

PICAL

PHILLIP ISLAND COMMUNITY AND LEARNING CENTRE

16 WARLEY AVENUE COWES | [5952 1131](tel:59521131) | RECEPTION@PICAL.ORG.AU

TERM 4

COURSE GUIDE



Support PICAL

Volunteer

Become part of our team serving the community

Membership

PICAL membership connects you to our community. It raises our profile giving us a stronger voice

Partner

Businesses and Community Groups can join with us for a mutually beneficial partnership

Donate

Both monetary and food donations help support our services

Room Hire

**Suitable for
office space, workshops, cooking classes
and social group meetings**

- Commercial and community rates
- Small, Medium and Large rooms
- Hourly, half day, full day and weekly rates
- Evening hire available
- Commercial kitchen available for hire
- Printing, large screens and wifi available

Bookings & Enquiries

Contact Eva or Denise
[03 5952 1131](tel:0359521131)
picalroomhire@gmail.com

Job Ready Courses



Barista Basics

With Alana Hamilton

An excellent starting point for the budding barista. Using a full-size commercial machine, you will learn how to:

- Consistently extract a great espresso
- Correctly adjust coffee grinders
- Steam milk to perfection
- Correct cleaning and maintenance of the machine.

Friday Oct 11th, Friday Nov 22nd

(One day course)

Time: 9.30am - 2.00pm

Location: PICAL - 16 Warley Ave, Cowes

Fee: Full \$ \$80 or Members & concession \$70

[Click to Book](#) or call PICAL reception on [5952 1131](tel:59521131)



Food Safety Level 1 (Food Handling)

With Melissa Harrison

Accredited program for everyone handling food for public consumption—cafés, clubs, school canteens, milk bars. Includes practical exercises. Lunch is included. Unit code: SITXFSA005

Presented by Bass Coast Adult Learning, RTO 3720

Dates: To be confirmed

Location: PICAL - 16 Warley Ave, Cowes

Fee: Full \$ 130 or Members & concession \$120

[Click to Register your interest](#) or call PICAL reception on [5952 1131](tel:59521131)



Responsible Service of Alcohol

With Lyn Dunne

Accredited Responsible Service of Alcohol (RSA) program giving participants the knowledge and skills to work in a safe and enjoyable environment in licensed premises. Unit code: SITHFAB021

Presented by Bass Coast Adult Learning, RTO 3720

Dates: Fri 4th Oct, Fri 8th Nov Time: 9am - 1pm

Location: PICAL - 16 Warley Ave, Cowes

Fee: Full \$105 or Members & concession \$95

[Click to Book](#) or call PICAL reception on [5952 1131](tel:59521131)



Generating Cashflow

Cashflow is crucial for business success. Learn to identify cash flow drivers, understand the cash conversion cycle and improve your business forecast.

The topics covered include:

- Profit versus cash
- Cash conversion cycle
- Suppliers and cash flow
- Improving your customer collections
- Marketing, managing stock and cash flow
- How to prepare a cash flow forecast
- Discovering additional resources

Email Lauren to [Register your interest](#)



Date: Wednesday, 13 November 2024

Time: 9.30am – 11.30am

Location: Phillip Island Visitor Information Centre (895 Phillip Island Road, Newhaven)

Cost: Free

Digital Skills & Technology



Mobile Phone and Internet Basics

with Diana

These workshops are designed to boost your confidence in safely and efficiently using your mobile phone and tablet for everyday activities.

Learn how to download and use social media apps and messaging services to keep in touch with loved ones and social circles.

Discover how to do everyday tasks online safely like shopping, online bookings, government websites and more.

These sessions cover all the essential skills needed to navigate the internet on your mobile devices.



Time: 10.00am-3.00pm 4 Sessions Weekly: Thursday

Session Dates: October 10th, 17th, 24th, 31st

Fee: Full: \$30 Member & Concession: \$15

[Click to Book](#) or call PICAL reception on [5952 1131](tel:59521131)



Introduction to CANVA

with Diana

Canva is a fun, free & easy to use online graphic design tool. Best for those who need to create printed & online communications such as flyers, brochures, posters, newsletters, social media posts & more. Learn how to use Canva in a fun workshop environment. Participants are welcome to bring along any projects they are working on.

- Wk 1: Introduction to Canva functions & features
- Wk2: Design & create professional looking material
- Wk 3: Design & create social media posts



Time: 10am- 3pm 3 Sessions Weekly: Wednesday

Session Dates: Nov 13th, 20th, 27th

Fee: Full: \$30 Member & Concession: \$15

[Click to Book](#) or call PICAL reception on [5952 1131](tel:59521131)



Computer and Laptop Workshops

with Diana

These workshops are for anyone looking to learn how to use their laptops and computers for everyday activities.

Learn about internet browsers and how to use the internet safely, how to send and manage emails and use a calendar system to stay organised, explore different storage options for photos and files, and an introduction to Microsoft Office products for creating letters, flyers or invitations to events.



Time: 10am - 3pm 6 Sessions Weekly: Tuesday

Session Dates: Nov 12th, 19th 26th, Dec 3rd, 10th, 17th

Fee: Full: \$30 Member & Concession: \$15

[Click to Book](#) or call PICAL reception on [5952 1131](tel:59521131)

Course bookings, cancellations & refunds

- Bookings can be made online or face to face at pical reception
- For online bookings, click on 'book now' under the course in the term guide or visit <https://www.pical.org.au/>
- To book face to face, visit our friendly staff at pical reception
- Courses may be cancelled if the required number of enrolments are not met for that course. Notice will be provided before the course commencement date & full refunds will be distributed.
- Course cancellations are accepted 7 days prior to course commencement with full refunds provided.
- Refunds for cancellations that occur after this time, will be considered under special circumstances
- For cancellations, please ensure you email picalroomhire@gmail.com

Support Workshops

Tech Support & Digital Assistance

With volunteer trainers

Do you need help setting up a phone? Is your laptop running slow? Come and see our technology trainer Diana for a free and friendly tech support consultation.

- Computers, laptops, mobile phones, tablets, wifi
- Emails, security & passwords
- Assistance with online applications & documents
- Help with updates and storage management

Weekly: Friday Time: 10am to 12pm

30 minute sessions

Please book an appointment at reception 5952 1131



English Refresher & English as a Second Language

With Kylie Frowd

English as a Second Language course to help migrant residents improve their English for work, study or further engagement in their communities. This course will cater for beginner, intermediate through to advanced levels in a friendly and casual setting.

Also suitable for English language users wanting to improve their confidence, skills and knowledge.

Every Friday for 6 weeks Time: 10am-12pm Starting: 11th Oct

Fee: Full: \$20 Members & Concession: \$10

Click to Book or call PICAL reception on [5952 1131](tel:59521131)



First Aid & CPR Training with Kasey Beattie

Enhanced online learning with short practical assessment. Choose from a variety of nationally accredited first aid courses online with face to face practical assessment. Training and Assessment Delivered on Behalf of Allens Training, RTO 90909

All enquiries to Kasey Beattie on 0417 111 600 or

Book directly via the website:

Bookings: skillsforlifetraining.com.au/#



Stroke Awareness Briefing

Act F.A.S.T Save Lives

Stroke is one of Australia's biggest killers and leading causes of permanent or temporary brain damage and disability. It kills more women than breast cancer and more men than prostate cancer.

Learn:

- What is a stroke?
- How to recognise the signs of stroke, so that you can save someone's life!
- Things you can do to prevent a stroke



**Ambulance
Victoria**



**Stroke
FOUNDATION**

FREE

Monday Oct 14th

Time: 10.00am - 11.00am

Location: PICAL - 16 Warley Ave, Cowes

[Click to Book](#)

or call PICAL reception on [5952 1131](tel:59521131)

Community Living & Interaction



1,2,3 of Beginners Gardening

With Janine Ingles

Introduction to horticulture...garden basics. The 1, 2, 3's of growing your own vegetables, herbs and ornamental plants. Join our friendly PICAL community to learn about soil, weeds, propagation and planting, seeds and seedlings, planning a basic garden bed & safe garden habits.

Every Wednesday for 8 weeks

Time: 12.30pm-2pm Starting: 16th Oct

Location: PICAL Warley Garden

Term Fee: Full \$30 Members & Concession: \$15

[Click to Book](#) or call PICAL reception on [5952 1131](tel:59521131)



Cheesemaking Workshops

With Barry the Beeman

Join us in Cheesemaking workshops. Come together & have fun while you learn from each other. Make a variety of Cheeses. Take home over 1kg of the cheese. Notes and all recipes included.

Dates: Nov 4th, 5th, 16th, Dec 27th

Fee: \$ 150

Bookings & Register your interest direct with Barry at:

cheesewithbarry@gmail.com



Girls on Tools

With Mick, Mark, Richie & Terry in the shed

Are you looking to build your confidence & knowledge working on the tools? Or maybe you have a few DIY projects that you would like to tackle. Then come & join other like minded woman with your trainers, Mick, Mark & Terry in the Shed! This event is popular & books out quickly so don't wait.

Every Wednesday for 6 weeks

Time: 10pm-12pm Starting: 9th Oct

Location: PICAL Community Garden: Blue Gum Reserve

Term Fee: Full \$50 Members & Concession: \$30

[Click to Book](#) or call PICAL on [5952 1131](tel:59521131)



Garden Gems Program - Free

This workshop is offered at the at the PICAL community garden as a part of the Garden Gems project. The Garden Gems project is a partnership between Bass Coast Shire Council, Bass Coast Adult Learning and community gardens across the region. Find out more about the program & further workshops across the region by visiting <https://thecap.com.au/garden-gems>

Natural Pest Management

Learn how to control pests without using hazardous chemicals. Using insects, birds, animals, and mechanical techniques for integrated pest management.

Thursday 3rd October Time: 10.00am

Location: PICAL Community Garden

[Click to Book](#) or call PICAL reception on [5952 1131](tel:59521131)

<https://thecap.com.au/garden-gems>

Community Living & Interaction

Garden Gems Program - Free

These workshops are offered at the at the PICAL community garden or Phillip Island Community Orchard as a part of the Garden Gems project. The Garden Gems project is a partnership between Bass Coast Shire Council, Bass Coast Adult Learning and community gardens across the region. Find out more about the program & further workshops across the region by visiting <https://thecap.com.au/garden-gems>



Healthy Soils

Want to grow a garden? It starts with the soil. Feed your soil and feed your plants. This workshop will show you what to do with what you've got – sand, clay, on a hill, in a bog.

Sunday 20th October

Time: 10.00am

Location: Phillip Island Community Orchards

Garden Design Principles

Discover key principles to create your own garden oasis or to problem-solve in your existing garden.

Sunday 17th November

Time: 10.00am

[Click to Book](#) or call PICAL reception on [5952 1131](tel:59521131)



Introduction to Aromatherapy

With Susie

NEW

This course is designed to provide you with the knowledge and skills necessary to safely and creatively utilise aromatherapy expertise in using pure essential oils as a natural alternative for health remedies for yourself, your family, and friends.

Learn about the safety and blending principles of essential oils for crafting sprays and massage oils. Explore the historical background and origins of aromatherapy, delve into the characteristics of 15 different pure essential oils, as well as various carrier oils and butters. Discover the appropriate dilution techniques for infants, children, adults, expectant mothers, and the elderly.

Unleash your creativity by making custom sprays, massage oils, and employing aromatherapy techniques to produce beauty items, fragrances, and first aid solutions.

[Click to Book](#)

or call PICAL reception on [5952 1131](tel:59521131)

Weekly: Friday Time: 5.30pm - 7.30pm
6 weeks

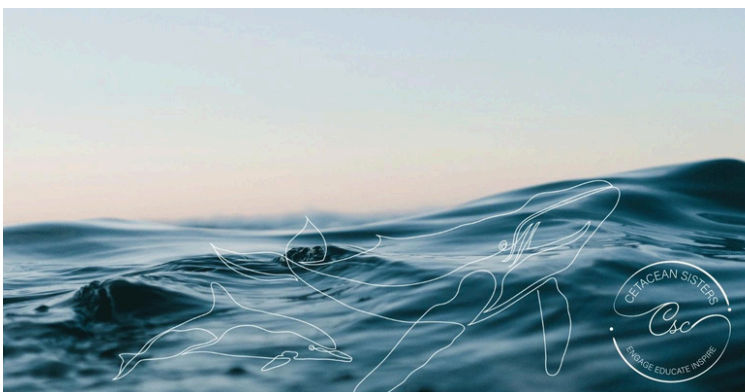
Session Dates: Nov 8th, 15th 22nd, 29th,
Dec 6th, 13th

Fee: \$150

Cetacean Sisters Workshop - Sept School Holidays

Join Our Exciting Science Workshop Series: Inspiring
Your Daughter's Passion for Science

www.cetationscience.com.au



We invite your daughter to a unique and inspiring series of five, two-hour workshops dedicated to advancing her scientific skills and knowledge of cetaceans (whales and dolphins) right on the scenic shores of Westernport Bay. This engaging session is tailored specifically for secondary school girls interested in marine science.

Workshop Highlights:

- Hand on Learning
- Expert Guidance
- Career Insights

23rd - 27th September Time: 10am - 12pm

Location: PICAL

Fee: \$500

[Click to Book](#) or call Sue 0438 399 676 for
further information

Community Regular Events



Spinning

Come along & have a spin & a yarn with the wonderful Woolshed Spinners

Location: PICAL

Every 2nd & 4th Thursday

\$5 per person

Contact: Robyn
0429 700 492

10 - 2pm



Crafting

Join the embroidery/craft group for some fun. They'll have you in stitches.

Location: PICAL

Monthly

\$5 per person

Contact: Josie
0409 955 109

Every 3rd Friday 10 - 2pm



Caring

Beata homecare is here to help you provide quality care at home

Location: PICAL

Bi Monthly

Contact: client relations
manager

1st and 3rd Monday

no cost

1pm-2pm

Gabby 0432 046 778



Connecting

"Voices Interests and Education of Women" Bringing women together in fun and friendship and making a difference

Informal Chat
every 3rd Monday
1.30pm at PICAL
No charge

Lunch Meeting & Speaker
every 4th Monday
12.30pm at RSL Cowes
(own cost)

Contact:
Chris Sproson
0406 469 824



Mecwacare

Engaging and rewarding programs & activities

Daily Groups available

Contact us to find out more on

0486 003 628

Participants can be picked up from home for outing groups

Community Regular Events



Cooking

A cooking group for PICAL Volunteers contributing towards the food relief program

Location: PICAL Kitchen
Contact:
PICAL reception
on [5952 1131](tel:59521131)

Fortnightly
Wednesdays
8.30am - 11.30am

Volunteers only
[Join Now](#)



Growing

A gardening group for PICAL Volunteers contributing towards the food relief program

Blue Gum Garden
Contact:
PICAL reception
on [5952 1131](tel:59521131)

Weekly
Monday, Tuesday,
Wednesday & Thursday
9.30am - 12.30pm

Volunteers only
[Join Now](#)



Walking

Walk, talk & take in beautiful sceneries with this lovely bunch of keen walking ladies. Usually finished with lunch, wine & chatter.

Contact:
Patsy
[0409 506 461](tel:0409506461)

Monthly
Every 3rd Thursday

Various
Locations



Language

Boost your self confidence with this Language of Love. Learn Spanish. Who knows when it will come in handy. Si?

Location: PICAL
Contact: Maria
[5952 6247](tel:59526247)

Monthly
Every 2nd Thursday
10am - 11.30pm

\$5.00 per person



Applique

The Appliqué Guild of Australia Inc. is a non-profit organisation established in 2012 to support and encourage appliqué enthusiasts nationwide.

Come Learn the many methods of applique with like-minded ladies.

Needle turn, raw edge, reverse appliqué, back basting, pre turned, applifix, blanket stitch, just to name a few. We may also provide video tutorials and discussions if there is a particular method you are most interested in.

You are welcome to join in if you are interested in learning, are a beginner or an expert in applique.

Come in for a cuppa and a chat and bring in your current project and stitch with us.

Location: PICAL
Contact: Eva
0423 813 070

Monthly
Every 3rd Tuesday
10am - 2.00pm

\$5.00 per person