



GROVEDALE
NEIGHBOURHOOD HOUSE

GROVEDALE

Grapevine

DECEMBER
2020

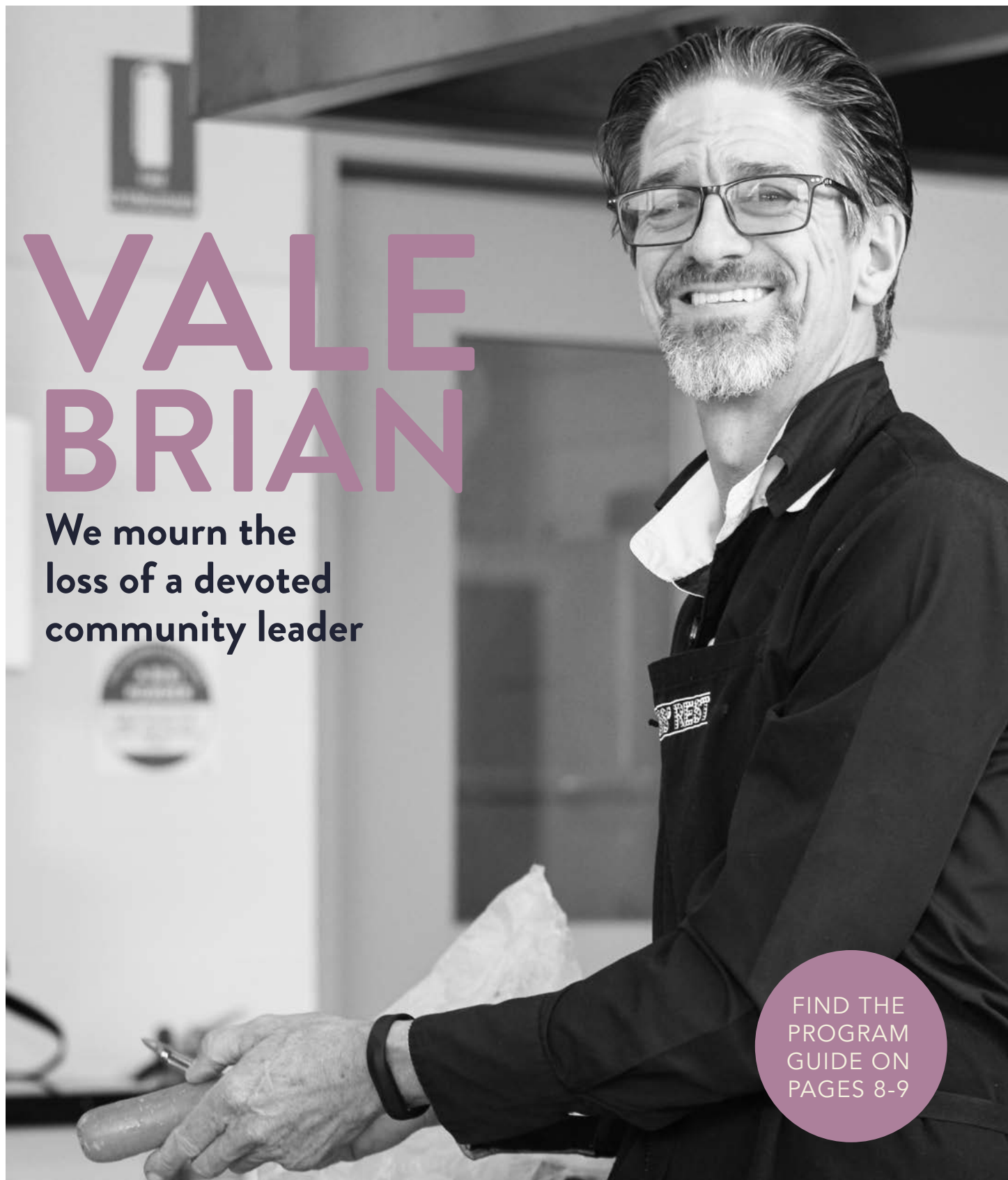
ISSUE # 36

DIGITAL

VALE BRIAN

We mourn the
loss of a devoted
community leader

FIND THE
PROGRAM
GUIDE ON
PAGES 8-9



The Grovedale Grapevine is compiled and published by Grovedale Neighbourhood House.

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Mon: 9.00-3.00

Tue-Thurs: 9.00-4.00pm

www.grovedalenh.org.au

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Phone: 5241 5717

Email: info@grovedalenh.org.au

EDITORIAL POLICY

Contributors should note that the right to modify submitted articles is retained by the Grovedale Grapevine. All contributors are asked to provide their articles electronically on Microsoft Word format. New contributions welcome. Please email us.

LAYOUT & DESIGN

Tet Kelly



Grovedale Neighbourhood House acknowledges Wadawurrung Traditional Owners of this land and all Aboriginal and Torres Strait Islander People who are part of the Greater Geelong community today.



manager's chitchat

Hi Hubbers

Welcome to the final Grapevine for 2020. While 2020 has been an interesting year all of us at the GNH will be glad to quietly toast in 2021!

We are now re-opening and we can't wait to have you all back at the Neighbourhood House with all your fun and diverse activities. Don't hesitate to call us and we can assist you in your bookings and the COVID safe inductions.

A staff member will be at the office on:

Monday 8.30am – 4.00pm

Wednesday 8.30am – 4.00pm

Thursday 8.30am – 4.00pm

Otherwise leave a message and we will get back to you.

The GNH office will close at lunchtime on the 24 th December and re-open on Monday 11 th January.

We are slowly reactivating the Hub and GNH so the program for 2021 will continue to change before we begin classes/activities in 2021. Over the next few weeks we will be continuing to put the developing program on our website and Facebook, we can email you a copy or you can get a hard copy from the office. So keep in touch Hubbers!

We wish you all a safe and enjoyable holiday season and a peaceful and joyous Christmas.

Manager GNH

GROVEDALE NEIGHBOURHOOD HOUSE
ACKNOWLEDGES THE SUPPORT OF:





Kardinia Ward update

By Kardinia Ward Councillors
Ron Nelson, Belinda Moloney
and Bruce Harwood

As proud representatives of the Kardinia Ward, we're excited to introduce ourselves now that the local government elections are over and done with.

Councillors Bruce Harwood and Ron Nelson have been returned to the Council, while Councillor Belinda Moloney is a new and welcome addition to the council group.

Hailing from Belmont, Cr Moloney is a senior lecturer at Deakin University and has worked hard to get up to speed.

We appreciate the support we've received during the election period and promise to advocate strongly on the behalf of the Kardinia Ward.

Great news for the Grovedale Neighbourhood House, with the further easing of restrictions meaning the hub has re-opened for venue hire. There are limits on how many people can be accommodated in each community space, but it's a great start that community members can re-connect safely.

We're working hard behind the scenes to get the Heyers Road hub back fully open.

There's been interest over the years about the Grovedale Men's Shed, whose members have been looking for a new home for some time.

Consultation has just wrapped on the new concept and design plans for an Armstrong Creek Community Shed at the Sovereign Drive Sporting Reserve, where the men's shed members will be permanently based.

The community feedback will help inform the detailed design development, which will get underway in early 2021.

It's also worth noting that the Waurin Ponds skate park is currently undergoing a revamp. Council has allocated \$600,000 over two financial years to build a new playground and basketball court there, as well as enhanced skate elements.

This follows light and CCTV improvements and landscaping this year, which was funded through a grant from the Victorian Government. There's lots happening in and around Grovedale and we look forward to updating you again next year!

VALE BRIAN JOHANSSON



by Linda Connor

It is with enormous sadness that we heard of Brian's passing on the 19th September 2020. Over the last six years Brian has been the volunteer co-ordinator of the community kitchen at the Grovedale Neighbourhood House.

Brian was passionate about the community kitchen and created a safe and enjoyable environment for all the participants. He created tasty, healthy low-cost meals every week. In the process of teaching participants how to cook Brian developed a connection with each participant, encouraging them and developing their confidence.

Brian created a fun place to be greatly with the participants and during Melbourne Cup it was not unusual to see

quirky hats and bow ties in the community kitchen, or Santa hats at Christmas and off course the crazy Easter bonnet. Brian was committed to community and was concerned for the environment and eating home grown produce. He was involved in the community garden and the community food swap. Brian also had a creative passion in the form of ballroom dancing. He was suave and elegant as well as being our much cared for community kitchen facilitator in an apron and up to his elbows in flour.

Brian was kind and gentle and was instrumental in reducing social isolation and creating connection and engagement for many participants over the years at Grovedale

Neighbourhood House. Brian was a private person devoted to his family and to the community. Brian will be missed but his quiet leadership and work will be remembered and cherished by the participants at the community kitchen and all of us at Grovedale Neighbourhood House and the Grovedale Community Hub.

Brian's family as per Brian's wishes did not have a funeral service however, they will hold a celebration of his life in the new year and we will inform you of the details.

Thank you, Brian, for all the wonderful meals and for the amazing community kitchen you provided at Grovedale Neighbourhood House.



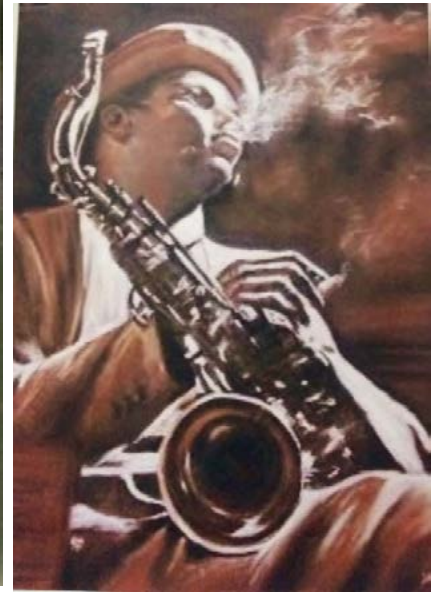
Brian will be missed but his quiet leadership and work will be remembered and cherished



WOO-HOO! We're back!



StudioArt6 - Jen Jones,
Resident Artist @ Grovedale
Neighbourhood House Heyers
is back for Term 1 - 2021.
Registration is now open
for the following classes. All
classes cater for the beginner
right through to the more
accomplished artist. Current
Covid-19 restrictions and safety
requirements adhered to.



SATURDAY - Acrylic and Pastel Art Class.

10 week - \$180

Start date: Sat 23rd Jan -
27th March

Times: 10.30am -1pm

MONDAY - Soft Pastel/Acrylic Art Class.

10 week - \$180

Start date: Mon 25th Jan - 29th March

Times: 1.30pm - 4pm

Any queries regarding payment or registration
can be directed to Jen:

Mob: 0408 461 559

E: jjones53@internode.on.net

W: studioart6.com.au

Cancellations:

- Cancellations will forfeit fee paid as classes are reliant on numbers to proceed.
- Make up classes can be booked for an alternate session during the current working block, classes may not be booked for the following term.
- To book in to a class, full payment prior to commencement, via PayPal / Direct Bank Transfer, is required.
- Students must supply their own art materials.
- Refreshments supplied.



5

I conduct classes & Workshops throughout the year at the Meredith Community House. Throughout the year I work side by side with an environmental & educational organisation, 'Bug Blitz', and the Geelong Field & Game, as the Artist teaching young school students at the Lake Connewarre Wetlands.

As a professional artist, my portrait work has been predominantly in soft pastels and my works are now hanging as far afield as the UK, Denmark, New Zealand and other States of Australia.



Jose Garrido-Palacios and Karen Coombs, competition dancers.

Photo by: Kerrie Rolls Bourke Photography

Cha cha your way back to the Hub!

Hi we are Jose Garrido-Palacios and Karen Coombs, competition dancers with years of experience and our dance classes are back at the Grovedale Neighbourhood House on Friday nights.

We are competition trained A grade ballroom dancers. We teach Ballroom Standard, Latin American and New Vogue dances.

We cover the most popular dances in each of these styles including Waltz, Quickstep, Slow Foxtrot, Tango, Viennese Waltz, Cha Cha, Rumba, Jive and Samba.

In the New Vogue Style, we have a list of over 100 popular dances that we teach.

The Friday night classes and dances cater mainly to beginners and those seeking to improve their skills.

You can come with your partner, friend or on your own. Adults of all ages and genders are welcome.

Please contact Jose on 0401673221 for further details. Cost \$10/person. Class runs from 7.00-8.30pm.



Introduction to Buddhist Meditation Course

The ancient method of Dzogchen meditation allows the mind, body and energy to rest all at once. Scientific research shows that meditation will not only change our mind but also our brain to bring about lasting well-being.

Attendees will be taken through guided mindfulness and shamatha meditation practices to help focus and calm the mind. Attendees are also welcome to participate in our ongoing study course where we will listen to and discuss recorded teachings on meditation and Dzogchen given by revered Tibetan lama, His Eminence Dzogchen Rinpoche.

When: Fortnightly on Sundays between 10am and 11am
Where: Grovedale Neighbourhood House,
45 Heyers Rd, Grovedale VIC 3216
Fees: \$10 per session

Please let us know in advance if you will be attending.

0407 018 498

vic@shenpenaustralia.org

www.shenpenaustralia.org



what's on term 1 2021

EXERCISE

AGEING WITH CONFIDENCE

Stay active and healthy.
Commencing: Monday 25th
Jan 9.00am
Wednesday 27th Jan 9.00am
\$6 per session if paid monthly
or \$7 casual
BOOKINGS ESSENTIAL
Phone: 5241 5717

BALLROOM DANCING

Suitable for beginners or as a
refresher course.
Friday 7.00 – 8.30pm
\$10.00 per session
Commences 29th January
Jose: 0401 673 221

WINGROVE CALISTHENICS

Mon: Tinies 4.15, Jnrs 5.30pm
Seniors 7.30pm
Tues: Sub Jnrs 4.30pm,
Inters 6.30pm
Thurs: Masters 7.30pm
Sat Class: 9.30
Contact: Rachael
0408 899 894

LINE DANCING

Saturday 24th April
1pm – 5.00pm
Email pauline@pgld.com.au
for more information

INNER HEALTH YOGA

New to the Hub
Slow Movement Yoga
Commencing Friday
5th Feb @ 10am
Contact: Lesley 0478 581 319

WELLBEING

TOWN (Take Off Weight Naturally) Weight Loss Support Group

Wed 6.00pm – 7.00pm
Commences 6th January
Contact Heather 0417516020

GITA DISCUSSION GROUP

Wednesday 7.00 – 9.30pm
Commencing 27th January
\$2.50 p/wk
Contact Michael: 5264 7484

UPANISHAD DISCUSSION GROUP

Wednesday 10.00 – 12.00pm
Commencing 27th January
\$2.50 p/wk
Contact Michael: 5264 7484

UKES 'N MORE

Community Ukulele Group
Wednesday evening 7pm
Beginners time TBC
A fun and social group for all
ages.
Learn the basics of playing the
ukulele. You do not need any
prior experience.
Contact Ross: 0430 871 045 for
further information.

MEDITATION

Introduction to Buddhist
meditation course.
Meets fortnightly
Sunday from 9.30am
Commencing 14th February
Contact: 0407 018 498 or email
vic@shenpenaustralia.org
www.shenpenaustralia.org

NEW TO THE HUB!

THE JUNGLE BODY WITH KAT B

Dance Fitness
Commencing Thursday
4th Mar @ 6pm
Contact: Katrina
0433 663 996

U3A @GNH

YOGA

Commencing Monday
15th February
& Friday 19th February

VICTORIANS INTO MODERN

Commencing 15th February

OUR SOLAR SYSTEM

Commencing 16th February

AMERICAN CIVIL HISTORY 1860-65

Commencing 17th February

TRAGEDY & COMEDY IN LITERATURE

Commencing 18th February

PHILOSOPHY

Commencing 18th February

For course and
commencement updates,
contact U3A on
5244 5114



MISC

JEREMY'S COMPUTER HELP

Need assistance with your technology?
Come and see Jeremy.
Commencing Tuesday 2nd February
Bookings Only:
5241 5717

ZIMBABWEAN LANGUAGE CLASS

Commencing Sunday
31st January
Contact: Athanas
0424 326 267

ARTS & CRAFTS

SOGETSU IKEBANA

Ikebana is the unique Japanese form of floral art. With understanding and practice, beautiful works may be created with even quite humble materials.

Thurs: 6.00 - 8.00pm
Commencing 11th February
Contact: Christopher
Phone: 5261 3983 or
roadsideikebana@bigpond.com

ART CLASSES

Teacher Jen Jones will be conducting lessons for beginners through to the more advanced students
Monday: 1.00pm – 3.30pm
Commencing 25th January
Saturday 10.30am – 1.00pm
Commencing 23rd January (10 wks.) \$180.00
Contact: Jen 0408 461 559
Jjones53@internode.on.net

CRAFT CREATORS

Sewing & Patchwork group
Friday 9.30am – 12 noon
\$2.50 pw
Commencing 5th February
Phone: 5241 5717

BACK IN TERM 1

GROVEDALE SENIOR CITIZENS

Various activities are held every week
Contact: Terry 5241 4308
Commencing From 8th February

MEN'S SHED

An active and productive group.
Call for more info.
Contact Merv Poyner: 0417 037 942

FOOD SWAP

Third Saturday of the month
9.30 – 10.30am. Bring your excess produce for swap at Grovedale Community Garden.
Contact Vic: 0407 231 350

GEELONG AREA FRIENDS (GAF)

Meets Monthly
Thursday 9.00am – 12.00pm
Phone: 5241 5717

WE'RE BACK
AND LOOKING
FORWARD TO
SEEING YOU
ALL!

Do you have new ideas for classes, clubs, groups etc?

We encourage new enquiries from new tutors, coaches, groups, clubs etc. Anyone from all walks of life is welcome to use our spaces. Avail of reasonable community costs that Grovedale Neighbourhood House provides.

EMAIL:

info@grovedalenh.org.au

CALL 03 5241 5717

www.grovedalenh.org.au

https://www.facebook.com/

GrovedaleNeighbourhoodHouse/



ASD Parenting Together Support Group 2021

Are you a parent or carer of a child with Autism Spectrum Disorder?

The ASD Parenting Together Support Group will be meeting Wednesdays from 1:00pm-2:00pm using Zoom Video Conferencing. This group aims to improve social connections for parents and carers of children with Autism Spectrum Disorder by providing a space to meet other parents and carers with shared experiences in the Greater Geelong region. Participants will have the opportunity to discuss their challenges and concerns relating to raising a neurodiverse child in a non-judgmental, supportive and friendly environment. This group will also act as peer support network

where parents and carers can share their unique strengths and knowledge to learn from each other and foster confidence.

Guest facilitators will join the group from time to time to share their expert knowledge in relation to parenting, Autism Spectrum Disorder, useful tools and resources, and navigating NDIS and other support services. Previous facilitators have included professionals from the Association for Children with a Disability, Barwon Health, AMAZE, and Geelong Mediation Centre.

To register or for more information, please email CCAdmin@geelongcity.vic.gov.au or phone 5272 5024.

ASD PARENTING TOGETHER SUPPORT GROUP

COMMENCING 3 FEBRUARY 2021

Wednesdays 1.00pm – 2.00pm

Are you the parent or carer of a child with Autism Spectrum Disorder?

Join us each week via Zoom Video Conferencing to meet other parents and carers in the Greater Geelong community with shared experiences. This group provides an opportunity to discuss challenges and concerns, share your unique knowledge, and learn from group members and guest facilitators about topics such as navigating NDIS, self-care, and useful resources.

BOOKINGS

To register please contact 5272 5024 or CCAdmin@geelongcity.vic.gov.au

**FREE
ONLINE
SUPPORT
GROUP**

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GEELONG

Sheba Drivers Wanted

Join the All Women Rideshare Movement and Safely Transport Women and Kids Every Day. Flexibility, Financial Empowerment & Feel 100% Safe - in the Comfort of Your Own Vehicle. Sign up today at [Shebah.com.au/drive](https://shebah.com.au/drive) or email driveforus@shebah.com.au We can't wait to have you onboard and a part of our community of driven women across Australia. Love Shebah

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- Roadworthy Certificate
- Working With Children Check
- Vehicle Registration
- Insurance
- Commercial Passenger Vehicle License.

APPLY AT
[SHEBAH.COM.AU/DRIVE](https://shebah.com.au/drive)



A note from Lesley of Inner Health Yoga



INNER HEALTH YOGA
slow - movement - yoga

“ My name is Lesley and I'm very much looking forward to bringing my Inner Health Yoga class to the Grovedale Neighbourhood House in 2021! I have been practicing Yoga for 12 years now and teaching for 5.

I'm trained in traditional Hatha Yoga (Advanced Dip of Yoga) and specialise in Slow-Movement-Yoga, especially suited to people suffering from a chronic disease, anxiety, insomnia, lower back pain, osteoarthritis & osteoporosis etc, but also for those beginning or more experienced in Yoga.

I focus on increasing: strength, balance, flexibility & agility - leading to greatly improved health and general wellbeing.

My class will run for an hour and you will need: a yoga mat, cushion & maybe a blanket.

Please come and join me and start your own Yoga journey in 2021!

Namaste ... Lesley



Uniting Barwon Emergency Relief

Our team provides services to individuals and families who are struggling to make ends meet. Emergency Relief addresses the gap in resources including food, clothing and material aid.

WE ARE OPEN

WE OFFER SUPPORT SUCH AS -

- Food and food vouchers
- Clothing – Adult & Children
- Nursery Items
- Furniture and Household Goods
- NILS (No Interest Loan Scheme)
- Family Bill Assist Program
- Homelessness and Housing
- Education Assistance Program
- Advocacy and links to other services

PLEASE GIVE US A CALL:

- GROVEDALE - 4210 1100
- NORLANE - 5278 8492
- WINCHELSEA - 0419 535 490



...to inspire people, enliven communities
and confront injustice.

Love Op Shops? Enjoy customer service? Ready to help your local community? Uniting Barwon needs you!

Make friends for life and join the team at our brand new Op Shop - opening soon. Be part of an exciting adventure with the opening of Uniting Barwon's newest Geelong Op Shop. Join the team. Set the bar. Make your mark. Demonstrate your excellent customer service and communication skills. Showcase your attention to detail. Enjoy working with a can do team - in a bright new store. Training and support provided.

Newstart Participants encouraged to apply. Contact Elizabeth Hopkin on [4210 1113](tel:42101113) or email elizabeth.hopkin@vt.uniting.org

unitingvictas.org.au





OLDER PERSON MENTAL HEALTH FIRST AID

**FREE
ACCREDITED
TRAINING**

**OPTION 1: MONDAY 8 FEBRUARY & TUESDAY 9 FEBRUARY 2021, 9:00AM–5:00PM
GROVEDALE NEIGHBOURHOOD HOUSE, BANKSIA LEARNING CENTRE**

**OPTION 2: MONDAY 22 FEBRUARY & TUESDAY 23 FEBRUARY 2021, 9:00AM–5:00PM
NEWCOMB HALL, MAIN HALL**

BOOKINGS ESSENTIAL

This training qualifies participants in Older Person Mental Health First Aid. For more information, bookings or to express interest in future training opportunities, please contact Community Inclusion Unit on CCAdmin@geelongcity.vic.gov.au or 5272 5024

Homestyle Aged Care, the way it should be!



For a personal tour, please call
Jodie Slater on (03) 5243 8522

Belmont Grange
34-36 Church Street
Grovedale VIC 3216
Ph: (03) 5243 8522

Melbourne
Geelong

Homestyle
AGED CARE

 Homestyle Aged Care