



# Echuca Neighbourhood House Inc.

## TERM 1 PROGRAM 2026

19<sup>th</sup> Jan - 2<sup>nd</sup> April



**39 Landsborough St, Echuca Vic 3564**

Phone: 03 5482 6914

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 5482 6914

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

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

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

**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](mailto: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 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 22<sup>nd</sup> February and 29<sup>th</sup> March**

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.



**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.

## 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)  
or email  
[programs@enh.org.au](mailto:programs@enh.org.au)

**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  
Follow us on Instagram  
@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 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.

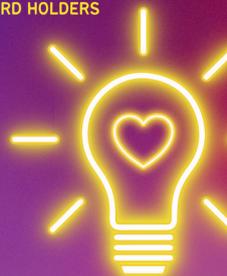
**POWER SAVING BONUS**  
You're eligible if you have a pension or  
concession card.  
Open until March 2026

**\$100** POWER  
SAVING  
BONUS

FOR ELIGIBLE CONCESSION CARD HOLDERS

VISIT US AT OUR  
HIGH ST HOUSE  
FOR ASSISTANCE

261 HIGH ST,  
ECHUCA. 3564  
03 54 826 914





# 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.



### Yoga with Christy

Tuesdays 6am and 6pm

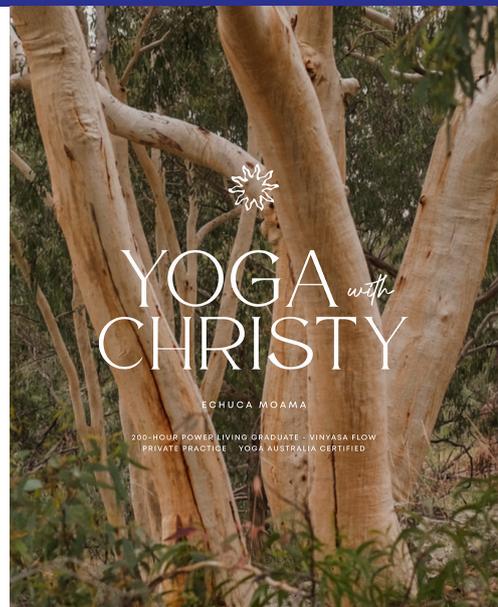
Thursdays 6am

Contact: Christy

Phone: 0409 239 577 or find her on Instagram or momance.com

Christy has been practising yoga for 30 years and teaching for 3 and is qualified in Vinyasa Flow and Yin Yoga (250 hours).

With a passion for connecting movement with breath to bring the nervous system down to rest and restore, Christy is also trained in Mental Health Aware Yoga and Yoga for Menopause.




**MyGOLF** 

### Junior Golf Clinics

Dates: Every Wednesday  
4th February - 18th March 2026  
Echuca Back 9 Golf Course

Book now at [www.benpattengolf.com.au](http://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

