



Newsletter

Term 3 Week 1 Thursday, 18 July 2019

Principal's Message principal@olmcsunbury.catholic.edu.au

Dear Parents,

Welcome back to term 3. We have started the term well and our celebration of the OLMC Feast Day on Tuesday was a great success. Thank you to the parents who supported the day in anyway – attending Mass, cooking and serving the sausages and sharing lunch with their family.

53 Macedon St
Sunbury 3429
9740 7344

Next Monday we are running Parent Information Sessions on our Restorative Practices approach to dealing with behaviour in the school. I highly recommend that you attend one of the sessions (2pm or 7pm) so that you can become more familiar with what the Restorative Practices approach is and how it is implemented in the school.

Restorative practices seeks to repair relationships that have been damaged. It does this by bringing about a sense of remorse and restorative action on the part of the offender and forgiveness by the victim, which links very well with the values of our school and the Gospel. I hope to see to you there.

2019 Term Dates

Term 3:

Mon 15th July —
Fri 20th Sept

Term 4:

Mon.7th Oct —
Fri 20th Dec (TBC)

Next week we will begin work on improving our playground facilities. You have helped to raise the money that will go towards these improvements. The first step will be to have the sports shed and fun house removed, as well as some of the sheds that are on the green. This will mean some disruption to the play ground for a few days next week. The plan is to create an interactive play based area that will include a cubby house and hands on activities such as small kitchens, shop counters and tool bench. The idea behind this is to develop the children's skills of collaboration and communication and to provide alternate activities for recess and lunch time breaks.

Speaking of fundraising, look out for the Tony's Pies flyer that will go home next week. This is a fun and easy way to raise money and stock the freezer at the same time.

School Closure Day

Term 3

September 2nd

Two of our Year 6 students, Gemma Ellis and Riley Farrugia, have organised an exciting event for the term – OLMC Has Got Talent. Children have been asked to audition and the auditions will be held on Thursdays at lunch time. A grand final will be held later in the term and you will be invited to come along and be part of the audience. Gemma and Riley will ask you for a gold cold donation which will be donated to the Cancer Council.

This week we celebrate the 16th Sunday in Ordinary Time.

Gospel

Luke 10:38–42

Martha works; Mary listens.

Julie

I came across the following article and I thought it raised some very good points. Parenting is not easy and we all try to do what we think is best but sometimes we don't realise the affect it may be having on our children.

The Age newspaper [recently highlighted](#) the issue of so-called “helicopter parenting” at universities. The report talked of parents contacting lecturers to ask about their adult children’s grades, sitting in on meetings with course coordinators and repeatedly phoning academics to inquire about students’ progress.

Over-parenting involves parents using developmentally inappropriate tactics that far exceed the actual needs of their children. It involves excessive protection of children by their parents. Over-parenting is often called “helicopter parenting”, as these parents hover over their children to make sure nothing goes wrong.

While commentators have been talking about the rise of helicopter parenting among school-aged children for some years now, the idea parents would be using the same tactics on young adults is a bit more foreign.

But researchers have been exploring over-parenting among university students for some years now too, and they’ve found negative consequences for these children, including higher levels of anxiety and narcissism.

Research shows today’s parents spend more time per day parenting than in the 1980s. But we don’t know how many are over-parenting. That’s because most population studies of this nature rely on self-reports and parents are unlikely to admit to being over-zealous or controlling of their children.

Sometimes over-parenting is called “lawnmower parenting”, illustrating how parents clear their children’s life path of obstacles. Others have called this type of parenting like growing up in a green house. Media also refers to children of such parenting as “cotton wool” kids or as being in “bubble wrap”.

Obviously, most parents want the best for their children. Research shows [children of loving and attentive mothers grow up more resilient](#) and less distressed. But at which point is this positive love and care going too far? And is over-parenting actually bad for children?

In 2012, 128 Australian psychologists and counsellors were asked what they considered to be examples of over-parenting. Some of the [examples they gave](#) were:

Cutting up a ten year old’s food. Bringing a separate plate of food for a 16 year old to a party as he is a picky eater

A mother who won’t let her 17-year-old son catch the train to school

Constantly badgering the school to make sure their child is in a specific class the following year

Parents rushing to school to deliver items such as forgotten lunches, assignments or uniforms at the whim of their child

Parents believing that, regardless of effort, their child must be rewarded.

There is very little research on the effects of over-parenting in school-aged children. A [2015 study](#), that included 56 parents of children from prep to Year 8, found over-parenting was associated with an authoritarian parenting style and parents being anxious themselves.

Excessive parenting has also been [associated with reduced](#) self-esteem in adolescents, and a lower ability to show leadership.

The most knowledge we have of over-parenting consequences comes from university students. Excessive parenting for young adults is noticeable, and usually considered inappropriate, as it exceeds what the children developmentally want or need.

Research shows [parents of university children](#) have stepped in to advocate if their child breaches the university code of conduct or to discuss their child’s academic difficulties with lecturers. Some parents impose curfews on when their university-aged child should be in bed, monitor their adult child’s diet and exercise, vet their friends and decide what subjects they will study.

There are a number of negative consequences for university students whose parents help them too much. It has been shown these students [suffer from more anxiety](#) and depression than their peers.

University students whose parents are controlling also have low levels of self-efficacy (confidence over one’s own ability) which leads to [poorer university adjustment](#), resulting in lower grades and difficulties in relating to others. Other studies have found negative consequences of over-parenting on the child include [less autonomy](#), [decreased levels](#) of self-regulation, [increased narcissism](#), [attention seeking](#) and wanting approval and direction from others.

Why this type of overbearing parenting seems to be increasing is explained in various ways. Some researchers say [economic pressures](#) are responsible for parents being more invested in their child’s education so they get a well paying job.

We know that more university students are living at home and so are more influenced by their parents. In general young people often have a more delayed growing up period. Some researchers have [dubbed this period of development](#) as “adulthood”.

Regardless, whether over-parenting comes from too much love or the need to see yourself in your children, it is not the best way of parenting.

A better way is allowing your child to make mistakes and learn from them. To help them when they ask for your help but not to always jump in. Each child is different and so is every parent, so one-size parenting does not fit all. But we know loving and attentive parents have resilient children, so let them be “free range” sometimes, and enjoy being a parent.

SPLASH PUPIL OF THE WEEK AWARD



Class	Pupil of the week	Has demonstrated the 3 R's
Prep MR	Ashton Osborne	For trying really hard to be responsible and respectful in the classroom. Keep up the good work Ashton.
Prep R	Tillie Kilkenny	For her effort and determination in learning her letters at school and at home
1 JB	Mater Paterra	For his determination in trying to do his very best. Keep up the fantastic efforts Mater!
1 S	Abbey Nicholls	For putting such a high degree of effort into everything that she does! You are a superstar!
2 C	Riley Portelli	For creating a fantastic information report about the Amur tiger.
2R	Mason Searle	For showing determination and persistence in researching and presenting his animal report on the Great White Shark!
3/4 BC	Harvie Paterra	For having a growth mindset and always seeking to improve himself as a learner. You are a star, Harvie!
3/4 CC	Addison Ridington	For being a respectful friend who is kind and caring.
3/4 H	Chelsea Farrugia	For determination completing her Journal writing and supporting others in their learning.
5/6 MT	Jaiden Doricic	For showing responsibility with his work and challenging himself in his learning.
5/6 R	Lily Pucar	For consistently showing resilience and independence in her learning.
5/6 SF	Myles Luca	For treating others with respect at all times and having confidence to take risks in his learning

Book Week 2019

This year we will be celebrating book week in Week 6 of Term 3 with our dress up day and parade on Monday 19th August. Start thinking about creative costume ideas now.

More details will follow next term.

Emilie Owen

Prayer Roster : Monday at 2.45pm OLMC Church— *All Welcome*

Date	Class Presenting
22 July	5 /6 R
29 July	5 /6 MT
5 August	5 /6 SF
12 August	No Prayer - Feast of the Assumption Mass Thursday 15th August
19 August	Prep R
26 August	2 C
2 September	Prep MR
9 September	5 /6 R
16 September	2 R

Bookclub

Dear Parents,

Issue 5 of Ashton Scholastic Bookclub was sent home yesterday with your child. All orders for Issue 5 need to be returned, or finalised online, by recess on Thursday 25th July.

Thankyou for your ongoing support.

Trish Cairns



CHESS CLUB THURSDAY LUNCHTIME

Are you interested in playing chess?

We will be holding a Chess Club in the library on Thursdays at lunchtime.

You can come along and learn the basics or play against more experienced players.

Hope to see you there.

THURSDAY
LUNCHTIME
Begins 9 May 2019

THE LIBRARY

GRADES 3-6
(P-2 WELCOME BY
ARRANGEMENT)

CHESS SETS WILL
BE AVAILABLE OR
BRING YOUR OWN

CONTACT
CHARLIE PLUMMER
5/6 MT
TGPLUMMER@BIGPOND.COM

JAPANESE OBENTO FOR JAPANESE DAY

Order your obento box before Friday July 26th—Details below

Japanese day is scheduled on **Friday 2nd August** (week 3 of Term 3) this year. As part of the Japanese program we believe it is important for students to understand and experience something of the Japanese culture.

To celebrate the continuing good work of the students in 2019, we are offering students who would like to enjoy an Obento box lunch on Friday, 2nd August. Please order via CDFPay website from Monday 17th June, 2019.

Obento is a single-portion meal common in Japanese cuisine. A traditional obento holds rice, fish or meat, with pickled or cooked vegetables, in a box-shaped container. The proposed 2019 box (no nuts and eggs) will contain the following items:

Teriyaki Sushi Roll

Vegetarian Salad Sushi Roll

Karaage Fried Chicken

Potato Croquette (onions and potato)

Kanikama - Crab Surimi Fish Cake

Vegetable Goza- vegetable dumpling (includes sesame)

Edamame Soy Beans in the pod

Soy sauce

The Obento boxes will be prepared by an authentic Japanese chef from Tokyo Deli in Elsternwick, at a cost of \$8.50 per box. Please place your order on CDFPay.

As you can see, the lunch boxes will again be both nutritionally wholesome and delicious! However, we of course want to ensure that the ingredients are suitable for all of our students. Would you therefore please let me know if your child has any special dietary needs, or food allergies, that we need to be aware of, so that we can take those needs into account. There is also a vegetarian obento box (includes sesame and sesame oil, but no nuts and no eggs) for students who may prefer this.

I would appreciate a note from you about any special dietary needs of your child when you place your order on CDFPay by **Friday 26th July** please. (online payment, same as canteen lunch order)

Yours sincerely,

Yumiko Aiki

Japanese Teacher

Our Lady of Mount Carmel School

LUKE S. KENNEDY

Enlighten. Motivate. Achieve.

Motivational speaker & mental health advocate, Luke S. Kennedy, will be presenting to our 3-6 students on Wednesday 7th August.

He's one of the most sought after guest speakers in the country, and reports from all schools state that he leaves a huge impact on students and the school community.

Topics covered in his student talk;

- Bullying (self-bullying/Negative self talk)
- Mental Health - Self-Care
- Resilience
- How to be yourself and stop worrying what other people think

As well as this, Luke will be holding a session for teachers, **and then for the parents of our school on the evening of the 7th August at 7pm.** This talk is for parents only, as Luke will be going deep into his story (he PG's his content for students during the day), and mental health advice.

"The best speaker we've seen!" - Optus.

Luke's presentation isn't your typical Bad Guy Gone Good. Through 'on the edge of your seat' stories, Luke inspires deep, lasting change, and self-awareness, for a wide range of audiences, from large corporations, events, to primary schools, high schools, and even prisons.

You will leave inspired, and with mental health strategies you can use for yourself and children. Luke shows how being labelled early on in life, turned him from being a normal happy kid with a good upbringing, but resulted in him becoming an obese thug, addicted to drugs and alcohol, stabbed twice (again, he PG's his content for students), and severely depressed and anxious. He then demonstrates how he turned it all around again to become extremely happy and successful.

You will leave with simple yet extremely effective take-home strategies to improve your connection with your kids, and also improve your own mental health.



Do you have some unwanted Lego or Duplo hanging around your house that you would be willing to donate? OLMC would love to take this off your hands.

Please see Khalan in 5/6 MT or Shelley Ellis with any donations. Something exciting is coming to OLMC.

Year 3 Parenting in Faith Evening - Tuesday 30th July at 6:30pm

At OLMC we believe in the importance of nurturing and developing a child's faith and we understand that parents are the primary educators of their child's faith.

For these reasons we will be running a Parenting in Faith Evening for you and your Year 3 child on Tuesday 30th July 6:30pm at St Anne's Church, with guest speaker Paul Spence.

The evening will focus on the importance of forgiveness and reconciliation, as well as looking closely at, and understanding, the Sacrament of Reconciliation. The evening is intended to support the students learning at school and encourage dialogue to continue at home, so parents are able to support their children on their faith journey.

All students celebrating the Sacrament of Reconciliation for the first time are expected to attend with their parents and all other Year 3 students with their parents are strongly encouraged.

We hope to see you all at the Year 3 Parenting In Faith evening.

Bread tags for wheelchairs

Please save your bread tags and drop them into any of our collection points. There will be collection points in classrooms and at the office. Donating your bread tags will help with disability and aged care facilities to supply wheelchair for their patients in South Africa. They currently collect about 500kg a month which funds 2-3 wheelchairs.

Penola house team kindly ask you to ask relatives, cafes, friends and local kindergartens for bread tags to help this amazing fundraiser

Sincerely, Penola house team members.



BREAD TAGS FOR WHEELCHAIRS COLLECTION POINT

Please leave your bread tags here. They will be recycled to fund wheelchairs for needy South Africans.

THANKS FOR YOUR SUPPORT!

associereadtags@gmail.com Your local contact: _____
associereadtag@facebook.com www.breadtagsforwheelchairs.co.za
breadtagsforwheelchairs

OLMC School Fundraiser



Saturday July 27th Vision Portraits

Have Vision

Help your School raise funds this year and book your \$15 family photo today! Include your whole family in the session or just the kids. Book now to secure your place.

\$15
Your photoshoot will be held at your school & includes one 10" x 13" photo and frame.

100% of your booking fee is fundraised for your School.

Family and Kids Photo Fundraiser
Go to the booking link below:
<https://www.visionportraits.com.au/family>
Password: fundraiser2019

@ @visionportraits

Bookings Now Open

Important Information:

Our photographers capture fun, variety and those special family moments. Each session includes photos of different members of the family, children, parents, grandparents and relatives - whatever you request. Immediately after your photo session, you join one of our viewing consultants to view, choose favourites and select your fundraising print. Members of the community outside your organisation are encouraged to also book an appointment; their contribution will be donated to the hosting organisation.

Only 1 booking per family/group. Each person can only appear in one \$15 fundraising photo but can appear in all other photos in any session. If you miss your appointment or are late, your booking will be forfeited. Therefore, we recommend you arrive five minutes before your session starts. There are no refunds for no-shows or late bookings. However, take comfort in knowing that this money will still be donated to the hosting organisation's fundraising efforts.

On the day, we also offer opportunities to purchase additional photos in digital format and order professional prints. If you cannot make the date of this event and would love some photos, then please contact us directly on 03 8689 0033 for further information. Some schools only offer indoor or outdoor photo sessions so please check your online booking schedule.

For enquiries
Call 03 8689 0033
Email info@visionportraits.com.au
www.visionportraits.com.au

Vision Portraits

IMPORTANT DATES—2019

Term 3

July	
18	Japanese home stay information session 3pm
22	Restorative Practices Parent Information sessions at 2pm and 7pm
27	OLMC School Fundraiser—Vision Portraits
30	Parenting in Faith evening for year 3 parents and students (Reconciliation) 6:30pm
August	
2	Japanese Day
7	Luke S Kennedy Guest speaker - 7pm (see flyer)
15	Feast of the Assumption Mass
19	Book Week Parade
20	Parenting in Faith evening for year 6 parents and students (Confirmation)7pm
29	Fathers Day breakfast and Fathers Day stall
September	
2	School Closure Day
9	Year 5 parents and students evening
20	End of term 3 — 3.15pm

School Banking News: School Banking day is Tuesday

This week 28 Students banked \$159.70

Fantastic Effort Everyone !!



OUR LADY OF MT. CARMEL CANTEEN ROSTER - TERM 3, 2019

19 th July	Sylvana Doricic Chantal Vella Jing Ji	23 rd Aug	Kelly Loft Nicole Petrie Anna Marincic
26 th July	Emma Clements Melanie Caccamo Paula Jarksi	30 th Aug	Danni Bekker Joanne Borgese Raquel Handley
2 nd Aug	Adele Dichiero Dani Caruana Jade Grech	6 th Sept	Cathy Carter Renee Ridington Rhonda Searle
9 th Aug	Jody Sheedy Antoinetta Preston Skye Hewat	13 th Sept	Belinda Falzon-Pout Nance Carlyle Caroline Dillon
16 th Aug	Michele Shalders Natalie Grant Erin Thompson	20 th Sept	Alexandra D'Agostino Taryn Paterra Louise Vasey

Thank you for volunteering to help in the Canteen, it would be impossible without you! Please arrive at Canteen at approximately 10.45, and your assistance will be required until around 2.30pm. If you have long hair, please tie it back, and remember to sign in at the office before coming to the Canteen. Your lunch will be provided on the day.

If you are unable to attend on your rostered day please ring Sally on 0400 384 403, as soon as possible so a replacement can be arranged.

I look forward to seeing you,

Sally Hewitt-Tacey

School Uniform News

School Socks available for sale from the school office

Cash only—correct money appreciated **\$5.00**

Anklet style: sizes 9-12, 13-3, 2-8 & 7-11 ****NEW STOCK HAS ARRIVED**

Community News



Event

Friends of Holden Flora Reserve: Harpers Creek

When

20/07/19
10am - 12pm

Where

Meet at end of Stratford Close, Sunbury then walk to site.

Site Contact

Roger: 0744 3250
Wendy: 0405 816 824
fb: Friends of Holden Flora Reserve

Visit
treeday.planetark.org

Hotline
1300 88 5000



#nationaltreeday

Connect with Nature

National Tree Day is organised by Planet Ark in partnership with Toyota Australia

A vibrant, colorful illustration of various flowers and foliage, including yellow daisies, pink spiky flowers, and green leaves. The illustration is set against a dark green background with light green and yellow circular accents.

NATIONAL TREE PLANTING DAY

**SUNDAY 28 JULY, 10AM-12PM
SALESIAN COLLEGE SUNBURY
1 MACEDON STREET**

**HELP US PLANT 500 TREES
LIGHT LUNCH PROVIDED
BYO ENTHUSIASM, WATER BOTTLE AND
GLOVES. ALL AGES WELCOME.**



HUME CITY COUNCIL **POSITIVE RELATIONSHIPS, RESILIENT FAMILIES TERM 3 PROGRAM**

Learn how you can build positive relationships with your children and young people in practical workshops designed for parents/carers of 0–24 year olds. **All sessions are free to attend, but bookings are essential.**

Parenting in the Early Years *Learn how your role plays a key part in a child's development.*

Date: Mon 29 Jul 2019, 9.15am–11.15am

Venue: Craigieburn South Primary School Hub

Body Confident Children and Teens *Find out how you can better understand and promote positive body image in the home.*

Date: Tue 27 Aug 2019, 7pm–8.30pm

Venue: Hume Global Learning Centre — Craigieburn

Parents Building Solutions *A six-week program delivered in Arabic for parents of children and young people to share ideas and strategies on how to manage the tough times.*

Date: Thu 8, 15, 22, 29 Aug, 5, 12 Sep, 11am–1pm

Venue: Roxburgh Park Youth Centre

Raising Resilient Teens *Learn how to talk to and build resilience within teenagers.*

Date: Thu 12 Sep 2019, 6pm–8pm

Venue: Sunbury Downs College

Wishing Away Worries *Does your young person worry too much?*

Date: Tue 13 Aug 2019, 6pm–8pm

Venue: Sunbury Downs College

Challenging Behaviour in Pre-teens *Learn how to best support your child as they approach adolescence.*

Date: Mon 16 Sep 2019, 9.15am–11.15am

Venue: Craigieburn South Community Hub



Bookings or enquiries **9205 2556** or **hume.vic.gov.au/parenting**

Light refreshments provided. Please advise of any food allergies or special dietary requirements when booking.





SEMESTER 2 PROGRAM GUIDE

Monday 15th July – Friday 20th September 2019
Monday 7th October – Friday 20th December 2019



For all enquiries call: 03 9740 6978

Find us on 

CREATIVE ARTS

PORTRAITURE DRAWING FOR BEGINNERS

With Shay Downer
Monday 7 – 8.30pm
9 Weeks \$135

PORTRAITURE DRAWING - ADVANCED

With Shay Downer
Tuesday 7 – 8.30pm
9 Weeks \$135

WRITE ON - CREATIVE WRITING

With Lorna
Thursday 7 - 9pm
10 Weeks \$135
Age 16+

SEWING FOR BEGINNERS

With Lisa
Friday 1 – 3pm
8 Weeks \$120
BYO Supplies – Call for list.

KIDS ART

With Merie
Monday 4 - 5.15pm
All materials supplied.
8 Weeks \$80

KIDS SEWING

With Lisa
Thursday 4 - 5.30pm
8 Weeks \$75
BYO Supplies
Call for list.

MUSIC

GUITAR LESSONS

With Andy
Tuesday 1-2 pm or 2 - 3pm
Wednesday 7:30 - 8:30pm
10 Weeks \$75 BYO Guitar

KIDS GUITAR LESSONS

With Andy
Tues & Fri 4 – 4.30pm
10 Weeks \$75 BYO Guitar

Do you have a musical talent you want to share?
Contact us and start a class!

DIGITAL LITERACY/STEM

INTRO TO PC – VARIOUS DAYS

Call the office for details.

KIDS CODING

With Therese
Thursday 4- 5pm
Learn how to program your own interactive stories & games.
Call for more details

HELP WITH YOUR IPAD

With Liz
Learn to navigate your iPad & problem solve.
By appointment.
Gold Coin donation.

HELP DESK WITH LISA

Need help with your PC?
Wednesdays 12 – 1.30pm
Call to book your place
Gold Coin donation.

GROUPS

BOOK CLUB – WEDNESDAY (MONTHLY)

Call the office to join the mailing list.
7 – 9 pm – free

PERNA PERNA – THURSDAY (FORTNIGHTLY)

Aboriginal Women's catch up, craft, chat & fundraise.
1-3pm – free

DIABETES SUPPORT – FRIDAY

(1st & 3rd of the month)
10 – 11am - Gold Coin donation

FILM CLUB – FRIDAY

(Last of the month)
Call the office to join the mailing list.
Catch up for a movie and dinner.

GARDEN GROUP – SATURDAY

(Last of the Month)
Come and be a part of designing & rebuilding our front garden!
11am-1pm

FOR THE PRESCHOOLERS

MESSY PLAY

With Goodstart Bennet Court Staff
Monday 10 – 11.30am
10 Weeks \$75

MESSY PLAY

With Claire
Facilitated messy, sensory & fun play.
Tuesday 10 – 11.30am
10 Weeks \$75

MESSY PLAY

With Claire
Facilitated messy, sensory & fun play
Friday 10 – 11.30am
10 Weeks \$75

HEALTH & WELLBEING

YOGA

With Leanne
Monday 11am – 12pm or
Thursday 7 – 8 pm
10 Weeks \$100

IREST YOGA

With Leanne
Monday 5.30-6.30pm or
Wednesday 9-9.45am
8 Weeks \$80

TAI CHI

With Sandra
Tuesday 9.30-10.30am
10 Weeks \$6 per session

TAI CHI

With Geoff
Thursday 9.30-10.30am
10 Weeks \$60

WOMEN'S WELLBEING

With Maree
A place where you can experience and develop your spiritual connection using Meditation, Crystals and more.
1st Friday of the month
7 – 9pm \$20 per session (Bookings Essential)

KIDS YOGA – WEDNESDAY

Helps kids with the ability to keep calm, improve concentration and stay present.
5.30pm - 6.15pm \$60 per term

DROP IN

Our "Drop In" programs are non-facilitated. A space to drop in and catch up with friends all year round. Gold Coin donation appreciated, this goes towards room hire, tea & coffee and utilities.

DROP IN COMPUTER & INTERNET

Every Monday 9.30am – 3.30pm
Don't have a computer at home? Come and use ours!
(Printing also available for small fee)

DROP IN SEWING

Every Thursday 1-3pm
Share ideas, patterns & skills.
Some machines & overlocker supplied.
BYO project & supplies.

LITTLE GREEN THUMBS

Every Wednesday 9.30am-3pm
Bring the kids & grab a watering can, some tools & have fun in our backyard. (Weather permitting)

DROP IN CUPPA

Every Wednesday 10am – 12pm
Share or learn a craft over a cuppa.
Bring along a project or just turn up for the coffee & conversation!

DROP IN GUITAR

Every Wednesday 10 – 12 pm
Bring your Guitar & join our jam session!
Share songs & learn new ones.
All skill sets welcome!

WORKSHOPS

We run various workshops throughout the year, follow us on Facebook and/or join our mailing list for further information.

Want to run a workshop?!

Get in contact!