

MAFFRA NEIGHBOURHOOD HOUSE NEWSLETTER



Edition 19

30th April

Hello to all of our participants,

We have commenced term 2 and have some exciting new programs planned. We are hosting a free movie event at the Maffra Memorial hall on Friday 21st May at 7pm. We will be featuring the animated family movie "The Nut Job" Tickets are free but must be pre booked due to covid restrictions. Free healthy snacks will also be available for ticket holders. To book your ticket, give us a call on 5147 1487.

Have you ever wanted to use an iPad but don't know how to use one? Maffra Neighbourhood House is offering limited places for an exciting new **iPad loan and training program**.

An iPad with limited data will be loaned to people over the age of 50 who currently do not have an iPad or data at home. The idea is for people to come and learn to use an iPad over 5 weeks and take the iPad home over this period to practice what you have learnt.

How it works

Individuals who meet the criteria will be invited to participate in the 5-week program. A loan and usage agreement must be signed, I.D. provided and a deposit of \$100 must be paid prior to receiving the device. The program is FREE and the deposit will be refunded at the end of the loan period when the device is returned in original condition. Further details are available on the loan agreement document.

The participant must commit to attending 5 x 1hr training sessions to learn how to use the device during this time. This will be 1 session per week. These sessions are designed for people who have little to no experience using an iPad. You will learn how to search on the internet, send an email and learn how to connect with family and friends.

The program commences on W/C 17th May for 5 weeks. There are only 5 spots available per course and these will fill fast. Anyone who misses out this time will go on the list for the next round. This program has been made possible with a very generous donation from Connect Well East Gippsland and Wellington.



We are also taking expressions of interest to start our Scrabble group again. Seniors Movement group and Tai Chi also have vacancies. Seniors Movement and Tai Chi run every Wednesday from the Memorial Hall. Booking is essential, so if you are interested, give us a call for more information.

Kind Regards

Leahn Bulmer

Manager

Maffra Neighbourhood House





MAFFRA

NEIGHBOURHOOD HOUSE

FREE MOVIE EVENT



Friday 21st May 7pm at the Maffra Memorial Hall .

Doors open at 6.30pm.

Free movie, popcorn, piece of fruit and a bottle of water.

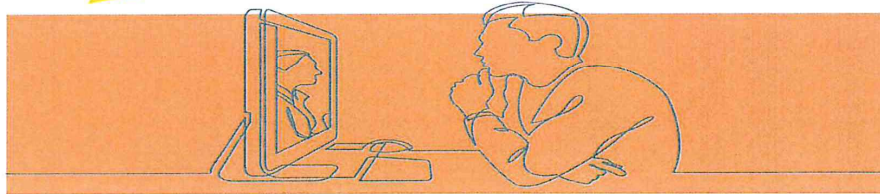
This is a covid safe event. QR code registering.

Alcohol free event

Booking is essential. Tickets must be pre—booked due to restricted numbers by phoning the neighbourhood house on **5147 1487**.

Partnering with Wellington Shire Council to bring you this community event.





Could you be a Community Connector?

Local communities across Australia have been significantly impacted by the 2020 bushfires and COVID-19. Many people are experiencing personal challenges as a result of these difficult times.

To help communities further support each other through these challenges, identified local Lifeline Centres are offering community members the opportunity to become a Community Connector.

Accidental Counsellor is for community members who would like to be able to safely and effectively support someone in distress or experiencing a crisis. It is an open course, with no pre-existing skills or knowledge required.

The Lifeline Accidental Counsellor course equip participants with the essential skills and structure to:

- Recognise when a person is in crisis
- Respond in an appropriate and compassionate manner, and
- Refer the person to a suitable service

The course is delivered by qualified Lifeline trainers in two parts that can be completed online:

- 1 x 90-minute self-paced eLearning module
- 1 x 3-hour face to face workshop

If you are interested in taking part in the course and becoming a Community Connector, please contact your local Lifeline Centre on the details below to enrol for workshop on

27 MAY 10-1PM

CONTACT:-Lifeline Melbourne
Emma.higgins@vt.uniting.org

Farm First Aid Training*

Supporting drought and bushfire affected communities

On-farm accidents are a major concern

Incidents involve workers and bystanders (including children) and occur in a range of circumstances on a variety of farm and agricultural enterprises.

Learn first aid skills to provide support in an emergency

Develop skills and improve farm and rural workplace safety by enrolling in the Red Cross Farm First Aid course delivered by an accredited First Aid trainer. Participants are provided with the knowledge and skills to assist themselves, and others, to cope with accidents and injury both from a physical and mental wellbeing perspective.

As part of the course, there is a wellbeing section that is designed to help start the conversation around mental wellbeing and increase awareness of relevant service available for individuals, family and friends.

On completion of the course, participants receive a Statement of Attainment in Provide Basic Emergency Life Support (HLTAID002) – often required for insurance and employment opportunities.

**Training is free for primary producers, farm workers and farm contractors.*

Farm First Aid training topics

- Basic Life Support (DRSABCD)
- Perform CPR
- Breathing emergencies
- Allergic reaction / Anaphylaxis
- Cardiac emergencies
- Severe bleeding and wound care
- Fractures and dislocations
- Shock management
- Envenomation
- Wellbeing and mental health support and assistance
- Environmental impacts
- Reporting
- Recovery and Resilience
- Legal requirements



Heyfield Community Resource Centre.
Phone: 51482100
5 George Street Heyfield

Friday 7th May 2021

9.30am - 4pm

Course is free for primary producers, farm workers and farm contractors. Please register for catering. Lunch & Morning tea is provided.

For more information or to arrange a Farm First Aid course for your community, contact:
Carissa Beavis 0427 643 122 cbeavis@redcross.org.au

On the Buses: Improving Transport in Rural and Regional Victoria with School Buses – Survey

YACVic Rural wants to hear from young people and workers in the youth sector about how to make transport better for rural and regional young people. We want to know what's working well, where the gaps are and how to improve public transport for young people. YACVic Rural will listen to what you tell us and amplify your voice to the Victorian Parliament through their [Inquiry into the Use of School Buses in Rural and Regional Victoria](#).

This is a great opportunity to improve access to transport in your part of rural and regional Victoria. If you have any questions or concerns about this survey, please contact Sebastian on 0431 904 385 or santoine@yacvic.org.au

Fill out the survey here: <https://www.surveymonkey.com/r/YACVicRuralBus>



Disability Support Groups

If you have a disability or are a carer, we would love to make contact with you. We are establishing support groups in Mallacoota, Orbost, Bairnsdale and Sale to help people come together to share experiences with others who understand their situation.

We want to help you:

- Build your confidence
- Have your voice heard
- Work together to understand your needs
- Have the opportunity to make new friends and support each other
- Connect you with your local community
- Help your community understand how to support you
- Assist you to access government services

Groups commencing in Bairnsdale on Tuesday May 4th @ 11am at Gippsland Disability Advocacy, 210 Main Street Bairnsdale then onto Easy Eats café for coffee.

Please contact me: **Michelle Shaw** (Mallacoota, Orbost, Bairnsdale and Sale)

Phone: **0447 039 914**

Email: **michelleshaw@gdai.org.au**

Brotherhood of St Laurence (BSL) has been engaged by Sport and Recreation Victoria (SRV) to undertake assessments for the Special Consideration stream of the Get Active Kids Voucher Program. The Multicultural Communities Team (MCT) is coordinating this pilot program as an extension of the Extreme Hardship Support Program.

The Get Active Kids Voucher Program helps eligible families engage their children in organised sport and recreation activities by reimbursing the cost of membership and registration fees, uniforms and equipment. Eligible children may be able to receive up to \$200 each. While most applicants will apply directly to SRV with their Health Care Card, BSL is helping to verify applicants who are on temporary visa, under the SRV special consideration stream.

Special consideration may apply if the child/dependant is aged 4 to 18 years, is a resident in Victoria and the parent/legal guardian/temporary foster or kinship carer of the eligible child:

- has zero or very limited income, savings or community support, and
- **is a temporary or provisional visa holder, or undocumented migrant or international student, and**
- is unable to access Commonwealth income support (including Job Keeper and Jobseeker payments); or only receives SRSS payments from Commonwealth.

If you want to refer a family please contact us through getactivekids@bsl.org.au and provide the following information:

- Name of the applicant/s
- Contact phone number and email address
- Overview of current hardship situation in relation to the special consideration eligibility criteria
- Visa type:



On receipt of the program inquiry, a BSL staff member will make contact to assess the applicants' circumstances and verify their eligibility. If assessed as eligible, BSL will support the applicants to apply through a special Get Active Kids application link.

Please note:

If you have a current Health Care Card or Pension Concession card with name dependants, you can apply directly through the Get Active Kids Website portal via this link <https://www.getactive.vic.gov.au/vouchers/how-to-apply/> - this element of the program is currently closed and will reopen on 31 May for the second round of grants.

If your child has their own Health Care Card or is in Out of Home Care, please email getactivekids@sport.vic.gov.au to receive a separate application form.

Please distribute this information directly to people on temporary visa and your wider networks to promote temporary visa access to the voucher system.

Please note applications remain open for temporary visa holders to provide additional time to make their applications with the support of the BSL team.

For further program information, including future funding rounds please visit the Get Active Victoria website on www.getactive.vic.gov.au/vouchers

Kind regards,

Georgia Pinney

Advice for Mums, Dads and kids.

ELECTRONICS PLAN

THE 5 MINUTE RULE

- Give a 5 minute warning before electronics time is done.

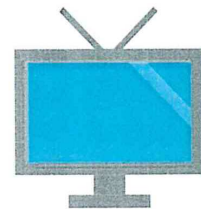


ASK & PLAN

- Instead of saying, "ok time is up," work together to come up with a plan.
- Ask "how long do you think it's going to take to finish what you're doing?"

USE A VISUAL AND AN AUDITORY TIMER

- Make it visual. Use a visual timer so they can see time ticking away.
- Use an auditory reminder. Alexa works for this.

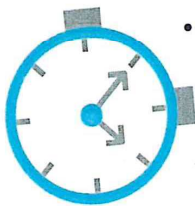


MAKE AN ELECTRONICS TIME SCHEDULE

- Set up expectations ahead of time for when electronics can happen throughout the day.
- Example times are right before school (if there is enough time), after school, and after dinner.

MAKE A PLAN FOR WHEN THINGS DON'T GO AS PLANNED

- Set expectations ahead of time that if they don't finish, they won't be able to do the next electronic time.
- Talk about how electronics are a privilege and they come with expectations and responsibilities.
- If we can't be responsible, then we don't need to be doing it.



NINJA TIP

Have a Family Meeting. The main idea is to have kids on board with you. Have a short family meeting at night to talk about wins and problems that need to be solved. They can bring things to the table for discussion.

CALM *the* CHAOS



There are many, many organisations who benefit from donations of knitted, crocheted and sewn items. If you are an all year round knitter or only knit during the cooler months of the year, below is a list of items that are always needed.

- **BEANIES** - larger sizes and dark colours for men - women's and children's are needed but in lesser numbers.
- **CHEMO HATS** -- Soft, seamless hats with no lacy pattern over the head (must not be able to see scalp) for both women and men - no green colours please.
- **SCARVES or COWLS** - dark colours for men at least 180cm long or cowls
- **FINGERLESS GLOVES** - child to adult sizes
- **BLANKETS or SQUARES** - single bed or throw rug size blankets in darker colours for homeless people. 25cm squares for making up blankets.
- **TOYS** - Teddies, or any other toys you like to make
- **DOG COATS** - all sizes
- **ANIMAL BLANKETS** - all sizes
- **CAT TOYS**

