



daylesford
neighbourhood centre



Term 2 Autumn 2024

13 Camp Street, Daylesford

Phone: (03) 5348 3569

Email: admin@dncentre.org.au

Web: www.dncentre.org.au*

*All Courses can be booked direct from our website



From the Manager's Desk...



Welcome to Term 2 2024!

DIARY DATES: AGM—Mon 29th April—6pm

Members and public are welcome to attend the DNC Annual General Meeting. Meeting notices have been emailed out. If you would like to find out more about our organisation and how it works, why not come along on the night and meet the people behind the scenes?

DIARY DATES: COMMUNITY AFTERNOON TEA: Tues 21st May 2pm

You are welcome to join us at DNC for a community afternoon tea. We're throwing open our Paddock Room and we'll have tea and coffee, along with something sweet and maybe something savory. Please let us know if you would like to attend by calling us on 5348 3569.

NHVIC AWARDS DNC were honoured to be recognized at the recently held Neighbourhood Houses Conference. We were awarded a certificate in the Reducing Inequalities Category for our community Hygiene station. Our facility is being used regularly which is testament to the fact that it was a much needed resource for our town. I am very proud of this project, for our leadership in this space and the number of Centres that have called since its opening to advise me they are now implementing similar programs at their Centres. In addition, several councils, (one from South Australia and NSW) are also following in our footsteps. It shows how we can influence outcomes for others beyond our immediate sphere of accountability. Supporting people to help maintain their dignity in the face of hardship with something as simple as a shower and opportunity to wear clean clothes, is a small but meaningful gesture.

CLERKS ROOM FACELIFT Our Clerks Room has recently had a much overdue makeover and is now sporting a fabulous new feature wall, new furniture and had a fresh coat of paint! Everyone using this room is loving the new look! If you would like to book it for your next meeting or small workshop, give us a call at the centre to check availability..

VOLUNTEERS DNC is on the lookout for Volunteers and Tutors! If you have a special skill that you would like to share or teach, we'd love to talk to you. If you would like to know more, call in for a chat one day!

All courses can be booked from our website www.dnccentre.org.au
Click on the COURSES link, then scroll to locate your preferred course



Community

AFTERNOON TEA

*Come for a chat, share a cuppa and
enjoy afternoon tea on us*

TUES 21ST MAY 2024
2-3.30PM
DNC PADDOCKROOM
13 CAMP ST

PLEASE RSVP* TO 5348 3569

Daylesford Neighbourhood Centre
13 Camp St, Daylesford



*Where possible, dietary requirements
will be catered for

REDUCING INEQUALITIES

NHVIC AWARDS

- 2023 EDITION -

THIS CERTIFICATE IS AWARDED TO:

Daylesford Neighbourhood House

COMMUNITY HYGIENE STATION


Keir Paterson
CEO, NHVIC



Eight Silken Movements

An easy-to-follow movement class based on elements of Chi Gong and Tai Chi. Promoting balance, coordination, flexibility and inner calm.

Beneficial for all age groups.

No previous experience required.

Dress comfortably.

Pay per session.



Tutor: Gudrun Markowsky
Where: DNC Paddock Room
When: Mon from 15th April
Time: 10.30am
Cost: \$20 per session

Gudrun is a long term tutor here at the Centre.
For information about Eight Silken Movements (Chi Gong), please call Gudrun on 0490 053 521

Yoga

Hatha yoga classes will enhance your wellbeing through the practice of asana (movement and postures), pranayama (breath practices and awareness) and relaxation. Expect to feel stretched, strengthened, energised and calm. All levels welcome, including beginners.

Classes: Tues 6pm or Sat 9am
BYO Yoga mat and blanket
Contact Jan directly to book 0419121961



Tutor: Jan Tepper
When: Tue 6pm from 16th April
Sat 9am from 20th April
Cost: \$20 per casual session
\$180 for a 10 class pass

Jan is a Yoga teacher with more than 15 years experience. She is also a Physiotherapist working in rehabilitation of musculoskeletal issues having a strong knowledge of the body and health issues.

Tai Chi

Wu style Tai Chi, is a gentle and slow but exacting form of exercise, based on an ancient Chinese tradition. It is suitable for all age groups and helps support flexibility, concentration, memory and balance as well as inner peace. Some practice at home will be advisable. Wear comfy clothes and soft soled shoes or slippers.

Classes are weekly and run for 60 mins. No previous experience required.



Tutor: Gudrun Markowsky
Where: DNC Paddock Room
When: Mon from 15th April
Time: 1pm-2pm
Cost: \$20 per session

Gudrun is a long term tutor here at the Centre.
For information about Tai Chi, please call Gudrun on 0490 053 521

Interested in contributing or joining our Committee of Management?

Call our Manager on 5348 3569 to discuss your interest and how you might get involved.

DNC COMMITTEE OF MANAGEMENT RESPONSIBILITIES:

You can join the committee of Management or one of these four subcommittees working to contribute to our strategic plan. The time commitment is negotiable, and you will:

- Contribute to the oversight and management of the Association according to its Rules of Incorporation.
- Support the vision, purpose and values of the organisation and ensure these are reflected in governance and management.
- Meet regularly to monitor performance in the best interests of DNC and protect its assets. Participate in one of the four strategic subcommittees.



Responsible Service of Alcohol

SITHFAB009A

This is an official Victorian Liquor Licensing Commission program designed to give participants skills and knowledge necessary to ensure a safe environment in licensed premises.

Now is a great time to upskill and get yourself job-ready.



Tutor: The Laurels
When: Tues 4th June
Time: 10am-2.30pm
Cost: \$110

Laurels Education & Training mission is to provide educational and personal growth opportunities that support people to reach their full potential and to work with employers to ensure their workforce is highly skilled and engaged.



**Free Legal Advisory Service
offered to Hepburn Shire Residents**

DNC have teamed with the Ballarat & Grampians Community Legal Service and will be offering a free legal advise service for residents of the Hepburn Shire. Appointments will be held at the Daylesford Neighbourhood Centre.

Book Your Appointment

All appointments are taken by the BGCCLS office.
Call 5331 5999 to book your time.

ART for Expression and a Better Life

This 8 week program is for anyone interested in creating a richer life experience through art making. This program celebrates the rewards and benefits of bringing a creative art practice into your life. The program will focus on the following areas with exercises designed to nourish your relationship with art making.

- * sketching / drawing
- * painting (water colour, acrylic, gouache)
- * mark making and patterns
- * collage



Our aim in this program is to have fun and immerse ourselves in a variety of processes without worrying about being “good” or “talented” or in any way bringing judgement to what we produce. I’ll be asking you to silence the unhelpful inner critic and focus instead on enjoying each process because it is from there that inspiration and your own creative voice truly dwell. This will be a safe space for curious people to join together in play and experimentation so they too can find peace and satisfaction through self expression in the visual arts.

Week 1/2: Water colour and ink

Week 3/4: Collage

Week 5/6: Acrylics Week 7/8: Self portraits using whichever technique/s you like



NOTE: A starter kit of water colour materials, paper and accessories will be available for purchase from Sophia for \$130. Advise by SMS (0419534110) on enrolment if required and payment can be made directly to Sophia in cash or by direct deposit. Acrylic media will be provided to the class



Tutor : Sophia Cosmas
When : Mondays 29 April to 24 June
Time : 10am-11.30am
Cost : \$288* or \$240* conc

Our Tutor, Sophia is a dedicated and enthusiastic artist with a daily practice involving exploration and experimentation, commissions and other fine art work.

Venue Hire - DNC

Venue Hire!

Did you know we have several rooms, large and small, available for hire? All rooms can be hired on a casual or permanent basis.

Other areas include a co-working space, function spaces, kitchen facilities and class rooms. Our spaces are suitable for meetings, individual workspaces, conferences and events, classes, community activities and social gatherings! The possibilities are endless! If you want to arrange a site inspection to see our rooms, call us to make a time.

**Full & Half Day rates available for registered Not-for-Profit groups.
Video Conferencing equipment included in regular room hire rate**



Venue Hire - The ARC



DNC manages The ARC on behalf of the community. The ARC consists of:

- Court/Stadium 1 & 2 (double basketball courts with spectators stand)
- Court 3 (single basketball court)
- Foyer / Kiosk (heated area, AV system, café style seating and kiosk)
- Multi Purpose Room / Canteen

All spaces can be hired individually and are available outside of school hours as well as weekends. The ARC makes for an incredible Children's/Adults birthday party venue, or a space for a large capacity function for 300 or more and anything in-between. Call us for a costing for your special function.

For more information check out <http://daylesfordarc.com.au>, visit us here at the Centre, call 53483569 or email us at admin@dncentre.org.au



WANT TO GET INVOLVED WITH SPORTS AT THE ARC?

HERE IS WHO YOU NEED TO CONTACT:

Daylesford Tang Soo Tao Martial Arts —Damian Smith – 0428 994 859

Volley Ball—Colin Priest—0447 487 674

Basketball Clinics—Tegan— **xxxxxxx**

If you would like to book some time at the ARC for your sporting group, call us on 5348 3569



Daylesford Tang Soo Tao Martial Arts

Classes held court 3, Tues & Thurs

Martial Arts is for everyone!! Beginners and intermediate classes are held on Tuesdays and Thursday evenings at the ARC. Daylesford Martial arts provides expert training for kids and adults in traditional Tang Soo Tao Martial Arts. We also firmly believe in empowering Women and Teens through our Self Defence and fitness classes.

Karate Kids Tuesdays 4-4:45
Adults Martial Arts Tuesday 5:30-6:30
Teens Self Defence/fitness Thursday 3:30-4:30
Women's self Defence/fitness Thursday 4:30-5:30

Karate Kids: \$150 per school term
Adults Classes: \$120 per month
Adults Self Defence \$200 per 10 week course

For more information call Damien on 0428 994 859 to book a session!



BASKETBALL CLINICS

Do you want to improve your basketball skills and have fun at the same time? If so, you don't want to miss the opportunity to join Coach Tegan's four-week basketball clinics starting on Wed 1st May. This clinic will run for 4 weeks—but may extend subject to attendances and enthusiasm!

Basketball is a great sport that teaches not only physical skills, but also social skills, teamwork, problem-solving, discipline and work ethic, and helps build confidence while having fun on the court.

Coach Tegan is experienced in teaching the fundamentals of the game to children of all ages and skill levels. She will help you master the basics of shooting, dribbling, passing, rebounding, defence and footwork through simple and effective drills and games.

These clinics are open to children aged 10 and under (between 4-5pm), and 11 and over (between 5-6pm). They will run every Wednesday (from 1st May) at the ARC for the next four weeks.

**To keep it accessible for every child,
the cost is only \$2 donation paid at the door.**

BASKETBALL CLINICS AT THE ARC

Basketball clinics start back at the ARC

Wednesday 1st May for 4 weeks*
(*possibility to extend subject to attendances)

\$2 Gold coin donation payable at the door

*4pm - 5pm: Ages 10 and under
*5pm - 6pm: Ages 11 and older

Enquires to DNC 03 5348 3569

daylesford neighbourhood centre

The ARC
Arts, Recreation & Cultural Centre

VOLLEYBALL

Volleyball is played on Monday nights at the ARC and is suitable for beginners and people of all ages.

Did you know....

- 4 Teams who reached Victorian State Schools Championship which made each team in the top 8 school teams in Victoria.
- 7 teams have made it to the state championships in the last 2 years. Most play in the junior competition on Monday nights from 6pm-7pm.
- Social adult competition runs from 7pm-8pm straight after the juniors.

Sessions are coached by Victorian State Coach, Colin Priest with 3 other qualified coaches.

If you would like to know more about participating in Volleyball contact Coach Collin on 0447 487 674





**Elder Rights
Advocacy**

Supporting your right to quality care



Invitation to all Community Members

Elder Rights Advocacy
will be here on:

13th May, 2024 – 2:30 pm

To discuss:

Accessing aged care
Your rights in aged care
How advocates can work for you
Friendly volunteer visitors

1800 700 600 | elderrights.org.au



Elder Rights Advocacy is a founding member of the National Older Persons Advocacy Network (NOPAN), delivering the National Aged Care Advocacy Program (NACAP), an Australian Government initiative. ABN 63 367 539 827.

Lifelong Learning

Our goal is to deliver a range of educational programs to meet local community needs for social connection, recreation and employment.

Our immediate priorities for achieving our goal are to:

- Increase participation in our Adult and Community and Further Education focusing on improved core skills (literacy, numeracy, English language, employability and digital skills) for pathways to further study and employment.
- Strengthen our educational and support programs for people with disabilities
- Recruitment of additional tutors enhance and expand the ACFE program
- Strengthen the DNC marketing and promotion of lifelong learning



If you have a special skill or interest you would like to share with others and **think you'd like to know more about becoming a sessional tutor, please contact the Manager at DNC for a chat.** We're always on the lookout for people with skills to share and a passion for teaching.

Contact the manager on admin@dncentre.org.au

As an authorised Learn Local provider, the Daylesford Neighbourhood Centre offers short modular courses through pre-accredited training in Adult, Community and Further Education. Our programs aim to provide avenues for adult Victorians to enhance their educational capacity and develop essential core skills, supporting their pursuits in study, work, and life. Our pre-accredited courses are endorsed by the Commonwealth Department of Education, Skills and Employment and count towards Workforce Australia mutual obligations and points targets.

WALKING TOURS OF DAYLESFORD



Curious about Daylesford's history?

Bookings are essential:
Daylesford Visitor Information Centre
t: 1800 454 891 or trybooking.com

Come on our engaging guided
walk and all will be revealed...

f AlicesJourneys
a alicesjourneys8459
0455 519 111
info@alicesjourneys.com

www.alicesjourneys.com



Daylesford Neighbourhood Centre

Open Monday - Thursday 9am - 4pm; Fri 9am-1.30pm

Free Wi-Fi and Computer Access

All courses can be booked online via our Website

www.dncentre.org.au

DNC acknowledge that we are on traditional lands of the Dja Dja Wurrung. We offer our respect to the Elders of these traditional lands, and through them to all Aboriginal and Torres Strait Islander peoples past and present.



DAYLESFORD NEIGHBOURHOOD CENTRE INC.

ABN 91 523 232 008

Inc No A0009619Z