



Norlane Community Centre

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

Goodbye and thanks from Liz

Liz Winning, a familiar face at Norlane Community Centre and a valued volunteer in the local area, recently retired after 22 years at the centre. This is Liz's message to the community: "You can achieve anything if you are willing to try, alter the way you think and learn to believe in your own abilities.

After 22 years of volunteering and being employed by the Norlane Community Centre, I have retired from the role of Administration Assistant. Over this time, I have been a volunteer, crèche worker, cook, cleaner, Committee Member, Secretary and Administration Assistant.

I would like to thank the Norlane Community Centre for their helping me in providing assistance and service to the Norlane/Corio community, whether through my volunteering or paid work and encouraging me in my enthusiasm and commitment to the local community.

The numerous classes I took such as community management, community and personal development coupled with the assistance from NCC has made me confident and competent.

Over this time, I have experienced the opportunities to work with culturally diverse groups, people with disabilities, and people who have a strong sense of



community, who are passionate about their suburb and supportive of others.

The Corio Norlane Neighbourhood Renewal Project gave me the voice to advocate for the community providing access to the policy makers, all tiers of government, which resulted in services and infrastructure improvements through the Housing and Education Regeneration and the increase in access to health services.

Through my role on the Corio Norlane Development Board I have watched attitudes of policy makers and workers change as they realised that the stigma to the area was unwarranted.

I was given the opportunity to speak on behalf of the Corio/ Norlane Community at the World Health Conference in Adelaide and the Doveton and Eumemmerring Neighbourhood house to speak on the experiences and insights for innovative activity in the community.

One of my greatest thrills was to be asked to do one of the forwards in the

government's The year 8 report of the Corio Norlane Neighbourhood Renewal Project at the conclusion of the project.

I was one of the inaugural members of the North Shore Train Station Meet and Greet helping travellers on and off the Overland Train from Adelaide with directions, ringing taxis or staying with them until their family or transport arrived.

As an inaugural graduate of the 2011 Barwon Community Leadership Program I was given the opportunities to explore the challenges and opportunities in Geelong and develop the skills to effectively assist the community to a brighter future.

I will still remain a community member on the Viva Community Advisory Group and the Terminals Community Engagement Group.

I have loved the camaraderie I have experienced with the staff and those who attend the Norlane Community Centre and I thank them for all their support over the years. I have accomplished many great things due to learning to believe in myself and my own ability to make a difference.

I will still be volunteering and supporting the NCC and helping Tabatha Young to settle into her new role as Administration Assistant."

www.norlanecommunitycenter.com.au

PROGRAMS AND GROUPS AT NORLANE

Tai Chi for all abilities

Classes are held every Tuesday from 10am-11.30am for beginners and those who have had previous experience of Tai Chi. Wear comfortable clothing and flat shoes. The group also maintains garden beds to grow its own vegetables, which are shared amongst the group. Contact Monika on 5281-7175 or Maureen 5275-3939.

Tuesday art group

Would you like to paint in a friendly, comfortable self-help group? Come and join the group every Tuesday from 9am until 1pm and have a cuppa. All art mediums are invited and the cost is \$4. The art group members also have a garden plot for growing their own vegetables.

Craft and friendship

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

Norlane Community Fruit, Herb & 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 Tabatha on 5275-8124



Tool Pool



Need to mow the lawn but can't afford the cost of a mower or hiring someone? Become a member of NCC Tool Pool and hire a lawnmower for a \$5 yearly Tool Pool membership and \$5 mower hire fee. No whipper snippers or brush cutters available for hire, but there are some hand tools and wheelbarrows that are free to borrow. The Tool Pool operates on Tuesday and Friday from 9am to noon. Inquiries 5275-8124.

Computers



Computers are available for community use at Norlane Community Centre. Community use is free for one hour on Friday and \$2 per hour at other times, 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.



Northern Futures Work and Learning Centre

Northern Futures, based at Norlane Community Centre, is running the following courses:

1. Certificate II Warehousing (Logistical Supply Chain).
2. Getting Ahead Program.
3. Certificate III in Aged Care, Home and Community Services.
4. Certificate II Skills for Work and

Vocational Pathways Business Administration Course.

5. Certificate III Health Support Services (HSS) House Keeping.
6. Certificate III Health Services Assistant (HAS) PSA.

For further details, phone Helen Long on 0437-655-360 or email: [helen.northernfutures@gmail.com](mailto:northernfutures@gmail.com).



Munch 'n' Crunch

Munch 'n' Crunch Catering (MnC) provides healthy, gourmet food to customers, while being a hospitality training venue for Encompass Community Services participants.

Munch 'n' Crunch is committed to tailoring its products and services to the needs of its customers. They understand that every function is different and that people may have special dietary needs.

Visit their website to find out more on www.encompass-cs.org.au/mnc.

To place an order or to discuss your specific requirements, please call one of their friendly staff members on 5274-2242, or email them on mnc@encompass-cs.org.au.

Munch 'n' Crunch is open Monday to Friday from 8am until 2pm.



Munch 'n' Crunch

Western Victoria Primary Health Network

The Western Victoria Primary Health 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 Western Victoria Primary Health on 5229-1922. www.barwonml.com.au