



Echuca Neighbourhood House Inc.

TERM 3 PROGRAM 2025

21st July - 19th Sept 2025



39 Landsborough St, Echuca Vic 3564

Phone: 03 5482 6914

Email: info@enh.org.au

Website: www.enh.org.au

ABN: 43 374 311 705



261 High St, Echuca Vic 3564

Phone: 03 5482 6914

Open: Mon - Fri 9:00am to 3:00pm

Email: programs@enh.org.au

Website: www.enh.org.au

ABN: 43 374 311 705



SOCIAL SERVICES

MONDAY LUNCH:

(Excluding public holidays and school holidays)

Location: Landsborough St ENH

Time: Lunch is served at 12pm.

(Finishing at approximately 1.30pm)

Cost: \$2

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

WEDNESDAY TAKE-AWAY MEAL:

Location: Landsborough St ENH

Time: Pickup between 12pm-1pm

Cost: \$2

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



TUTORING

FIRST STEPS:

Pre - Level 1

By appointment.

Individual sessions only.

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

LET'S TALK ENGLISH & MATHS:

By appointment only.

Individuals or small groups.

Further enhance your Maths and English skills.

Perfect for students who are learning English as another language.

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

FOOD ASSISTANCE

FOODBANK:

Need some food relief?

Come in to the High St House to order. Pick up hours 10am - 2pm

(Tues - Thurs)

We offer hampers for individuals, couples, and families. Options include:

- Fresh fruit & vegetable bags
- Meat packs

A small donation is appreciated to help us keep this service running. Each hamper provides enough food to support you for a couple of days.

FEED IT FORWARD STANDS:

The High St House 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:

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



INTERESTED IN VOLUNTEERING?

Scan the QR code to fill out the expression of interest form or pop in and talk to one of our lovely volunteers or staff.



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 \$2,000** (subject to criteria)

Enquire today by calling ENH on
03 5482 6914
or email
nils@enh.org.au



HIGH ST SOUTH

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.



PRINTING DOCUMENTS:

Have documents that need printing, laminating or photocopying?

We're happy to help!

Minimum of 20c per page printed.

RESUME WRITING & FORM

FILLING:

By appointment

Cost: FREE

ENH is pleased to once again offer assistance with the following;

- Resumes
- Form Filling
- Online Forms
- Official letter writing
- Online Enrolments

Call the House on 5482 6914 to book an appointment.

FINANCIAL COUNSELLING:

By appointment

Cost: FREE

Louisa is a qualified financial counsellor. She can help you review your financial situation and discuss your options, advocate on your behalf to providers, and more. So make an appointment to see her if you'd like her help.

BOOK AND PUZZLE SWAP

Leave a book OR puzzle

Take a book OR puzzle with our ENH book swap!

HARVEST SWAP:

On 27th July, 31st Aug, 28th Sept

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.



GROUPS:

MS SUPPORT GROUP:

1st Monday of every month at High St (dates may vary)

10.30am - 12pm

Cost: \$2 donation

For anyone affected with MS or a similar neurological condition.

Guest speakers and leisure activities.

For more information contact Sue on 5480 7126.

CARERS GROUP:

2nd Wednesday of the month at High St 1:30-2:30pm

Contact: Carolyn

Phone: 0488 605 363

Carers are invited to take time out of their busy lives to engage in self care. Please contact Carolyn from RICA to register.

AUNTY GIRLS:

Tuesdays at High St

11am-2pm

Aunty girls is a support group to provide a safe space for Aboriginal and First Nations women who have been through, or are going through, trauma.

WRITING CREATIVELY:

Fridays

10am - 12pm

Cost: \$5 per session

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

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.



PARKINSONS' SUPPORT GROUP:

4th Thursday of every month at Landsborough St (dates may vary)
10am - 12pm

Cost: \$2 donation

A monthly meeting/casual catch up for anyone affected by Parkinsons.

T.O.W.N:

Mondays at Landsborough St
5.30pm-6.30pm

Contact: Judi Mead

Phone: 0447 712 015

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

MENTAL HEALTH CARER SUPPORT GROUP:

3rd Thursday of every month (except August) at Landsborough St

10:30am-12:30pm

Contact: Kelly Pagram

Phone: 5454 7612

Are you a Carer or support person for someone who has mental health challenges? Would you like to meet others, develop friendships, learn coping strategies, gain information and get support then please call Kelly to book your spot.

ENH COMMUNITY BUS:

We have a bus!

We now have a bus that you, the community can hire!

It is a 12 seat bus with plenty of space in the boot. You can hire it for whatever you need and we can also provide a driver for an extra cost (subject to availability).

To book the bus please

email: programs@enh.org.au

or call the House.



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:

Fridays at Landsborough St

Session 1 Learn how to quiet your mind and bring peace to your soul, through a variety of meditations and discussions. DISCOVER YOU!

1:00pm-2:00pm

Cost: \$10 per session

Session 2 Explore your innate creativity to build a brighter future. Create your own unique vision board, learn journaling and make art pieces using collage and paints, and so much more.

2pm-3pm Cost:

\$10 per session

(or \$15 for both)

Tutor: Carol Collings.

Phone: 0419 873 570

(Book in advance)

Private meditations available.



Follow us on Facebook
@EchucaNeighbourhoodHouse

Follow us on Instagram
@echucaneighbourhoodhouse

BRIDGE:

Mondays 7pm-9:30pm

Wednesdays and Thursdays 4-8pm

Contact: Melva Howell

Phone: 0417 511 347

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

LINE DANCING:

Tuesdays

7pm-8pm

Cost: \$7

Contact: Heather Schnurfeil

Phone: 0402 080 552

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

CARPET BOWLS:

Fridays 9am-12pm

Contact: Kent

Phone: 0488 592 396

Saturdays 12pm-4:30pm

Contact: Pat

Phone: 0403 033 574

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

BALLROOM DANCING:

Tuesdays at Landsborough St

1-2:30pm

Ballroom dancing for seniors. Come along and have some fun while learning some classic dances.

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



BACK 9 GOLF COURSE

The Echuca Back 9 is located in the heart of Echuca and runs along the banks of the Campaspe River. Our nine-hole course has grass greens, undulating tree-lined watered fairways, and no bunkers. Come and enjoy a relaxed game, or take a walk on the track.

We use the VendiGolf system, with this convenient system you and your mates can come and enjoy a hit of golf anytime.



**Located at the corner of
McKenzie and Eyer Sts Echuca**



Junior Golf Clinics

Dates: Every Wednesday
30th July - 10th September 2025
Echuca Back 9 Golf Course

Book now at
www.benpattengolf.com.au

12 MONTHS (01/07 – 30/06)	Back 9 Membership fee ✓ Please tick
Full Membership	☐ \$375
Concession Membership	☐ \$325
Junior Membership (Under 16)	☐ \$100
Family Membership (2 Adults + all children under 16)	☐ \$625
Club Storage fees	☐ \$30



We would like to acknowledge our many supporters including

