

Winter Solstice

Did you celebrate the winter solstice on 21 June, the shortest day of the year? The winter solstice has been a significant time in many cultures over thousands of years as it was seen as the symbolic death and then rebirth of the Sun, a time when the gradual loss of daylight hours is reversed and begins to grow again. It was therefore a time for celebrations and festivals.



Winter Solstice at Stonehenge



Winter solstice in Australia when the southern end of the Earth's axis is tilted away from the Sun

Some ancient monuments such as Stonehenge are aligned with the sunrise or sunset on the winter solstice to mark the day. *Note, the winter solstice in the Northern hemisphere is in December, when we are experiencing the summer solstice (the longest day).*

While the people who built Stonehenge may have celebrated the winter solstice outside, it is likely that most of us would have celebrated it inside, with the heater turned up. But despite the short days and cold nights this time of year is a great time get outside during the day and have a brisk walk. And remember, as the days are getting longer, it is time to join an exercise class to get fit and ready for long, hot summer days.

Winter Warmer

On the day of the Winter Solstice the NRCH held a nice, warm lunch. This was a great opportunity for members of our community to get together for a comfortable chat and a hearty meal. Maybe the nice warm lunch even helped some warm up and join a Winter Solstice party outside during the evening. This informal get together was great and the NRCH plans to have more to support community connection and wellbeing.

Thanks Pat Casey for doing the shopping, cooking and cleaning up. It wouldn't have happened without you.



Real Impact, Real Value



A recent survey undertaken by Neighbourhood Houses Victoria has estimated that the financial value of the work undertaken in 2023 by the North Ringwood Community House was more than \$3,168,483. This comes from an income of \$437,021 and shows that for every \$1 of income the Community House receives, it gives \$7.25 of value back to the community.

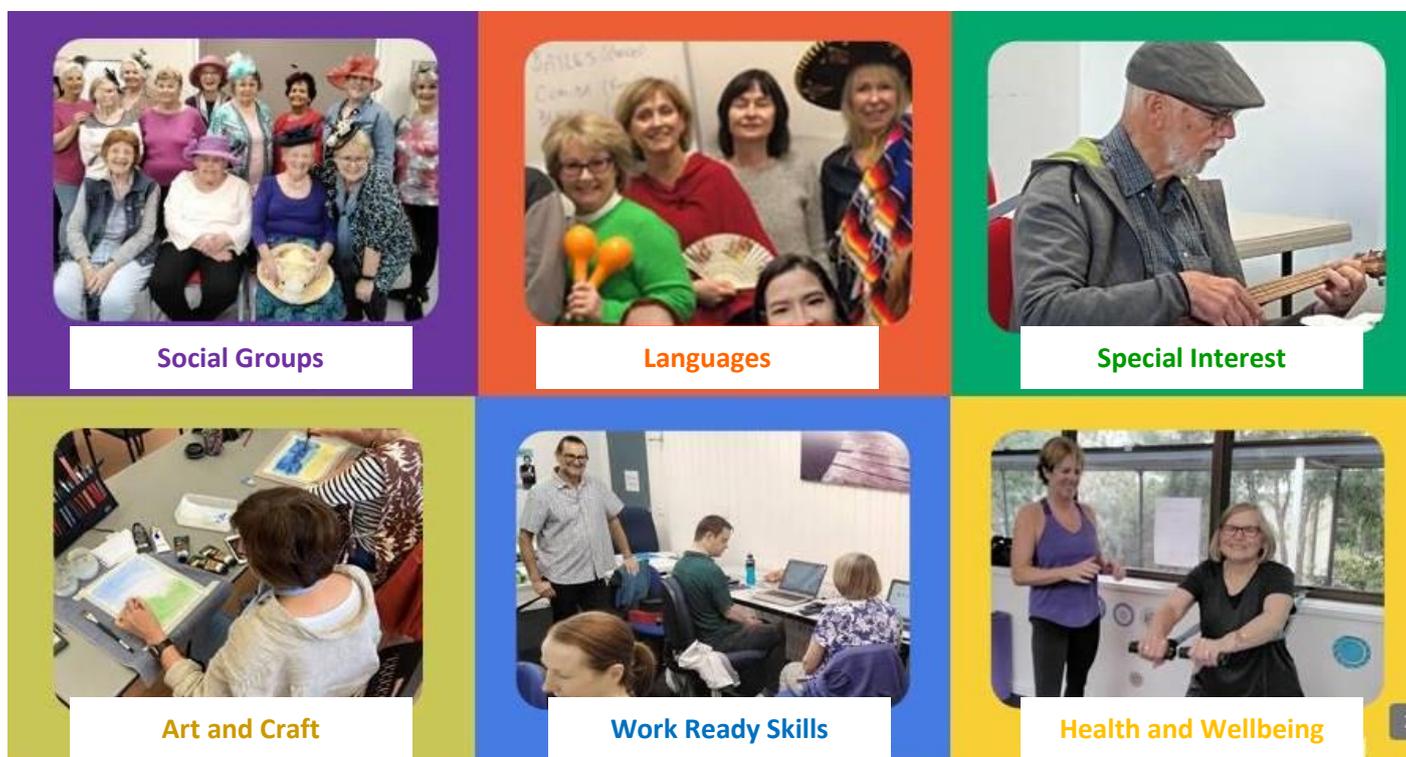


It is hard to put a value on the work of the House as there are many intangible benefits such as sense of belonging, community connection and quality of life. So the total community benefit would be significantly greater than what has been calculated. But it does highlight the role and benefits of the NRCH based on an average of 408 participants in programmed activities every week.

Great thanks to our CEO Helen and her amazing team. Also thanks to the many wonderful volunteers and the hundreds of people who enjoy the benefits and at the same time contribute to the North Ringwood community.

Term 3 starts soon

Term three runs from July to September so it is time to rebook your class. It is also a great time to look and see what courses and activities are on offer.



Social Groups

Languages

Special Interest

Art and Craft

Work Ready Skills

Health and Wellbeing

As well as the many well-loved courses, some of which have been offered for many years, there are always new ones that you might like to try. This term these include Mindfulness for Children, Fortnightly Paper Club and Jungle Body – Get Low. For information on all the courses on offer go to the website (www.nrch.org.au) and download the Course Guide

Mindfulness for Children

The NRCH is offering a special program for children in the 3 – 6 year old age group.



This program introduces children to age-appropriate mindfulness strategies and supports the development of their emotional literacy in a relaxed and safe environment. It gives them the tools they need to build confidence and resilience as they mature.

Lessons are taught in creative and fun ways with parent/guardian interaction, including, games, dancing and much more. Mindfulness for Children is on Saturdays 10.30am - 11.30am.

The Paper Club

Do you like paper? There are many things you can do with it. This includes collage, hand lettering, art journaling, card making, rubber stamping and lots more. And have you wanted to join a fun craft group. If so, come and enjoy The Paper Club.

This Club meets fortnightly for creative sessions with all things PAPER!

Some tools and instructions are provided and you can bring your own tools or papers to share. Sessions are on every second Monday from 10.00am - 12.30pm. The cost is just \$2



FAB Group & Coffee and Craft

The Neighbourhood House survey highlights the value of community connections. And The NRCH FAB Group and Coffee and Craft Groups are great examples of connecting in our community.

The FAB group is a friendly social morning for women over 50 and is all about fun and friendship. New members are always made welcome.

As well as connecting with others in our community the FAB Group also supports others and recently held a Biggest Morning Tea, inviting the men from the Ringwood Men's Shed.

So, thanks to the FAB Group (you are FABulous) and to the Men's Shed.

And Debbie from the Coffee & Craft Group has also been working hard to support others, making beautiful rugs to brighten the winter days for the charity 'Cottage By The Sea'.

If you would like to connect to your community and have fun come and meet the fabulous FAB group on Thursdays (10.00am - 12.00pm) or join the Coffee and Craft Group on Wednesdays (10.00am - 12.00pm).





Or for the men, maybe the Ringwood Men's shed would be of interest. They are located behind the Community House and are open on Mon & Wed: 9.00 am-3.00 pm and Thur: 9.00 am- 12.30 pm.

For information call 9876 4947 and leave a message or email: secretary@ringwoodmensshed.org.au.

Maroondah Photographic Society

Are you interested in photography? If so come and meet fellow photographers at the Maroondah Photographic Society.



This is an enthusiastic and friendly club of amateurs who enjoy getting together and discussing all things photographic and, of course, taking lots of photos.



The Society caters for the interests and skills of both beginners and experienced photographers with Monthly club competitions; Inter-club competitions; Workshops; Special interest groups and Outings



The Society meets at 7.45 pm on the 1st and 3rd Wednesday of each month at the North Ringwood Community House. It also has live video conferencing. They would love to help you enjoy your hobby and grow your photographic skills. To find out more go to www.mpsociety.org.au.

Beds and Bedding

The Eastern Emergency Relief Network (EERN) collects donated household items including fridges, tables and chairs, sofas, crockery, bedding, infant anything needed to make a home. These are then displayed in a warehouse in Mitcham and offered free through over 120 welfare agencies to people in need.



At the moment they are short of bedding and mattresses. So if you have a spare bed or bedding (clean with no marks), give them a call and they will arrange to pick it up.

To contact them call 9874 8433 (9am – 1pm weekdays) or go to the website and email them using the 'Contact Us' form. (www.easternemergency.org.au).

Sconehege

For the next winter Solstice, if its too cold outside, you could celebrate inside with your own Sconehege!!

