

NEIGHBOURHOOD HOUSE SERVICES

Telecentre

The Telecentre is a service of MDHSS operating within the Neighbourhood House Program. The Telecentre provides public internet access, computer hire, printing, scanning and assistance for beginners.

Volunteers are available to provide individual assistance Monday 9am - 1pm and Friday 9am – 1pm.

Centrelink Agency

Open Monday to Friday 9am—1pm
MDHSS Centrelink staff are trained to assist you in the following areas: lodging forms or documents, completing forms, answering questions about Centrelink and providing appropriate forms, brochures and booklets.

The Centrelink Agency provides a phone, fax and computer/internet access to assist customers with their Centrelink business.

Staff cannot make payments or make decisions about entitlements.

Healthy Living Show

3MGB 101.7 Mallacoota / 96.9 Genoa

Every Tuesday morning at 9.00am tune into Community Radio 3MGB for news and information from MDHSS.

Host Belinda Phillips/Susie Vatcher will bring you up to date with What's On at MDHSS, including interviews, health information, visiting services, short course information and more.

Drop In Centre

Information and referral.

OPENING HOURS*

Monday – Wednesday 9.00am – 5.00pm
(closed 1.00pm – 2.00pm)

Thursday 9.00am – 1.00pm

Friday 9.00am – 1.00pm

* subject to staff availability

WHO TO CONTACT

Manager, MDHSS: (03) 5158 0243

Neighbourhood House: (03) 5158 0603

Facsimile: (03) 5158 0448

Email: mdhss@vicnet.net.au

Web: www.mallacoota.org.au

Mallacoota District Health & Support Service Inc
Corner Genoa Road and Mattsson Street
(PO Box 200)
Mallacoota Victoria 3892

The Neighbourhood House is supported through the Neighbourhood House Coordination Program, Department of Planning and Community Development and ACFE, Adult Education in the Community.

Supported by
the Victorian
Government



Mallacoota District Health & Support Service Inc

Neighbourhood House Activities

Term 2

12 April – 25 June 2010

Cnr Genoa Road and Mattsson Street
Mallacoota Victoria 3892

CLASSES & WORKSHOPS

Photography*

Hurry! This 5 week course with professional photographer Michael Rayner will fill quickly. Develop skills and techniques in digital photography, learn the principles of good photography, how to consistently take a good quality image and capture that decisive moment. The class will lead into Michael's Term 3 Photoshop CS class.

Minimum Requirement - basic computer skills, ability to download and file images.

Tutor: Michael Rayner

When: Wednesday 4.00pm – 7.00pm
21 April – 26 May 2010
(no class 12 May 2010)

Fee: \$70

*ACFE funded class



After School Art Class

(6-14 year olds)

This 8 week program introduces students to basic visual arts skills and techniques in an atmosphere that is relaxed and enjoyable. Students will be given exercises to demonstrate ideas regarding mixing of colours, tonal value, textural effects, warm-cool contrast, composition and drawing from life.

Tutor: Melinda Beacham

When: Monday 4.00pm – 5.30pm
12 April – 21 June 2010 (8 weeks)
(no classes 17 & 24 May, 14 June)

Fee: \$120

HEALTH & WELL BEING

Hatha Yoga



Yoga tutor, Tracy Litherland, is offering Beginners and Intermediate Yoga in a series of 8 progressive classes, with an additional class at the end for students who may have missed a class or for enthusiasts wishing to do an extra class. All classes conclude with a 15-20 minute relaxation.

Beginners Class

When: Wednesday 9.30am – 11.00am
21 April – 9 June 2010 (8 weeks)
16 June 2010 (extra class)

Fee: \$80 (8 week block)
\$12 per class (casual)

Intermediate Class

When: Tuesday 5.15pm – 6.45pm
20 April – 8 June 2010 (8 weeks)
15 June 2010 (extra class)

Fee: \$80 (8 week block)
\$12 per class (casual)

Expressions of interest sought

Brain Dance - gentle exercises based on the developmental movement patterns human beings move through in the first year of life.

Computers – Beginners and Advanced courses

Photoshop – Coming in Term 3!

Call Susie or Belinda to register your interest
5158 0603

OCCASIONAL CHILDCARE

A safe and caring environment for children aged 0-6 years while you 'Take-A-Break'. For bookings or details telephone MDHSS reception on 5158 0243.

Where: Allan Drive, Mallacoota

When: Monday & Friday during school term

Time: 9.00am – 12.00pm

SUPPORT GROUPS



Playgroup

Playgroup is for babies, toddlers and preschoolers and their parents or caregivers. Helen McCarthy, Maternal & Child Health Nurse, will be conducting Toddler Gym at Playgroup every second and fourth Tuesday of the month.

Where: Neighbourhood House

When: Every Tuesday

Time: 10.00am – 11.30am

Scrapbookers Group

1st & 3rd Monday of the month – 5.00pm – 9.00pm

Bring your tools, materials and ideas to share. Uninterrupted, concentrated scrapbooking! Gold coin donation.

Camera Club

1st Monday of the month – 2pm – 4pm

The Camera Club meets in the Neighbourhood House to critique and discuss the group's photographs. Monthly theme. Gold coin donation.