

Newsletter August 2016



Find inside-

- Youth Network news
- Hire bikes update
- What's new for the Golden Oldies
- Term 3 timetable



Programs are Supported By

- Commonwealth Home Support Programme (CHSP)
- ac.care's Communities for Children Murraylands programme funded by the Australian Government Department of Social Services
- Department for Communities and Social Inclusion (DCSI)
- Department of Planning Transport and Infrastructure (DPTI)
- The Coorong District Council (CDC)
- Obesity Prevention and Lifestyle program (OPAL),



Keeping TBCC running

The Tailem Bend Community Centre is run by a Board of Management for the Tailem Bend Community. At the September AGM new Board members are to be elected.

If you'd like to join our Board, nominate someone, or vote at the AGM, make sure you have paid your membership fees for this year.

Membership fees for 2016-17 close Monday 29 August.

Nominations for the TBCC BOM close on Monday 15 August .

This year we are looking for new committee members and executive board members

**Be sure to mark your calendar!
AGM- 5th September 2016 1pm**

Afternoon tea will be served after the meeting. Even if you are not a member of the centre, you can pop in and find out what we've been up to this year.



Keep up with what's happening by subscribing to our e-newsletter-

<http://www.tbcc.org.au/pages/newsletter.php>

8572 3513

www.tbcc.org.au info@tbcc.org.au

141 Railway Terrace, Tailem Bend SA 5260



CHSP news and upcoming events

SA Tourism Award

TOURING AUSTRALIA

THE PRYERS

- * Cabaret Show
- * Music from the 40's-60's
- * Impersonations of famous icons
- * Glitzy Costumes

NEXT SHOW

FRIDAY 23 SEPTEMBER 2016
2PM AT TALEM BEND TOWN HALL
COST \$15 AFTERNOON TEA INCLUDED
TO BOOK CALL 08 8572 3513
TAILEM BEND COMMUNITY CENTRE

PH: 0403 358 508
www.thepryers.com.au

Free bus available to The Pryers, departing from Tintinara, Coomandook, Coonalpyn and Meningie. Bookings essential. Call 8572 3513

Commonwealth Home Support Programme

Home Maintenance requests can now be booked for the new financial year.

Please call the Tailem Bend Community Centre Wednesday, Thursday or Friday – 85723513 to arrange a suitable date.

As we do not receive sufficient funding to enable an annual service for all our clients, priority will be given to those who have not had any work done in the last 12 months, unless it is a safety issue.

New clients need to register with My Aged Care in order to receive Home Maintenance or Modifications. The number to call is 1800 200 422 and the name of the Service Provider is: Coorong Community Links Combined Program. Should you need help registering, please call the above number to arrange assistance from the CHSP team.

Don't forget to mark your calendars for the CHSP 'Engaging in Aging' expo next month!

Free Community Expo
Engaging in Ageing
Thriving in the Murraylands

Tailem Bend
16th September 2016



Introducing Daniel Perks and Eddy Jakaitis. Working for Lynton Piggott Mondays providing CHSP services

Communities for Children Chatter

Changing of the Guard

July has proved to be a busy month at TBCC. We sadly farewell the Communities 4 Children Project Officer, Rebekah Crisp, who is moving onto newer pastures and we at TBCC will truly miss her. Bek has been with the program since its inception. As part of the team and the driving force behind all of our children's activities, Bek has gained the trust and admiration of families, children and all who have worked with her. Rebekah, we wish you every success in whatever

you choose for your next adventure in life and hope you will hold us close in your heart. On July 25th, we will welcome Claire Oliver to the C4C position at TBCC. Claire comes from Hahndorf and brings with her a wealth of experience and ideas from having worked previously in a similar role in Murray Bridge. Whilst it is sad to see Rebekah move on, we are eager to see what new ideas Claire will bring with her to the role and say - welcome to the team at TBCC.

Online Booking System- C4C has a technology upgrade

If you have participated in a C4C activity you will have completed an enrolment form. These forms will now be completed online. This will make life easier for everyone.

Booking for any C4C activities will also be done online.

You'll be able to find the new system on our website- <http://www.tbcc.org.au/pages/c4c.php>

If you have a QR reader on your smartphone, you can also find the page by scanning the QR code to the right.



Coorong Connections Network future

The Coorong Connections Network participated in their final activity prior to the end of the funding, when they went Go Karting on the 26th of June. 17 members of the network geared up and raced each other around the track at Pooraka as a thank you for their contributions to the CCN and wider community throughout the 2015– 2016 year.



Request to continue funding

The network was so well received by young people in the Coorong district that TBCC have sent a letter of request to the SA Minister of Youth to request assistance with funding to continue the network. We'll let you know as soon as we hear, and we are actively seeking other opportunities to keep it going!

On your (borrowed) Bike!

Have you seen the colourful bikes around town?

What originally started with a grant from the Department of Transport and Infrastructure, has seen not only the availability of free bikes for hire from the Community Centre but other exciting things have been happening as well!

Through the grant, Volunteers and staff of the Community Centre undertook the 'Ride a bike right' training to help them assist anyone wanting to borrow the bikes, and to be able to maintain them.

The other bikes you might have seen are the colourful new bike racks, located in front of TBCC and the Council, created and housed in partnership with Coorong District Council, and John Wicker of Regional Profile Cutters.



Come Here Enjoy Food Socialise On Wednesdays 10am to 12 noon. Starting in August
 At Tailem Bend Community Centre
 A lunch we will all help to make
 Ideas shared among participants
 Share stories of laughter Adventure and concerns.
 Cost- cost of ingredients split between participants **Social Cooking**




BRIDGE PATCHES & QUILTERS
Retreat at Tailem Bend
 AUGUST 26th 27th 28th 2016
 Starting at 1pm Friday and conclude at 4pm SUNDAY.
TAILEM BEND TOWN HALL
 There will be plenty of room to spread out and craft to your hearts content.
 COST for the weekend is \$155.00 for Members and \$165.00 for non-members
 The cost includes accommodation, breakfasts and lunches on Saturday and Sunday, as well as morning and afternoon tea at the hall.
 Please make payment in full by 30th July, 2016.
 Contact- JUDITH OBST
 Email : judithobst4@bigpond.com
 Phone: 0428419231





TBCC gives a **big thank you** to Sheila Lewis and Julie Horan for filling in as our Catering Coordinators!



Welcome!
 New Catering Coordinator
 Linda McDougall

2016 Term 3 Timetable 25 July- 30 September

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Tuesday—Friday 9am—4.30pm Telephone: 8572 3513 Email: info@tbcc.org.au</p>	<p>Exercise Class</p> <p>Low impact, perfect for all ages exercise class Fun, friendly, fabulous</p> <p>9.00am—10.00am Cost: \$5.50 per class</p>	<p>Art Class 9am—12noon Cost: \$1.10 per class</p> <p>Folk Art Class 1pm—4pm Cost: \$5.50 per class</p>	<p>Our Time</p> <p>This group is perfect for carers to get together for coffee, Bubs & toddlers to interact with other children.</p> <p>9.30am—11.30am Cost: Free *C4C</p>	<p>Woodturning</p> <p>Tailored tutoring in the art of wood turning</p> <p>Fridays men's group</p> <p>9am—3pm Cost: \$5.50</p>
<p>Neighborhood Watch</p> <p>Meets on the second Monday of each month at TBCC Information sessions, raffles, social support Contact 0417 840 473</p> <p>7.30pm start</p>	<p>Coorong Connections Network (CCN)</p> <p>For young people aged 13-25 years Monthly meetings, field trips & events <i>Make a difference!</i> Call 85723513 to join</p>	<p>Sewing Class</p> <p>This class is for those that are working on or would like to start their individual sewing project while having a chat or seeking advice.</p> <p>9am—12noon Cost: \$5.50 per class</p>	<p>Coonalpyn Adults Yoga</p> <p>Thursday afternoons 5 weeks 2.00pm - 3.30pm Coonalpyn Hall</p> <p>All welcome Beginners and advanced Cost: \$5.50/session</p>	<p>Walking group</p> <p>Wednesdays and Fridays</p> <p>Meet up at TBCC before heading off for a brisk walk (2kms or 4kms) then return for a hot coffee</p> <p>7.30am or 8am Cost- Free</p>
<p>Heart Moves</p> <p>Help strengthen your muscles, whether you are an advanced or beginning participant!</p> <p>Mondays 10.30 am—11.30am Town Hall Function Room Cost: \$5.50</p>	<p>Social Craft Circle</p> <p>Join this friendly group work on your own craft share ideas</p> <p>1pm—3pm Cost: \$1.10 per class</p>	<p>Cooking Group</p> <p>Enjoy laughter and conversation with this relaxed social group, while learning new recipes and sharing ideas and stories.</p> <p>10am -12noon Cost: Ingredient costs divided among participants</p>	<p>Ceramics</p> <p>With Doris Connolly, enjoy this wonderful craft in a friendly relaxed environment Call (08) 8572 3241</p> <p>12.30—2.30pm Cost: \$5.50</p>	<p>Golden Oldies Luncheons</p> <p>August 26th September 23rd</p> <p>12noon Cost- \$10.00</p> <p>August Excursion- Finders Keepers Handmade Markets in Adelaide. Cost- \$2 entry fee Register your interest!</p>
<p>Taillem Bend Progress Association</p> <p>Meeting 7pm on the second Wednesday of each month at TBCC</p> <p>Parade Committee</p> <p>Meeting 7pm third Wednesday of each month at TBCC</p>	<p>TBCC AGM Monday 5th September 1pm.</p> <p>Nominations for the TBCC Board of Management close on Monday 15 August 16/17 Membership fees due by Monday 29 August for voting rights or to be elected</p>	<p>Computer Tuition</p> <p>Need assistance with any computing program including windows 8, 10 and more</p> <p>10am—12 noon Cost: \$5.50 per class</p> <p>*NEW DAY*</p>	<p>Leadlight/ Mosaic Class</p> <p>Make a project of your choice in a creative environment, with an experienced tutor</p> <p>1pm—4pm Cost: \$5.50 per class</p>	<p>Creative Writing</p> <p>Learn the tricks and techniques that keep your writing interesting. Work on your own projects and enjoy some fun writing activities.</p> <p>1.30pm to 3.30pm Cost- Free</p>
<p>Free Legal Advice</p> <p>The Legal Services Commission will have free legal advice available at TBCC Wednesday afternoon, once a month. Bookings can be made by calling (08) 8111 5320. Subject to sufficient numbers</p>	<p>Archery Club</p> <p>TBCC is taking expressions of interest to join an adults Archery Club. Call 8572 3513 to register.</p> <p>Open Day coming soon! Day and time TBA</p>	<p>Garden club</p> <p>1st Wednesday every month at the community garden.</p> <p>Bring your questions, your tips and your green thumbs.</p> <p>10am—12noon Cost: Free</p>	<p>Broadband for Seniors</p> <p>Free one hour Broadband for seniors one on one computer tuition available by appointment.</p> <p>Please book in advance</p> <p>Cost: Free</p>	<p>The Pryers</p> <p>Cabaret show with music from the 40s-60s. Afternoon tea included</p> <p>Friday 23rd September 2pm at TB town hall Cost- \$15.00</p>
<p>Evening Yoga</p> <p>Improve your flexibility and tranquility with instructor Monica Martin Please bring a blanket, water, and your own mat if you have one.</p> <p>6.30pm-8pm Cost: \$80 for 5 weeks</p>	<p>Meningie Tai Chi</p> <p>With Sandy at the Meningie RSL Hall on Tuesdays</p> <p>3.30 - 4.30pm Cost \$5.50 Per class</p>	<p>Photography Group</p> <p>Tuition with Glenn Power First Wednesday of each month 7pm at TBCC</p> <p>Photo-taking field trips to local venues- Second Sunday each month 10am</p> <p>Cost: Free</p>	<p>Alcoholics Anonymous</p> <p>Confidential support network for more information call 0427 313 537</p> <p>7pm—8.30pm Cost: Donation</p>	<p>Rehoboth Christian Community Outreach</p> <p>Bible Centred Teaching By Gary & Joanna Paynter for more information call 0428815560 or email rehobothccm@gmail.com</p> <p>10.30am Sundays at TBCC</p>

Coming up next at Tailem Bend Community Centre

NOTE– Computer classes have changed days. Instead of Fridays they will now be held Wednesday 10am-12 noon.

Give us a ring to register for Android phone or tablet classes

Call- 8572 3513 Email– info@tbcc.org.au



Easywash Laundromat

87 Railway Terrace Tailem Bend



We work with the community to provide domestic and commercial laundry services.



DIY - Do it yourself in our modern, clean laundry.

Open 7 Days per week 7am—7pm



Drop'n Run - for customers who don't have time. Call 8572 3513



Pick up - we offer a pick up and delivery service

by appointment only call 08 8572 3513

The Drop and Run service is operated by Volunteers of the Tailem Bend Community Centre
Proceeds from this Social Enterprise go back into the Community

For more information please call 08 8572 3513



communities
for children
Murraylands



Commonwealth
Home Support
Packages (CHSP)



Government of South Australia
Department of Planning,
Transport and Infrastructure



Government of South Australia
Department for Communities
and Social Inclusion

Staff

Coordinator:	Tammy Shepherd	Tuesday—Friday
CHSP Officer:	Eva Haydon	Wednesday—Friday
C4C Officer:	Claire Oliver	Tuesday—Friday
Finance Officer:	Chris Hartmann	Thursday

2014/15 Board of Management:

Chairperson:	Lorraine Cresp
Vice Chairperson:	Jack Hunt
Treasurer:	Trevor Gordon
Acting Secretary:	Rhonda Shillabeer
Committee:	Bev Moyes, Rosemary Symonds, Margo Wood Vicki Roach, Lydia Barnes, Joanna Paynter