

Special Request

Neighbourhood Houses Victoria is managing a participant survey on behalf of the community house sector. This will aid North Ringwood Community House to better plan for the future and help ensure that we continue to meet your needs and the needs of others across our community.

The survey data is encrypted and anonymous, and no personal information is collected.

A link to the survey will be emailed out on Monday (28th October) and must be completed in that week. It can be easily done on your home computer or mobile phone. If you need any assistance or would prefer a hard copy of the survey please come to the office.

Taking the time to fill in this short survey will aid us significantly and will provide us with helpful insights to make North Ringwood Community House more responsive to your needs.



What does a Community (or Neighbourhood) House do?

This is a simple question, but there is no single answer as a Community House, such as the North Ringwood Community House (NRCH), has many roles, functions and activities. But there is a common link between all its activities and that is “community”.

The NRCH offers a range of activities aimed at bringing our local community together. It may be an exercise class (such as Pilates, Yoga, Tai Chi,), or a class to learn or improve a skill (such as art classes, lead lighting, working with paper, cooking). It can also be a chance to learn or improve a language (such as Italian, Spanish or Auslan) or learn more about computers. And there are social groups as well. Something for everyone. You may even have a suggestion that the Community House can try.

A good example of what NRCH can do is yoga. It was noted that many people enjoy yoga. But as some were getting older or had some physical limitations, they couldn't continue with traditional yoga. This left them not only losing fitness, but also not having as much social connection. As a result seated yoga was added to ensure that people can stay fit and connected. And for those that want more exercise, there are more energetic courses such Strong People Stay Young and Zumba Gold.





If you, or someone you know, wants to connect with the local community (and make new friends), learn (or improve skills) or gain fitness, then have a look at our Course Guide (go to the website www.nrchi.org.au).



Seated Yoga

As mentioned above Seated Yoga is offered to ensure that even people with some limitations can enjoy a class and stay fit and connected. This course is run by Bron. (Bron will also deliver Mindful Meditation and Seated Dance Groove classes in term 1 next year).

When asked why she takes this class she answered:

"... because of my 4 passions. One is that exercise and movement should be available to everyone of every age or ability. The second is that exercise should have a purpose, which is why I often explain why we do certain movements. The third is the concept that exercise and movement can be incorporated into the simple things we do in our every-day, and that leads to the fourth, that movement and exercise should be fun.



We do more if we're having fun and regardless of which class I'm running, there's always a bit of laughter."

Bron was also asked what she enjoys most about the class:

"The group is so lovely. This is what I love about Community Houses. Wonderfully engaged, friendly participants, (and staff) who enjoy their classes."

If you or someone you know would enjoy a fun, active class suitable to their needs, then Bron's Seated Yoga class may be just the class to come and try.

Learn a language

It is important to stay fit and to maintain social contact with others, especially as we get a little bit older. So, the exercise and social groups at the Community House are great. But learning a new skill such as a language can also be great and helps to build and maintain an active mind. Dr Ruth Arber, Co-Director, Centre for Teaching and Learning Languages, Deakin University states when you learn another language your brain has to: "switch between speech, writing and structure" This helps "you become a better multi-tasker and improves your memory and attention span".

Learning another language is also great if you are planning to travel. Just saying a few words in the language of the country you visit can make a big impression on the local people. The Community House currently offers basic language courses in Italian and Spanish. It also offers a course in Auslan. So, to challenge your mind, come and join a class.



Wouldn't it be great to have a conversation with a Deaf person?



Or if you are travelling in Rome and get thirsty, go into a café and say: “Un cappuccino, per favour” (May I have a cappuccino please.)

And wandering around Barcelona looking for some local currency try asking a person walking by “Dónde está el cajero automático” (where is the nearest ATM).



Just meeting and talking to others in the language classes can be great fun as you can all talk about your experiences.

Tea, coffee and hot chocolate

In the previous newsletter it was mentioned that a coffee machine has been placed in the kitchen. This is a very simple machine to use and provides very nice coffee and hot chocolates.

So, to make it even more convenient we have purchased another machine and placed it in the Library/meeting room 1. This means that if you have some time before or after one of the great courses



at the Community House, you can sit down and have a nice cup of tea, coffee or even a hot chocolate. You could even borrow a book and take your drink outside to enjoy our new garden.



(Planting the new garden planter boxes will commence in the first week of November, so watch it grow. You might even like to assist or offer some plants).

Christmas is coming

Yes, Christmas is coming!! It’s time to start planning, as calendars can soon get full. One date to save is 5th December, the Community House Christmas Lunch. This is a great time to sit and have a chat to others in our Community. You can also have a chat to the Community House staff, trainers, volunteers and others who have helped us over the year.

Come and enjoy a delicious Christmas Lunch and dip your toes in the Christmas spirit!



Crafty Eco-Wrap Block Printing

Something new and exciting to learn – Eco-Block Printing. In this workshop you will learn how to turn everyday items into stamps. Then you can use them to make unique wrapping paper for you Christmas gifts. You can also use these skills to make wrapping paper for birthdays, and other gifts through the whole year.

This workshop will be held on Saturday 30th November (10:00am – 12:00pm) and it is free to participate, thanks to Maroondah City Council.



Christmas Cookies

As a special treat for your family or friends at Christmas come and learn how to decorate gorgeous Christmas themed cookies.

This is a great class and one you can come to with friends and family. Maybe bring your children or grandchildren or bring along your bestie, and have fun as you learn and gain experience in fabulous cookie decoration.



The course is on Saturday 16th November (1:00pm to 4:00pm) and costs \$50 (including all ingredients)

Christmas Twinkle Bauble Workshop



To go with your great Christmas Cookies, how about a fantastic Christmas Bauble to hang on your tree or just to hang on pictures or place on the table?

The Christmas Bauble Workshop will be on Saturday 23 November (1:00pm to 4:00pm) and costs \$40 (including all materials)

To book for the Eco-Wrap Block Printing workshop, Christmas Cookie workshop and/or Christmas Twinkle Bauble workshop contact the Community House on 9876 3421 or visit www.nrchi.org.au

Try Bush Walking Month

To celebrate the 90th anniversary of Bushwalking Victoria, 30+ bushwalking clubs around the state are welcoming new walkers to join them, with a choice of over 50 walks. With walks graded from easy through to difficult, it's a great opportunity if you are a new to bushwalking, or an experienced walker looking for new opportunities with the support of a club. For more information go to www.bushwalkingvictoria.org.au/try-bushwalking-month-november-2024/. This site has links to help you find a walk or a bushwalking club and a link to a Parks Victoria site where you can find out about free Parks Victoria volunteers lead walks across around Melbourne and beyond.



Our Community House also has the fantastic **Bush Nomads** walking group. The Bush Nomads meet most Mondays for a very social 8-10 km walk, exploring bush parks and captivating walking tracks while enjoying the company of others from our local community. At lunch time they stop to enjoy lunch (bring your own lunch) and a chat.

A moderate level of fitness is recommended and sturdy shoes should be worn.

The Bush Nomads help you uncover the joys of nature, stay active, and connect with like-minded people. They meet at the Community House on Monday's at 9:15am and finish around 3:30pm. If you would like to attend (and haven't registered) please arrive 15 minutes early to register. Walks cost \$2 (and if you carpool in with others you will be asked for a small contribution for petrol).