

## It's the end of Term one already – time to book for next term

Term 1 finishes at the end of this week. Wow, how the time flies! So it is time to get ready for the cooler autumn and winter weather. It will be great for those of you who are tired of long hot days and will be great for our gardens and lawns. But it is also time to look into booking your next courses at the Community House. And as always there is lots to choose from.

If you currently do an exercise class such as Yoga, Pilates or Tai Chi how about after renewing for next term you book a language, painting or leadlighting class? Or, if you feel the need for a bit of social chatter and exercise try the Bush Nomads or the Fab Group.



The great thing about the North Ringwood Community House is that you can join in lots of different activities with others from your local community.

For information on next terms classes and to book go to [www.nrch.org.au](http://www.nrch.org.au) or call in at the office to pick up a copy of next term's course guide. (Note the office is closed during the first week of the school holidays and will reopen on 14 April.)

## Daylight Saving ends next Sunday (6 April)

You may already be aware, but just in case you have missed it, remember to turn your clock back 1 hour before you go to bed on Saturday 5 April. But also note that some clocks, such as in your mobile phone will automatically go back an hour.



As daylight saving time ends, it is a good time to check your smoke alarms to ensure they are in working order and to replace their batteries. It only takes a few



moments to test your alarm. Remember, if you need to climb on a ladder to do it carefully and when someone else is around. Better still, if you are older, get someone younger to do it for you.

Fire Rescue Victoria recommends testing your smoke alarm every month by pressing and holding the test button. Hold the button until the alarm beeps 3 times. Also change removable smoke alarm batteries annually and replace the alarm every 10 years. Remember smoke detectors save lives.

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## Come and try Yoga

Have you ever thought about trying Yoga. A lot of people talk about it, but have you tried it? To give you the chance to try yoga, with no commitment, the Community House is offering a FREE Yoga session. So, come and try Yoga and see what Yoga is all about.

Bookings are limited, so get in quick to secure a spot. It might be just what you and your body needs.



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## Strength & Balance

As some of us are getting older, strength and balance can become more of a challenge. If you are concerned about your strength and balance come and join our Strength & Balance class. They use resistance bands to help strengthen muscles and improve balance. And your arms, legs, back and core all get a great workout.

This class will be on Tuesday afternoons 1pm - 2pm.



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## Community House Garden

The Community House is pleased to announce that the Community Garden is ready for use. We could say it has been completed, but as any gardener will tell you, a garden is never completed. So if you would like to use the garden for an event, please let us know.



Now that it is ready, with seating and the ground has been freshly mulched, we plan to have the gate to the garden open when the Community House is open. This means that you can come in and enjoy the garden whenever you want to.

Maybe you would like to borrow a book from the free library or have a tea or coffee while you enjoy the open space.

If you like gardening you may also like to help maintain it. If you are interested, please let our office know and we will organise a planting, weeding and development day.

The garden was sponsored by the Ringwood East Bendigo Bank and the wicking beds were built by the Ringwood Men's Shed. Maroondah Council provided the mulch to put over the grounds and the funding to purchase a BBQ. Much thanks to Suzy, John and everyone involved, it's a great space!

The raised beds in the garden are 'wicking beds'. This means they have a storage of water below the soil to maintain a constant moist environment for plants.

Wicking beds can be small to use on balconies or in a courtyard. They can also be large, such as those in the Community House Garden.

The Community House is proposing to hold a workshop on how to make a wicking bed garden. If you are interested in participating in the workshop, likely to be on a Saturday, please let us know.

## Parkwood Community Hub BBQ

The first function in the new garden has been the Parkwood Hub Community BBQ. This was a collaboration of the four agencies at Parkwood and the Slow Lane Coffee Cart:

- North Ringwood Community House
- Ringwood Men's Shed
- Maroondah Toy Library
- U3A Ringwood

The event was the idea of Suzy Stojanovic who is leading the development of the Parkwood Hub and was aimed at supporting the social connection of people and organisations located in and around the Parkwood Centre.



The event was well attended and brought together many people from our local community. And it was interesting to talk with people who have walked past the buildings but not been inside or seen what they can offer. It was also great to see children enjoying time together as they played on the roller coaster and with the toy BBQ that the Toy Library brought to the event while their parents were enjoying a sausage and a chat.



It was a great event made even better by Jo from Slow Lane Coffee (at the Parkwood Hub on Monday to Thursday mornings) and the terrific sausages cooked on the Community House BBQ. The sausages were kindly provided by local butchers, Meat Savvy, the bread by Baker's

Delight Ringwood North, the onions by North Ringwood Fruit Market and the all-important sauces, from IGA North Ringwood. Everyone said the coffee and food was great, so remember to buy a coffee from Slow Lane Coffee and to support our local fresh food stores at Ringwood North Shopping Centre.

## Men's Health Week

**MEN'S HEALTH WEEK 9 - 15 JUNE 2025**

Men's Health Week is an annual event celebrated in the middle of June, focusing on men's health and wellbeing. In recognition of this the Community House is offering several free activities to highlight the importance of men's health and promote and support their health and wellbeing.

- **Men's Outdoor Meetup: Walk & Talk & BBQ** Take a walk around the local area – a great way to stretch your legs, share a few stories, and enjoy fresh air and finish up with a BBQ in the Community House Garden - Sat 14 June 11am
- **Health and Exercise Tips and Guidance.** Whether you're looking to improve your diet, fine-tune your exercise routine, or simply boost your overall well-being, Coach Scott will provide advice to help you reach your health goals. Thur 12 June, 10am-11am
- **Muscle Strength and Balance Class** Join a free trial of a Resistance Training Program, designed specifically for men looking to get stronger, fitter, and healthier. Build muscle and strength, improve overall fitness, boost energy and mental focus, improve heart health and reduce stress. Thur 12th June, 1pm -2pm



- **Open Men's Group (runs all year)** Join other men for an evening to share what is meaningful in your life, challenges you may be facing or just stuff that's going on. No judgement, no advice. First Tuesday of each month 6.45pm – 9.00pm. Contact Graham for more info Ph: 0419 572 023.



- **Tips and Guidance on Optimising Your Health with Smart Devices** A special session with Coach Scott during Men's Health Week to explore how technology can enhance your well-being. Includes a Q&A session to help integrate health-focused digital tools into your daily routine Wednesday 11th June, 10am-11am



## Eastern Community Legal Centre Services (ECLC)



ECLC is a multidisciplinary legal service that works to prevent problems, progress fair outcomes and support the wellbeing and resilience of communities and community members in Melbourne's East. It does this by offering free legal advice to people living in the local government areas of Boroondara, Knox, Manningham, Maroondah, Whitehorse and the Yarra Ranges.

To help people understand issues, ECLC partners with various local community organisations and councils to provide FREE information sessions. Over the next months this will include seminars on **Wills and Powers of Attorney**. These sessions will help participants understand how to plan for the future.

ECLC also has information on its website including **Planning Your Future Medical Care: A Guide for Older People**. This help is a free resource for older people who want to plan ahead and make informed decisions about their future medical care.



If you or someone you know needs legal advice or would like to attend a Wills and Power of Attorney seminar go to the website: [www.eclc.org.au](http://www.eclc.org.au) (Note: booking are essential for seminars).

## Share the Dignity – a women's support charity

Another organisation that will be of interest to some, particularly if you know young girls or women who are experiencing difficulties is "Share the Dignity". This organisation is an amazing charity that supports women experiencing homelessness, fleeing domestic violence, or doing it tough. They distribute personal hygiene products to women and girls who need support. When someone is doing it tough, the last thing on their mind should be dealing with their period.

There are many ways to support this charity, the first is to make sure any woman experiencing difficulties is aware of the organisation and where they can get support. The other is to donate or volunteer. To find out where to get support or to donate go to: [www.sharethedignity.org.au](http://www.sharethedignity.org.au).

One way to support them is during November each year, when you can donate a bag filled with essential items, to help someone in need. Maybe you could do as one of our Community House volunteers did. He was about to have a significant birthday and was asked what he wanted, but he didn't need anything so instead said he would like some handbags with essential items. As a result, he received 50 handbags which were passed on to Share the Dignity.

