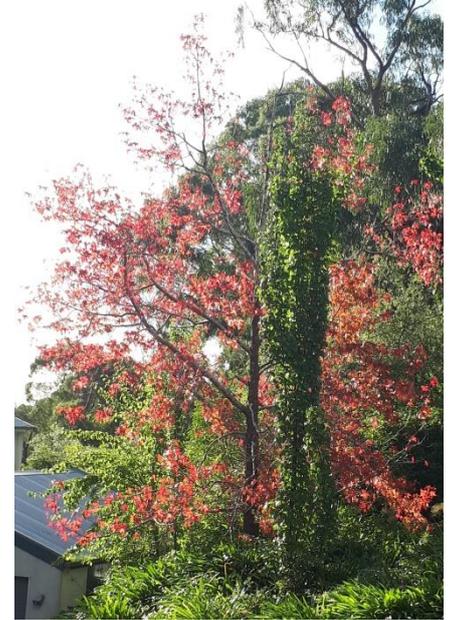


Welcome to our May Newsletter

It's May already, daylight savings has finished and the days are getting cooler. But we are still enjoying some nice sunny days.

Many of you would have already renewed the activity you are doing at the Community House. But for others, especially as the days get shorter (and colder) it is a good time to look for an activity, an activity you can do with others from our community.

NRCHI offers exercise, art, craft, computer, language and social activities. Maybe you would like to do something you used to do, or always wanted to do, such as yoga or Pilates. Or you may want a bit of time to relax and chat to others such as at the Book Club or keep fit and warm walking with the Bush Nomads.



There are also different courses such as Qi Gong and making Polymer Clay Earrings. *Note: Many classes can be joined after they have commenced and you would then only pay a pro rata fee.*



Qigong:

Qigong is an age-old practice involving meditation, coordinating slow-flowing movement, deep rhythmic breathing and a calm meditative state of mind.

It harnesses the power of breath and movement to create health and balance within the body. It is the foundation to Tai Chi and includes some basic Tai Chi.

Great for mind and body. Commenced Wed 26th April for 9 weeks but you can still join.

Polymer Clay Earrings

How about learning a new skill, and make great earrings for yourself or for family and friends. Learn polymer clay techniques and create a set of earrings to take home each week.



The course commences on 25th May. Each week you can make a unique set of earrings to take home.

Then if you enjoyed it, you can do another course next term so you have earrings to give away as Christmas presents.



Organise an Activity

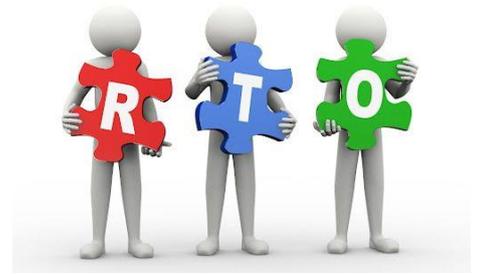
NRCHI is all about our community and we are always looking for people to help organise a community activity. Maybe you would like to organise a **Drop in Coffee & Games** session on a Weekend. Or would you like to organise a **Day Outing** (long day trips to museum, arts centre, or other place of interest). Alternatively, do you have a skill you would like to pass on to others? If you have an idea please contact the office.

SEE YOU SOON!

There is a list of activities at the end of this newsletter, plenty to choose from to enjoy over the autumn and winter months. For the dates, times and costs go to (www.nrchi.org.au).

RTO Status

NRCHI has offered accredited courses under our Registered Training Organisation (RTO) status for almost 20 years. However, the Board of Governance has had to make the difficult decision not to reregister the RTO when our registration runs out in January 2024. The Board and staff are very disappointed we have had to make this decision but, due to the competitive market and costs involved in running an RTO, the decision was made to no longer continue to offer accredited courses.



Should circumstances change in the RTO sector, such as TAFE no longer offers free courses, we may consider reregistering again so we can offer certified courses once more.

This will not affect anything else offered by the community house, we will continue to provide accessible and high quality services and programs including pre-accredited training, health and wellbeing courses, community development initiatives and other community services, including room hire.



Obviously, the winding down of the RTO throughout the year will have an impact. The NRCHI admin office has temporarily closed on Fridays, but courses are still running. The admin team will work towards timetabling more activities to replace accredited training with the hope to reopen on Fridays again soon.

The Board is extremely pleased and thankful that our fantastic staff are prepared to make adjustments, adapt and take action to ensure NRCHI continues to service our wonderful community. A huge thank you to Helen and her staff, you are amazing.

Congratulations to our Certificate III in Individual Support students

Although we won't be renewing our RTO status, we do have a number of students who have just finished their Certificate III in Individual Support course. On behalf of all of NRCHI we would like to say "congratulations and we wish you well for the future". In fact, we know that more than half of these amazing students have already found employment in their chosen field.




Congratulations

Thank you Bunnings



Have you noticed the changes in the fenced open space beside the Community House? There are some bright yellow tyres with lovely flowers in them and some small coloured metal planters. These have been donated by Bunnings to add colour into the space. Unfortunately, rabbits have also noticed the new plantings and seem to be really enjoying them.

If you have ideas to make it even more attractive please let us know. Put your suggestions in the suggestion box, talk to one of our staff or even offer your services to look after the garden.

Easter Raffle

Each year NRCHI holds an Easter raffle. It's a bit of fun and the winner wins some great Easter eggs. Some may say we don't need more Easter eggs, but I am sure anyone's young children and grandchildren will disagree. This year our winner was Val, patron in our Strong People class. Congratulations and the money raised will be used to support NRCHI.



Uniting food drop off



We read all the time about cost of living increases and the difficulty some people have in buying food to feed themselves and their family. For this reason, NRCHI has placed a donation box in reception for people to leave non-perishable food. Food donated is then given to Uniting.

Uniting has an office and pantry in Maroondah Highway, opposite Ringwood Lake. People in need can visit and seek support and advice. They can also visit the pantry to take home some food.

So, if you have any spare non-perishable food, please drop it in the box at NRCHI's reception. Maybe when you see some food on special at the supermarket, you could buy an extra one to donate.

Uniting

On behalf of Uniting and the people it supports, thank you to everyone who has already donated so much great food.

Neighbourhood House Week

Neighbourhood House Week commences on 8 May across Australia and celebrates the role of over 1,000 Neighbourhood and Community Houses and Centres. This year's theme is 'Locals connecting Locals'.



To celebrate Neighbourhood House Week, NRCHI are asking people to pick up a tote bag that they can decorate either at home or at NRCHI to show what they like most about their community and/or community house. Please drop into reception to pick up a free 'tote bag' to decorate and return so it can be displayed in reception.

Maroondah City Council Nature News



The Maroondah City Council publishes a number of very interesting News articles on a regular basis. One of these is Nature News. The most recent edition was published on 27 April.

This features articles including information about what cooler weather means for plants and animals. It notes that some birds will start to migrate to warmer climates, while others will stay and adapt to the changing conditions. Also, while many non-native trees and shrubs start to shed their leaves and become dormant for the winter, some native plants such as banksias and wattles start to produce their flowers and fruits providing important food sources for local wildlife. There's also 'Spotted in Maroondah' images



To view the latest edition of Nature News go to:

<https://mailchi.mp/985b7c125b30/nature-news-27-april?e=8489d2250e>

NRCHI welcomes Comments and ideas

NRCHI's Strategic Plan states our Vision and Mission

Vision

An engaging, supportive and responsive Community House

Mission

North Ringwood Community House Inc provides a welcoming and inclusive environment creating opportunities for lifelong learning and social connection.

With this in mind we are always looking for comments and new ideas. So, if you have a comment or idea, talk to one of the wonderful staff or one of the Board members. Alternatively put comments and suggestions in the feedback box in reception. Maybe you have a hobby or skill that you would like to share and you could run a course. This would be a great way to pass on your skills and meet some of your local community.

Coffee Cart

You may have noticed a coffee cart parked in the Parkwood carpark. This is operated by Jo who sells great coffee - a perfect way to start the morning before you do a NRCHI class. Or maybe a coffee before you visit the Men's Shed, Toy Library, U3A or even just before (or after) you have taken your dog for a run in the off leash dog park. Maybe you are just enjoying a morning walk (you can always plan to just happen to be walking past in the morning).



The cart is there most Monday to Thursdays, but not the week commencing 9 May.

Power Saving Bonus

Have you received your second \$250 power saving bonus yet? If not remember that NRCHI can help you. Just bring in your last electricity bill and we can lodge the claim on your behalf.



Current courses



Each week NRCHI offers many and varied courses. For information on the courses, dates, times and fees go to the www.nrch.org.au or contact the office on 9876 3421 or admin@nrch.org.au.



Arts and crafts

- Drawing with Owen
- Drawing and Painting
- Leadlighting
- Ukulele
- Handmade cards
- Twinkle Jars, Porcelain Doll and Figurine painting
- Mosaics
- Abstract Art



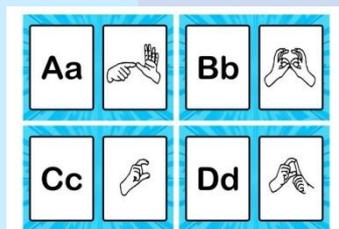
Social

- Book Club
- Coffee & Craft
- Fab Group
- Coffee and craft



Mind and learning

- Auslan
- Greek for travel
- Italian for beginners
- Italian advanced
- Spanish for beginners
- Spanish intermediate



Exercise

- F.I.T. (Fun Interval Training)
- Meditation (Yoga Nidra)
- Bush Nomads
- BollyX Dance Fitness
- Seated Yoga
- Yoga
- Strong People Stay Young
- Qi Gong (founded on Tai Chi)
- Tai Chi (all levels)
- Pilates
- Zumba
- Zumba Gold (with a lower intensity)



Pre-accredited Training

- Basic Computer skills for beginners
- Beyond basic computer skills
- Word and Excel
- Google Docs and Sheets
- Advanced Excel
- BYO Device
- Professional Creative Writing

