

Term 4, 2024

7th October - 20th December



Leongatha Community House Inc

• learn • connect • share

Welcome to Term 4 at Leongatha Community House!

What a year it has been and it's hard to believe we are heading into our last term of 2024 already!

We are hoping you can make it along to our special events for Term 4 starting with the Carers Gratitude Lunch on Friday 18th October, then our 16 Days of Activism event on Friday 29th November and finishing with our Christmas Celebration on Friday 6th December.

Our Out and About Bus trips are not slowing down in Term 4 with popular day trips, Wednesday Leongatha run and the new Burra-Gatha shuttle service running every Thursday.

As we head into warmer weather there is plenty of programs from health & wellbeing, creative practice, all abilities, crafts, special interest, children and young people and support groups.

Our programs are fun, affordable and inclusive. Everyone is welcome at our Community House. Please let us know if you have any ideas for activities or skills you would like to share.

We hope to meet you soon.

Bec Arnason,
Acting Manager.

Annie Terese,
Programs.

Supported by:



Leongatha Community House Inc is a proud member of Neighbourhood Houses Victoria and the Australian Neighbourhood Houses and Centres Association. You can be assured that your Community House meets all required standards of operation.



Where to find us



16 Bruce Street, Leongatha 3953

Office Hours: Monday - Friday: 9:00 am - 3:30 pm

Phone: 5662 3962 **Mobile:** 0497 899 481

Email: info@leongathacommunityhouse.org.au

Website: www.leongathacommunityhouse.org.au

Facebook: www.facebook.com/leongathach/

Instagram: www.instagram.com/leongatha_community_house/

Leongatha Community House Inc is a proud member of Neighbourhood Houses Victoria and the Australian Neighbourhood Houses and Centres

Association and receives support from South Gippsland Shire Council and the Victorian Department of Health & Human Services.

ABN: 48 180 414 316 Registered No A1136 L



South Gippsland
Shire Council



Terms and Conditions

Paid Programs for Term 4 will run from 7th October – 30th November only. Bookings are essential for paid programs. Minimum numbers are required. Bookings are tentative until enrolment is confirmed, and full payment received. Payment is due 7 days prior to the start date for programs.

We accept payment in cash, or EFTPOS during office hours or online payments at the time of booking. Card payments incur 1.9% surcharge. LCH also accepts direct deposits made to Leongatha Community House BSB 633 000 Account 107 338 337 please include your surname and program name.

General Information Cancellation and Refund Policy

A full refund will be provided for services cancelled by Leongatha Community House. A full refund for participant cancellations given with seven business days' notice.

Scan the QR Code here for online bookings



No refund is provided for participant cancellations 7 days' notice. Withdrawals after the commencement of the course are non-refundable except in special circumstances.

All Abilities

Details	Dates	Cost
<u>Ready for Hospitality</u> Learn Local Course Would you like to ready yourself for a career in hospitality? Then this course is for you. The group will also be prepping for and hosting a monthly community café.	Monday 9.30am - 2.30pm Term 4	\$50 Enrolment fee
<u>All Abilities Women's Group</u> Come and join our women's group where we will be running all different activities and programs to suit your goals and interests. The group decides on their activities for the term which can include varied and interesting crafts, cooking including sweet and savoury dishes, excursions and shopping, and many different art projects.	Tuesday weekly 9.30am -12pm During School Term	Cost will vary depending on activities
<u>All Abilities Self Defense Class</u> Brad, our qualified trainer, will teach an aerobic workout style, self defense program, incorporating self confidence, fitness and self preservation. The sessions are low impact, fun, interactive, and interesting. Participants will learn valuable and useful skills for everyday fitness at any level. Limited spaces, BOOKINGS ESSENTIAL	Tuesday weekly 1.45 - 2.30pm During School Term	\$96 per term 8 weeks

LCH Community Bus

Join us on our community outings. If you would like to see a destination added please let us know.

Details	Dates	Cost
<p><i>Running errands—Leongatha</i> Wednesdays WEEKLY Personal Day We will be picking up in: Dumbalk, Dollar, Meeniyen, Koonwarra, Leongatha, Korumburra & surrounds.</p>	<p>Wednesday 10am - 2pm</p>	<p>Leongatha \$5 Korumburra \$6 Koonwarra \$6 Meeniyen \$10 Dumbalk \$10 Dollar \$12</p>
<p>The Gatha-Burra Shuttle Thursdays WEEKLY Connecting our towns Running from Leongatha through to Korumburra stopping at several stops</p>	<p>Thursday 9am -3pm</p>	<p>Free</p>
<p>Tesselaar Tulip Festival Visiting the enchanting Tesselaar Tulip Festival . Visitors can enjoy a vibrant mix of cultural performances, live entertainment, and a diverse range of food stalls, all while taking in the breathtaking floral displays.</p>	<p>Tuesday 8th October 8:30am</p>	<p>\$30 Plus Entry fee Full fee \$24.50 Conc \$22.50 This does not include lunch</p>
<p>Dandenong Botanical Gardens Victoria's premier cool-climate garden, where vibrant collections of rhododendrons, azaleas, and camellias create a stunning display year-round. Take in breathtaking views over the Yarra Valley and explore the garden's scenic paths.</p>	<p>Friday 18th October 8:30am</p>	<p>Bus \$30 This does not include lunch Optional Garden tour Adults \$11.00 Concession \$8.50</p>
<p>Walhalla town walk and lunch at the Walhalla Pub Join us for a day of exploring Walhalla, a historic gold mining town in Victoria, Australia. Discover its 19th-century architecture and scenic valley setting, then unwind at the iconic Walhalla Pub with rustic charm, local beers, hearty meals, and stunning mountain views</p>	<p>Friday 25th October 9am</p>	<p>\$30.00 Plus Lunch Money</p>

LCH Community Bus cont.

Details	Date	Cost
<p>Dandenong Market Join us for a day out as we visit the bustling Dandenong Market! Explore a diverse range of fresh produce, unique crafts and delicious street food.</p>	<p>Tuesday 29th October 9am</p>	<p>\$20 This does not include lunch.</p>
<p>Phillip Island—Nobbies/Cowes RSL Here you will see the highest population of Fur Seals in Australia, and there's no better place to view them than from the boardwalk that circles around the headland. Enjoy lunch at Cowes RSL</p>	<p>Tuesday 12th November 9am</p>	<p>\$20 Plus Lunch money if eating at the RSL</p>
<p>Héronswood Gardens Héronswood is a breathtaking historic property situated on two hectares of formal gardens in Dromana. It is the home of the Digger's Club and Foundation dedicated to preserving heirloom seeds and the best gardening traditions.</p>	<p>Tuesday 19th November 9am</p>	<p>\$30 Plus Entry Fee \$15.00</p>
<p>Noojee Hotel lunch with a stop @ Yarragon vintage market We'll enjoy a delicious lunch at the historic Noojee Hotel, followed by a stop at the charming Yarragon Vintage Market.</p>	<p>Tuesday 26th November 9am</p>	<p>\$30 Plus Lunch money</p>
<p>Fountain Gate Shopping Centre Finish your Christmas shopping at Fountain Gate Shopping Centre, where you'll find everything you need in one place for a seamless shopping experience.</p>	<p>Tuesday 3rd December 9am</p>	<p>\$20 This does not include lunch.</p>
<p>Mornington Botanical Gardens Located between two art galleries on the Mornington Peninsula, Mornington Botanical Rose Gardens provide a peaceful space to explore and enjoy</p>	<p>Tuesday 10th December 9am</p>	<p>\$20.00 Free entry This does not include lunch.</p>
<p>Christmas Light Tour Join us for a festive evening exploring the best Christmas lights in Leongatha and surrounding towns !</p>	<p>Tuesday 17th December 8pm</p>	<p>\$10</p>

Health & Wellbeing

Details	Dates	Cost
<p><u>SLOW FLOW YOGA</u></p> <p>For the beginner as well as the seasoned yogi who would like to slow down their pace. We take time moving in and out of poses and also to look inward and feel the benefits of each pose. Verbal instructions are offered to encourage the student to work at their level. This is an all level class. Leave energised and stress free.</p>	<p>Monday 9.30 - 10.30am</p> <p>Leongatha Community House 16 Bruce Street</p>	<p>\$80 Term fee 8 Weeks</p>
<p><u>QIGONG AND STRETCH</u></p> <p>May improve heart rate, respiration, blood pressure, hormone levels, any chronic inflammation, calms the nervous system, clears lungs, stimulates the skin just to name a few. Breathing coordinated with slow stretching and gentle standing movements. Sense a holistic connectiveness to oneself and aliveness circulating through your body.</p>	<p>Monday 11am - 12pm</p> <p>Leongatha Community House 16 Bruce Street</p>	<p>\$80 Term fee 8 Weeks</p>
<p><u>ZUMBA GOLD</u></p> <p>A popular, slower-paced, lower intensity version of a regular Zumba class. It is perfect for beginners, older adults. The class uses simple steps and rhythms to create a workout that is fun and easy to follow, and also helps improve balance and coordination,</p>	<p>Tuesday 9am - 9.45am</p> <p>Dakers Centre in Smith Street Call for details</p>	<p>\$80 Term fee 8 Weeks \$10 session</p>
<p><u>Over 60's Medium Intensity Exercise Class</u></p> <p><i>Bookings for this class are essential</i></p> <p>This class is medium to high intensity so expect to sweat!</p> <p>BYO: Mat, sweat towel & water bottle</p>	<p>Tuesday 10am - 10.45am</p> <p>Dakers Centre in Smith Street Call for details</p>	<p>\$64 Term fee 8 Weeks \$8 session</p>
<p><u>Over 60's Low Intensity Exercise Class</u></p> <p><i>Bookings for this class are essential</i></p> <p>This class is low intensity, it suitable for people with limited mobility or like the slower pace of an exercise class. Mainly chair based.</p> <p>BYO: Water bottle & sweat towel</p>	<p>Tuesday 11am - 11.45am</p> <p>Dakers Centre in Smith Street Call for details</p>	<p>\$64 Term fee 8 Weeks \$8 session</p>

Health & Wellbeing

Details	Dates	Cost
<p><u>Women's and Teens Self Defense</u></p> <p>A self defence program for women teens aged 12+, incorporating self confidence, fitness and self preservation.. The sessions are fun, interactive, and interesting. Empower yourself and develop valuable skills for fitness at any level.</p>	<p>Tuesday 5pm - 6pm</p> <p>Bookings essential</p>	<p>\$120</p> <p>8 Week Term</p> <p>Term fee</p>
<p><u>Chair Yoga</u></p> <p>Move through gentle yoga poses sitting in a chair while stretching and holding poses or standing and using the chair for balance. Improve their strength while minimising the risk of falls. BYO blanket for Savasana (resting at end of lesson)</p>	<p>Tuesday 5.15 - 6.15pm</p> <p>Bookings essential</p>	<p>\$80</p> <p>8 Week Term</p> <p>Term fee</p>
<p><u>LCH Wednesday Walkers</u></p> <p>(Heart Foundation Walking Group)</p> <p>Enjoy walks around the town (and beyond) in good company. Join for a coffee at a local café after, all welcome to join.</p>	<p>Wednesday 9:30 - 10.30am</p>	<p>FREE</p>
<p><u>Hatha Yoga</u> (Pat Warburton)</p> <p>Gentle "body and soul" stretching and relaxation for all ages.</p> <p>BYO: mat, rug, and cushion or pillow</p>	<p>Wednesday 9.30 - 10.30am</p>	<p>\$40</p> <p>Term fee 8 Weeks \$5 session</p>
<p><u>Meditation</u> (Pat Warburton)</p> <p>Guided Meditation</p> <p>BYO: mat, rug, and cushion or pillow</p>	<p>Wednesday 10.45 - 11.15am</p>	<p>\$40</p> <p>Term fee 8 Weeks \$5 session</p>
<p><u>T.O.P.I.C (Take Off Pounds in Company)</u></p> <p>A friendly group supporting one another to be healthy</p>	<p>Thursday 12 - 2pm</p>	<p>This is an external program</p>
<p><u>Parents and Friends of Queer Youth (PFQY)</u></p> <p>Is a monthly gathering of LGBTIQ+ young people and the parents and friends who support them. Come along to help make South Gippsland a better place for queer young people to thrive.</p>	<p>First Friday of the month 7pm onwards</p>	<p>\$3</p>

Crafts

Details	Dates	Cost
<p><u>Knitting & Crochet Group</u></p> <p>Experienced or beginner, this friendly group is a great way to share your enjoyment of these fun crafts. BYO lunch and your knitting or crochet project and enjoy a great Sunday.</p>	<p>1st Sunday of every month</p> <p>10:30am - 3pm</p>	<p>\$5</p>
<p><u>Sewing & Patchworking Group</u></p> <p>Gather with others to design, sew, and finish off your projects. Share ideas and motivation with others and make new friends too. Beginners welcome! Machines and supplies available for beginners.</p>	<p>Tuesday</p> <p>1pm - 4pm</p>	<p>\$3</p>
<p><u>Craft in Company</u></p> <p>Bring along your WIP's (Works in Progress) or UFO's (Un-Finished Objects) and progress them in good company over a cuppa. Share your successes, and/or learn some new skills.</p>	<p>Thursday</p> <p>10am-12pm</p>	<p>\$3</p>
<p><u>Beginners Sewing</u></p> <p>Come along and learn how to sew, alter or make clothes that fit your body guided by experienced dressmaker. No previous experience needed.</p>	<p>Thursday 1pm--3pm</p> <p>Bookings essential</p>	<p>\$60 4 week blocks Starting 10th October</p>

User Groups

We are proud to be the chosen "home" for the following groups that meet at the Community House. Additional or new groups are always welcome.

Woorayl Cerc

Third Monday bi-monthly

Kinship Support Group

Meets monthly on a Thursday

Leongatha Group of AA

Meets weekly on Saturdays 10am

Basketry & Fibre Group

Meets on the 4th Sunday at 10:30am

Leongatha Horticultural Society

Meets 2nd Thursday at 4pm-6pm

Embroiderers Guild Leongatha

Meets on 1st Saturday 11am—3pm

Please note: the Community House does not run these groups; if you would like to participate in any of them, we have contact details.

Special Interest

Details	Dates	Cost
<p><u>Monthly Friendship Group</u></p> <p>Join us monthly for fun, laughter, and support. All are welcome as we build connections and create lasting friendships in our community.</p> <p>*12 October *9th November *7h December</p>	<p>Second Saturday of the month</p> <p>10 - 11.30am</p>	 <p>\$3</p>
<p><u>Tech Time</u></p> <p>Drop in to this weekly session for help with smartphones, tablets, and other portable devices.</p>	<p>Monday</p> <p>9.15 - 10.15am</p>	<p>FREE</p>
<p><u>Ukulele Jam</u> (Janet Head)</p> <p>Do you play the ukulele? Or you'd like to learn? Whether you're an experienced player or just starting out, come along for practice and fun.</p>	<p>Monday</p> <p>1pm - 2.30pm</p>	<p>\$3</p>
<p><u>Creative Writing & Story Telling</u></p> <p>Each week someone brings something that might inspire the writers eg: photos, objects. Writers right their own story that's inspired by the object or theme. Group members then share their stories followed by group discussions.</p>	<p>Tuesday</p> <p>10am – 12pm</p>	<p>\$3</p>
<p><u>Book Club / Book Chat</u></p> <p>Once a month we discuss our book club book and the other fortnight we share what else we have been reading.</p>	<p>2nd & 4th Wednesday</p> <p>1 - 2.30pm</p> <p>Starting 9th Oct</p>	<p>\$3</p>
<p><u>LCH Photography Group</u></p> <p>Do you own a DSLR camera and have an interest in photography? Join our monthly meeting to share all things photography, in a fun, relaxing way.</p> <p>*16 October *20 November *18th December</p>	<p>3rd Wednesday of every month</p> <p>7 - 9pm</p>	<p>\$3</p>
<p><u>Mahjong</u></p> <p>Mahjong, is a game that is similar to Rummy, but it is played with tiles instead of cards.</p>	<p>Wednesday</p> <p>1 - 3pm</p>	<p>\$3</p>

Special Interest continued

Details	Dates	Cost
<p><u>LCH Gardening Group</u></p> <p>This program is run in conjunction with Leongatha Community Garden. Join us and give us a hand to help our vegie patch grow.</p>	<p>Thursday 8.30 -11am</p>	<p>Free</p>
<p><u>Beginners Conversation in Italiano</u> (Conversations in Italian with Connie Di Blasi)</p> <p>Learn, practice and improve your fluency in an informal and fun atmosphere.</p>	<p>Friday 10 -11am</p>	<p>\$80 Term 8 weeks</p>
<p><u>LCH Solo Card Group</u></p> <p>Come along and learn how to play this interesting and fun card game.</p>	<p>Friday 9am - 1pm</p>	<p>\$3</p>
<p><u>Leongatha Minifigure Dungeons and Dragons</u></p> <p>Come, chill and discuss all things D'n'D while crafting and painting your minifigures and accessories</p>	<p>Friday 6pm</p>	<p>\$3</p>
<p><u>Leongatha Dungeons & Dragons Group</u></p> <p>This table-top role-playing game is loads of fun; join the group for amazing adventures, explore new worlds, and let your imagination take flight. 18 and over.</p>	<p>Saturday 5.30pm</p>	<p>\$3</p>

NDIS Afterschool Social group

Details	Dates	Cost
<p><u>NDIS Afterschool social group</u></p> <p>Join the NDIS Afterschool social group for fun and friendship. Programs depend on participant interests & goals. Activities often include cooking, swimming, fishing craft & lots more. School pick up and home drop off's are provided. Waiting list only.</p>	<p>Tuesday 3 – 6pm During School Term</p>	<p>Cost will vary depending on activity</p>

Creative Practice (Bookings essential)

Details	Dates	Cost
<p><u>LCH Photography Workshops</u> Learn the tricks and tips of your camera with the very knowledgeable Roy.</p>	<p>Tuesday 7 - 9pm Starting date 8th October</p>	<p>\$100 5 sessions</p>
<p><u>Drawing with Constance Barker</u> Exploring drawing portraits. Draw what you SEE rather than what you THINK you see. Some prior drawing helpful but not essential.</p>	<p>Thursday 5-7pm 10th, 24th, & 31st October</p>	<p> \$75 3 sessions</p>
<p><u>Acrylic Painting</u> Beginners and beyond. Want to try painting with acrylics? Or perhaps further your skills? Join our tutor Tracy and learn with our friendly group.</p>	<p>Fridays 10am - 12pm</p>	<p>\$80 Term fee</p>
<p><u>Saturday Art - Constance Barker</u> Play with acrylic abstracts to be made into bookmarks for Christmas presents and laminated.</p>	<p>Saturday 10am - 2pm 9th & 30th November</p>	<p> \$40 per session</p>
<p><u>Basketry Workshop with Pat Dale</u> Beginners workshop. Make a cord line hanging fish using natural plant fibre to create an unusual basket you will love. All materials supplied</p>	<p>Saturday 10am - 3.30pm 20th October</p>	<p> \$40</p>
<p><u>Calligraphy Class Christmas Cards</u> (Jen Chitty) Learn the art of Calligraphy. This popular workshop will focus on French Ronde script and create a personalised Christmas Card.</p>	<p>Saturday 12pm - 4pm 30 November</p>	<p>\$15</p>

Children and Young People

SCHOOL HOLIDAYS		
<p><u>Self-defence for Teens 12-18yo</u> Incorporating self confidence, fitness and self preservation. The sessions are fun, interactive, and interesting. Participants will learn valuable and useful skills for everyday</p>	<p>School Holidays Tuesday 24th September 1st October 1-2pm</p>	<p>\$10 per session</p>
<p><u>Teen Sewing Basics</u> Come along and learn the basics of sewing with a machine. Bring your own projects or we will supply a project for you to complete. All materials supplied including machines. If you have a machine bring your own.</p>	<p>School Holidays Thursday 26th September 3rd October 1-3pm</p>	<p>\$15 per session</p>
SCHOOL TERM		
<p><u>Kids Art & Craft</u> Primary School Age children get creative! Kids are given practical, free and hands on experiences with a variety of different mediums. Can include clay, jewelry, origami, house design, papier mâché, tie dyeing, macrame, flower making, applique, fibre skills, mosaics, paper crafts, and scrapbook collage.</p>	<p>Wednesday 4pm-5.30pm During School Term</p>	<p>\$120 Term fee 8 Week</p>
<p><u>Leongatha Dungeons and Dragons</u> This group is for teenagers and young adults new to the world of D'n'D wanting to join and experience adventures, create characters, try out a thrilling adventure and learn how to play.</p>	<p>2nd & 4th Friday of the month 6pm</p>	<p>\$3</p>

Follow us on Instagram and Facebook for more events to be added, check local newspapers, or sign up for monthly emails.



For Bookings:
Call 5662 3962, SMS 0497 899 481, or
email info.leongathacommunityhouse.org.au

Support Groups

Details	Dates	Cost
<p><u>Chronic Pain & Mental Health Support</u></p> <p>Living with chronic pain can be overwhelming, especially when it impacts your mental health. Individual peer support group provides a safe, welcoming space to share experiences, gain support, and find strength with someone that understands. Whether you're seeking advice, friendship, or just a listening ear, we're here to help you navigate the challenges of chronic pain and mental health. Together, we can find hope and resilience.</p>	<p>Wednesday OR Thursday</p> <p>By appointment only</p> <p>Starting the 9th October</p>	<p>NO COST</p>
<p><u>Carers Support Group</u></p> <p>Caring for a loved one can be both rewarding and challenging. Our Carers Support Group will offer a compassionate community where you can share your experiences, receive emotional support, and connect with others who understand the unique demands of being a caregiver. Whether you need advice, resources, or simply a listening ear, we're here to help you navigate the caregiving journey.</p> <p>Starting off with our Carers Lunch on Friday 18th October</p> <p>Register your interest 1800 242 696 or email Iris.Gaillard@lchs.com.au</p> <p>This group is facilitated by Latrobe Community Health Service</p>	<p>11am Friday 18th October</p> <p>11am Friday 15th November</p> <p>11am Friday 20th December</p>	<p>NO COST</p>



Term 4, 2024 at a glance

Monday

9.15 - 10.15am	Tech Time	Weekly
9.30 - 2.30pm	Ready For Hospitality	Weekly
9.30 - 10.30am	Yoga	Weekly
10 - 11.30am	Friendship group	2nd Mon
11am -12pm	Qigong and Stretch	Weekly
1 - 2pm	Ukelele Jam	Weekly

Tuesday

9 - 9.45am	Zumba Gold	Weekly
9.30am - 12pm	All abilities Women's Group	Weekly
10am - 12pm	Creative Writing & Story Telling	Weekly
10 - 10.45am	> 60's medium Exercise Group	Weekly
11 - 11.45am	> 60's low intensity Exercise Group	Weekly
1 - 4pm	Sewing & Patchworking	Weekly
1.45 - 2.30pm	All Abilities Self Defence	Weekly
3 - 6pm	NDIS afterschool social group	Weekly
5.15 - 6.15pm	Chair Yoga	Weekly
5 - 6pm	Women's Self Defence	Weekly
7 - 9pm	Photography Class	Weekly TBC

Wednesday

Ring for times	Leongatha Bus - Personal Day	Weekly
9.30 - 10.30am	Wednesday Walkers	Weekly
9.30 - 10.30am	Hatha Yoga (Pat Warburton)	Weekly
10.45 - 11.15am	Guided Meditation (Pat Warburton)	Weekly
1 - 2.30pm	Book club/ Book chat	2nd Wed
1 - 3pm	Mahjong	Weekly
4 - 5.30pm	Kids Art and Craft	Weekly
7 - 9pm	LCH Monthly Photography Group	3rd Wed

Term 4, 2024 at a glance continued

Thursday		
Ring for times	The Gatha-Burra Shuttle	Weekly
8.30 - 11am	Gardening Group	Weekly
10am - 12pm	Craft in Company	Weekly
12 - 2pm	T.O.P.I.C	Weekly
1 - 3pm	Beginners Sewing	Weekly
5.00 - 7.00pm	Drawing with Constance 3 sessions	10, 24 & 31 Oct
Friday		
9am - 12.30pm	LCH Solo Card Group	Weekly
10am - 12pm	Painting with Acrylics	Weekly
10am - 11am	Conversations in Italian	Weekly
6pm	Dungeons & Dragons 12-25yo	2nd & 4th Friday
6pm	Mini Figure Dungeons & Dragons	Weekly
7pm onwards	Parents & Friends of Queer Youth	1st Friday
Saturday		
5.30pm - late	Leongatha Dungeons & Dragons	Weekly
Sunday		
10.30am - 3pm	Knitting and Crochet	1st Sunday

Follow us on Instagram and Facebook for more events to be added, check local newspapers, or sign up for monthly emails.



For Bookings:

Call 5662 3962, SMS 0497 899 481, or

Email: info@leongathacommunityhouse.org.au

Leongatha Community House Special Events

National Carers Week Gratitude Lunch

Carers are people who provide unpaid care and support to family members and friends who have a disability, mental health condition, chronic condition, terminal illness, an alcohol or other drug issue or who are frail aged. Anyone can become a carer, at any time. National Carers Week is an opportunity to raise community awareness among all Australians about the diversity of carers and their caring roles..



**11am—1pm Friday
18th October**

16 Days of Activism Walk Against Family Violence

By joining the Walk you can take action to prevent family violence and violence against women and stand in solidarity with victim-survivors. People of all genders are welcome. Bring your workmates, friends, family, chosen family – and even your dogs! Wear orange if you can, bring a water bottle, and don't forget colourful signs and banners



**11am—12pm Friday
22nd November**

Christmas Celebrations 12.30pm Aussie Christmas BBQ Lunch

Come along and celebrate a fabulous year at Leongatha Community House and share a simple barbeque lunch with some Aussie favourite desserts as well!



Friday 6th December

**Scan the QR Code here for bookings
Call 5662 3962, SMS 0497 899 481, or
info@leongathacommunityhouse.org.au**

