



TERM 3 2022 AT PICAL

Learning something new can work wonders for your confidence as it encourages you to step out of your comfort zone and approach something completely new. Maintain an active mind and enjoy the benefits of lifelong learning!

All bookings can be made online at pical.org.au or 5952 1131 Monday-Friday 9am-3pm



LEARN LOCAL COURSES

Courses tagged with the 'Learn Local' logo are subsidised by government funding.

Eligible learners must complete the enrolment process to take advantage of the reduced tuition rates

LEARN LOCAL

GET JOB READY AND LIFE LITERATE



with Ajanta Judd

The Skills for Life and Work program is designed to assist individuals to gain confidence, increase life skills, satisfactory employment, learn how to manage impediments to work/life fulfilment and navigate your way to job and life satisfaction.

Increase your skills and competence required to find secure and meaningful employment; become work-ready and overcome barriers to work and life fulfilment. Creatively pursue networking opportunities; learn interview techniques, identify barriers to achievement; prioritise and create goals; meet expectations of employers; examine career options; seek employment; write applications including resume, cover letters, meeting criteria.

Starts Friday August 12 Time: 9am-11am
Duration: 7 consecutive Fridays
Bookings: trybooking.com/933441 or at reception

A TASTE OF HOSPITALITY



At Wild Food Farm

Getting your start in the hospitality industry is made simple with this introductory course at Wild Food Farm. From farm gate to back paddock, showcasing the potential of Australia's amazing variety of herbs, spices, fruits, and berries, you'll learn at one of Victoria's most unique hospitality venues with a distinctive native food influence.

This course provides detailed training in a range of hospitality operational skills including basic food and beverage service and what it takes to work in hospitality.

Starts: Thursday August 25 Time: 10am-3pm
Duration: 3 weeks - Aug 25, 26, Sep 1, 2 and 8
Bookings: trybooking.com/933951 or at reception

LEARN LOCAL

COMPUTERS FOR BEGINNERS



with Lynne Saunders

Experienced tutor, Lynne Saunders will walk you through basic computer skills, email and the internet. Each week you will be guided through a new process and an opportunity for one-on-one tuition in order to build your confidence and skill set.

This course is perfect for adults with little or no previous computer experience, or those wanting to expand their skills in a supportive environment.

Starts: Monday August 8 Time: 1pm-4pm
Duration: 7 consecutive Mondays
Bookings: trybooking.com/933926 or at reception

COMPUTERS FOR LIFE AND WORK



with Ajanta Judd

This intermediate level course focusses on advancing and broadening skills in both home and office computer environments.

It is aimed at further developing competency and a deeper understanding and knowledge of standard computer hardware, software and related functions.

Includes: Microsoft Word, Excel; PowerPoint; email and internet; effective, safe and secure internet search skills; Google applications; create and share professional documents; online banking; search engines; digital footprint; social media basics.

Starts: Friday August 12 Time: 1pm-3pm
Duration: 7 consecutive Fridays
Bookings: trybooking.com/933916

TECH SUPPORT AND PROBLEM SOLVING



with Ajanta Judd

Men and women can receive 5 hours of one-on-one individualised tech support for any type of tech-related question to assist their work and life IT skills. From computers to mobile phones, software, virtual connections, websites, email, photo editing, myGov, vaccination, online applications, passports, energy saving bonus, working with children and police checks. Bookings essential: Ajanta 0430 104 447

Starts: Tuesday August 9 Time: 9am-1pm
Bookings: trybooking.com/933888 \$20 for 5hrs
Book in any week of the weeks during term 3 at a time that suits.

SMART DEVICE TIPS AND TRICKS



with Ajanta Judd

These days, some of the most important devices that can help you with everyday life are a smart phone, iPad, or tablet. If you already have one of these devices, then you will know how important they are for connectivity, efficiency, functionality, and entertainment. Smart phones have also been central to our response to the Covid pandemic, such as check-in apps and providing digital proof of vaccination certificates.

Ajanta will help you problem solve and show you how to make the most of your smart phone, iPad, or tablet. Topics covered include, finding the right phone and phone plan, data, apps, security, differences between Apple and Android settings.

Starts: Tuesday August 9 Time: 2pm-4pm
Duration: 7 consecutive Tuesdays
Bookings: trybooking.com/933947 or at reception

Please note: All classes are suitable for students using Apple/Mac/iPhone and PC/Tablet/Android



LEARN LOCAL FEE

- If you are attending this course as a way to increase your business skills, return to study, or participate as a volunteer in our community \$65
- Learn Local PICAL Member Fee \$55
- Pension / Concession: \$45

LEARN LOCAL AND WORKPLACE TRAINING

HLTAID009: PROVIDE CARDIOPULMONARY RESUSCITATION (CPR)



Training & Assessment delivered on behalf of National First Aid RTO.3981

Provides participants with the skills and knowledge required to respond to breathing & cardiac emergencies and to perform CPR in line with the Australian Resuscitation Council Guidelines. CPR at floor level on adult manikin is a mandatory requirement. Also suitable for anyone who has a current CPR certificate needing to do an annual update of skills and knowledge.

Date: Saturday August 27 Time: 9am-11.30am
Duration: 1/2 day
Cost: \$85pp
Bookings: trybooking.com/933832 or at reception

HLTAID011: PROVIDE FIRST AID



Training & Assessment delivered on behalf of National First Aid RTO.3981

Learn the skills and knowledge required to provide a first aid response, life support, management of casualty(s), the incident and other first aiders until the arrival of medical or other assistance. Applies to all workers who may be required to provide a first aid response in a range of situations, including community and workplace settings. Includes cardiopulmonary resuscitation (CPR).

Date: Saturday August 27 Time: 9am-5pm
Duration: 1 day
Cost: \$185 pp
Bookings: trybooking.com/933858 or at reception

HLTAID012: PROVIDE AN EMERGENCY FIRST AID RESPONSE IN AN EDUCATION & CARE SETTING



Training & Assessment delivered on behalf of National First Aid RTO.3981

Learn the skills and knowledge required to provide a first aid response, life support, management of casualty(s), the incident and other first aiders until the arrival of professional medical or other assistance. Applies to all workers who may be required to provide a first aid response in a range of situations, including community and workplace settings.

Date: Saturday August 27 Time: 9am-5pm
Duration: 1 day
Cost: \$200 pp
Bookings: trybooking.com/933863 or at reception

SITHFAB021: RESPONSIBLE SERVING OF ALCOHOL (RSA) ONLINE

with CFT International RTO.21120

All people serving alcohol in a public place in Victoria need this certificate approved by the Director of Liquor Licensing Victoria. Covers a range of topics including problems associated with excessive consumption of alcohol and the law; who is responsible for RSA; facts about alcohol; improving the atmosphere of your premises and handling difficult customers.

Anytime online Cost: \$49pp
Direct booking [link](#) or contact reception for face-to-face delivery options

HLTSFE001: FOOD SAFETY LEVEL 1 ONLINE

with CFT International RTO. 21120

Use hygienic practices for Food Safety. Nationally recognised by the hospitality/retail industries.

Anytime online Cost: \$95pp
Direct booking [link](#) or contact reception for face-to-face delivery options

BOOKING AND CANCELLATION POLICY

- Payment is required to secure a booking
- Cancellation with at least 72 hours notice will receive a full refund
- Cancellation with less than 72 hours refund may not receive a refund unless a waiting list booking can fill your spot
- Children are welcome to participate in classes, provided they are fully supervised by an accompanying parent or adult
- PICAL reserves the right to cancel a course if class numbers are not reached

WORKPLACE TRAINING

CPCCWHS1001: CONSTRUCTION INDUCTION



Training & Assessment delivered on behalf of Australian SafeT RTO 21852

The Construction Induction Course is aimed at all workers carrying out construction work, including: self-employed persons, labourers, apprentices, trades-persons, supervisors and project managers.

Participants will learn the basic principles of health and safety in the construction industry as well as information about preventing workplace injury and illness, workplace injury management and workers compensation.

Date: Friday September 23 Time: 9am-4pm
Duration: 1 day
Cost: \$180
Bookings: trybooking.com/905106 or at reception

AHCMOM21: OPERATE AND MAINTAIN CHAINSAWS



Training & Assessment delivered on behalf of Australian SafeT RTO 21852

The Operate and Maintain Chainsaws Course will teach participants the required skills and knowledge to operate chainsaws in a safe and proficient manner in the workplace. Participants will learn how to inspect, adjust, safely operate and carry out basic saw maintenance, including mixing fuels, air filter cleaning, blade tension adjustment and saw sharpening.

Participants will be involved in a number of practical demonstrations in order to gain competency in chainsaw operations.

Date: Friday August 26 Time: 9am-4pm
Duration: 1 day
Cost: \$300 pp
Bookings: trybooking.com/933742 or at reception

WORKPLACE TRAINING

All courses under Workplace Training are delivered by external Registered Training Organisations (RTO)

All students enrolling in Workplace Training courses must register for a USI (Unique Student Identifier). Visit usi.gov.au to create a USI.

RIIWHS205E & RIIWHS302E: TRAFFIC MANAGEMENT



Training & Assessment delivered on behalf of Australian SafeT RTO 21852

The Traffic Management Course will teach participants the basic theory of traffic controlling as well as the selection, maintenance and correct use of the appropriate traffic control equipment. It will provide participants with the essential skills for a number of industries, including construction, mining, drilling and more.

In addition the course will teach participants the skills to implement a traffic management plan and set up traffic control equipment.

Date: Friday September 9 Time: 9am-4.30pm
Duration: 1 day
Cost: \$250pp
Bookings: trybooking.com/933774 or at reception

RIIWHS204E: WORKING SAFELY AT HEIGHTS



Training & Assessment delivered on behalf of Australian SafeT RTO 21852

The Working Safely at Heights Course will teach participants theoretical and practical aspects of working at heights. During the course participants will be assisted to develop safe work method statements and risk assessments for working at heights. All workers who conduct or supervise tasks whilst at height will find this course beneficial to workplace safety.

Duration: 1/2 day
Cost: \$250 pp
Bookings: Contact us to register your interest

TLILIC0003: LICENCE TO OPERATE A FORKLIFT TRUCK



Training & Assessment delivered on behalf of Australian SafeT RTO 21852

The Licence to Operate a Forklift Truck Course will teach participants the skills and knowledge required to drive forklifts effectively and safely.

Key elements: planning, conducting routine checks on the forklift;; shifting loads safely; shutting down; securing the forklift after use.

Duration: 1 day
Cost: \$600
Bookings: Contact us to register your interest

LIFESTYLE AND LEISURE

CREATIVE WRITING

with *Nicole S. Kelly*

Join award-winning author, Nicole S. Kelly, for an inclusive creative writing course. Suitable for writers of all abilities, to start, or to rekindle a love of storytelling in its differing forms, and for to work on skills and habits to give you confidence to get what you want from your writing. Develop skills needed to create engaging stories.

You'll practise exploring voice, tone, genre, character development, perspective, and story arcs.

Starts: Monday August 22 Time: 1.30pm-3pm
Duration: 6 consecutive Mondays
Cost: \$70pp (members) \$85 (non members)
Bookings: trybooking.com/933053 or at reception

SEWING FUNDAMENTALS

with *Lucy Cerantonio*

With years of leading industry experience, Lucy will soon have you sewing like a professional. These cleverly structured classes are easy to follow and can take you from beginner to expert. You will learn on your own sewing machine and become confident enough to continue at home.

Starts: Monday August 22
Time: 6pm-9pm
Duration: 6 consecutive Mondays
Cost: \$150 (members) \$165 (non-members)
Bookings: trybooking.com/933015 or at reception

LEADLIGHTING FOR BEGINNERS

with *Rod Widmer*

Learn the process of creating leadlight pieces from pattern and glass selection to glass cutting, breaking, shaping, soldering and finishing. Students will be guided in the creation of their own take home leadlight panel. All materials provided.

Starts: Saturday September 3 Time: 10am-1pm
Duration: 4 consecutive Saturdays
Cost: \$140pp (members) \$155pp (non-members)
Bookings: trybooking.com/932991 or at reception

WOMENS SELF DEFENCE

with *Jonathon Bouillir*

Learn self-defence in a safe and empowering environment. For girls and women 15 yo and over. No minimum fitness required, learn practical awareness and techniques for safety and confidence. Your instructor has years of military, martial arts instruction & security guard experience.

Starts: Tuesday August 23 Time: 6pm-7.30pm
Duration: 6 consecutive Tuesdays
Cost: \$65pp (members) \$80pp (non-members)
Bookings: trybooking.com/905423 or at reception

MACRAMÉ PLANT HANGER WORKSHOP

with *Lynne Saunders*

Learn a number of different knots used to create a stunning macrame plant hanger. This course will teach you all the basic knots of macrame including; larks knot, wrap knot, half square knot, square knot and crown knots. All materials included
BYO Tools: Scissors, small ruler and 5m tape measure.

Starts: Saturday September 3 Time: 10am-1pm
Duration: 2 consecutive Saturdays
Cost: \$70 (members) \$85 (non-members)
Bookings: trybooking.com/934018 or at reception





GROUP ACTIVITIES

JUMP IN AND GET INVOLVED!



WOMEN CONNECT	Mon & Wed 10am - 1pm	PICAL reception 5952 1131
TECH SUPPORT AND PROBLEM SOLVING	Tuesdays 9am-1pm	Ajanta 0430 104 447
BOOMERANG BAGS	Mon/Wed 10.30am - 4pm	Marita 0425 804 137
RAINBOW CONNECT	Wed fortnightly 7pm - 8:30pm	Greg 0425 781 819 Cost \$3pp
WOOLSHED SPINNERS	2nd & 4th Thurs/mth 10am - 2pm	Robyn 0429 700 492 \$3pp
EMBROIDERERS	3rd Fri/mth 10am - 12pm	Josie 0409 955 109 Cost \$3pp
MAHJONG	Mondays 2.30pm - 5.30pm	Glynis 0417 353 946 Cost \$3pp
PHILLIP ISLAND TAI CHI	Tues 1pm-3pm Wed 5.45-6.45pm Thurs 1pm -3pm	Karen 0418 460 077 Please contact to book
SPANISH	Every second Thurs 10am - 11.30am	Maria 5952 6247 Please contact for prices
ASPIR LIFE DRAWING	First Mon/mth 9.30am-12.30pm	Jacki 0405 721 303 Please contact for prices
ASPIR PORTRAITS	2nd Monday/mth 10am - 1pm	Gay 0425 728 323 Cost \$3pp
ASPIR TEXTILES	Two Saturdays/mth 10am - 1pm	Shirley 0410 584 025 Cost \$3pp
ASPIR APPRAISE AND CONNECT	3rd Wed/mth 2pm-4pm	Marian 0430 274 666 Cost \$3pp
WOMEN CONNECT WALK	2nd Thurs/mth 10am	Patsy 0409 506 461 Please contact to book

**FOR FURTHER INFORMATION
PLEASE CONTACT GROUP FACILITATORS**