



# Norlane Community Centre

Rose Avenue, Norlane. Phone 5275-8124.  
E-mail: [admin@norlanecc.com.au](mailto:admin@norlanecc.com.au)  
Office Hours: 9am-5pm Monday to Friday

## Garden is full of colour

The Norlane Community Centre Garden is always abundant with colour.

During winter, the profusion of vegetables in their neat garden beds were a sight to behold. Herbs were picked for all those warm winter foods, the fruit trees were starting to bud and the bulbs were peeping up from the

ground heralding the arrival of spring.

There is also a spectacular display of succulents and natives in a rich profusion of colour.

The Community Centre garden has become a show piece, with other groups such as Diversitat, local schools

and churches visiting and seeking advice. Visitors are always welcome.

Norlane Community Centre participants and residents, along with a great team of volunteers, tend to the garden and reap the benefits of fresh healthy fruit and vegetables.



### Norlane Community Fruit, Herb and Vegetable Garden

Norlane Community Fruit, Herb and Vegetable Garden is self-managed by residents of all ages, cultures and abilities, to grow fresh healthy fruit and vegetables for their own use. If you are interested in your own veggie patch, contact Liz on 5275-8124.

### Computers

Community use is free for one hour on Friday, other times \$2 per hour unless computer classes are being held. Children must be accompanied by an adult.

### Photocopying, laminating and faxes

Norlane Community Centre can photocopy, laminate or send faxes for a minimum cost.

### Tai Chi for all abilities

For beginners and those who have had previous experience of Tai Chi. Classes held Tuesday 10-11.30am. Wear comfortable clothing and flat shoes. The Tai Chi group also maintains garden beds at the centre to grow their own vegetables, which are shared amongst the group.

Contact Monika on 5275-0005 or Maureen 5275-3939.

### Tuesday Art Group

Would you like to paint in a friendly, comfortable self-help group? Come and join us every Tuesday from 9am until 1pm and have a cuppa. All medians invited. The art group also has a garden plot at the centre for growing fresh vegies. Cost is \$4.

### Crochet group in 2014

The crochet group will commence again in 2014, on Thursdays from 1pm-3pm. Come along, learn, and share tips and patterns over a cuppa. All ages welcome. Bring your own materials. Cost \$1.

### Craft and friendship

The craft and friendship group meets at Norlane Community Centre every Friday from 1pm until 3pm. Come and enjoy afternoon tea and a laugh with a group of talented people of all ages. This is an opportunity to share your craft ideas or learn something new. Bring your own materials. Cost is \$1.

### Norlane Community Fruit, Herb & Vegetable Garden

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### Computers

Computers are available for free community use. They are free for one hour on Fridays and at other times \$2 per hour, unless computer classes are being held. Children must be accompanied by an adult.

### Northern Futures Work & Learning



Northern Futures is running four courses:

1. Logistical Supply Chain Course.
  2. Getting Ahead Program.
  3. Cert. 3 in Aged Care, Home and Community Services.
  4. Business Administration Course.
- For further details, phone 0437-655-360 or email: [helen.northernfutures@gmail.com](mailto:helen.northernfutures@gmail.com).

### Neighbourhood Watch

Are you interested in crime and safety in your area? Neighbourhood Watch holds meetings on the third Wednesday of every month at 7.30pm, for local residents interested in crime and safety in the community. Contact Rob, phone 5275-3939, for more details.

### Munch 'n' Crunch



Munch 'n' Crunch (MNC), the catering service of Encompass Community Services, will continue to provide delicious and healthy gourmet food, whilst also being a hospitality training venue for Encompass. MNC has a new and exciting menu, available on the Encompass website [www.encompass-cs.org.au](http://www.encompass-cs.org.au). A special 10 per cent discount is given to Norlane Community Centre partners. For inquiries, call 5274-2242, Monday-Friday, 8am to 3.30pm.

### Mental health counselling



The Barwon Medicare Local program provides free, short-term mental health counselling to people who have been referred by their GP. Priority is given to people who are Aboriginal or Torres Strait Islander, refugee, children under 12, or people on a low income. For more information phone Barwon Medicare Local on 5229-1922 or go to [www.barwonml.com.au](http://www.barwonml.com.au)



**Support for job seekers**

New Horizons, in partnership with Ostara, and with the support of Commonwealth funding, offers job seekers extensive, specialised support to find and maintain employment, preferably in their local area. It can assist jobseekers to access relevant training including White Card, Forklift Licences, First Aid and OH&S training, which can make all the

difference when looking for work. The service is available to anyone who may be concerned about their mental health. Employment Consultant Barbara Ryan is available from 9am to 5pm, Monday to Friday. For appointments and information phone Barbara on 0418-834-364.

**BRACE Education and Training & Employment**



The BRACE Education Literacy and Nueracy program is ideal for:

- Jobseekers.
- Parents returning to work.
- Registered jobseekers.
- People from cultural and linguistically diverse backgrounds.
- Those seeking a stepping stone to higher level qualifications.

Inquiries: 5337-9000.

# Thanks for knitting

Members of the Norlane Community Centre Craft and Friendship Group recently received a letter of thanks from staff of the St John of God Special Care Nursery.

The craft and friendship group, which meets at Norlane Community Centre every Friday from 1pm until 3pm, has been creating knitted goods for babies in the special care nursery.

Special Care Nursery Unit receptionist Tess Hall wrote to the group, saying "thank you for your lovely knitted goods for our Special Care Nursery babies. It is greatly appreciated."

For more information about the group, phone Norlane Community Centre, 5275-8124.

