



## Exciting new learning hub

PICAL's new home is an amazing social space that brings together facilities and other new services, to meet the needs of both the community and visitors to the area.

A welcoming environment right in the heart of Cowes, it's a place for interaction and knowledge exchange with free access to computers, study areas, learning and high-speed WiFi.

Drop in anytime for a tour of our new facility!

## 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.

## Enrol Now!

[PICAL.ORG.AU/EDUCATION](https://pical.org.au/education)

## Tech Support



with Ajanta Judd

Personalised Tech Support for any type of tech, device, software or internet related problem. Assistance with IT skills for computers, mobile phones, tablets and ipads. Includes negotiating websites, phone applications, emailing, photos, passwords, online security and online applications, myGov, identification, vax and birth certificates, passports, energy saving bonus, working with children and police checks.

Support is \$5 per half hour or \$40 for 5 hours Every Wednesday 10am-3pm. Half or one hour appointments.

**Bookings: [trybooking.com/970547](https://trybooking.com/970547)**

Call Ajanta on 0430 104 447 to book a time

**Come join us to learn, study, make friends, and get support at our brand new venue!**

## Web Design, Social Media and Study Support



with Ajanta Judd

We are living in a tech and virtual world and it is in our best interests to keep up with all related software and technology. Whether it be work, study or play, join us in our brand new computer lab to receive individual expert support. Ajanta will help you with all social media, work and study projects, writing and grammar, content creation, editing, navigating software and anything else that you require. It is designed for students to work on their own projects, businesses or studies in a supportive, productive, confidence building environment. Website design, Instagram, Facebook, Messenger, Twitter, educational platforms and more are all covered in this hybrid course.

Support is \$15 per hour or \$50 for 5 sessions

Starts: Tuesday February 7 Time: 4pm-6pm

Duration: Ongoing

**Bookings: [trybooking.com/1009520](https://trybooking.com/1009520) 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. Perfect for adults with little or no previous computer experience.

This course has a strong focus on privacy, security, passwords, scams and how to protect your data.

Starts: Monday February 20 Time: 1pm-4pm

Duration: 7 weeks

**Bookings: [trybooking.com/1009534](https://trybooking.com/1009534) or at reception**

## Beyond Basics Computer Skills



with Ajanta Judd

Further enhance your knowledge of the digital world! Topics include creating and sharing files, using internet browsers and search engines, Zoom, digital footprint and social media basics.

This course follows on from our beginners computer course. You will up-skill on existing knowledge and develop a greater competency in Windows, Microsoft Word, Google, file management, online banking and buying, plus, general computer use.

With a strong focus on safely navigating your computer and the internet plus, guarding security privacy, it includes lots of tips and tricks to better manage the technological world.

Starts: Friday February 3 Time: 10am-12pm

Duration: 7 weeks

**Bookings: [trybooking.com/1009544](https://trybooking.com/1009544) or at reception**

## Learn Local Fee

- If you are attending this course as a way to gain employment, 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

## Smart Device Tips, Tricks and Problem Solving



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.

This course has a strong focus on privacy, security, passwords, scams and how to protect your data.

Starts: Friday February 3 Time: 2pm-4pm

Duration: 7 weeks

**Bookings: [trybooking.com/1009538](https://trybooking.com/1009538) or at reception**

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

## 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: Friday February 10

Time: 1.30pm-3pm

Duration: 7 weeks

**Bookings: [trybooking.com/1009556](https://trybooking.com/1009556) or at reception**

**Enrolments Now Open!**  
**[PICAL.ORG.AU/EDUCATION](https://PICAL.ORG.AU/EDUCATION)**

# 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 March 18 Time: 9am-11.30am

Duration: 1/2 day

Cost: \$85pp

**Bookings: [trybooking.com/1009846](https://trybooking.com/1009846) 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 March 18 Time: 9am-5pm

Duration: 1 day

Cost: \$185 pp

**Bookings: [trybooking.com/1009869](https://trybooking.com/1009869) 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 March 18 Time: 9am-5pm

Duration: 1 day

Cost: \$200 pp

**Bookings: [trybooking.com/1009856](https://trybooking.com/1009856) or at reception**

## SITHFAB021: Responsible Serving of Alcohol (RSA) ONLINE

with CFT International RTO.21120

- Problems associated with excessive consumption
- Alcohol and the law
- Who is responsible for the serving of alcohol?
- Facts about alcohol
- Improved atmosphere
- Handling difficult customers

Anytime online: Cost:\$49pp

Direct booking [link](#) or contact reception for face-to-face delivery options

## SITXFSA005: 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.

## CPCCWHS1001: Construction Induction



Training & Assessment delivered on behalf of Australian SafeT RTO 21852

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 March 17

Time: 9am-4pm

Duration: 1 day

Cost: \$180

**Bookings: [trybooking.com/1009889](https://trybooking.com/1009889) 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](https://usi.gov.au) to create a USI.

# Workshop and Group Activities

## WOMEN CONNECT FRIENDSHIP CAFE

### IF YOU:

- Would like to meet other local women?
- Find it hard making new friends?
- Are you interested in helping others?
- Need help and support yourself to overcome life's difficulties?
- Have skills you would like to share?
- Would like to try and learn new things?
- Have time to join us?

Then come in, have a cuppa and a chat and make new friends!

### ALL WOMEN WELCOME:

- Gold coin donation appreciated (but come along anyway)
- Free Tea/Coffee and great company
- Activities, information and new learning

**WEDNESDAYS**  
**9.30AM-12.30PM**



## Wooden Flower Box Creation

with *Marcella Ziogos*

Watch the magic of your creative flare come together when creating your very own Wooden Box flower arrangement.

Using fresh, seasonal flowers to create your very own unique arrangement that will look stunning in your home for you to keep admiring in the future.

Starts: Wednesday March 22 Time: 6pm-8.30pm

Duration: 1 evening workshop

Cost: \$100 (members) \$115 (non-members)

**Bookings: [trybooking.com/969058](https://trybooking.com/969058) or at reception**

## Macrame Plant Hanger

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, ruler and 5m tape measure

Starts: Saturday March 18 and 25 Time: 10am-1pm

Duration: Two Saturday workshops

Cost: \$70 (members) \$85 (non-members)

**Bookings: [trybooking.com/1011376](https://trybooking.com/1011376) or at reception**



**PICAL**  
**OPEN DAY**  
**11 February 10am-1pm**

A vibrant, abstract background with various colors (yellow, orange, red, purple, green, blue) and shapes. The text "PICAL" is in black, "OPEN DAY" is in large white letters, and "11 February 10am-1pm" is in black.

# PICAL Group Activities

JUMP IN AND GET INVOLVED!

<b>INSIGHT MEDITATION AND DISCUSSION</b>	Tues weekly 6pm-8pm	Ajanta 0430 104 447 Call to book
<b>WOMENS FRIENDSHIP CAFE @ WOMEN CONNECT</b>	Wed weekly 9.30am-12.30pm	PICAL reception 5952 1131
<b>WOMEN CONNECT</b>	Mon weekly 10am-1pm	PICAL reception 5952 1131
<b>TECH SUPPORT AND PROBLEM SOLVING</b>	Wednesdays 10am-3pm	Ajanta 0430 104 447 Call to book
<b>BOOMERANG BAGS</b>	Mon/Wed 10.30am - 4pm	Marita 0425 804 137
<b>RAINBOW CONNECT</b>	Wed fortnightly 7pm - 8:30pm	Greg 0425 781 819 Cost \$4pp
<b>WOOLSHED SPINNERS</b>	2nd & 4th Thurs/mth 10am - 2pm	Robyn 0429 700 492 \$4pp
<b>EMBROIDERERS</b>	3rd Fri/mth 10am - 12pm	Josie 0409 955 109 Cost \$4pp
<b>MAHJONG</b>	Tuesdays 1pm-5pm	Glynis 0417 353 946 Cost \$4pp
<b>SPANISH</b>	Every second Thurs 10am - 11.30am	Maria 5952 6247 Please contact for prices
<b>WOMEN CONNECT WALK</b>	2nd Thurs/mth 10am	Patsy 0409 506 461 Please contact to book