

MAFFRA NEIGHBOURHOOD HOUSE NEWSLETTER



Edition 27
10th December

Hello to all our participants,

This is our last newsletter for 2021. Summer is here and we are on the down hill slide to the end of the year. Our last day for 2021 will be Thursday 16th December. We will be returning on Monday 31st January 2022.

We have survived our second year of lockdown and are looking forward to a better and brighter 2022. We anticipate we will be running some of our regular groups at the hospital and some off site when we return. Unless restrictions change, this will be our format until we make our move. Renovation works on our new building will commence in the new year and we are hopeful of being able to move by mid-year.

We will once again be looking forward to recruiting new volunteers and tutors to assist us with a new range of courses and groups. If you have a skill or talent that you would like to share with the community, pop in to have a chat about running some sessions with us. We will be looking at recruiting volunteers to help us maintain our gardens and lawn as well as in the office, so if you are a whiz at admin and familiar with Microsoft packages, we would like to have a chat to you in 2022. Volunteer and paid tutor positions will also be available to teach iPad and computer skills.

On behalf of the Committee of Governance and Staff of the Maffra Neighbourhood House, I would like to wish you all a safe Christmas and look forward to seeing you in the new year.

Kind Regards

Leahn Bulmer

Manager

Maffra Neighbourhood House

5147 1487





**CENTRAL
GIPPSLAND
HEALTH**

Sale Neighbourhood House

Monday 29 November & Monday 20 December

9am - 12pm

No appointments required

First and second doses available, as well as booster shots for those who had their second dose at least six months ago.

Moderna and Pfizer: 12 - 59yrs are eligible. Must make an appointment, children must be accompanied by a parent/guardian and provide proof of age.

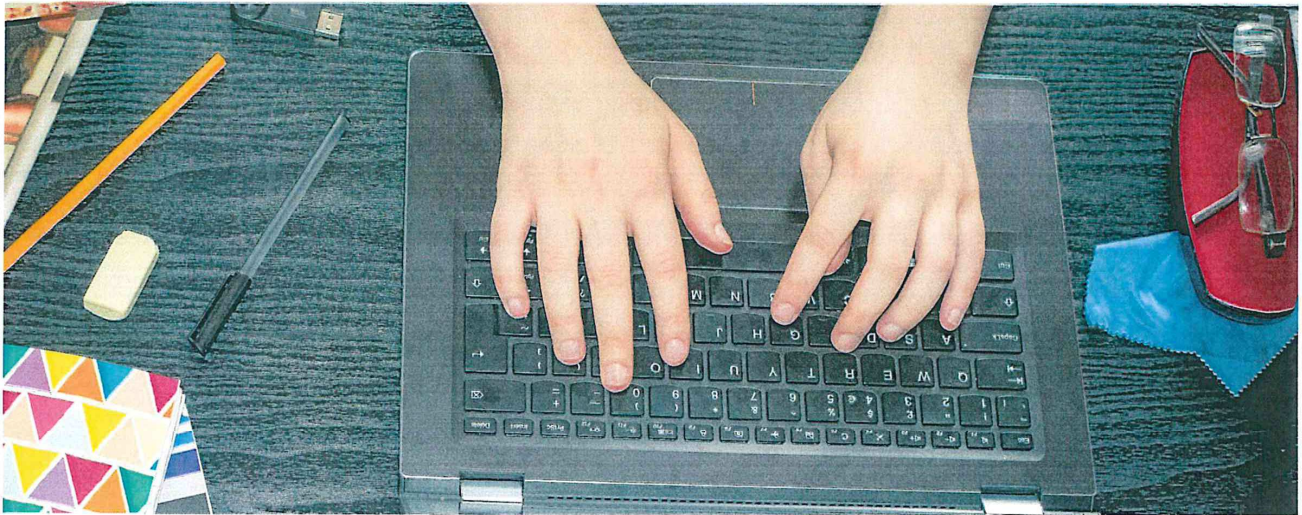
AstraZeneca: 60+yrs will receive AstraZeneca. Those under 40yrs wishing to receive AstraZeneca need to discuss this with their GP and/or the team leader at the health centre on the day.

COVID-19 VACCINATIONS

**Moderna, Pfizer and
AstraZeneca vaccines
available.**

If you are unsure of your eligibility, use the online
eligibility checker
www.covid-vaccine.healthdirect.gov.au or call Infection
Control 5143 8518 for guidance.

Study Skills for TAFE



Are you thinking about starting a TAFE course? Do you need some extra study skills to give you the confidence to succeed?

About the course:

You will learn the essential skills needed to successfully complete a TAFE course.

- Develop learning skills and set learning goals. Understand about managing stress.
- Understand assessments and coursework, identify learning behaviour
- Learn how to use TAFE's online learning platform, Moodle, and gain the digital skills to produce and access documents,
- Develop communication skills, learn about workplace expectations and applying for jobs.

When: Starts Monday 21st Feb and runs 4 days a week for 4 weeks, 9.30am - 2pm.

Where: TAFE Gippsland Flexible Learning Centre, Sale.

How much: \$40, includes all class materials.

Enrol or find out more:

Heyfield Community Resource Centre

Phone 5148 2100

email coordinator@heyfield.net



Council staff can help you book your Covid-19 vaccine or access your vaccination certificate

Location	Mon	Tues	Wed	Thurs	Fri
Maffra library	3pm - 5pm			3pm - 5pm	
Yarram Customer Service Centre	3pm - 5pm				11am - 2pm
Sale Customer Service Centre	2pm - 4pm	2pm - 4pm		2pm - 4pm	2pm - 4pm
Heyfield library			2pm - 4pm		
Rosedale library					3pm - 5pm
Stratford library			10.30am - 12.30pm		

Weekly between 6 Dec 2021- 31 Mar 2022.

What is Thunderstorm Asthma?



During grass pollen season people may notice an increase in asthma and hay fever. Grass pollen season (October through to December) also brings the chance of thunderstorm asthma.

Thunderstorm asthma is thought to be triggered by a unique combination of high amounts of grass pollen in the air and a certain type of thunderstorm. For people who have asthma or hay fever this can trigger severe asthma symptoms.

When a large number of people develop asthma symptoms over a short period of time, related to high grass pollen and a certain type of thunderstorm, it is known as epidemic thunderstorm asthma. To learn more, visit the [epidemic thunderstorm asthma fact sheet page](#).

If you have current, past or undiagnosed asthma or seasonal hay fever you are at increased risk of thunderstorm asthma. So be prepared to manage any symptoms and stay out of hospital.

You can protect yourself and those in your care by following these simple steps:

- Monitor the epidemic thunderstorm asthma risk forecast on the VicEmergency app.
- Don't be outdoors in a storm, especially during the winds that precede them.
- Take your preventative medication as directed, even when you're symptom free.
- Carry your reliever and know how to manage an asthma attack. Follow your asthma action plan or use asthma first aid.

The symptoms of [asthma, hay fever and COVID-19](#) can be similar, and it can be difficult to tell the difference between them. If you are experiencing symptoms different to your usual asthma and hay fever symptoms, they have restarted after a period of absence or if you are unsure – get tested for COVID-19 and stay home until you get your results.

For up to date information on epidemic thunderstorm asthma risk, including the risk forecast, advice and warnings, visit the [Vic Emergency thunderstorm asthma page](#) or download the VicEmergency app from [Google Play](#) or the [App Store](#) and set up a 'watch zone'. The epidemic thunderstorm asthma risk forecast, as well as up to date grass pollen count and grass pollen forecast information is available on the [Melbourne Pollen Count and Forecast website](#) or app ([App Store](#) or [Google Play](#)).

To view thunderstorm asthma resources, including posters, brochures and fact sheets in other languages, visit the [Thunderstorm asthma – multicultural resources](#) page.



Australia's longest-running financial education & matched savings program

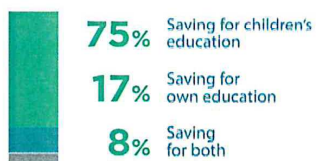
Eligible families and individuals on low-income will:

- 📖 Build budgeting skills
- 🏠 Develop life-long savings habits
- 💰 Receive up to \$500 in matched savings for education costs

*Eligibility criteria applies.

50,060

TOTAL PARTICIPANTS SINCE 2003



\$26 million
Amount saved



\$21 million
Amount received in matching from ANZ

FINANCIAL WELLBEING¹ AFTER SAVER PLUS

Average financial wellbeing score before Saver Plus:

36

Average financial wellbeing score after Saver Plus:

64

Australia average financial wellbeing score¹:

59

Want to share Saver Plus with your community?

Here are some suggestions:

-Like and share a Saver Plus post from the Saver Plus Facebook page. (See link below)

<https://www.facebook.com/SaverPlusAU>

Share this fact sheet and encourage your networks to share and like a post from the Saver Plus Facebook page.

-Feature this Saver Plus Fact sheet in your newsletter for a few issues.



For more information, please contact your Saver Plus coordinator:



Richard Pemberton



enquiriesSP@berrystreet.org.au



0407 567 312

Delivered by

BERRY STREET

Saver Plus is an initiative of the Brotherhood of St Laurence and ANZ and delivered in partnership with local community organisations. The program is funded by ANZ and the Australian Government Department of Social Services.

@SaverPlusAU

saverplus.org.au

Tips For Managing Holiday Stress

From <https://www.janiemcmahan.com/blog/2017/11/28/5-tips-to-manage-holiday-stress>

5 Tips To Manage Holiday Stress

1



Keep It Simple

- Do Less and Enjoy More
- Establish a Budget for Gift Giving
- Make Homemade Gifts
- Start a Family Gift Exchange

2



Forget About Perfection

- Stick to Your Daily Routine as Much as Possible
- Plan Ahead
- Make Lists of Tasks and Errands
- Prioritize What You Want to Accomplish
- Keep Old Holiday Traditions That You Enjoy
- Add New Holiday Traditions to the Old Ones
- Slow Down and Enjoy the Season
- Don't Fret If You Can't Do It All!

3



Attend to Your Self-Care

- Don't Overindulge on Food and Alcohol
- Maintain a Healthy Diet
- Exercise - Even a Short Walk is Helpful
- Take 10 Minutes for Quiet Time When Needed
- Get Enough Sleep
- It's Okay to Say "No" to Requests
- Ask for Help When You Need It

4



Acknowledge Emotions & Feelings

- Holiday Time Can Make You Happy
- Holiday Time Can Make You Sad
- Holiday Time Can Bring Frustration
- Holiday Time Can Be Lonely
- Ride the Wave of Holiday Emotions
- Reach Out To Friends, Family, or a Counselor For Support
- ALL EMOTIONS ARE VALID

5



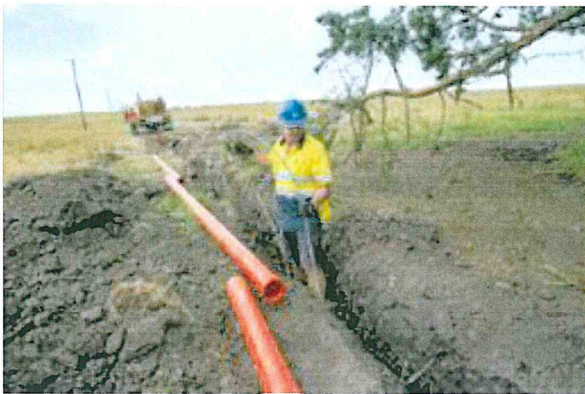
Focus on Kindness and Gratitude

- Enjoy Time With Family and Friends
- Pick Your Battles When Tensions Are High
- Donate Money or Time to Charity
- Practice Acceptance, Forgiveness, & Gratitude

Private Overhead Electric Line Scheme

A DELWP Initiative

Grant to Underground Private Powerlines



**APPLICATIONS
OPEN TO 30 JUNE 2022
(subject to available funding)**

Visit:
[www.energy.vic.gov.au/electricity/
powerline-replacement](http://www.energy.vic.gov.au/electricity/powerline-replacement)

delwp.vic.gov.au

Property owners with privately owned overhead powerlines can protect their homes and communities from the risk of bushfire by having their powerlines underground.

The Victorian Government will pay for replacement works for eligible owners in its **Private Overhead Electric Line (POEL) Scheme**.

Eligible areas have been expanded to all designated High Bushfire Risk Areas in the following Local Government Areas:

- Alpine
- Baw Baw
- Benalla
- East Gippsland
- Indigo
- Mansfield
- Murrindindi
- Strathbogie
- Towong
- Wangaratta
- Wellington
- Wodonga
- Yarra Ranges

The eligibility requirements have also changed to include any partially or fully bare-wire private powerlines, or any insulated private powerlines subject to a current urgent or significant defect notice.

For more information and to make an application, visit the website, email safer.powerlines@delwp.vic.gov.au or call the POEL Scheme Project Team on (03) 9918 7315.

OFFICIAL



Environment,
Land, Water
and Planning

JOIN. BORROW. PLAY. WIN!



BIG Summer Read

1 DECEMBER 2021 - 31 JANUARY 2022

Download the Beanstack Tracker app
and register to play at <https://plv.beanstack.org>
or visit your local public library

||||| / /
Libraries
Change Lives





210 Main Street, Bairnsdale



DISABILITY SUPPORT GROUP

Sale

To be held every month commencing Wednesday December 1st at 12.15 @ Port of Sale Library, Kerang Kerang room. Lunch and coffee will be provided.

- Have the opportunity to make new friends and support each other
- Build your confidence
- Participate in fun recreational activities
- Connect with your local community
- Guest speakers on topics of your choice
- Assist you to access Government services

Booking are essential due to Covid number restrictions, so please contact Michelle on 0429 008 475 to book in or if you have any questions.

We look forward to seeing you then 😊

Wellington
Community
Connect
Initiative

Participate in your community.



Are you feeling isolated? Would you like to participate more in your community? Do you live in the Wellington Shire? We can help.

Community Connect

This program supports you to increase your involvement in the community, either through employment, education or sporting or social activities.

Participating in these activities can help you connect with the community and reduce loneliness and isolation.

What we can provide?

We can help with costs associated with training, education, securing employment and increasing employability.

We can also assist with costs for sporting activities or equipment needed to participate in sporting activities, costs associated with fees for community activities or any equipment need for these activities.

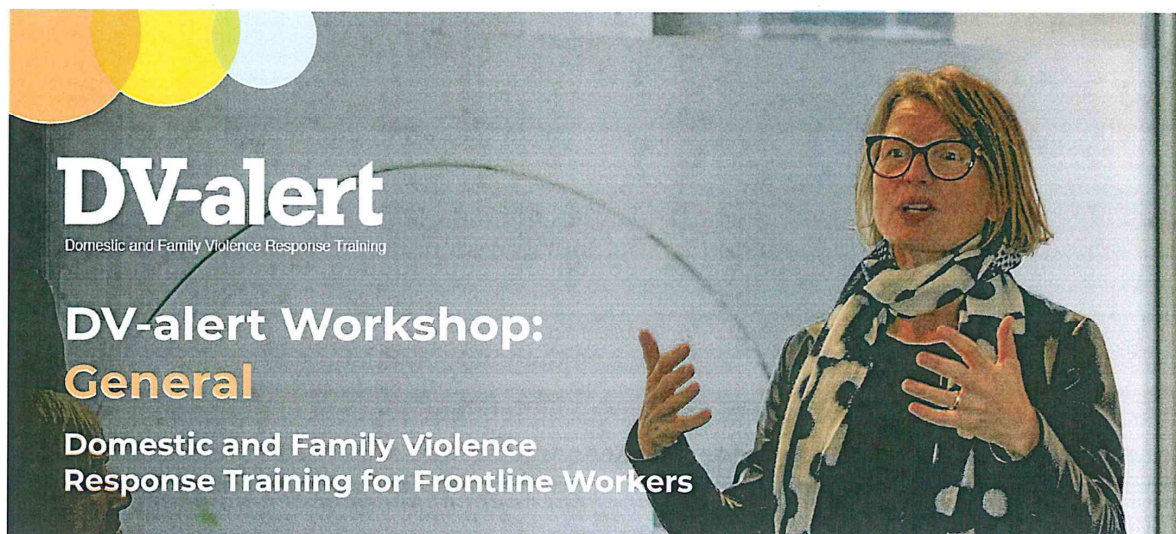
Get in touch

Bernadette Cullen

T 03 5144 7777

E wellingtoncommunityconnect@vt.uniting.org

Uniting



Date: 24-25 Feb 2022

Time: 9am - 5pm

Venue:
Sale Baptist Church
Princes Highway opp.
Cobains Road,
Sale VIC 3850

Click [HERE](https://www.dvalert.org.au) to Enrol
www.dvalert.org.au

DV-alert is free, nationally accredited training to help frontline workers recognise the signs of domestic and family violence and know what to do next.

Frontline workers hold a unique position of trust in the community and may be the first to see the signs.

Training delivered by



Funded by the Australian Government Department of Social Services.
Go to www.dss.gov.au for more information.

Why DV-alert?

DV-alert is led by experienced trainers dedicated to reducing violence against women and their children. Our workshops provide a safe space for frontline workers to learn, connect and be empowered to recognise and respond confidently to those in crisis.

After successfully completing the workshop, you'll receive a Statement of Attainment for the unit of competency **CHCDFV001: Recognise and respond appropriately to domestic and family violence.**

What will I learn?

In attending our nationally accredited 2-day face-to-face workshops, you'll learn how to:

-  **RECOGNISE** the signs of domestic and family violence
-  **RESPOND** confidently
-  **REFER** appropriately

Our workshops are run by our experienced trainers. There are three assessment tasks to complete during the workshop.

Who is it for?

Workshops are open to frontline workers in Australia. This includes people who provide direct service and support, paid or unpaid, to the community in sectors like health, allied health, education, childcare and community.

Cost

DV-alert training is funded by the Australian Government Department of Social Services.

It is free for frontline workers. Financial support is also offered for staff backfill for attendance of the 2-day workshop or a 1-day specialist workshop, and help with travel and accommodation is available in some cases.

Terms and conditions apply.

Go to dvalert.org.au for more information.

Any questions?

For further enquiries contact: alicia.tripodi@llq.org.au



Training delivered by Lifeline Australia (RTO 88036)



NO FILM EXPERIENCE?

NO WORRIES!
YOU DON'T NEED TO BE A FILMMAKER TO PARTICIPATE.

To register,
click here or
scan the
QR code.



HOW TO GET INVOLVED.

- Attend the online workshop about gender equality, respectful relationships and film making tips and tricks.
- Make a short film between 30 seconds to three (3) minutes focusing on the theme "Respect in Relationships".
- Enter your film by 14 February 2022 for your chance to have it shown in cinemas across Gippsland as well as on social media.

KEY DATES

-  **30 NOVEMBER 2021**
Film Workshop #1
Time: 4:30pm - 6pm AEDT
-  **28 JANUARY 2022**
Film Workshop #2 -
Mentoring & Editing
Time: TBD
-  **14 FEBRUARY 2022**
Submit your short film!
-  **8 MARCH 2022**
Films launched on
International Women's Day

For more information:
contact Gerrie Werner via Gerrie.Werner@lchs.com.au





Sharon has just completed this 2000 piece puzzle.



A work in progress, and the completed puzzle below.



Just a few of our jigsaw puzzle collection.

If you would like to join the group when we return from holidays in February give us a call to book your space.





Simple craft ideas for the kids to do with bits and pieces we all have at home.



ALLFREESEWING