



Echuca Neighbourhood House Inc.

TERM 3 PROGRAM 2023

10 July - 15 September 2023



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

Website: www.enh.org.au

ABN: 43 374 311 705



261 High St, Echuca Vic 3564

Phone: 03 5482 6914

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

Email: nils@enh.org.au

Website: www.enh.org.au

ABN: 43 374 311 705

HIGH ST SOUTH

COMPUTER/SMARTPHONE COURSES

DIGITAL ESSENTIALS LEVEL 1

Mondays

10th July - 11th September

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

10th July - 11th September

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 03 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 & 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 \$2,000 (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

FOOD ASSISTANCE

FOODBANK:

Need some food relief?

Call 03 5482 6914 or order via our website www.enh.org.au

Pick up hours 10am - 2pm (Mon - Thurs) Cost \$2.00 a box.

*As of May 1st 2023, we are moving to standard boxes, additional fruit/veg and protein bags available.

The 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 if you require the use of this service.





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.



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.

DEPARTMENT OF HOUSING:

Thursdays by appointment with DFFH 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. Appointment via DFFH (13 11 72) is essential.

BOOK AND PUZZLE SWAP

Leave a book OR puzzle

Take a book OR puzzle with our ENH book swap!

HARVEST SWAP:

On 25 June, 30 July, 27 August

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.

SUPPORT GROUPS

MS SUPPORT GROUP:

2nd Monday of every month at Landsborough St (dates may vary) 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:

For anyone affected by dementia.

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

T.O.W.N.:

Mondays at Landsborough St 5.30pm-6.30pm

Contact: Judi Mead

Phone: 04477120158

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

VISION AUSTRALIA:

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

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

**\$250
POWER
SAVING
BONUS**



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



MONDAY LUNCH:

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:

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:

Thursday nights in the Hall at Landsborough St

Session time 6:30-8pm

Cost: \$5 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:

Fridays at Landsborough St

Session 1 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.

12pm-1pm Cost: \$10 per session

Session 2 Learn how to quiet your mind and bring peace to your soul.

Through a variety of meditations and discussions. DISCOVER YOU!

1.15pm-2.30pm Cost: \$10 per session (\$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 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

11am-2pm

Contact: Eileen 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 Schnurfeil

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

Contact: Joan

Phone: 03 5482 4179

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.



FLOOD ASSISTANCE AT ENH



FREE PLANT STALL

Plants lovingly grown by the Echuca Horticultural Society were distributed to those flood affected and wishing to re establish their gardens on Thursday 15th June 2023.



FLOOD ASSISTANCE:

Contact: Cheryl Lee on
Phone: 0403 632 294
Email: recovery@enh.org.au
Application form:
<https://forms.gle/VUJwZxNLfizH9Cwe9>

GENEROUS COMMUNITY DONATIONS FROM BUSINESSES

We have received many generous donations of money and vouchers from local businesses in Echuca Moama. Takeaway meals from food businesses and meals cooked by local school students have added significantly to the assistance that ENH has been able to offer our community. Our Flood Recovery has been on the road in Echuca Moama as well as visiting clients in Rochester, Nanneella, and Barmah. Support has been food, cleaning products, gravel to make properties accessible. We find that clients dont always know what assistance they can get and so a big part of Cheryl Lees role is linking people with services and funding that they need and are entitled to. For many the rebuilding has only just begun.

FLOOD CALENDAR PROCEEDS:

Thanks to our friends at revolution printing for putting together this wonderful fundraiser! The total raised was nearly \$5000.00 shared equally between Echuca Neighbourhood House and Rochester Community House. Spare copies are still available at ENH High Street. Donations appreciated.



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.



We would like to acknowledge our many supporters including



ENH CELEBRATES 30 YEARS

BIG CELEBRATIONS:

Echuca Neighbourhood House celebrated 30 years servicing our community. Held on Wednesday 3rd May and attended by local MPs past and present, representatives of council, Rich River Golf Club, invited guests, our board, and volunteers, saw a plaque unveiled to commemorate this milestone. From humble beginnings at 261 High Street, to a facility encompassing 3 sites; High St, Landsborough St, and the Back 9 Golf Course, and housing food bank, a community garden, room hire facilities, no interest loans and now a community bus funded by generous donations from the Rich River Golf Clubs celebrity golf tournament earlier this year.

