closes 5pm Friday 25th April 2008. All correct entries will be placed into a draw. Employees, volunteers and immediate families together with organisations and/or companies associated with Northerly Aspects are not eligible to enter. The winner will be published in the following edition of Northerly Aspects. The decision on all matters relating to the competition will be final and no correspondence will be entered into. The prize cannot be redeemed for cash. The prize will be mailed to the winner after publication of the next edition. All entries will be destroyed after the draw and no private information will be kept.



Are you looking for work?

Are you interested in a career that offers:

- Flexible hours
- Personal satisfaction
- Close to home
- No experience necessary
- Numerous job opportunities



Rasija Fajic (to the left) contacted Diversitat. Training, completed her qualifications and is employed as a community care worker personal care worker and activities worker.

Rasija said 'Now I am working in different areas of community care and residential care and as an activities worker. I really enjoy it a lot'

Does this interest you?

Come to an information session at Norlane Neighbourhood House, Windsor Park, Rose Ave Norlane:

Monday 14th of April, 2008 - 6.30pm – 8.30p

Wednesday 16th of April, 2008 – 12.00pm – 2.00

Light refreshments will be provided

Ring **Amy** at **Norlane Neighbourhood House to RSVP**

Ph: 03 5275 8124

**Great function hall for hire with excellent views over the bay!!
Ph: 03 5275 2776**

The Seaview Club Inc.

Family-Sports-Recreation
345 Blue Stone Bridge Rd
Lovely Banks

Pool Room, Great Members Bar & Tennis Courts

"We have it all, come and join us!"
"...the best club in Geelong."

CORIO NORLANE NEIGHBOURHOOD RENEWAL

To speak to someone about the Neighbourhood Renewal project in Corio & Norlane please call 03 5278 5363, drop into 61 Yooringa Ave, Norlane or visit the website www.neighbourhoodrenewal.vic.gov.au

Food Security in Corio and Norlane; Rapid Assessment Process (RAP)

"Food security is the state in which all persons are able to obtain nutritionally adequate, culturally acceptable, safe foods regularly through non-emergency resources with opportunities for healthy food choice, within walking distance or by readily available frequent and affordable public/private transport." (Burns, 2004, CPHN 2003:12 Savenake 2004, VicHealth 2006)

The City of Greater Geelong in partnership with the Victorian Local Governance Association (VLGA) and Neighbourhood Renewal is leading a project in Corio and Norlane that will look at the factors which influence whether people are able to access fresh food or not. The aim of the project is to trial the RAP tool and see if it is effective in gathering information about local access to fresh, affordable, quality and culturally acceptable food. The process has started and will be finalised in August 2008. The results will help guide decisions made in relation to local food production, supply and storage among other things.

The local 'Food Security Focus Group' including Victorian Red Cross, Bethany Community Support, Norlane Neighbourhood House, 'Kid's Go For Your Life' and local residents is also supporting this project and will act as a local consultation group.



Food Distribution Pilot Project at PEX Uniting Care

The local 'Food Security Focus Group' is in the process of asking community members about their need for fresh fruit and vegetables to be available locally.

A pilot project is in the pipeline to make fresh fruit and vegetable packs available to users of PEX Uniting Care to order from PEX and pick up locally. Nardi Produce has agreed to supply fresh fruit and vegetables at wholesale prices to be sold not-for-profit, therefore the cost will be lower than retail prices.

The details are still to be finalised and the Food Security Focus Group will be asking PEX clients for their input to the project before it goes ahead.

If you would like more information, join the local 'Food Security Focus Group' or would like to tell us what you think about the project, please call Rachel at Corio Norlane Neighbourhood Renewal on: 03 5278 1138 OR 0438 071 787 OR email: rachel.tournier@dhs.vic.gov.au.

Articles by: Rachel Tournier

Neighbourhood Reference Committees

- ◆ Want to have a say about your neighbourhood?
- ◆ Want to find out about local projects and plans?
- ◆ Want to meet other people interested in your neighbourhood?

Why not come along to a Neighbourhood Reference Committee meeting. There are four committees in Corio and Norlane who want to meet regularly. Call Kirsten on 03 5278 2881 for information on when and where the next meetings are.

Train Stations as Creative Community Hubs North Shore Station

A number of Victorian State Government Departments have formed a steering committee to come up with ideas to transform North Shore Train Station (and 2 others in Melbourne) into more attractive, inviting, vibrant and safe community spaces.

In February a community consultation was held in regards to revitalizing North Shore Station. Residents, as well as key stakeholders came together at Norlane Neighbourhood House to discuss potential ideas in relation to North Shore Station. There was information sharing on safety aspects and crime from Victoria Police, a history on the area through the Norlane Regeneration Project as well as a 'local and user' perspective from Wes King. All of the information and ideas gathered will be collated and a local Taskforce has been formed to start long-term future planning for the station.

If you would like to become a part of this or have ideas or information to share with the Taskforce contact Corio Norlane Neighbourhood Renewal on 03 5278 5363.

Article & photo by: Kirsten Hemley



Sarah, Xander, Wes & Thelma at the North Shore Train Station Consultation

ARTREACH FOR YOUNG WOMEN

EVERY WEDNESDAY 10:30 -2:30

46 ROBIN AVE NORLANE

IT'S FREE! IT'S FUN!

ALL MATERIALS & LUNCH PROVIDED

Women being creative in a safe environment

Contact Justine on 5221 6333

geelong@ywca.net



victoria
YOU GO GIRL

Crime & Safety Sub Committee

Local residents, emergency services and relevant stakeholders meet every two months to talk about local priorities in relation to reducing crime and increasing personal safety. Interested? Call Kirsten on 03 52 78 2881



Corio Norlane Neighbourhood Renewal are proudly supporting Midnight Basketball—an initiative supporting young people living in Corio and Norlane. Look out for more information and registration forms at the Community Celebrations. For more information see page 5 or contact Brad broberts@geelongcity.vic.gov.au or call on 0407 893 657



Wednesday 26th March 3-6pm

Norlane Neighbourhood House, Windsor Park
Rose Ave, Norlane

Saturday 29th March 3-6pm

Cloverdale Community Centre, Purnell Rd, Corio

Tuesday 1st April 3-6pm

Evans Reserve, Sparks Rd, Norlane

Saturday 5th April 11am-3pm

in conjunction with **Going Potty**
Rosewall Neighbourhood Centre, Sharland Rd, Corio



**GOING POTTY
GARDEN & ARTS FESTIVAL**

**Saturday 5th April
11am—3pm
FREE FUN & ACTIVITIES**

Rosewall
Neighbourhood
Centre
36 Sharland Rd,
Rosewall, CORIO
Phone: 03 5275 7409

ACTIVITIES

- Easter Egg Hunt
- Farm Animals
- Train Ride
- Mask Making
- Jumping Castle
- Games
- Placemat Making

Youth activities:

- Skate Competition
- Jewelry Making
- Badge Making
- Singing Competition
- Tile Painting
- Band
- And More ...

The CORIO BAY SENIOR COLLEGE
Family Centre
Supporting young families

FREE FUN

for young parents under 25

Activities at the Family Centre include:

- Playgroup
 - Me & My Baby— practical parenting group
 - Glastonbury PLAY Program
 - Sing & Grow
 - Art Therapy Sessions
 - 123 Magic—child behaviour parenting course
 - Young Mums Group
 - Dad's Group
 - Post Natal Yoga & fitness group
 - SHADES—post natal depression program
- Please contact the Family Centre for program activity times.**

Attendance is free and snacks are served.

OPEN MON TO FRI — 9.00am - 4.30pm

TEL: 5275 6843 3-25 Goldsworthy Road Corio
Next to Corio Bay Senior College



Healthy Living

New Mum's and Bubs Fitness Groups

Introducing a Mums and Bubs exercise class!

A new wave in fitness and exercise has hit Corio. Those Mums out there who thought that they would never get back into shape, there is hope!!

This class is specially designed for new Mums to be able to take their babies along and exercise with them in the room, eliminating the need for child care or babysitting while you exercise and getting bub more involved in your life.

Classes will be run in term 2 at two community centres:

Cloverdale Community Centre:
Starting 23rd April
10.00am-12.00pm
\$50
Phone 03 5275 4415 for more information.

Rosewall Community Centre:
Starting 16th April (10 weeks)
9.30-10.30am
\$5 per session or \$40 for all 10 up front
Phone 03 5275 7409 for more information.



Recipe: Healthy Hamburgers

Preparation time: 15 mins
Cooking time: 10 mins
Serves: 6

Ingredients:

350 g lean minced beef,
1 carrot, large, grated
2 medium zucchini, grated
1 green apple, large, cored and grated
3 slices wholemeal bread, made into crumbs
2 tablespoons parsley, chopped
1 teaspoon mixed dried herbs
1 egg, beaten
1 tablespoon olive oil

To assemble:

1 onion, large, sliced
6 hamburger buns
2 tablespoons grainy mustard
2 tomatoes, sliced
6 small lettuce leaves
6 slices canned beetroot

Method:

1. Combine beef, carrot, zucchini, apple, breadcrumbs, parsley, herbs and egg
2. Form into 6 patties. Grill or barbecue, using moderate heat, for about 5 to 6 minutes on

each side

3. While burgers are cooking, heat oil and cook onion, stirring several times.

4. Split and toast buns. Spread top half of each with mustard

5. Assemble burgers by placing a lettuce leaf on one half of each hamburger bun, adding a burger patty, onions, sliced tomatoes and beetroot

6. Top with remaining half of bun

Source: *The Good Gut Cookbook*



Safe Home: Safe Baby Expo

Thursday 14th May

10am-12pm

Hendy Street Hall, Hendy Street, Corio

- ◆ Learn more about child friendly homes and baby safety
- ◆ Meet staff from your local family support agencies
- ◆ Join in the fun at playgroup
- ◆ Free give aways for all the family

For more information contact

Leonie - Best Start Co-ordinator on: 03 5227 0987

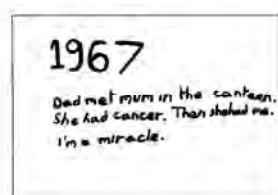
Angela - SafeStart Project Officer on: 03 5227 0816

Come and join a morning of activities, information and FUN!

Fun for children includes:

Face Painting
Balloon sculptures
Art & Craft
Dancing

Be Entertained by the:
"Funky Mummies"



BACK TO BACK THEATRE BRINGS LIGHT LETTERS TO CORIO AND NORLANE

Geelong's acclaimed Back to Back Theatre is running a series of writing workshops in the northern suburbs as part of their new community theatre production, LIGHT LETTERS. LIGHT LETTERS will be written in a collaboration between writers and animators from Back to Back Theatre and the residents of the north.

LIGHT LETTERS is looking for single voices, opinions, thoughts, stories, and finding ways to share them with the wider community. For example, Back to Back will be publishing a book collecting people's writings and illustrated by kids who live in the northern suburbs.

Artists from Back to Back Theatre will be holding writing workshops at Cloverdale Community Centre, with members of the Over 45s club and anyone else with a story to tell, and at Dorothy Thompson Day Centre. And everyone is invited to write to Back to Back with a memory, an opinion or story about their local area.

You might like to contribute something towards this project. You may have a favourite story about times of change or local people, or stories about working in the area. Your idea might be about yourself or your family, or about things that happened to other people. It doesn't matter how small or simple your idea is – Back to Back would love to hear it.

LIGHT LETTERS workshops with Marcia Ferguson (director), Ross Mueller (writer), Stephen Oakes (animator) and David Dellafora (visual artist) and the Back to Back Ensemble will be at Cloverdale on:

14 May
21 May
28 May
12 noon to 3pm

Workshops are FREE and everyone is welcome.

Or you might like to send something by email or by post:

Email : marcia@backtobacktheatre.com

Postal address: Back to Back Theatre, PO Box 1257 Geelong 3220

BACK TO BACK THEATRE



Cloverdale Community Centre

167 -169 Purnell Road Corio 3214 Phone: 03 5275 4415 Open 9am-3.30pm Mon to Fri

What's happening at Cloverdale in Term 2?

WOMEN'S BANNER PROJECT

Funding from the Centenary of Victorian Women's Suffrage Celebrations will help local women make three large community banners.

A contemporary textile artist will work with local women of all ages and abilities to create three banners using a variety of traditional and modern banner making techniques.

The banners will acknowledge the history of the women's suffrage movement in form, but content will reflect contemporary issues and concerns and include iconographic and visual elements specific to the lives of women from Corio and Norlane.

Groups participating include Curtain Connection volunteers, YWCA's GirlStorey participants, Dorothy Thompson day centre users and Cloverdale's Girls Express.

The Women's Banner Project will start in May at Cloverdale Community Centre. For more information call: 03 5275 4415.

MUFFIN TUESDAYS

Join us for a muffin and coffee each Tuesday between 10am and 12 noon. Gold coin donation.



First Step Playgroups Mondays and Thursdays 9.30-11.30am

Do you have pre-school age children?

Would you like to join a playgroup where you can meet other mums?

And drop in to see our new playground? Then First Step is for you!

Space for All

Join us for the launch of the new courtyard and playground on:

Saturday 29 March 3-6pm

ALL WELCOME

NORTHERN LIGHTS

Corridor one4 (an umbrella group of arts and community organisations in the northern suburbs) is working on the development of a community-based arts festival. With seed funding from the Australia Council's Community Partnerships program, Cone4 is employing a community cultural development worker to establish the festival model.

If you are interested in joining the Northern Lights Steering Group contact us on 03 5275 4415 or email Sue at cloverdale@datafast.net.au

LIGHT LETTERS WORKSHOPS

Back to Back Theatre brings its latest community production to Cloverdale. Join the writing workshops with members of Cloverdale's Over 45s club and anyone else with a story to tell.

Marcia Ferguson (director), Ross Mueller (writer), Stephen Oakes (animator) and David Dellaflora (visual artist) and the Back to Back Ensemble will be at Cloverdale on:

> 14 May, 21 May and 28 May

> 12 noon to 3pm

Workshops are **FREE** and everyone is welcome.

YOUTH EVENTS @ CLOVERDALE

THE CLUB

young people's drop in lounge
first Friday of the month 4-7pm
gold coin entry

Music, games, computer lab, art, zines, refreshments and more!

Term 2: 4 April, 2 May, 6 June, 4 July

New guest artist each month!

Badge making, dee jaying, comic and zine making, sound robots, animation and stencilling - there is something for everyone.

Computer lab is open and healthy snacks and juice are provided to keep energy levels up.

The.club is a fully supervised alcohol and drug free event for young people from the Corio/Norlane area.



Contact us for info about Curtain Connection, Dutch Women's Group, Take off Weight Naturally (TOWN) or our Self Help Anxiety and Depression Education Sessions (Shades).



in the zone is a collaborative arts project for young people aged 12-19.

Over the 2008 term breaks, *in the zone* enables young people to explore ideas and meanings about space, location and place making, investigating what it means to live on the periphery and how even the margins are rich in possibilities.

Zone#1 27,28,31 March 1,3,4 April
PERFORMANCE MAKING Guest Artists: Shahin Shafaei and Mark Cuthbertson

Zone#2 July **SOUND & NOISE**
Guest Artist: James Hullick

Zone#3 Sept/Oct **IMAGES & VISIONS** Guest Artists: David Dellaflora and Glen Smith

in the zone is FREE with each part running over 5-6 days from 10am-4pm. Registration is essential.

Call: 03 5275 4415 for more details.



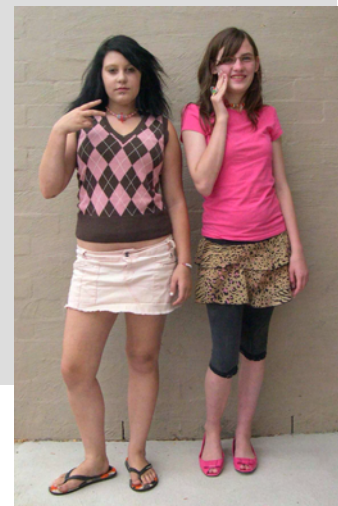
Girls Express

An after school program for girls aged 10 to 14, Girls Express runs from 4-6pm every Wednesday during term time. With a range of activities to enjoy, from jewellery and badge making, cooking, dance and movement, to print making, wearable art and writing, or to just hang out with friends, Girls Express is fun, fully supervised and FREE!

Places are limited!!

Registration is essential.

Term 2 dates:
16 April to 25 June 2008.



For more information
Phone: 03 5275 4415
www.cloverdalecommunitycentre.com
cloverdalecourses@datafast.net.au



Cloverdale Community Centre

☎03 5275 4415☎

www.cloverdalecommunitycentre.com

Health & Well Being

Fit N Balanced

(Formerly No Falls). Introduction to Weight bearing exercises.

When: 9.45am – 10.30am

Tuesdays starting 8 April

Cost: \$60 (12weeks)

General Fitness

Intermediate general fitness class

When: 10.45am – 11.30am

Tuesdays starting 8 April

Cost: \$60 per (12 weeks)

Belly Dancing

When: 8.00pm – 9.00pm

Thursdays starting 17 April

Cost: \$88 (11weeks)

Mum's Fitness Exercise Group

This program is designed to get new mums back into a low level exercise program

When: 11.00am—12.00pm

Wednesdays starting 23 April

Cost: \$50 (10 weeks)

Yoga

Multi – level class, bring a mat/towel and blanket for your own comfort

When: 7.00pm – 8.00pm

Thursdays starting 17 April

Cost: \$96 (12 weeks)

Introductory Computer Courses

Computers for the Terrified

If you over 45 and want to learn how to use the computer!

When: 12.30pm – 3.00pm

Mondays starting 21 April

OR

1.00pm—3.00pm

Wednesdays starting 23 April

Cost: \$80 (\$55 concession fee + \$25 amenities fee) (6 weeks)

Basic Word Processing

An introduction to using the word processor using Microsoft Word

When: 1.00pm – 3.00pm

Thursdays starting 24 April

Cost: \$55 (4 weeks)

Computers For Blokes

Learn the basics of the computer in the company of other men.

When: 6.30pm – 8.30pm

Thursdays starting 24 April

Cost: \$80 (\$55 concession + \$25 amenities fee) (6 weeks)

Beginner Computer Course

Use Windows Operating Systems, Word processing, Internet and Email

When: 9.30am – 12.00pm

Tuesdays starting 22 April

Cost: \$80 (\$55 concession fee + \$25 amenities fee) (6 weeks)

Introductory Computer Courses cont.

Introduction to Internet and Email

Learn how to make an email address, send emails and surf the net.

When: 1.00pm – 3.00pm

Tuesdays starting 29 April

Cost: \$30 (3 weeks)

Intermediate Computer Courses

Intermediate Computers

For those who have some knowledge but would like to learn more

When: 9.30am – 12.00pm

Thursdays starting 24 April

Cost: \$80 (6 weeks)

Employment Courses

Red Card

All onsite employees and subcontractors working on Victorian construction sites must have attended an approved OH&S 'Red Card' Industry Induction training course.

When: please call the centre to enrol

Cost: \$190

Traffic Management

To be able to safely carry out the duties of a Traffic Controller at trafficked work sites. The CCF Traffic Management Card will be registered on the national database.

When: please call the centre to enrol

Cost: \$190

Creative Arts

CUV10103

Certificate I in Visual Art & Contemporary Craft

This is a nationally accredited course delivered in partnership with Encompass Community Service Inc. Learners will be assisted to develop basic knowledge and skills for the visual arts and craft industries. Please call the Centre to register your expression of interest.

Hospitality

Food Handler's Certificate

THHGS01B

This certificate is a legal requirement for anyone handling food for public consumption.

When: 9.30am – 3.30pm

Friday 18 April, 23 May or 20 June

Cost: \$80 (\$55 concession + \$25 amenities fee)

Hospitality cont.

On – Line Training

Responsible Service of Alcohol, Food Handlers and Food Supervisors Courses are now available on-line. Internet access is essential along with an email address. Call the Centre if you would like more information.

ABN: 47 089 626 504

ACN: 089 626 504



Social & General Interest

First Step Playgroup

Would you like to join a playgroup with your child/children where you can meet other mums/dads with similar interests?

When: Monday and Thursday mornings from 9.30am—12.00pm from 7 April

Cost: \$2

Cloverdale Singers Community Singing Group

Are you still singing in the shower? Well due to water restrictions, you're going to need a new venue to use. Join a new singing group at Cloverdale on Tuesdays from 1pm, coffee/tea and muffin provided. No audition and no previous experience needed. If you are interested in joining call and register your interest.

When: 15th April 1 pm

Tuesdays (weekly)

Cost: Gold coin donation

Cloverdale Book Club

We need 8 people to get our Book Club off the ground—we have 6 already, we are so close to take off. Book Club is an opportunity for readers and book lovers to get together in a warm environment to talk about the monthly book. Meetings are monthly, all books will be supplied (there will be some charge for these. Cost depends on number of members.)

Register your interest by calling the Centre.

SERVICES AVAILABLE AT CLOVERDALE

- PHOTOCOPYING
- FAXING
- COMPUTER ACCESS
- INTERNET ACCESS
- ROOM HIRE

Call Cloverdale on:
03 52 754415 for availability
or drop into the centre at
167-169 Purnell Rd, Corio



Rosewall Neighbourhood Centre

36 Sharland Road
(PO Box 120)
Corio Vic 3214
Telephone/Fax: 5275 7409
E-mail: rosenc@ncable.net.au

Office hours—9am-3pm Monday to Friday

2008 Term 2 Program

School Holiday Fun



Rosewall Neighbourhood Centre
Sharland Rd, Corio
from 31st March

Skate Ramps
Art Activities
Craft Activities
Movies
and more...

Phone 03 5275 7409 or drop into the Centre for more details



- Juggling
- Felting
- Self Defence
- New Mums' Fitness Group
- Mosaics
- Office Skills

THE BIGGEST MORNING TEA

Join us on Thursday 22 May at 10.00am for the Biggest Morning Tea.

Competitions for the Best Handmade Cup & Saucer, Oldest Cup & Saucer, Most Unusual Cup & Saucer and Crowd Favourite. \$2.50 donation to the Anti-Cancer Council Victoria.



Special Events At Rosewall Training Café



Friday 16 May
Gourmet sandwiches & your choice of Coffee (latte, short black, cappuccino etc) \$3.50

Thursday 22 May - from 10.00am
Scones, jam and cream & your choice of coffee (latte, short black, cappuccino etc) \$2.50

Friday 23 May
A 2 course meal prepared and served by our hospitality students. \$5

Rosewall Training Café is open Tuesdays, Wednesdays & Thursdays during school terms

Early Learning Centre @ Rosewall

Offering an exciting new kindergarten program for 3 & 4 year old children with qualified Early Learning Teachers. Sessions runs 9.00am to 3.00pm Tuesdays and Wednesdays with a hot lunch provided.

Only limited places are available, so book now!
For further information phone 5275 4529 or 5227 0741.



Childcare Assistance Available

Rosewall Neighbourhood Centre is able to reimburse Childcare costs if you are undertaking a course. Please contact the centre for more details.

* Conditions apply

Hendy Street Hall bookings

Please contact
Rosewall Neighbourhood Centre on:
03 5275 7409 for more information

HEALTH & FITNESS

New Mums' Fitness Program

A low intensity exercise program especially designed for new mums. Bring your Baby along with you.

When: 9.30—10.30 am
Wednesdays from 16 April
for 10 weeks

Cost: \$5 per session or \$40 for 10 weeks

Tai Chi Social Group

Join our friendly group for Tai Chi and Chi Gong in a relaxed and supportive environment.

When: 9.30—10.30 am Thursdays
from 17 April

Cost: \$5 per session

Self Defence for Beginners

Be Aware Not Afraid—Using martial arts everyday. Learn how to apply basic risk management strategies in everyday situations. You are encouraged to bring a partner to work with.

When: 7.00—8.30 pm Thursday
17 April

Or: 10.00—11.30 am Friday 18 April

Cost: \$10 per person

Strength Training for Beginners

The emphasis is on individual development in a fun and relaxed atmosphere with a fully qualified trainer.

When: 8.30-9.30 am Tuesday from
15 April

Cost: \$5 per session

GENERAL INTEREST

Introduction to Juggling

Have you always wanted to learn how to juggle? These classes are for the young and young at heart. Come and join in the fun. Participants must be 10 years and older.

When: 6.30-8.30pm Thursdays
from 1 May

Cost: \$45 for 3 weeks includes
juggling balls

Over 50s

This group of people meet together to share lunch, play games, go on outings and have lots of fun together.

When: 12.00-3.00pm Friday from 11 April



Rosewall Programs

☎ 03 5275 7409 ☎

HOSPITALITY

Café Skills

Gain skills to work in the hospitality industry. Includes Espresso coffee making, sandwich making and customer service and accredited modules Responsible Service of Alcohol, and Safe Food Handling

When: 9.30-3.15 pm Thursdays & Fridays for 5 weeks commencing 8 May

Cost: \$180 Concession \$80 (includes \$27 amenities fee)

In partnership LP Communication

Let's do Coffee

Cappuccino, short black or café latte? The practical skills of coffee making using an espresso coffee machine.

When: 9.30—12.30 pm
Friday 16 May

Cost: \$60

Food Handlers Certificate

Looking for work in the food industry? It is required by law that you have this qualification when working with food for the public.

When: 9.30-3.15 pm
Thursday 8 May & Friday 9 May

Cost: \$70

In partnership LP Communications

Food Handlers Certificate—Refresher Course

If you are currently working or volunteering in the food industry this course will give you the qualification you need.

When: 9.30-3.30 pm
Wednesday 18 June

Cost: \$70

In partnership LP Communications

Responsible Service of Alcohol

Looking for work in the Hospitality Industry? This course is accredited by the Liquor Licensing Victoria.

When: 12.30 - 3.15 pm
Thursday 22 May

Cost: \$70

In partnership LP Communications

COMPUTER COURSES

Photo Editing for Beginners

A "hands on" course on how to organise, correct and edit your digital photos.

When: 1.00-3.00pm Fridays from 2 May

Cost: \$80 for 8 weeks

The Computer Help Club

Your drop in place when you have computer questions. So you get the most out of your computer and programs.

When: 10.00-12.00 pm Fridays from 18 April

Cost: \$5 per session

Introduction to Computers

Introduction to Windows and Word.

No prior knowledge necessary. A maximum of 8 students per class.

When: 9.30-12.30 pm
Thursdays from 17 April

Or: 9.30-12.30 pm

Mondays from 19 May

Cost: \$80 for 5 weeks (includes \$27 amenities fee)

Next Step Computers

Are you self taught or have you done a beginners course. There is so much more to do with those Microsoft programs on your computer.

When: 9.30-12.30 pm Mondays from 14 April

Cost: \$80 for 5 weeks

Internet and Email

Learn how to setup an email address, email attachments, use the internet for searching. Some computer experience is required.

When: 1.00-3.00 pm Mondays from 21 April

Or: 1.00-3.00 pm Mondays from 19 May

Cost: \$55 for 3 weeks

Macintosh Group

BYO computer. Learn how to use your computer and its programs.

When: 12.00-3.00 pm Friday from 11 April

Cost: \$5 per week

Gimpers

Drop in to have your questions answered on the correction and editing of digital and scanned photos with the GIMP.

When: 10.00-12.00 pm Tuesdays, from 15 April

Cost: \$5 per session

PARENTS & KIDS

Best Start Coordinated Playgroups

For fun filled activities, come along and meet other parents/carers/grandparents with young children.

Activities organised by a qualified Playgroup Coordinator.

When: 9.30-11.00am Thursdays at Rosewall Kindergarten

Cost: \$2 per family

BYO: piece of fruit to share

Or: 10.00am—11.30am

Wednesdays at

Hendy Street Hall

Cost: \$2 per family

Parent's Time Out

Come and join our Parent's Time Out Group. It is available for any parent of pre school and primary school aged children. Term 2 activities include: parenting information sessions, cooking and craft sessions and much more

When: 9.15 am Tuesday from 8 April

Cost: BYO morning tea to share

EMPLOYMENT

Introduction to Retail

Are you interested in working in retail? This course will offer training in customer service, money handling and selling. Includes some accredited units.

When: 9.15 –3.30 pm
Thursdays & Fridays commencing 29 May for 3 weeks

Cost: \$180 Concession \$80 (includes \$27 amenities fee)

Certificate 1 in Vocational Preparation—Office Skills

This course will give you practical office skills including reception, money handling, customer service, office equipment and computer skills.

When: 9.30—3.00pm Tuesdays & Wednesdays commencing 29 April for 8 weeks

Cost: \$180 concession \$70

CREATIVE ARTS

Felting Workshops

Workshops for beginners. Come and learn the art of felting and its many applications in this fun and relaxed workshop.

When: 9.30-2.00 pm
Thursday 1 May

Or: Saturday 14 June

Cost: \$40 includes materials

Introduction to Mosaics

Have you been inspired by the mosaic art work at the entrance of the centre? This workshop will allow you to learn the basic skills and complete a mosaic pot.

When: 9.00-1.00 pm
Wednesday 7 May

Cost: \$40 includes all materials

Patchwork

This patchwork class is for beginner to intermediate students. An experienced tutor will help you and show you shortcuts.

BYO sewing machine.

When: 9.30-11.30pm Wednesdays, from 23 April

Cost: \$55 for 8 weeks plus your materials

Sit & Stitch

A friendly group that meets weekly to work on their own projects and share ideas and gain inspiration. Cross stitch, wool embroidery, ribbon roses ...

When: 12.30-2.30 pm Tuesdays from 8 April

SERVICES AT ROSEWALL

Photocopying.

Faxing

Bookbinding

Laminating



Rosewall Programs

☎ 03 5275 7409 ☎

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Sit & Stitch

A friendly group that meets weekly to work on their own projects and share ideas and gain inspiration. Cross stitch, wool embroidery, ribbon roses ...

When: 12.30-2.30 pm Tuesdays from 8 April

Cost: \$2 per week

SERVICES AT ROSEWALL

Photocopying.

Faxing

Bookbinding

Laminating



Norlane Neighbourhood House

Windsor Park, Rose Ave, Norlane, 3214

Phone: 03 5275 8124

Email: nnorlane@bigpond.net.au

Open 9am-5pm Monday—Friday

What's cooking at Norlane?

Bethany Community Kitchens

Every second Thursday
10.00am-1.30pm

Matchworks Community Cuisine

Tuesdays and Wednesdays
9.00am—5.00pm

Karingal Cooking Group

Fridays 10.00am-12.00pm

Cooking for Refugees

Thursdays 2.00pm-3.30pm
Fridays 1.00pm-2.30pm



Message from Lou

Plans are underway and quotes are being sought for a new playground at Norlane Neighbourhood House. Designed especially for young children, it will include a main play unit, swings, a slide, climbing equipment, a sand pit area, interactive components and shade sails. This new facility – which is being funded by the City of Greater Geelong and Corio Norlane Neighbourhood Renewal – will replace the outdated playground and serve as a great community asset. We're hoping it will open by mid year.



In other news, the Norlane Neighbourhood House is offering residents a wider range of programs and activities to take part in. These include new mums' fitness classes and cooking sessions for refugees, and are in addition to existing popular programs such as Tai Chi, craft and crochet and the tool pool. If you want to know more about what's happening or if you'd like to get involved phone 03 5275 8124.

Lou Brazier
Business & Partnership
Development Consultant

MEET AMY

WHEN DID YOU BEGIN AT NORLANE NEIGHBOURHOOD HOUSE (NNH)?

I started in May 2007.

HOW DID YOU BECOME INVOLVED IN NNH?

I was involved in the Access Leap into employment program. I then did a placement with Norlane for one week. I was then offered a Business Administration Traineeship.



HOW IS THE COURSE GOING?

I have gotten through a large portion of the coursework and learnt many skills. I have learnt how to write simple documents, emails and many other interesting things. Although it is challenging I am learning a lot and now feel more confident in my work at the House. I have picked up so many skills and now am able to work independently on a computer and manage the reception desk. There has been a lot of support for me through the Access program the Neighbourhood House and also the general public that use the house so it has been a great experience for me.

WHAT WAS YOUR KNOWLEDGE OF NEIGHBOURHOOD HOUSES PRIOR TO STARTING AT NNH?

I had no knowledge of Neighbourhood Houses before coming along to the Access program. Then during the sixteen weeks I was doing the course with Access I learnt a little. During the nine months I have been here I have found the house to be a great place to meet new people and try new things.

WHAT DO YOU ENJOY ABOUT WORKING AT A NEIGHBOURHOOD HOUSE?

For me it has been a great way to learn new things in a relaxed and friendly environment. I have been able to meet so many new people and improve my own knowledge and skills. It is mainly the feeling around the Neighbourhood House. Everyone is always so friendly and always up for a chat.

Amy works at the house every weekday, so pop in and say hello.

Bethany Community Support is providing a number of services from its new offices at Norlane Neighbourhood House, making it easier for those who live in Corio and Norlane to access services provided by Bethany.



Residents can access Homeless services five days a week. Gamblers Help Program offers support to gamblers, their families and others on Mondays.

Parenting Programs offer workshops and groups to assist parents experiencing difficulties in their role as parents. Family Choices Caseworkers are available on Wednesdays to assist families who are experiencing parenting and child behavioural issues, substance abuse issues, family violence and emotional health and well being.

Thursdays there is a Men & Family Relationships Program. Bethany also support the Community Kitchen at NNH on Thursdays.

Please call Bethany and ask for staff at Norlane on 03 5278 8122

Community Garden @ Norlane Neighbourhood House

"Growing Stronger Together"

Residents of all ages, cultures and abilities can become a part of this new fruit and vegetable garden.



Need access to a computer or the internet?

Norlane Neighbourhood House have computers available for residents to use.

Only \$2 per hour

Call 03 5275 8124 for availability



Local residents in the computer lab at Norlane

THE SMITH FAMILY IN NORLANE

As a national, independent social enterprise The Smith Family supports children and families living in financial disadvantage to create a better future through education, working to unlock opportunities for children and their families by promoting education as a means of increasing participation through lifelong learning.



everyone's family

The Smith Family is an evidence based organisation and our research enables us to work within our communities effectively to build our capacity to improve outcomes for children, young people and their families while the Learning for Life program has provided financial and personal assistance to around **40,000** children and young people in Australia.



Sadie and Gail from The Smith Family who work from Norlane Neighbourhood House



Enrolments now open in 2 great programs!!

1. **PLAY**; 6mths—4yrs
2. **HIPPY**; 4 -5yrs

All about having fun with your child while they learn, explore and discover. A mentor catches up with you weekly to help you work through the activities to assist with your child's development. Promote YOUR child's language skills, build self esteem and confidence—not only in learning, but in communicating and interacting with others.

Contact details—Ph 03 5222 6911



www.glastonbury.org.au
**By building on strengths,
 Glastonbury assists families to
 create positive solutions.**

TAI CHI



**Tuesdays
 10.00—11.30am**

All ages and abilities. Enjoy a friendly body relaxation exercise and a cuppa and chat.

dads in distress is there to help!

'dids' provides a safe forum for men to express grief with other men in similar situations and work on outcomes for a positive future.



To find out about dids at Norlane Neighbourhood House, call Dean on 03 9398 6262



Monday Lunches @ 12pm

\$6 for 3 courses

Enjoy a delicious meal and a chat
 To reserve your seat
 simply call Norlane on;
 03 5275 8124



Dental Health Services Victoria

is the state's leading public dental agency, providing care to Victorians through the Royal Dental Hospital of Melbourne, the School Dental Service and community dental clinics across the state. In the year ahead, the integration of the School Dental Service and Community Dental Program, and the statewide rollout of the electronic patient records will be key areas of focus for DHSV. As a result of service integration, community dental clinics will provide a single service for children and eligible adults operating under the management of community health services and hospitals. It is expected that service integration will: make it easier for clients to access services through the continuity of service delivery, increase professional development opportunities for dental staff leading to increased job satisfaction and improved workforce retention, and produce greater efficiencies through reduction of duplication.

As always, we will maintain our vigilance when it comes to improving the quality and accessibility of our services, particularly for Victorians with special needs and those requiring emergency care. We look forward to working together in the year ahead to continue to provide the Victorian community with quality dental care.



Neighbourhood Watch

Neighbourhood Watch meet at NNH on the third Wednesday of each month. Come along and find out ways to make your Neighbourhood a safer place to live.

**Next Meetings:
 19th March 2008
 16th April 2008
 at 7.00pm**



New Mums Fitness Post Natal Exercise Program



Leisure Networks

'Big Tums to Toned Buns'

10 weeks —Term 2, 2008

The aim of this program is to get new mums back into a low intensity exercise program—you don't need to worry about childcare because your babies can come along too! Each week you will gradually progress the level of exercise so by the end of the program your fitness and strength will be improved.

When: Day and time to be confirmed
Starts: The week of Monday April 17th
Cost: \$5 per person per session
 or \$40 paid upfront



PLAYGROUPS

Come and join in the fun.
 Mondays: 9.30—11.30am
 11.30am—1.30pm

\$1 per family

Call NNH for more information



NORLANE NEIGHBOURHOOD HOUSE TOOL POOL

Need to mow the lawn but can't afford the cost of a mower or hiring someone?

Come to NNH and hire a lawn mower, whipper snipper and other garden equipment.

**Tuesdays and Fridays 9—11am
 \$5 for a yearly membership
 \$5 to hire a mower or whipper snipper
 Other garden equipment is free of charge**

FREE

Thursdays
 1—3pm

COME AND TRY INDOOR BOWLS

No experience necessary. Its fun and a great way to meet new people!



CRAFT AND CROCHET GROUPS

Crochet

Thursday 1—3pm

Craft

Fridays 1—3pm

\$ 1.00 per session

Beginners welcome. No tutors or teachers just creative minds.



Shell achieves best safety performance in 53 year history!!

Shell Geelong Refinery employees recently celebrated five million hours worked without a lost time injury.

This milestone is the best performance in the refinery's 53 year history. Achieving this milestone means that no person has been seriously injured on our site for three years.

The refinery has worked hard to strengthen its safety culture. Having a strong safety culture means that people work safely not just because they are being told to, but because they want to - for themselves and for their colleagues.

This means that employees are not just responsible for their own behaviour, but for their colleague's safe behaviour as well.

For more information on Shell's safety programs visit www.shell.com/safety.



From left to right - Shell's Geoff Caddy - Operations Manager, Huck Poh - Refinery Manager, Paul Cristofani - Sustainable Development and HSSE Manager, Mark Stevens - VP Manufacturing Operations East, Alistair Croxford - HSE Coach, Barry

Shell community grants - apply now!

The Shell Employee Community Grants Committee has enjoyed its first year of operation in 2007, allocating more than \$34,000 to 14 local organisations. This committee, governed by Shell employees, provides grants of up to \$5,000 to not-for-profit organisations to support projects in the areas of health and wellbeing, education and care for the environment. We are now calling for grant applications with the next intake closing on 31 March 2008. For more information, including how to apply visit: www.shell.com.au/geelong or telephone **03 5273 8616**