



**261 High Street, Echuca Vic 3564**

Phone: 03 5482 6914

Opening Hours: 9am - 3pm

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



## PRE - ACCREDITED CLASSES

### COMPUTER/SMARTPHONE COURSES

#### DIGITAL ESSENTIALS LEVEL 1

**Wednesdays at ENH**

**27 April - 25 May**

**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

**Wednesdays at ENH**

**1 June - 22 June**

**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 5482 6914  
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

**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.**

### NEIGHBOURHOOD HOUSE WEEK

#### MONDAY-

**Open House & afternoon tea**

**1pm - 3pm**

#### WEDNESDAY-

**Tech Support class**

**1pm - 3pm**

#### FRIDAY-

**Air Fryer cooking class**

**1pm - 3pm**



Building resilience by bringing people together

**9-15 May 2022**

## TECH HELP

### BE CONNECTED

#### TECHNOLOGY SUPPORT:

**By appointment**

**Cost: FREE**



**Be Connected**  
Every Australian online.

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.**

#### PRINTING DOCUMENTS:

Have documents that need printing, laminating or photocopying?

We're happy to help!

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

## 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)**



# ASSISTANCE & SUPPORT

## FOOD ASSISTANCE

### FOODBANK:

Need some food relief?  
Call 03 5482 6914 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 a variation of stock.  
We provide enough food relief to last for a couple of days.

### FEED IT FORWARD STANDS:

ENH have two food stands located in our 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.

### MONDAY LUNCH:

**Back on May 2**

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)  
**\*This becomes a take-away meal when complying with COVID-19 restrictions.**

### WEDNESDAY TAKE-AWAY MEAL:

**Back on April 27**

Every Wednesday ENH will be providing a cooked take away lunch meal for community members.  
**Time: Pickup between 12pm-1pm**  
**Cost: \$2**



## 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 5482 6914**  
or email  
**[nils@enh.org.au](mailto:nils@enh.org.au)**  
**9am-3pm**  
**MON- THURS**

## **No Interest Loans for things you need now**

**No Fees. No Charges. Ever.**



# \$250

**Power Saving  
Bonus extended  
until:**

*30 June 2022*

The Victorian State Government's Power Saving Bonus is a one-off payment to help eligible Victorians\* experiencing energy bill stress



## SUPPORT GROUPS

### MS SUPPORT GROUP:

**2nd Monday of every month at ENH  
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 ENH  
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 ENH**

**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.

**NATIONAL** 16-22 MAY 2022  
**VOLUNTEER**  
Better Together **WEEK**

## **Showers for Homeless**

**Monday - Thursday  
10am - 2pm**

Come and see us at Echuca Neighbourhood House to receive a shower pack and use our hot shower facility.  
Please call ahead if you if you require the use of this service.





## ACTIVITIES/SOCIAL

### ALL CRAFTS GROUP:

**Wednesdays at ENH Portable**  
(238 High Street)

**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 at ENH Portable**  
(238 High Street)

**1pm-4pm**

**Cost \$2**

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

### WRITING CREATIVELY:

**Fridays at ENH**

**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**

### BIGGEST MORNING TEA:

**Thursday May 19**

**11am**

**Cost: \$5 (donated to Cancer Council)**

Come join us for a delicious morning tea while also making a donation to help people impacted by cancer.

**We're hosting a  
Biggest Morning Tea**

**Please help us  
support people  
impacted by cancer!**



### TAI CHI/ QIGONG:

**Mondays and Fridays**

**At ENH Portable**

**(238 High Street)**

**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 at ENH portable**

**1pm-2.30pm**

**Fridays at ENH portable**

**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**

### EXPRESSIONS OF INTEREST TEACH A SOCIAL ACTIVITY

**Do you have a special skill?**

Whether it be gardening, photography, painting or playing games, you may wish to run a class with us at ENH.

Volunteer your time and create a social activity that we could run in future terms.

Please call **5482 6914** and speak to one of our staff members.



### BOOK & PUZZLE DONATIONS

**Mon-Thurs at ENH**

**9am-3pm**

Echuca Neighbourhood House will happily take pre-loved books and jigsaw puzzles in good condition for our **book swap program!**

**Bring a book, take a book or jigsaw puzzle today!**

**BOOK AND  
PUZZLE SWAP**

**Leave a book OR puzzle**

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



## BAKING FROM THE HEART:

**BI-MONTHLY**

**DATES: TO BE ANNOUNCED**

**8.45am-10am drop off at ENH.**

Baking from the Heart is an initiative that invites creative bakers from home to bake goodies for the palliative community in Echuca/Moama and surrounds.

If you would like to provide cakes, slices or biscuits to help us spread kindness please call 5482 6914.



## HARVEST SWAP:

**On April 24th, May 29th, June 26th**

Bring along your own excess fruits and veggies to swap produce and share information with fellow gardeners.

**Last Sunday of every month**

**Time: 11am-12pm.**

**Back 9 Golf Course Echuca**



## HYGIENE DONATIONS:

**Mon-Thurs at ENH**

**9am-3pm**

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 ENH**

**9am-3pm**

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.



**The Echuca Back 9 Golf Course has had an upgrade to make your golf days fast and easy!**

Check out our new & convenient VendiGolf system today!  
Corner Eyre & McKenzie St Echuca



[www.vendigolf.com.au](http://www.vendigolf.com.au)

## **Back 9 Golf Course Memberships due in June**

|  |              |
|--|--------------|
| <b>12 MONTHS</b><br>(01/07/2022 – 30/06/2023)                  |              |
| <b>Full Membership</b>   | <b>\$300</b> |
| <b>Concession Membership</b>                                   | <b>\$250</b> |
| <b>Junior Membership</b><br>(Under 16)                         | <b>\$50</b>  |
| <b>Family Membership</b><br>(2 Adults + all children under 16) | <b>\$550</b> |

Pro-rata rates can be arranged for anyone signing up after 1st July.  
\*EXCLUDES JUNIORS & CLUB STORAGE\*

Please ask us to find out how!

Casual fees, cart hire, & more available.

