

Provide First Aid—Level II

Provide Cardiopulmonary Resuscitation (CPR refresher)

This is the accredited certificate required for many workplaces. It is also a great course to do so you have the knowledge and skills needed if someone around you is injured or becomes ill.

Run by local providers ITS, who have a great team of tutors who make the course informative and fun. Theory section is done in your own time, practical session is held on day.

Saturday 18 March 9-4.30 \$95
CPR Only 9- 12.30 \$70



Bookings need to be made on line at:

<http://www.its.vic.edu.au/enrolment-form/?eventid=3913>

Provide Cardiopulmonary Resuscitation:

<http://www.its.vic.edu.au/enrolment-form/?eventid=3915>

If you do not have computer access or skills to book in, or to do theory section, we can help you with this at the House.



classes for children aged 3-5 years
Mondays 10.50 am. 45 minutes

Cost \$15 per session. A free trial class allows you and your child to find out if classes are for you. For more details, call Alison on 0481453857

Calling all seedling growers

Could you sow some extra punnets of seedlings for our school and community gardens and barrels?

Punnets can be left at the Neighbourhood House.



Grandparents Parents Group

We are thinking of starting a support group for people who are the sole or main carers of their grandchildren. Phone the House on 54291214 if you would like more information or to register your interest.

Cards Afternoon

Tuesday afternoon is for playing cards (Euchre) and enjoying a shared afternoon tea. 12.30- 3.30.

Volunteer website updater required

We have a position for someone who likes working on computers to help keep the Community and the Neighbourhood House web sites and/or Facebook pages up to date. Knowledge of Word Press helpful, training is provided. Flexible hours and can work from home.

Phone the House, 5429 1214 for information.

Spinners and Yarners Craft Group

Wednesdays 1- 4pm

A great afternoon of fun, conversation, sharing ideas and getting some of your craft work done.

Bring along whatever you are working on or come and learn some new skills. Learn to use a spinning wheel or bring your own and enjoy some good company while you spin.

We have been donated some sheep and alpaca fleeces which are available for any spinners. Gold Coin Donation



Lancefield Singers Group

Third Sunday of the month, 2-4.30pm,
March 19 Gold Coin Donation.

Join the Lancefield Singers Facebook group for updates and to access songs and information

<https://www.facebook.com/groups/177835257242622/>



Bus Trip to Werribee Plaza

Friday 24 March

Leaving the House at 9 am,

\$10. Phone to book a seat



Movie Afternoon / Evening



Embrace is a social impact documentary that explores the issue of body image. With a message of diversity and self acceptance this movie explores and challenges womens attitudes to body image.

Join us for a free screening

Thursday 23 March 1.30 pm or 7.30pm

RSVP by Monday 20 March 5429 1214

Social Bike Riding

Fridays 9.30am f

Meet at Lancefield Park entrance for an easy ride around town. Suitable for all abilities. We go for a social cuppa afterwards. Phone House about learning to ride course.

Meditation Morning

Thursdays 10 am

Meditation practice induces relaxation and a sense of well being. Join this friendly and informal group to assist you in relaxing body, mind & spirit. 78 High St Cost \$5

Decorative Painting

Tuesdays 12 - 3 pm \$10

Learn the basics of decorative painting techniques, using the medium of your choice.

Like us on Facebook to be kept up-to date with activities at the House and around Lancefield.

