

MAFFRA NEIGHBOURHOOD HOUSE NEWSLETTER



Edition 20
28th May

Hello to all our participants,

This is the 20th edition of our newsletter. Unfortunately, this edition comes with the news that Victoria is in another 7-day lockdown. Victorians can only leave home for 5 reasons over the next 7 days.

Maffra Neighbourhood House will be closed in line with the lock down and will reopen with regular groups and activities when restrictions are lifted.

Everything is on pause at the moment, but Di and I will be working from home and can be contacted via email at office@maffraneighbourhoodhouse.com.au or by phone on 5147 1487.

We are starting to take bookings for activities and groups for next term. Give us a call if you would like more information on the following groups:

Craft Group

Genealogy and DNA group

Seniors exercise group

Tai Chi

IPad loan project

Help with claiming the \$250 power rebate for concession card holders.

Scrabble group

Watch this space – Coming soon.....Shortly we will be sending a survey to letterboxes in Maffra. This survey is to find out what services and activities our senior community members need to help reduce social isolation and loneliness. This will help us to plan and identify gaps in available services and other areas of need. If you have a “no junk mail” sticker on your letterbox, you won’t get one. But we will be sending them via email. You will also be able to pop in and get one.

Meanwhile, stay home, stay warm and we’ll see you all again soon.

Kind Regards

Leahn Bulmer

Manager

Maffra Neighbourhood House



COVID-19 VACCINE COMMUNITY CLINIC

OPEN



GIPPSLAND REGIONAL SPORTS COMPLEX (GRSC) SALE

**LOCATION:
116 COBAINS RD, SALE VIC 3850**

Monday
9.30am - 3.30pm

Wednesday
9.30am - 3.30pm

Friday
9.30am - 3.30pm

The AstraZeneca vaccine will be available to people aged over 50 years.
The Pfizer vaccine will be available to people aged under 50 years.

HOW DO I BOOK IN TO THESE CLINICS?



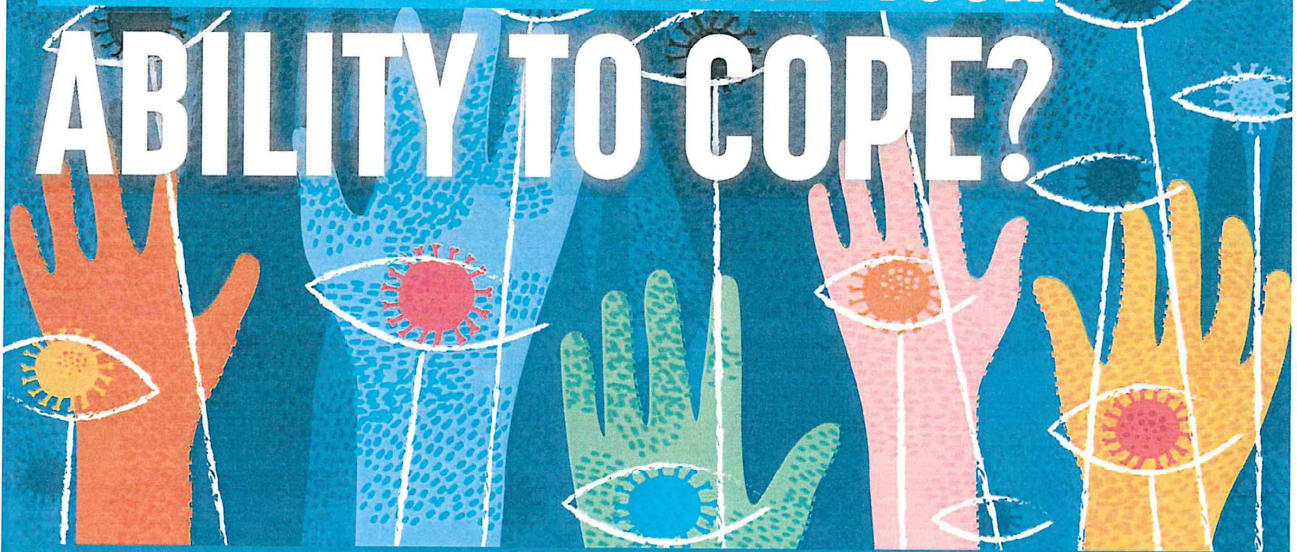
Victorian Coronavirus
Hotline
1800 675 398



AstraZeneca 

Information true and correct as of 26.05.21.
Developed by the Gippsland Region Public Health Unit.

HAS COVID-19 AFFECTED YOUR ABILITY TO COPE?



Here are two **FREE LOCAL** services **TO HELP YOU.**



Social Connection



Practical Help



Emotional Support



Free of Cost

CASI

Through Community Activation & Social Isolation (CASI), social, emotional and practical support is available for the residents in need of help during COVID-19 at **NO COST**. CASI can assist you to keep important connections with your family and friends, and building connection with your local organisations and support networks.

Wellington COVID-19 Relief Line

1300 137 218

8:30am - 5:00pm

(Monday to Friday except public holidays)

enquiries@wellington.vic.gov.au

After hours, CASI can be accessed through the **Victorian Coronavirus Hotline** by choosing option 3 or 8 when calling **1800 675 398**. This hotline is open 24 hours, 7 days.

HeadtoHelp

If you are struggling with stress or finding your mental health condition peaking, and unsure where to turn, trained mental health staff (Psychologists, mental health nurses & occupational therapist) are available to support you at **NO COST**. Your local HeadtoHelp hub is located at **10 Inglis Street, Sale**.

1800 595 212

8:30am - 5:30pm

(Monday to Friday except public holidays)





New to using a mobility scooter?

Free Session!

Our mobility scooter safety practice sessions can help you build your skills and increase confidence:

- Practical
- Fun and engaging
- Provided in your local community

For more information or to register simply visit:

travellersaid.org.au/scootersafety

Email: info@travellersaid.org.au

Or call 03 9654 2600

travellersaid.org.au



HEYFIELD INFORMATION SESSION

Thurs 10th June, 10.30am - 12.30pm

Heyfield Community
Resource Centre
5 George St, Heyfield

Bookings on 5148 2100

Supported by:



 **Travellers Aid**

SKILLS AND JOBS CENTRE



Please find below a link to the range of workshops offered by the Skills and Jobs Centre TAFE Gippsland including;

Employability Skills

Resume Writing

Interview Skills

Transferable Skills

<https://www.eventbrite.com.au/e/skills-jobs-centre-employability-skills-morwell-tickets-133182064139?aff=ebdssbdestsearch>

Please note the above link is to the first workshop (Employability Skills) being offered face-to-face in Morwell. Please follow the TAFE Gippsland Skills and Jobs Centre on Eventbrite to be notified with information regarding upcoming face-to-face workshops at alternate Campuses and Virtual Workshops via zoom.

Kind regards

Kendall Cox

Advisor | Skills and Jobs Centre

TAFE Gippsland

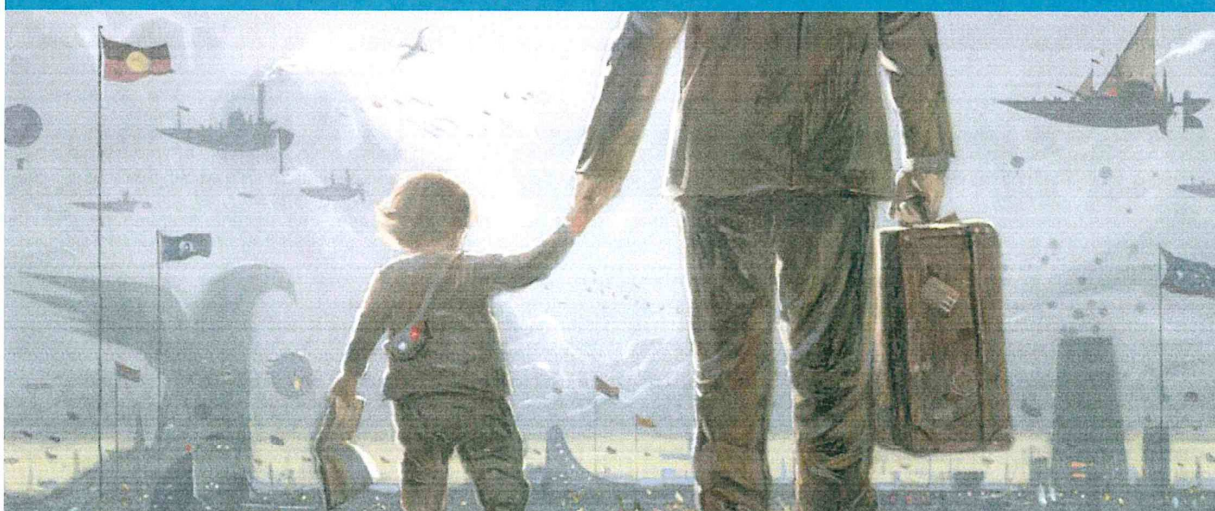
PO Box 3279 GMC Morwell VIC 3841

Telephone 1300 282 317 Mobile +61 427 716 600

kcox@tafegippsland.edu.au

The Children's Book Council of Australia (Victorian Branch) Inc.

CBCA Gippsland Regional Judges' Talk



Join us for an online presentation of this year's CBCA Gippsland Regional Judges' Talk at Bairnsdale Library or alternately you can watch online from home

You will be able to hear three of the Victorian based CBCA Book of Year Award judges discuss the 2021 Shortlist and Notable books.

The judges speaking this year are Ruth Woolven (Younger Reader category), Karys McEwan (Older Reader category) and Brooke Tayla (Picture Books & New Illustrator categories).

Ruth Woolven will be joining us in person at Bairnsdale Library.

Video Links to presentations for Early Childhood categories will be forwarded out to participants after the presentation.

Those choosing to login in from home can book online - <http://bit.ly/CBCA-Judges-Talk> or you can book at the library and supply an email address to receive the meeting URL and password.

Wednesday 16 June
Bairnsdale Library
4.30 pm – 5.45 pm

or log in from home

If you are attending in person, phone 5152 4225 or book in person at the library for this free event.



EAST GIPPSLAND
SHIRE LIBRARIES

Libraries
Change Lives

SCHOOLWORKS
SUPPLIES



VIC BRANCH
THE CHILDREN'S
BOOK COUNCIL
OF AUSTRALIA
SINCE 1945 — YOUR KNOWLEDGE IS OUR STORY

Karen Fleischer
CBCA VIC Branch
Volunteer Gippsland
Regional Director



1-2-3 Magic & Emotion Coaching Program

Free ONLINE program for parents of children aged 2 to 12 years

Tired of yelling and nagging?

Resolve difficult behaviour in children aged 2 to 12.

In 5 sessions parents will learn:

- How to discipline without arguing, yelling or smacking;
- How to handle challenging behaviours;
- How to use emotion coaching to encourage good behaviour;
- Strategies for encouraging good behaviour;
- How to sort behaviours and choose correct strategies using "The 3 Choices Model".

We'll also work on strategies you can:

- Strengthen your relationship with your child;
- Strengthen your child's emotional resilience.

Parents will receive:

- **A FREE workbook (valued at \$12) to apply the concepts learnt**
- **A Certificate of Completion**

Do this highly sought after parenting program FROM THE COMFORT OF YOUR OWN HOME -Hurry! Places are limited-

Where?

Live online delivery (Please contact for details)

When?

12:00pm – 2:30pm for 5 x Thursdays, starting on May 27th, 2021

Cost?

FREE

Get in touch

Bookings are essential!

Please contact:

**Mark Brookes
Group Work Facilitator
Uniting Gippsland**

P: 5662 5150

M: 0438 204 437

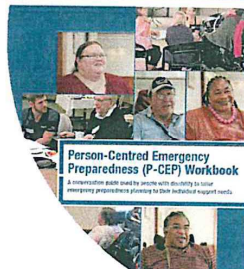
E: mark.brookes@vt.uniting.org

Parent
making parenting easier

Uniting

Approach

Person-Centred Emergency Preparedness Peer Action Leadership Program in Gippsland Victoria



Inclusive Community Engagement Workshops in Wellington, La Trobe & East Gippsland Municipalities



Outcomes

People with disability

- self-assess risk and support needs to be prepared in emergencies;
- support each other to make emergency plans tailored to individual support needs in emergencies;
- have a leadership role for helping others to be prepared; and
- connect with local emergency managers to make sure everyone in the community is prepared.

Emergency managers

- include people with disability and their support networks in emergency planning;
- develop local solutions in collaboration with disability and community organisations; and
- have plans that support the health and well-being of people with disability and the people who support them in emergencies.

Translate learnings into :

- principles that guide disability-inclusive local emergency management planning
- strategies to support the well-being of people with disability before, during and after emergencies

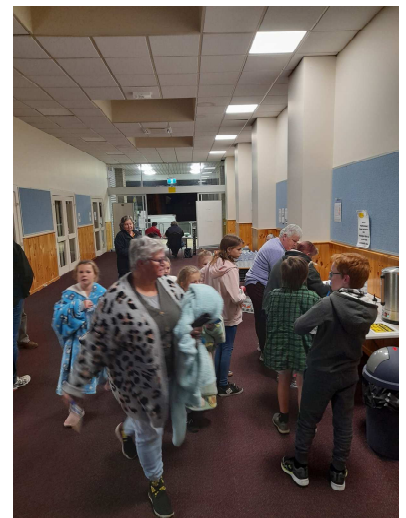
Use these principals and strategies for inclusive emergency management planning across all Victorian municipalities.

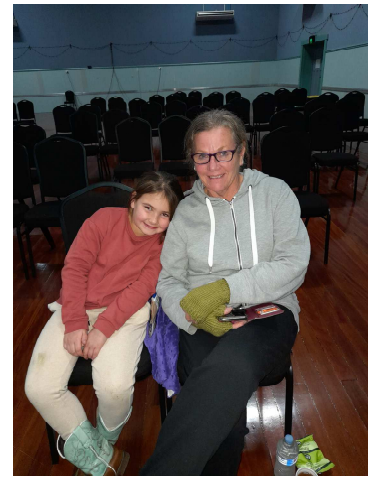
Please email EM Policy (DHHS) EMPolicy@dhhs.vic.gov.au for further information about this project.

Thanks to everyone who attended our free movie event on Friday night.

We had approximately 80 people attend to watch the animated "the Nut Job". Thanks to Wellington shire for providing the funding for this event. The funds provided a free movie and healthy snacks for everyone who attended.

Thank you also to Nass from Sundown Moving Pictures for delivering another seamless movie event for us and to Woolworths Maffra for donating the delicious Envy apples. The Memorial Hall committee did a great job in setting up the seating so we could adhere to social distancing requirements.







More examples of completed jigsaws and works in progress.

Some completed at home and some completed on Thursday afternoons here. The sunset below proved to be very challenging . Started as a partnership by Marianne and Ann, taken on by Ann alone after the Christmas break and then with a bit of help from her friends, the last few pieces went in by Ann. Well done to everyone involved, especially Ann.



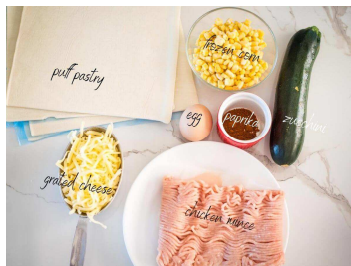


Hearty Chicken and Vegetable soup.

Combine all the ingredients in the slow cooker (I use 6 thigh fillets) Cook for 5 hours on low, add half cup of soup pasta, cook further half hour. Before serving remove the thigh fillets and shred them and return to the pot.



Chicken and Vegetable Sausage rolls



Grate the zucchini. Add to a bowl with chicken mince, egg, corn , paprika and cheese. Follow the simple steps, brush with milk before placing in preheated 220 oven for 25 minutes.

