



Echuca Neighbourhood House Inc.

TERM 2 PROGRAM 2026

20th April - 26th June



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 11:30am-12pm

Cost: \$2

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



TUTORING

FIRST STEPS:

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.



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

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.





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 with advocacy, reviewing financials, hardship options, etc.

BOOK AND PUZZLE SWAP

Leave a book OR puzzle

Take a book OR puzzle with our ENH book swap!

HARVEST SWAP:

On 30th April, 31st May, 28th June

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

Last Sunday of the 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 Landsborough 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 and connect with others walking a similar path. Please contact Carolyn from RICA to register.

AUNTY GIRLS:

Tuesdays at High St (dates may vary)

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.





LANDSBOROUGH ST

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: 0477 120 158
 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.

TAI CHI/QIGONG:
Mondays and Fridays
10am-11:30am
Cost: \$10 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.



MEDITATION AND MINDFULNESS:
Fridays at Landsborough St
 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: \$5 per session
Tutor: Carol Collings.
Phone: 0419 873 570
(Book in advance)
Private meditations available.

MINDFUL MUSO'S:
 Where like minded people are coming together to practise combining instruments and singing with Sound bath (aka sound meditation and healing).
 FREE PERFORMANCE for community members last Sunday of the month, excluding Jan + Dec at 2pm.
Contact: Carol Collings
Phone: 0419 873 570
2:00 pm - 4:30 pm
Fridays at Landsborough St



Follow us on Facebook
 @EchucaNeighbourhoodHouse

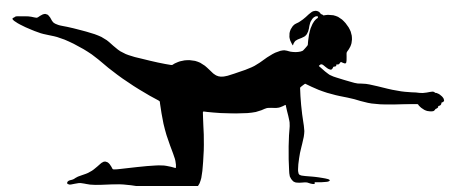
BRIDGE:
Mondays 7pm-9:30pm
Wednesdays and Thursdays 4-8pm
Contact: Melva Howell
Phone: 0417 511 349
 Monday nights are for social games, Wednesday and Thursdays are the competitive game nights.

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 weather! Come along and have a go.

BALLROOM DANCING:
Tuesdays at Landsborough St
When: 1-2:30pm
 Ballroom dancing for seniors. Come along and have some fun while learning some classic dances.

SENIORS PILATES
Thursdays at Landsborough St
When: 10am
Contact: Rickie 0409 953 950
 Pilates is a great way to keep your body moving and has many benefits. Its benefits include improved strength, better balance and fall prevention, enhanced joint mobility plus more. Come give Pilates a go! Floor or chair Pilates are both available.



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
 or email
programs@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 any time.



Classes are;
Tuesdays 6pm
Thursdays 6am
Fridays 9:30am
Every week

- Yakoya Yoga offers a regular practice to help you:
- Move with ease and intention
 - Gently build strength and improve mobility
 - Release tension and calm a busy mind
 - Restore energy and support better sleep
 - Practice in a supportive, welcoming space

@yakoayoga_withcarly
Scan to learn more or to book your mat.




MyGOLF 

Junior Golf Clinics

Dates: Every Wednesday
29th April - 10th June 2026
Echuca Back 9 Golf Course

Book now at
www.benpattengolf.com.au

**Located at
the corner of
McKenzie and
Eyre Streets
Echuca**

| 12 MONTHS (01/07 – 30/06) | Back 9 Membership fee ✓ Please tick |
|---|--|
| Full Membership | <input type="radio"/> \$375 |
| Concession Membership | <input type="radio"/> \$325 |
| Junior Membership (Under 16) | <input type="radio"/> \$100 |
| Family Membership (2 Adults + all children under 16) | <input type="radio"/> \$625 |
| Club Storage fees | <input type="radio"/> \$30 |



We would like to acknowledge our many supporters including

