



# Echuca Neighbourhood House Inc.

## TERM 1 PROGRAM 2023

### 30 January - 6 April



**39 Landsborough St, Echuca Vic 3564**

Phone: 03 5482 6914

Open: Mon - Thur 9:30am to 2:30pm,

Fri 9:30am to 12:30pm

Email: [info@enh.org.au](mailto:info@enh.org.au)

Website: [www.enh.org.au](http://www.enh.org.au)

ABN: 43 374 311 705



**261 High St, Echuca Vic 3564**

Phone: 03 5480 3786

Open: Mon - Thur 9:30am to 2:30pm

Email: [nils@enh.org.au](mailto:nils@enh.org.au)

Website: [www.enh.org.au](http://www.enh.org.au)

ABN: 43 374 311 705



## HIGH ST SOUTH

### COMPUTER/SMARTPHONE COURSES

#### DIGITAL ESSENTIALS LEVEL 1

**Mondays**

**30th January - 27th February**

**9.30am - 12.30pm**

This 5 week course provides basic smartphone knowledge including; using SMS and email, connecting and working safely, navigating the internet and social media, using apps, software and staying safe online.

#### DIGITAL ESSENTIALS LEVEL 2

**Mondays**

**6th March - 3rd April**

**9.30am - 12.30pm**

This 5 week course follows on from Digital Essentials Level 1 to help provide a deeper understanding of digital devices and the ways you can connect with others online. Level 2 will also introduce you to Microsoft word and Microsoft PowerPoint.

**CALL ENH ON 5480 3786  
TO REGISTER YOUR INTEREST**

Adult, Community and Further Education (ACFE) allow community members to pay only \$10 for Pre-accredited training.

Individuals are eligible for ACFE funding for our Pre-accredited classes if they are:



- Over 15yrs old
- Not working full time
- An Australian citizen or resident

### MATHS & ENGLISH

#### FIRST STEPS

**Pre - Level 1**

**By appointment.**

**Individual sessions only.**

Improve your communication with basic reading, writing and math skills.

#### LET'S TALK ENGLISH & MATHS

**Level 1**

**Thursdays at ENH**

**By appointment.**

Further enhance your maths and english skills.

perfect for students who are learning English as another language.

**Leave your details with ENH and our tutor will get back to you.**

### NO INTEREST LOANS (NILS)

At ENH we are able to help provide loans with no interest or hidden fees to eligible community members.

**Loans are not cash in hand**, but are available for essential goods and services.

Community members can apply for a loan of **up to \$1,500 (subject to criteria)**

Repayments for a NILS loan are set at an affordable price over 12 months and can be **set up to directly come out of your Centrelink payments.**

Enquire today by calling **ENH on 03 5480 3786** or email [nils@enh.org.au](mailto:nils@enh.org.au)

**MON - WED  
9:30am to 2:30pm**

### FOOD ASSISTANCE

#### FOODBANK:

Need some food relief?

Call 03 5480 3786 or order via our website [www.enh.org.au](http://www.enh.org.au)

Pick up hours 10am - 2pm (Mon - Thurs)

10am - 12pm (Fridays)

A small donation is appreciated for this service to help keep it running.

We provide enough food relief to last for a couple of days.

#### FEED IT FORWARD STANDS:

ENH has two food stands located in the front yard.

These regularly get topped up with items that are free for the community to take.

#### COMMUNITY GARDEN:

ENH has garden beds of fresh fruit and veggies that are free for the community to take and share when ready to harvest.

### Showers for Homeless

Monday - Thursday  
10am - 2pm

Come and see us at High St to receive a shower pack and use our hot shower facility.

Please call ahead if you require the use of this service.



## MONDAY LUNCH:

**Back on January 30**

Enjoy a delicious two course meal on Monday afternoons with friends.

**(Excluding public holidays and school holidays)**

**Cost: \$2**

**Time: Lunch is served at 12pm.**

**(Finishing at approximately 1.30pm)**

## WEDNESDAY TAKE-AWAY MEAL:

**Back on February 1**

Every Wednesday we will be providing a cooked takeaway lunch meal for community members.

**Time: Pickup between 12pm-1pm**

**Cost: \$2**

## ALL CRAFTS GROUP:

**Wednesdays**

**1pm-4pm**

**Cost:\$2**

Bring along ANY type of craft project you're working on, socialise, learn and teach others. Knitting, crochet, colouring etc are all welcome.

## PAPER CRAFTS:

**Thursdays**

**1pm-4pm**

**Cost \$2**

Join paper crafts and create cards, scrapbooks and more. BYO craft supplies

## WRITING CREATIVELY:

**Fridays**

**10am - 12pm**

**Cost: \$5**

Discover more about the writing process in a fun and nurturing environment.

The class is ideal for someone wanting to gain inspiration & learn how to write different stories/poems.

**LIMITED SPOTS LEFT.**

**Tutor: Ev Holzer**

**Phone: 5482 6914**

## Echuca Dance Group:

**Moama Bowling Club**

**(Parquetry Room)**

**Wednesday nights**

**6:30-8pm**

**Cost: \$6 per person**

We invite adults of all ages to join our group. No dance experience (or partner) required.

**Enquires - Dave Callanan 0419 374 627**

## TAI CHI/ QIGONG:

**Mondays and Fridays**

**10am-11am**

**Cost: \$8 per session**

**Tutor: Faye Sizeland**

**Phone: 0428 837 615 (Book in advance)**

With regular practice Qigong can help reduce stress and restore energy to help maintain a healthy lifestyle.

Wear loose and comfortable clothes.



## CREATE YOUR LIFE WITH CAROL:

**Tuesdays**

**1pm-2.30pm**

**Fridays at B9 Golf Course**

**1pm-2.30pm**

**Cost: \$10 per session**

**Tutor: Carol Collings**

**Phone: 0419 873 570**

**(Book in advance)**

**Private meditations available**

**Call Carol for any other inquiries.**

Learn techniques to release tension from the body and calm the mind.

Our lovely Carol teaches you skills and meditations that will allow you to take charge of your life.

Please call Carol to discuss any other days and times for meditation. Group and individual sessions encouraged.



**Follow us on Facebook**  
**@EchucaNeighbourhoodHouse**

**Follow us on Instagram**  
**@echucaneighbourhoodhouse**

## BRIDGE:

**Mondays 7-9:30pm**

**Wednesdays and Thursdays 4-8pm**

**Contact: Melva Howell**

**Phone: 0417511347**

Monday nights are for social games Wednesday and Thursdays are the competitive game nights.

## FUN CLUB:

**Tuesdays**

**10am-2pm**

**Contact: Eilean Farley**

**Phone: 0434374621**

A group for people looking to get out and have some fun, they do all sorts of different activities. Come along to see what it's about!

## LINE DANCING:

**Tuesdays**

**7pm-8pm**

**Cost: \$7**

**Contact: Heather Schnurfeih**

**Phone: 0402080552**

Come have a go and do some line dancing. Great fun activity to not only get you out of the house but keeps you fit!

## CARPET BOWLS:

**Fridays 9am-12pm**

**Saturdays: 12pm-4:30pm**

**Contact: Pat**

**Phone: 0403033574**

An indoor version of lawn bowls that can be played in all weather! Come along and have a go.





# SUPPORT & PAY IT FORWARD

## BE CONNECTED

### TECHNOLOGY SUPPORT:

**By appointment**

**Cost: FREE**

Do you have a particular tech issue you just can't seem to grasp?

ENH is a registered Be Connected Network Partner to provide support for those needing tech assistance.

**Call the house on 5482 6914 to book an appointment.**



Be Connected  
Every Australian online.

Network Partners

## PRINTING DOCUMENTS:

Have documents that need printing, laminating or photocopying?

We're happy to help!

**Minimum of 20c per page printed.**

## DEPARTMENT OF HOUSING:

**Thursdays**

**11-12pm**

If you are requiring information for current public housing renters, potential social housing renters, and anyone wanting to know about housing in Victoria, the Department of Housing are available every Thursday at our High St South site for anyone who needs to come in and see them.

## Room Hire

**Need a space for your next group meeting?**

**We have spaces to suit groups, meetings, classes, training and more.**

**All profits from room hire go straight back into supporting our work in the Echuca-Moama community.**

**For more information and our rates visit:**  
**[www.enh.org.au](http://www.enh.org.au)**

## HARVEST SWAP:

**On February 26, March 26**

Bring along your own fruits, veggies, seeds, plants, homemade preserves and yummys to swap and share information with fellow gardeners.

**Last Sunday of every month from 11am at High St**



## HYGIENE DONATIONS:

**Mon-Thurs at High St**

**9:30am-2:30pm**

Echuca Neighbourhood House will happily take unused hygiene related donations from community members. Between ENH and the local Share the Dignity team we're able to reach community members in need of hygiene products. Donations such as soap or body wash, shampoo & conditioner, shavers & shaving cream, sunscreen, hand sanitiser, baby wipes, dental hygiene products, feminine hygiene products would be greatly appreciated.

## FOOD DONATIONS:

**Mon-Thurs at High St**

**9:30am-2:30pm**

Echuca Neighbourhood House will happily take food donations from community members as long as they are within use by dates. Home grown fruits and veggies also welcomed. Items must have ingredients listed on packaging, if not a single ingredient.

**\$250  
POWER  
SAVING  
BONUS**

We can help you compare energy deals and claim your **\$250** Power Saving Bonus.



## SUPPORT GROUPS

### MS SUPPORT GROUP:

**2nd Monday of every month at Landsborough St**

**10.30am - 12pm**

**Cost: \$2 donation**

For anyone affected by MS.

Guest speakers and leisure activities.

For more information contact Sue on 5480 7126.

### DEMENTIA SUPPORT GROUP:

**3rd Tuesday of every month at**

**Landsborough St**

**10am-12pm**

**Cost: \$2 donation**

For anyone affected by dementia.

For more information contact Trish on 5480 6429 or 0427 807 378.

### ECHUCA MOAMA CARERS GROUP:

**2nd Wednesday of every month at Landsborough St**

**10am-12pm**

**Cost: \$2 donation**

A social and informative group dedicated to carers in the Echuca/Moama and surrounding area. For more information contact Anna on 5480 1318.

### T.O.W.N.:

**Mondays at Landsborough St**

**6pm-7pm**

**Contact: Juely Mead**

**Phone: 0448323564**

A healthy natural weight loss program for people to get involved in and follow.

### VISION:

**1st, 3rd and 5th Tuesdays of every month at Landsborough St**

**Contact: Michael Norris**

**Phone: 0490772562**

Support group for people who are vision impaired run by Vision Australia.

**BOOK AND PUZZLE  
SWAP**

**Leave a book OR Puzzle**

**Take a book OR puzzle  
with our ENH book  
swap!**





# FLOOD ASSISTANCE AT ENH

## FLOOD ASSISTANCE:

Echuca Neighbourhood House now have a dedicated flood recovery worker welcome to the team Cheryl Lee. We now have an application form that needs to be completed when you require help due to the floods. This means it is all in the one place and makes it easier for Cheryl Lee to keep track of who and what needs to be done for help.

Application form:

<https://forms.gle/VUJwZxNlfizH9Cwe9>

Cheryl Lee can also be contacted by the following.

Phone: 0403632294

Email: [recovery@enh.org.au](mailto:recovery@enh.org.au)



## FLOOD CALENDAR:

**100% of proceeds go to Echuca Neighbourhood House and Rochester Community House.**

Thanks to our friends at revolution printing for putting together this wonderful fundraiser!

The awesome calendar showcases some amazing photos all taken by community members affected by the floods.

**Cost: \$30**

**All purchases need to be made online at [www.revo-supports.com.au](http://www.revo-supports.com.au)**



## FLOOD BANK ACCOUNT:

We still have our flood recovery bank account if anyone would still like to make donations. This money will all be used to help people affected by the floods. So far we have helped the community by getting gravel for rural properties between Torrumbarry and Patho so that residents can safely access their homes again, helped with fuel vouchers along with other things.

## Our Supporters



**Thank you to everyone from our community and broader communities for your continuous support so we are able to keep helping everyone who has been affected.**

## ENH FLOOD RELIEF DETAILS



**Echuca Neighbourhood House  
Flood Recovery account**

**BSB 633 000**

**Account 198 627 648**