

HORSHAM NEIGHBOURHOOD HOUSE NEWS



Term 1 Newsletter January 2023

Welcome to Term 1 2023

It is the beginning of a New Year and there is going to be lots of fun and exciting things happen at Horsham Neighbourhood House this year.

We encourage everyone to get involved in our programs. As always our friendly staff are here to greet you and help you.



In this issue.....

- Term 1 Programs
- Be Connected
- Chatty Café
- Safe Seats Safe Kids
- Our Mission and Vision
- Printing and Office Services available
- Useful local Phone Numbers



To keep up to date on everything happening at the Neighbourhood House don't forget to like or follow and check out our Facebook Page



Term 1 Programs

Contact the Office for more information about any of the programs.

Food Safety Level 1 and 2

Food Safety Handler– SITXFSA001, HLTFSE001
Training and Assessment by CFT International
RTO 21120

Food Hygiene awareness is a requirement for all persons handling, preparing and storing food in the workplace or volunteer positions.

Date Monday 6 February 2023

Time 1-4pm

Cost \$95 payment required on enrolment

Please pay and enrol by Monday 30 January 2023

Hard copy training material available

Strictly limited spots available

Proof of ID, USI and email address required

Training delivered with the support of Horsham Neighbourhood House

For enquiries and bookings contact

03 5382 5352 or hello@horshamnh.com.au



FIRST AID

DATE: TUESDAY 7 MARCH
CPR REFRESHER 10AM TO 12PM FIRST AID 10AM TO 4PM

STRICTLY LIMITED SPOTS AVAILABLE
PROOF OF ID, USI AND EMAIL ADDRESS IS REQUIRED
SOME ONLINE PRE-COURSE TRAINING FOR FIRST AID IS REQUIRED

PLEASE ENROL AND PAY BY THURSDAY TUESDAY 28 FEBRUARY

FULL COURSE \$190
CPR REFRESHER \$90

FOR ENQUIRIES OR BOOKINGS PLEASE CALL
HORSHAM NEIGHBOURHOOD HOUSE ON 03 5382 5352 OR [HELLO@HORSHAMNH.COM.AU](mailto:hello@horshamnh.com.au)



RESPONSIBLE SERVICE OF ALCOHOL

Course work will be online but participants are supported by Horsham Neighbourhood House.

Cost \$49.

As the course is online, it can be completed at any time by the participant.

Proof of ID, USI and email address is required.

The course is run by CFT International.

For enquiries or bookings contact Horsham Neighbourhood House

13 Robin St

03 5382 5352

or hello@horshamnh.com.au



NO INTEREST LOANS

No Interest Loans

For essentials you need now.
No fees. No interest. Ever.

Borrow up to \$2000. Pay back what you borrow.

Contact us and ask us how.

Term 1 Dates 2023

January 13th and 27th, February 10th and 24th, March 10th and 24th
3-5pm

Everyone welcome
Horsham Neighbourhood House

The Chatty Cafe Scheme aims to get people chatting to build and encourage social connections within the local community.

Neighbourhood Houses can help you compare energy deals and claim the

\$250 POWER SAVING BONUS

NEIGHBOURHOOD HOUSES VICTORIA | Good Shepherd Australia New Zealand | VICTORIA State Government

Form Help

Need help filling in forms or documents. Contact the Office and make an appointment.

myGov

NEED HELP WITH SETTING UP A MYGOV ACCOUNT OR UPDATING IT, CONTACT THE OFFICE AND MAKE AN APPOINTMENT.

CASUAL WALKING GROUP
Tuesdays 9am meet at the house
All abilities welcome



Safe Seats Safe Kids

IS YOUR CHILD TRAVELLING SAFELY?

GET FREE CHILDCAR RESTRAINT FITTINGS & SAFETY CHECKS



HORSHAM NEIGHBOURHOOD HOUSE, 13-15 ROBIN ST, HORSHAM
ON 24 FEBRUARY 2023 BETWEEN 12.00PM AND 4.00PM
BOOK AT: [HTTPS://SFORCE.CO/3TZFCDK](https://sforce.co/3TZFCDK)



FIND OUT MORE AT SAFESEATSSAFEKIDS.COM.AU



Be Connected
Every Australian online.

ASK US ABOUT HOW TO SIGN UP

GOT AN IDEA..

Do you have a skill you would like to share or is there something you would like to learn? Let us know so that we can work with you to try and make it happen.

#horsham Neighbourhood House
#TheHeartOfOurCommunity

**Concerned about COVID-19?
Call the hotline 1800 675 398.**

Please keep triple zero (000) for emergencies only.

www.dhhs.vic.gov.au/coronavirus

Don't forget Telstra Pay Phones are free to use



**RAT TESTS AND MASKS AVAILABLE AT
HORSHAM NEIGHBOURHOOD HOUSE**



Free Legal Assistance in Horsham

Ballarat & Grampians Community Legal Service will be visiting Horsham to provide **free and confidential** legal services to people in Grampians and Wimmera regions.

All legal services will be by **appointment only** and subject to a **conflict of Interest check**.

For more information or to make a booking please call us on **03 5331 5999** or Free call: **1800 466 488**

Legal Matters we can provide advice on:

- Family Violence
- Family Law
- Elder Abuse
- Infringements/Fines
- Credit & Debt matters
- Powers of Attorney
- Motor Vehicle Accidents
- Neighbourhood Disputes
- Personal Safety Intervention Orders
- Victims of Crime
- Summary Crime matters
- Consumer Complaints
- Centrelink matters
- Employment Issues
- Tenancy
- Police Matters

WHEN:

Outreach services will be available monthly on the following dates:

2022

- 7/8 December

2023

- 22/23 February
- 22/23 March
- 19/20 April
- 24/25 May
- 21/22 June
- 19/20 July
- 23/24 August
- 20/21 September
- 18/19 October
- 22/23 November
- 20/21 December

WHERE:

Horsham Neighbourhood House
13-15 Robin Street,
Horsham.

MoneyMinded

Horsham Neighbourhood House is looking for participants to the run this course in term 1 2023.

It will run for one day a week over 4 weeks

There are limited spots available

The course covers the following topics:

- 1: Know yourself
- 2: Spend wisely
- 3: Clarify your goal
- 4: Create a budget
- 5: Bank smart
- 6: Avoid dangerous debt
- 7: Watch out for credit cards
- 8: Superannuation



There is no cost to do the course

For more information or to enrol call the office on 5382 5352



Horsham Neighbourhood House Information Page

Printing and Office Services available at Horsham Neighbourhood House

- Scanning/Emailing
- Laminating
- Photocopying and printing

Contact the office for competitive prices.



Need a Justice of the Peace

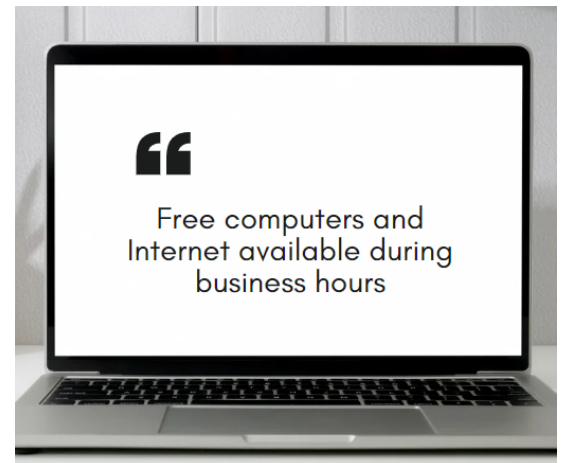
Contact the office and we can help

Available at the Neighbourhood House final Thursday every month between 10am and 12pm and other times by appointment.



The Translating and Interpreting Service (TIS National) is an interpreting service for people who do not speak English and for agencies and businesses that need to communicate with their non-English speaking clients. Our services enable non-English speakers to independently access services and information in Australia.

If you need to utilise this service Horsham Neighbourhood House can help you. Contact the office for more information.





Australia has one of the highest rates of skin cancer in the world. Each year almost 2000 Australians die from this almost entirely preventable disease.

Check for signs of skin cancer

- Get to know your skin
- The sooner a skin cancer is identified and treated, the better your chance of avoiding surgery or, serious disease.
- It is also a good idea to talk to your doctor about your level of risk and for advice on early detection.
- It is important to get to know your skin so that you notice any changes. Skin cancers rarely hurt and are much more frequently seen than felt.
- Develop a regular habit of checking your skin for new spots and changes to existing freckles or moles.

These are some changes to look out for when checking your skin for signs of any cancer:

- New moles.
- Moles that increase in size.
- An outline of a mole that becomes notched.
- A spot that changes colour from brown to black or is varied.
- A spot that becomes raised or develops a lump within it.
- The surface of a mole becoming rough, scaly, or ulcerated.
- Moles that itch or tingle.
- Moles that bleed or weep.
- Spots that look different from the others.

Sun protection and babies

It is important to ensure that babies are well protected from the sun. Childhood sun exposure contributes significantly to the lifetime risk of skin cancer, and babies' skin can burn easily.

Cancer Council recommends keeping babies away from direct sunlight as much as possible when UV levels are 3 or above. Plan daily activities to ensure the baby is well protected from the sun and aim to minimise time outside when UV levels are at their strongest.

When this is not possible, ensure that babies are protected from the sun by shade, protective clothing, and a hat.

Cancer Council does not recommend the use of sunscreen on babies under six months old.

MISSION AND VISION



MISSION

Horsham Neighbourhood House is committed to providing a safe, inclusive and supportive environment where community can gather for professional development, social engagement and personal growth and to connect with other services.

VISION

Horsham Neighbourhood House' vision is to connect with and respond to the changing needs of our increasingly diverse community by offering accessible and affordable opportunities for learning, personal development, social interaction and support. Horsham Neighbourhood House looks to foster cooperative community partnerships.



ROOM HIRE

AT HORSHAM NEIGHBOURHOOD HOUSE

Horsham Neighbourhood House has a variety of room hire options with tables and seating arrangements and equipment suitable for conducting meetings or training..

Contact the office for more details

HORSHAM NEIGHBOURHOOD HOUSE 5382 5352
HORSHAM POLICE STATION 5382 9200
NON URGENT POLICE HELPLINE 13 14 44
WIMMERA BASE HOSPITAL 5381 9111
EMERGENCY (FIRE AMBULANCE OR POLICE) 000
LISTER HOUSE CLINIC 5382 0011
HORSHAM DOCTORS 4336 4099
READ STREET MEDICAL CLINIC 5381 9090
HORSHAM RURAL CITY COUNCIL 5382 9777
EMMA KEALY MP (MEMBER FOR LOWAN) OFFICE
5382 0097

Contact Us

13-15 Robin St Horsham
Vic 3400

03 5382 5352

hello@horshamnh.com.au

<https://horshamnh.com.au>