

# Heyfield Community Resource Centre



## Term 1 courses and activities



### DEALING WITH DEMENTIA

Wednesday 26th Feb, 5.30pm - 7.00pm

Dementia can happen to anybody and there is no known cure. Join us for this special session, supported by Central Gippsland Health to learn more about this condition, the symptoms, diagnosis and how to support and communicate to loved ones.



Heyfield Community Resource Centre  
5 George Street, Heyfield  
Bookings: 5148 2100  
or [coordinator@heyfield.net](mailto:coordinator@heyfield.net)



### LEARN TO SEW

#### Mums & Bubs sewing group

Our Mums & Bubs sewing group is suitable for complete beginners to confident sewers. Learn how to make a variety of items for bubs, including burp cloths, simple clothing, swaddle blankets and more. Material and machines provided, or bring your own along. Bubs is also welcome to come!

**Meets every second Monday starting Monday 20th Jan, 10am - 12pm. Gold coin per session.**

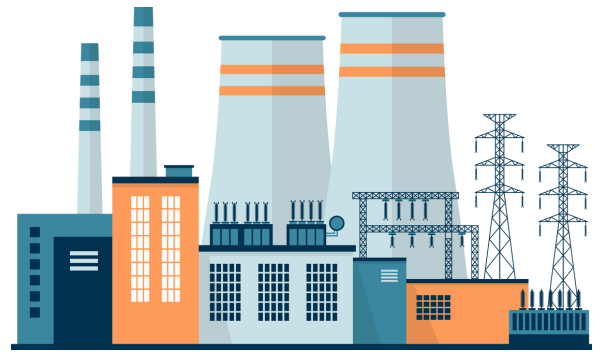


#### Nuclear power explained - a community information session

Nuclear power generation has been a hot topic for the last few months, but we don't yet have a full explanation on how it will be deployed, power plant size, timeline and with what outcomes.

Join John Gwyther for an objective look at how nuclear electricity generation works, what the overseas experiences have been, what our electricity market looks like over the next 25 years, how nuclear might fit into it and the issues and risks associated with the Coalition's nuclear policy and nuclear generation in general.

**Tuesday 11th Feb, 6.30pm - 7.30pm at the Resource Centre.**



#### Upcycling clothing for beginners

Upcycling is a creative way of saving clothes from landfill. It gives clothing a second life and a new function limited only by your imagination. Bring along some articles of clothing that you'd like to repurpose get ideas and sewing instruction from our upcycling tutors. Machines provided, all levels of sewers welcome.

**Meets every second Monday starting Monday 20th Jan, 1pm - 3pm. Gold coin per session.**



#### Take away community lunches

Don't feel like cooking? Pre-order a low-cost meal to pick up for yourself or your family. Keep an eye on our facebook page each Monday for the menu and dates available - [facebook.com/hcrc3858](https://facebook.com/hcrc3858)





## Computer classes - digital matters

Ideal for those who want to gain confidence using various types of digital programs and technology including:

- being safe and secure online
- using email confidently
- managing information on devices
- useful apps and technology
- and more depending on learner needs

**When:** Wednesday 19th Feb and Wednesday 26th Feb, 9.30am - 2.30pm.

**Where:** Heyfield Community Resource Centre

**This is an ACFE funded course with a low fee of \$10 for 2 sessions.**

**Bookings essential on 5148 2100**



## ART & CRAFT

### Rafia baskets

Come and explore raffia basket making (a warning - it's addictive!). Start a small basket in either wrapping stitch or making a core with buttonhole stitch. Natural and hand dyed raffia included with enough to take home and finish your small basket. Have fun learning an easy new skill.

**Tuesday 11th Feb, 10am to 1pm. \$50 per person includes all materials to finish a small basket.**



### Happy Hookers & Knitters Nook

A social way to learn how to crochet or knit. Bring along an existing project or ask Lisa for some inspiration.

**Happy Hookers Crochet - Thursdays, 10am - 12pm.**

**Knitters Nook - Mondays, 12pm - 2pm**

**\$2 per class.**

# Creative Writing

FROM INSPIRATION TO PUBLICATION

with author  
**Cindy Tomamichel**

THURSDAYS 6- 7:30PM  
13 FEB- 20 MARCH  
6 CLASSES FOR \$30

HEYFIELD COMMUNITY  
RESOURCE CENTRE

About the course

In this beginner writing course participants will learn about creative writing from flash fiction to finished novel. Topics covered include the tools of writing, genres, inspiration, the writing process and the elements of a story. We will also cover working on a draft and the process of publication.

Enrol or find out more:  
Heyfield Community Resource Centre  
5 George St, Heyfield  
5148 2100  
coordinator@heyfield.net

### Paper mache lanterns

It's messy, it's fun and it's creative! In this new class, learn how to make a beautiful pressed flower paper mache lantern. They will look beautiful around the home. All materials included, as well as an LED tea-light candle to illuminate the lantern at night.

**Tuesday 18th Feb, 10am to 12pm. \$25 per person.**



**Don't forget to book!**

**5148 2100 or coordinator@heyfield.net**

# TO HELP YOU LEARN

Gippsland East

study  
hub

## Heyfield Study Hub

The Study Hub is part of the Gippsland East Study Hub partnership and provides free resources and facilities to

help all TAFE and University students study locally.

- Access to high-speed internet, computers, printing a quiet study space
- Help from learning skills advisors, access to study resources and academic workshops throughout the year
- Connections with other students, even if you study remotely

To find out more and register for the Study Hub visit [gestudyhub.org](http://gestudyhub.org) or scan the QR code



## Money Matters - financial wellbeing

A series of 3 workshops to help people gain control of their personal finances.

**Workshop 1, Thurs 20th Feb:** Budgeting Brilliance - making your money go further

**Workshop 2, Thurs 27th Feb:** Protecting yourself from scams and being safe online.

**Workshop 3, Thurs 6th March:** Dollars and Sense - practical tips for financial wellbeing

All workshops run from 9.30am - 12.30pm. Gold coin per session. Bookings essential 5148 2100



GIPPS-  
LAND  
LEARN  
LOCAL



## Senior Bytes - confident, tech-savvy seniors

Do you need help navigating technology? Come along to Seniors Bytes, a social group for older members in our community to overcome digital challenges, learn new skills and support others to be confident, tech-savvy seniors.

Meets every Tuesday, 10am - 11.30am. Gold coin donation.

*\*This program is supported by the Heyfield Lions Club*

# TO GET YOU ACTIVE

## Walking Basketball

A low impact way for all abilities to keep active and it's plenty of fun too.

**When:** Mondays, 12pm - 1pm

**Where:** Heyfield Basketball Stadium

**How much:** \$5 per session

*\*This program is supported by the Heyfield Lions Club*

## Circle Dancing

No need for a partner! Dance to different rhythms in a circle.

**When:** Tuesdays, 2pm - 3pm

**Where:** Heyfield Memorial Hall

**How much:** \$10 per session

## Ageing with attitude exercise

A social way to get active, improve balance and increase muscle tone.

**When:** Tuesdays, 9am - 10am

**Where:** Heyfield Memorial Hall

**How much:** \$10 per session

## Walking Group

Catch up with the Heyfield Hoofers for a gentle walk around town each week.

**When:** Thursdays, 9am in terms 1 and 4, 10am in terms 2 and 3.

**Where:** Meet at the Resource Centre

**How much:** Gold Coin per session



## HEYFIELD PLAYGROUP

Playgroup offers babies, toddlers and pre-schoolers time each week to socialise, and learn through play and have fun together. Enjoy a tea or coffee and bring a snack for your little one/s.

Meets every Thursday during the school term at the Resource Centre. 9:30am - 11:30am. Gold coin donation per session.



## KIDDO - fun for kids through movement



Kiddo makes it easy for children to develop the skills and confidence to be active for life.

Meets every Wednesday the school term, starting Wed 12th Feb, 9.30am - 11am. \$100 per term or \$14 per week.

Register at [kiddogippsland.com.au](http://kiddogippsland.com.au)



# SPECIAL INTEREST GROUPS

## Heyfield Garden Club

Our Garden Club meets on the second Monday of each month to visit beautiful gardens, both local and further afield.

For information on upcoming trips join their facebook group 'Heyfield Garden Club'



## Heyfield Family History Group

Delve into your past and discover where your ancestors come from. Join the group as a member, or organise for them to research your family history for you using their extensive library and database (fees apply).



**The Group meet on Friday mornings at the Resource Centre from 9.30am - 11.30am or by appointment**

## Men's Shed

The Heyfield Men's Shed is the ultimate man cave! Spend time in a relaxed atmosphere and good company whilst working on projects and building new skills. The Shed is well equipped with lathes, drills, band saws and even an oven to bake their weekly muffins.

Pop in for a visit and ask about becoming a member.

The Shed is down the driveway at the Resource Centre and open Wednesday and Thursday, 9am to 3pm. Phone 0428 286 258 for more information.



# WHAT'S ON AT MAFFRA NEIGHBOURHOOD HOUSE

Happening at Maffra  
Neighbourhood House in Term 1 2025  
Booking is essential for both workshops on  
0422335155



### SLOW STITCH WITH ALISON

A new term for an age-old practice of quiet gentle making, mending, repair and stitching. Learn the popular technique of slow stitching. Create a slow stitch artwork, over 3 sessions, that you can turn into a cushion, wall hanging or something completely different!

Suitable for beginners and experienced sewers.

Let Alison guide you through the process.

All materials provided.

**WHEN:** 12th, 19th, & 26th March.

**TIME:** 6.30pm—8.30pm,

**COST:** \$90 for 3 sessions



### GEL PRINTING for BEGINNERS



Learn how to create a monoprint using a gel plate. Over 3 sessions we will use stencils, textures and tools to produce a layered artwork. On the third week, we will create collage artworks from these prints.

Suitable for beginners in this medium or people wanting to become familiar with this process. All materials provided.

**WHEN:** Wed 12th, 19th, & 26th March.

**TIME:** 1pm—3pm.

**COST:** \$135 for 3 sessions



# FOR THE KIDS

## Easter craft

The kids will have fun upcycling containers into bunny flowerpots and making bunny egg holders - just in time for Easter.

**Wednesday 2nd April, 3.15pm - 4.30pm. \$10 per child.**

## Mini Pizzas

We'll be making mini pizzas from scratch including the bases.

**Tuesday 4th March 3:15pm - 4:15pm. \$10 per child**



## Seed balls for bees

A fun way to introduce kids to gardening and attract bees and other pollinators to the garden.

**Tuesday 25th Feb, 3.15pm - 4.15pm. \$10 per child**