

Occasional Child Care

Occasional care is a childcare service offered to children aged 6 months to 5 years on a sessional basis. The program is focused on the children's developmental needs and their interests.

Our staff are experienced childcare educators who provide a program based on learning through play. We offer a stimulating, educational and exciting experience for the children at our centre. Our sessions offer variety and are designed to meet the many diverse needs of families within our community. Our new co-ordinator Natalie King is implementing some fresh and positive changes in our OCC room. Feel free to call Natalie to discuss your child's needs further.

Hours

9.15am – 2.15pm Monday, Tuesday, Wednesday
9.15am – 12.15pm Thursday

For a family handbook or enrolment form, please contact the OCC room on **9396 1466** or Administration on **9687 3345**.

Playgroup

If you are interested in joining a Playgroup, please telephone WFNH 9687 3345 to register your interest.

Sessions (to date)

Wednesday 3.00pm – 4.30pm
Thursday 3.00pm – 4.30pm (starting 16th July)
Friday 9.30am – 11.00am
Friday 12.30pm - 2.00pm (starting July for 13-14 mth age group)
OCC room, Level 1 \$2.50 per child per session

Single Parents Group

We are currently looking for interested people to be involved in this group. Please contact WFNH if you are interested in being involved.

Are you interested in joining a WALKING GROUP?

Expressions of interest now wanted.

Have fun, exercise, socialise!

Give us a call 9687 3345!

The Occasional Childcare Room is available to HIRE for small parties on Saturdays and Sundays *with* an available childcare assistant. Call 9687 3345 for more information. **\$30 per hr**

West Footscray Neighbourhood House

The West Footscray Neighbourhood House has been providing a meeting place and services to the West Footscray and Maidstone communities since 1991.

WFNH is managed by a community based Committee of Management. In addition to our permanent part time staff of 6, we also have many volunteers who provide tremendous assistance to our administration and occasional childcare teams..

WFNH believes in the power of the community development approach to transform and empower individuals and communities.

We encourage you to check out some of our highly valued community services including occasional childcare, playgroups, toy library and adult learning classes such as English as a Second Language. Located in the heart of West Footscray just above the library, WFNH is a great meeting place for people with similar interests. Please drop by for a visit or enquire about running your own class!

Community Toy Library

Save money! Save on storage!
Support your child's learning!
Become a member!

\$60 per year

OPEN Tuesday and Saturdays
10.00am – 12.00pm Room 1



Enquiries and course enrolment please phone **9687 3345** or email admin@wfnh.com.au **wfnh.com.au**

this brochure kindly printed by the office of Nicola Roxon



west footscray
neighbourhood house

Ph **9687 3345** wfnh.com.au



west footscray
neighbourhood house

Level 1, 539 Barkly St
West Footscray 3012
(above the library)

Ph **9687 3345**

Fax 9687 0548

email admin@wfnh.com.au

wfnh.com.au

NEW HOURS

Mon to Thurs 9.00 - 4.00pm

Term 3 2009



west footscray
neighbourhood house

English as Second Language (ESL) Classes

If you are from a non English speaking background or have difficulty understanding and/or speaking English, this class provides a great opportunity for you to improve your command of this language.

These classes are being run by Yarraville Community Centre at WFNH

• STARTS 13th July - ENDS 18th September

Monday & Tuesday 9.30am – 12.00pm,

Wednesday 9.30am – 12.00pm, 12.30pm – 3.00pm

Thursday & Friday 9.30am – 12.00pm

Telephone **9687 3345** for further details.

Room 2, Level 1

COST \$120 / \$100 conc.

Internet for Beginners

This class provides a basic introduction to accessing the internet and how to make your computer work for you.

1.5 hours per week.

• STARTS Tuesday 7th July - ENDS 11th August

10.00am – 11.30am

Computer room, Level 1

COST \$120 / \$100 conc.

Gnostic Philosophy & Meditation Classes

1.0 hour per week

• STARTS Tuesday 7th July, Thursday 9th July

OR NEW ENROLMENT SESSION

• STARTS Wednesday 8th July

7.00pm – 8.00pm

Room 2, Level 1

FREE

NEW!! PHOTOGRAPHY - For Beginners

Learn how to use your compact /SLR digital camera properly. Let Bill explain the many options available to you with your camera. May involve some 'fieldwork' & looking at the various techniques you can use to create that perfect picture!!

Register your interest NOW

COST \$120

Footscray Skyline Toastmaster Club

Practice Public speaking-

Expand your speaking abilities, create new confidence and achieve more in your workplace.

• 2nd & 4th Wednesday of every month.

7.00pm – 10.00pm

Room 1, Ground Floor

HEALTH AND WELL BEING

Yoga classes

Based on the gentle Hatha style yoga, this class provides a combination of relaxation, balance and breathing exercises designed to help ease tension, stress and promote well being. Beginners welcome.

• STARTS Tues 14th July - ENDS Tues 15th September

6.45pm – 8.00pm

Room 1, Ground Floor or OCC upstairs tbc.

COST \$120 / \$15 per session casual

Pilates, Yoga and Relaxation Fusion Class

Improve your health and wellbeing from the inside out.

Learn how to unblock energy and help support your lower back through improved breathing techniques and movements which will help you to stretch, strengthen and realign your spine and connect your core muscles. Safe for all fitness levels

Register your interest NOW

Confidence Building through Drama

For young people aged 11-15 years

Learn to express yourself more confidently, battle your nerves effectively and generally feel better about yourself in the world. Through a range of fun and exciting drama games, you'll be super confident before you even notice.

• STARTS Tuesday 21st July - ENDS Tues 8th September

4.30pm – 6.00pm in OCC

COST \$100

Presentation Skills

For adults – Learn effective techniques and exercises to present confidently in front of others. This workshop is for people that give presentations in their workplace or place of study and need a helping hand to express their knowledge publicly. Also very useful for people that speak English as a second language.

• STARTS Monday 27th July - ENDS Monday 14th September

7.30 – 9.00pm Meeting Room

COST \$120

Art Classes

Come and join our fun, relaxed, creative drawing class. All ages welcome. No previous experience required.

We will begin working from a "still life" using mixed media. Materials will be provided, but it would be a good idea to invest in a "good quality" sketch book (optional).

• STARTS Saturday 18th July - ENDS Sat 19th September

10am - 12pm in the OCC Room

COST \$120 / \$15 per session casual

Are you a cooking expert... perhaps the next master chef? Could you teach your skill to a group?

WFNH have had numerous enquiries from people wanting to learn about and experience the different cultural cuisines available in our suburb. If you think you can assist us in teaching a class please contact us in the office. Fully equipped kitchen and adjoining class room available.

Food Safety Training Certificates required (see info below)

FOOD SAFETY TRAINING

by CFT International Pty. Ltd.

Food Safety Level 1

Available - classes, correspondence or online

The course is designed for people wanting to work with food hospitality, community & health services and food processing and packaging industries.

Nationally Recognised Certificate

(Note: Only one code issued per certificate)

• **SITXOHS002A** Follow Workplace Hygiene Procedures

(was THHGH01B) • **HLTFS207B** Follow Basic Food

Safety Practices • **FDRCORFSY1A** Follow Work

Procedures to Maintain Food Safety.

Cost \$95.00 per student • Mon 13th July, 10th August,

7th September 4.0 hours 9.30am – 1.30pm

Training and assessment is provided by CFT International, RTO #21120.

Food Safety Level 2

Available – classes, correspondence or online

Designed for the Food Safety Supervisor in the hospitality, community health services and food processing industries. Level 1 training is a pre-requisite.

Nationally Recognised Certificate

(Note: Only one code issued per certificate)

• **SITXFSA001A** Implement Food Safety Procedures

(was THHBCC11B) • **HLTFS310B** Apply and Monitor Food

Safety Requirements • **FDRCORFSY2A** Implement the

Food Safety Program and Procedures

Cost \$115.00 per student • Mon 13th July, 10th August,

7th September 3.5 hours 2.00pm – 5.30pm

Room 1, Ground Floor

Please Note: Both sessions will be run on the same day. AM - Food safety Level 1. PM - Food Safety Level 2. People in the community health sector need to have 3 codes to be the Food Safety Supervisor – HLTFS207B, HLTFS310B and HLTFS309B. HLTFS309B is available by correspondence only and all students should contact CFT direct.