

# CHELTENHAM COMMUNITY CENTRE COURSE & ACTIVITY GUIDE



JULY TO DECEMBER 2024

# ABOUT

Cheltenham Community Centre (CCC) is a non-profit organisation dedicated to empowering the community through a rich array of services, learning opportunities, and resources that foster personal development.

Each week, CCC has over 1000 participants engaging in a diverse range of programs, including adult education, childcare, health and wellness initiatives for both adults and children, a vibrant netball club, and a bustling community cafe.

The Centre receives vital support from various organisations such as the Adult Community and Further Education Board (ACFE), the Department of Families, Fairness and Housing (DFFH), the Department of Education and Training (DET), and the City of Kingston. Notably, CCC stands as one of the primary providers of the Adult Migrant English Program (AMEP) in the community.

Believing in the power of collaboration, CCC actively partners with local agencies, educational institutions, and government entities to deliver high-quality programs benefiting both individuals and the community. This includes collaboration with the Southern Community Church of Christ (SCCC) to enhance facilities for programs and work together on special projects.

All CCC programs are led by a team of qualified and experienced staff, while the Centre's governance is upheld by a dedicated volunteer Board of Governance.

## Students with specific needs or disabilities



CCC warmly welcomes and encourages enrolment applications from students with specific needs or disabilities. To the best of our abilities, we strive to accommodate and support these students, if they meet the entry requirements for their chosen courses. We are committed to offering alternative delivery methods, reasonable adjustments, and accommodating diverse course assessment methods wherever possible.



# VOLUNTEERING

Cheltenham Community Centre (CCC) extends a special invitation to passionate individuals like YOU to become an essential part of our thriving community. When you volunteer with CCC, you'll actively contribute to enriching the lives of fellow community members through a diverse array of programs and services.

## Why Volunteer with CCC?

- **Make an impact:** Your involvement directly enhances the lives of individuals and families in our community.
- **Skill enrichment:** Acquire valuable experience and develop your skills in a supportive and engaging environment.
- **Meet new friends:** Connect with like-minded individuals and form lasting friendships while working together toward a shared goal.
- **Personal development:** Experience personal growth and fulfilment by giving back and creating a positive impact.

## Volunteer Opportunities:

Assist in Adult Education classes, work in the café, provide customer service, support school holiday activities, help in computer classes, childcare, administration, and much more.

## How to Get Involved:

If you're eager to make a meaningful difference and join our team of dedicated volunteers, get in touch with us today:

Email: [kimw@chelt.com.au](mailto:kimw@chelt.com.au) | Phone: 9583 0095

## Our Supporters



## Contact Us

Cheltenham Community Centre  
8 Chesterville Road Cheltenham Vic 3192  
CCC is a Registered Training Organisation  
RTO No. 6507 | ABN 89 194 090 141 | Inc. No. A0024484L  
[www.chelt.com.au](http://www.chelt.com.au) | (03) 9583 0095



Follow us on Facebook, Instagram & Tiktok

## CHILDCARE

25 place Licenced Childcare Centre. Childcare Subsidy (CCS) is available and we are open 48 weeks of the year, 8:30am - 4pm. A variety of childcare sessions are available:



### Family Grouping

Family Grouping Care is available for children aged between 6 months and 5 years old. Children from the same family can attend sessions together.

### Pre-Kinder

Pre-Kinder is for children aged 2 to 4 years. These sessions are similar to a 3-year-old preschool program, but children can attend from 2 years of age. This session includes a ball skills program which helps develop and enhance a child's hand-eye coordination, gross motor skills, spatial awareness and problem-solving skills.

### 3-Year-Old Activity Group

The 3-year-old Activity Group is a play-based group. The program provides a great introduction to and preparation for 4-year-old kindergarten. This session also includes a Jolly Phonics session introducing children to letter sounds through phonics, stories, and songs.

### Childcare Hours

Minimum 3.5-hour sessions to a maximum 7.5-hour sessions. We can adjust sessions most of the time to suit your family's needs.

> **Family Grouping**

Monday/Wednesday/Thursday

> **3-Year-Old Activity Group**

Tuesday

> **Pre-Kinder**

Pre-Kinder Friday

> **Occasional one-off care sessions**

(Subject to availability)

Activities are tailored to captivate children's imaginations, with engaging group story and song sessions based on their interests.

## HOLIDAY ACTIVITIES

Explore our exciting CCC Holiday Activity Program running every school holidays for two weeks. Our dedicated team of experienced staff and volunteers guarantee a safe and delightful time for children, offering diverse daily themes such as movie sessions, arts and crafts, sports, games, cultural explorations, science adventures, and vibrant music and dance activities

July 1st to July 12th 8.45am-4.15pm

September 23rd to October 4th 8.45am-4.15pm

Whether for a single day or every day, explore our diverse activities by visiting our website to discover what's available. Our program also offers valuable opportunities for young leaders aged 16 and above to volunteer. Please note, bookings are exclusively for children attending Primary School.

Book and pay online at [www.chelt.com.au](http://www.chelt.com.au)

### Terms & Conditions

The Holiday Activity program operates from 8.45 am to 4.15 pm. It's essential for parents or guardians collecting children to ensure their arrival before 4.15 pm. Late fees will be applicable and must be settled upon collection. Please note, bookings are non-refundable unless we are able to resell the booking

## CELEBRATIONS

Join us to celebrate the following events taking place at CCC.

Children's Week – 19th – 27th October

Seniors Festival – 1st – 31st October

Get Online Week – 14th – 20th October

Adult Learners Week – 1st – 8th September

Women's Health Week 4th – 9th September

### Join our Mailing List

Sign up to our mailing list to be kept up to date with new courses, activities and events offered throughout the year. You can sign up at [www.chelt.com.au](http://www.chelt.com.au) or using the QR code



## NETBALL

### CCC Bolts Netball Club



Join a great community grassroots netball club to make new friends while getting fit and having fun.

### Season 2 – July – November 2024

Games are played at Kingston Districts Netball Association, Dales Park - 570 Warrigal Road South Oakleigh.

Weekly training sessions are conducted at various local school netball courts.

Please see [www.chelt.com.au](http://www.chelt.com.au) for more information.

Sponsored by:



### FunNet

#### Beginner netball for 7-9 year-olds at Kilbreda College netball courts.

Enjoy an engaging introduction to essential netball skills, encompassing teamwork, footwork, and ball handling. Led by the dynamic players and coaches of CCC Bolts Netball Club, this program is the perfect stepping stone for those looking to embrace team sports or prepare for joining a team.

#### Monday 4:15pm-5pm

Term 3 (15 July – 16 September, 10 weeks) \$70

Term 4 (7 October – 16 December, 10 weeks) \$70

Book and pay online at [www.chelt.com.au](http://www.chelt.com.au)





# ADULT EDUCATION

## Learn English for free

The Adult Migrant English Program (AMEP) provides free English language classes to migrants to help them settle and participate in the Australian community. Government changes have improved the AMEP:

- ✓ Migrants can now stay in the program longer and the previous 510-hour cap has been removed
- ✓ People who were previously not eligible (including previous students) may now be eligible
- ✓ Free Childcare is available while you are studying



The Adult Migrant English Program (AMEP) is funded by the Department of Home Affairs.

## Certificate Courses



### 22637VIC - Course in English as an Additional Language

A course for students beginning their English language learning journey. It includes alphabet, pronunciation and numbers as well as speaking and reading simple sentences.

### 22638VIC - Certificate I in English as an Additional Language (Access)

A course for students starting to learn English or who have had minimal exposure to English. Students learn reading, writing, speaking and listening skills for personal and social needs.

### 22639VIC - Certificate II in English as an Additional Language (Access)

This course helps students focus on the development of their English language, speaking, listening and reading skills to satisfy their own simple everyday transactional and social needs.

### 22640VIC - Certificate III in English as an Additional Language (Access)

This course improves English language skills to assist with students' social needs, requirements of everyday situations and preparation for employment in Australia.

For more details on each course and eligibility, visit our website at [www.chelt.com.au/learn-english](http://www.chelt.com.au/learn-english)

## Pre-Accredited Courses



### Grammar, Conversation & Writing

#### 3 Levels available

This course builds English language skills in grammar, conversation and writing. It provides hands-on, practical activities to improve English in a wide variety of everyday situations.

### Everyday Conversation

#### 3 Levels available - Beginner, Intermediate and Advanced

This "English as an Additional Language" (EAL) Conversation class offers a fun and friendly way to improve everyday English listening and speaking skills. Small group discussions have different themes/topics each week including Australian idioms, slang, culture and grammar. Learn everyday English in a relaxed atmosphere.

### Improve your Reading & Writing

This program focuses on developing confidence in oral and written communication and numeracy skills for the student's personal, study, employment, and community-based needs. Learning takes place through various modes including the classroom, excursions and visiting speakers, which is based on the interests of participants.

### Literacy for Living

This program is a life education program for adults with a mild intellectual disability covering literacy, numeracy and social interaction. Class content focuses on employability skills, social etiquette, personal development and self-responsibility.

### Money Matters

This course is designed to help those with a mild intellectual disability to improve numeracy skills, with a particular focus on money handling. Class content includes budgeting and saving, denominations, giving change and comparing prices.

### Pathways for All-Abilities

These programs are designed for adults with intellectual disabilities and focuses on students building new and existing life skills, community participation, making friends and most importantly having fun!

Depending on the students interests and priorities, the programs offer a range of practical activities, such as cooking, computers and technology, art, horticulture, money management, social skills, self-care and support with employment and volunteer related goals.

- Monday 9.30am - 2.30pm Life/Social Skills
- Monday 9.30am - 12.30pm Computers
- Thursday 9.30am - 2.30pm Life/Social Skills
- Thursday 9.30am - 2.30pm Cooking
- Friday 9.30am - 2.30pm Cooking
- Friday 9.30am - 2.30pm Life/Social Skills

## Introduction to Computers

This course is for people with little to no experience with computers. Topics include:

- > Becoming familiar with Windows 10 icons and the Start Menu
- > Using the internet
- > Developing file management skills and saving your files to a USB stick
- > Introduction to Zoom - joining meetings with and without video and audio.

### Tuesday 9.30am - 12.30pm

Term 3 (16 Jul - 10 Sep, 9 weeks), \$10  
Term 4 (8 Oct - 10 Dec, 9 weeks), \$10

### Computers - The Next Step

Refresh your memory on how to use your computer. Topics covered include a basic introduction to Word, PowerPoint and Excel, computer terminology, software, file management, email, internet access and searching. Learn how to use Ebay and Zoom to organise your own meetings. Designed for beginners who have already completed basic computer literacy. Fluency in English and basic literacy skills are an advantage.

### Thursday 12.30pm - 3.30pm

Term 3 (18 Jul - 12 Sep, 9 weeks), \$10  
Term 4 (10 Oct - 5 Dec, 9 weeks), \$10

### iPads, Tablets & Phones

Learn how to use your iPad, Android tablet or phone. Discover the online world: BYO charged iPad/Android tablet and/or phone.

### Wednesday 12pm - 3pm

Term 3 (17 Jul - 11 Sep, 9 weeks), \$10  
Term 4 (9 Oct - 4 Dec, 9 weeks), \$10

### Friday 9.30am - 12.30pm

Term 3 (19 Jul - 13 Sep, 8 weeks), \$10  
Term 4 (11 Oct - 6 Dec, 9 weeks), \$10



CCC acknowledges the support of the Victorian Government.



# HEALTH & WELLBEING

Term 3 - Monday 15 July to Friday 20 September | Term 4 - Monday 7 October to Friday 20 December, 2024

Adult Health & Wellbeing					
	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Zumba Gold®</b> Cheltenham Hall \$14 per class   10 pass card - \$120	10:30am-11:30am				10am-11am
<b>Fit &amp; Feisty</b> Referral through BHN \$5 per class	10:30am-11:30am				2pm-3pm
<b>Hatha Yoga Basic*</b> Term 3 - \$160   Term 4 - \$160 \$18 per class	6:15pm-7:15pm				
<b>Advanced Yoga*</b> Term 3 - \$180   Term 4 - \$180 \$22 per 1 1/4 hour class	7:30pm-8:45pm				
<b>STEADYtone*</b> Term 2 - \$180   Term 4 - \$180		12:30pm-1:15pm			
<b>Qigong</b> Term 3 - \$120 Term 4 - \$120 Tue   \$132 Thu		2pm-3pm		9:30am-10:30am Face-to-face & ZOOM	
<b>Strength &amp; Balance*</b> Term 2 - \$120   Term 4 - \$132			11am-11:45am ZOOM		
<b>Love to Live</b> Term 3 - \$120   Term 4 - \$132 \$12 per class			12noon-12:45pm		
<b>Vinyasa Yoga</b> Term 2 - \$160   Term 4 - \$176 \$18 per class				5:30pm-6:30pm	
<b>Keep Active*</b> Term 3 - \$150   Term 4 - \$165					10am-10:45am
<b>STEADYmoves*</b> \$5 per class					11am-12 noon
<b>Adult Creative</b>					
	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Art for All</b> Term 3 - \$200   Term 4 - \$200		10am-12noon			
<b>Mosaic for All</b> Term 3 - \$280   Term 4 - \$308 Materials to be paid separately				9:15am-11:45am	
<b>Uke'n Sing</b> Term 3 - \$200   Term 4 - \$220			6pm-7pm		
<b>Children</b>					
	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Music for Tots Playgroup</b> \$7 per child/\$10 per family	9:30am-10:30am		9:30am-10:30am		
<b>Music &amp; Play for Bubs</b> \$7 per child			11:30am-12:30pm		
<b>Social Activities</b>					
	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Community Cafe</b>	10am-2pm	10am-2pm	10am-2pm	10am-2pm	10am-2pm
<b>Chatty Cafe</b>			10:30am-11:30am	10:30am-11:30am	

Closed on Monday 4th, and Tuesday 5th November (Cup Day).  
\*Can be claimed on Private Health Insurance  
BHN - Better Health Network 03 8541 9105