

SUPPORT GROUPS

Camera Club

First Monday of the month

The Camera Club provides a friendly place for both young and old, beginners & veterans, to learn, share and extend their skills in photography

The Camera Club discuss their photos based on a monthly theme: 5 March – Landscape/Seascape & 2 April - Silhouette

TIME: 2pm–4.30pm
Where: MDHSS Telecentre
Volunteer: Mr Michael Groom
Cost: \$2

Pizza Lunches

Wednesdays: 10am–2pm *At the Shed*
Volunteer: Mr. Jim Sakkas
Donation: \$2

Join MDHSS volunteer Jim Sakkas each Wednesday and share delicious wood fired pizzas from **12noon**

Pizza bases, sauce and cheese is provided, BYO toppings.

Please join in the Community Music session after lunch

Playgroup

Tuesdays: 10am–12pm
Volunteers: Ms Kristy Mathieson/Ms Priya Berry
Cost: \$1 per child

Playgroup is a time for parents or caregivers to get together with their babies and toddlers to have fun, enjoy sharing ideas, experiences and friendship while encouraging children to learn through play

MDHSS Healthy Living Show

3MGB 101.7 Mallacoota / 96.9 Genoa
Tuesday mornings at 9.00am

Tune into Community Radio 3MGB for news and information from MDHSS with Belinda Phillips

NEIGHBOURHOOD HOUSE

Opening Hours

Monday, Tuesday & Wednesday 9am–1pm
2pm–5pm
Thursday CLOSED
Friday 9am–12pm

NEIGHBOURHOOD HOUSE SERVICES

Centrelink/Medicare Agency

MDHSS Centrelink/Medicare Agency Staff are available:

Monday, Tuesday & Wednesday 10am–12.30pm

Staff can assist in completing and lodging forms, providing brochures, booklets and registering for and assisting with mygov (online services)

The Agency provides self-service via phone, fax and computer/internet access to Centrelink and Medicare customers during MDHSS opening hours. Free Wi-Fi available

Staff cannot make payments or make decisions about customer entitlement/s

Telecentre

The Telecentre provides public internet access and has printing and scanning facilities. Wi-Fi available

Internet access: \$2 per half hour
Printing: 25c per page

Individual assistance may be available by appointment

Under a partnership with MDHSS and the East Gippsland Shire Council (EGSC) library, library members are able to access the internet for up to two hours per week for free. Conditions apply

Mallacoota District Health and
Support Service Inc

Neighbourhood House Activities

July – September
2018

Cnr Genoa Road and Mattsson Street
Mallacoota Victoria 3892
Tel: (03) 51 580 243
www.mallacoota.org.au
feedback@mallacoota.org.au



HEALTH & WELLBEING

High Intensity Interval Training (HIIT)

This class is not for the faint hearted!



High Intensity Interval Training (HIIT) is a time efficient, high impact way of achieving results using body weight, cardio and weighted equipment

Suitable for active people - 14 years and over
If not so fit; please seek doctor's advice before commencing. Those 16 years and under **must** complete Parental Permission Form prior to attending

When: Tuesdays 6.30am – 7.20am
Cost: \$10 per class*
Tutor: Alanna Bryan, Qualified instructor

Mums and Bubs Exercise Class

We know that schedules are busy, so bring your little ones along and let them play while you get fit.

Mums and Bubs will have a strong focus on core activation and increasing cardio fitness and strength. Modifications will be made to suit individual needs.



When: Friday 10.45am – 11.45am
Cost: \$10 per class*
Jennie Rush & Alanna Bryan, qualified trainers

Exercises with Jeanette Obri

Circuit Class

When: Monday 5.15pm – 6.15pm
Cost: \$7 per class

Aerobics

When: Monday 9.30am – 10.30am
Thursday 9.30am – 10.30am
Cost: \$5 per class

Suitable for all ages and fitness levels

Burn calories while having fun!

Exercise classes may be a great help in weight management and may increase your general fitness level

**Indicates recent changes*

INFORMATION SEMINARS

Understanding Your Pension: Presented by Centrelink Financial Information Service DHS in partnership with MDHSS

Accommodation Options for Seniors in relation to the Pension.

- Moving House – To a smaller house
- Moving House - Renting
- Retirement Villages
- Lifestyle Villages
- Living with Family
- Moving into Aged Care
- Accessing Capital in the Family Home
 - Reverse Mortgages

When: Monday 13 August 2018 1pm – 3pm
Where: MDHSS Hall
Cost: FREE

To book your place call 51580243 or email
susie.vatcher@mdhss.org.au
RSVP Wednesday 8 August 2018



Fire Safety Session!

MDHSS in partnership with CFA Mallacoota/Victoria

It's cold and we are all lighting fires, using heaters, electric blankets and other devices to keep warm - learn about the fire risks and how to avoid them.

CFA speaker will explain home fires, how to develop a home fire escape plan, smoke alarms, fire blankets and conduct a fire extinguisher demonstration

When: Tuesday 31 July 2018 1pm – 3pm
Where: MDHSS Hall
Cost: FREE

Please call 51580243 to book your place
RSVP Wednesday 25 July 2018

Coming up in September!

Advanced Care Planning presented by COTA

Advance Care Planning is a process of planning for your healthcare, for a time when you cannot make or communicate your decisions.

CLASSES

Learn Local Funded Classes

It's a Digital World!

Do you need to know how to navigate government websites?

Learn how to set up and navigate my gov and link to services, such as the Australian tax office, my aged care and more.....

Digital Devices

Get the most out of your smart phone, iPad, tablet, or laptop!

Get help with

- settings
- internet access
- email set up
- downloading or managing apps
- using the camera

Digital Communication

Keep up to date with the modern world! For work, study or recreation, digital communication is a must!

This course will be flexible to meet student interests and could cover:

- Whats up
- Instagram
- Twitter
- Buy Swap Sell groups/Facebook.

MDHSS Tutors can design individual or group sessions to meet your needs

Where: MDHSS Telecentre

For more information call Susie Vatcher, MDHSS Neighbourhood House on 51580243 or email susie.vatcher@mdhss.org.au

