

Newsletter December 2016

**Don't miss the
school holiday
program inside this
edition**



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),



Reflecting on 2016 boy its gone quick!!!

Well its been another busy year with so many changes at TBCC. The Board are so proud of the new breezeway extension . Its increased our capacity for classes significantly. If you haven't been in to see it we encourage you to pop in, we would also love to hear any suggestions you may have for classes in 2017.

Did you know we offer 20 classes and 200 people per week utilise the centre it's a really busy place. We continue to provide catering for our monthly Golden Oldies lunches and plan bus trips around the region. We

have a few exciting trips planned for early in 2017. Please ensure that you book in for events and activities as they book out pretty quick. TBCC is in need of volunteers. The board provide training and guidance for anyone interested in getting involved. Specifically we need people willing to learn data entry, office administration and catering. Volunteering can lead to career opportunities and can be extremely rewarding.

Please contact Tammy Shepherd if you would like additional information call 8572 3513 email co@tbcc.org.au

Merry Christmas &
Happy New Year
from the TBCC
Board, Staff and
Volunteers



The Tailem Bend Community Centre wishes to advise the office will be closed from 16th December 2016 until 16th January 2017

8572 3513
www.tbcc.org.au info@tbcc.org.au
141 Railway Terrace, Tailem Bend SA 5260



CHSP news and upcoming events



Don't forget the community garden is for all to share if you see something ready for picking please help yourself. There's usually an abundance of parsley, spinach and chives. We welcome you to plant any excess seedlings you have and would love you to join our garden club . They meet 10am on the second Wednesday of the month (during school terms) We have Serenity nursery coming in the new year to talk about gardening, more details coming soon. Check out this cool succulent planter made by Christine Rhue.



*Your central gateway to
aged care services...*



myagedcare

1800 200 422

Do you need help with garden maintenance or grabs rails in your home ?

myagedcare.gov.au

Call My Aged Care and request assistance from the
COORONG COMMUNITY LINKS COMBINED PROGRAM
TAILEM BEND COMMUNITY CENTRE

Golden Oldies Lunch Dates and Events Calendar Date for 2017

Feb 24th Bus Trip Wine Tasting & Lunch

March 24th Golden Oldies Lunch

April 28th Bus Trip Palmer Hotel Lunch

May 6th Mt. Pleasant Farmer's Market

June 23th Golden Oldies Lunch

July 22nd Golden Oldies Lunch

August 25th Golden Oldies Lunch

Sept 22nd Golden Oldies Lunch

Nov 7th Melbourne Cup

Dec 1st Christmas Lunch



Broadband for seniors

Free one on one session about computers and the internet by appointment only. call TBCC

Communities for Children Chatter



Introducing Denise McLoughlin our new C4C Project Officer.

Denise started in November due to Claire moving back to Adelaide to pursue her Dietitian career. Being a born and bred Tailem Bend lady Denise has extensive local knowledge and is a very talented artist. She heading interstate next month to complete Parent Child Mother Goose training to incorporate into Our Time with co facilitator Christine Rhue. If you haven't met Denise please pop in to say hello or book in for the amazing school holiday activities she has planned

Communities for Children Murraylands

Parents,

Is your child starting kindergarten or school in 2017?

Then join us for a **FREE Jolly Phonics Workshop** to help support your child as they learn to read.

Jolly Phonics Workshop

*Funded by Communities for Children Murraylands
and supported by Tailem Bend Primary School*

Thursday 8th December
Tailem Bend Primary School
9am—1.00pm

Spaces are limited. Bookings essential 8572 3513

*Tea and Coffee and
Light Lunch Provided*

For all bookings or questions, contact—



Tailem Bend Community Centre 141 Railway Terrace (PO Box 203), Tailem Bend 5260 SA
P 08 8572 3513 F 08 8572 4813 E info@tbcc.org.au www.tbcc.org.au



ac.care
Murraylands

Anglican Community Care Inc. | ABN: 53 440 436 445 | Charity Licence CCP1186
Web: www.accare.org.au | Email: CommunitiesForChildren@accare.org.au
Communities for Children is funded by the Australian Government Department of Social Services

Do you have
children starting
school in 2017
or children in
Junior primary
now?

Don't miss this
opportunity
brought to the
Coorong by
Communities
for Children
Murraylands



Communities for Children Murraylands

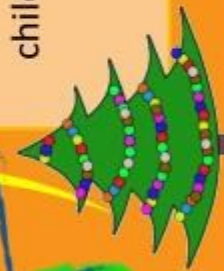
what's on! Coorong District School Holiday Program

December 2016 / January 2017



Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
<p>Saturday 17th December</p> <p>Taillem Bend Christmas Pageant</p> <p>Arrive at 5.30pm to receive FREE bubbles</p>	<p></p> <p>MERRY CHRISTMAS</p>	<p>HAPPY NEW YEAR</p> <p></p>	<p>Thursday 12th January</p> <p>Decorate a bird house</p> <p>4-7 years</p> <p>Tintinara 10-11am</p> <p>Meningie 2-3pm</p>	<p>Tuesday 17th January</p> <p>Jumping castles/waterslide</p> <p>Coonalpyn pool</p> <p>10am-1pm</p> <p></p>	<p>Tuesday 24th January</p> <p>Coonalpyn Pool party</p> <p>Free entry to the Coonalpyn Pool for children aged 0-12 years & families</p> <p>10:00-11:30am</p>
<p>Tuesday 21st December</p> <p>Paint Christmas Decorations</p> <p>Taillem Bend (TBCC)</p> <p>Ages 5-12 years 9:30-11:00am</p>	<p>Wednesday 4th January</p> <p>Come & Try Archery</p> <p>Ages 7-12yrs</p> <p>Tintinara oval 10:30-11:30</p> <p>Coonalpyn oval 2-3pm</p> <p></p>		<p>Wednesday 18th January</p> <p>Jumping Castles/waterslide</p> <p>Meningie foreshore</p> <p>10am-1pm</p> <p></p>	<p>Thursday 19th January</p> <p>Jumping Castles/waterslide</p> <p>Willow Street</p> <p>Taillem Bend</p> <p>10am-3:00pm BYO lunch</p> <p></p>	<p>Wednesday 25 January</p> <p>Taillem Bend Pool Party</p> <p>Free entry to the Taillem Bend Pool for children aged 0-12 years & families</p> <p>10:00-11:30am</p>
<p>Thursday 22 December</p> <p>Willow Street</p> <p>Movie Night & laser lights</p> <p>7.30pm bring a chair, beanbag or something comfy to sit in</p>			<p>BOOKINGS ESSENTIAL</p> <p>CALL 8572 3513</p> <p>or email</p> <p>c4c@tbcc.org.au</p> <p></p>	<p>Friday 20th January</p> <p>Jumping Castles/waterslide</p> <p>Willow Street</p> <p>Taillem Bend</p> <p>BYO lunch 10am-3:00pm</p> <p></p>	<p>Thursday 26th January</p> <p>AUSTRALIA DAY PUBLIC HOLIDAY</p> <p></p>

All activities are **FREE** for children from the Coorong district.



Taillem Bend Community Centre
P 08 8572 3513 F 08 8572 4813 E info@tbcc.org.au
141 Railway Terrace (PO Box 203), Taillem Bend 5260 SA
www.tbcc.org.au

Communities for Children Murraylands is facilitated by ac.care, funded by the Australian Government department of Social Services and delivered by our Community Partner – Taillem Bend Community Centre

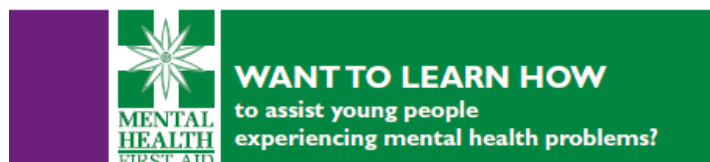


Coming up next at Tailem Bend Community Centre

Suggest/register your interest today for classes, by calling the

Boat Licence

Please note the Department for Transport will not run Boat licence sessions during the peak summer season as they are busy on the river. The next session planned at TBCC will be in March /April however we need a minimum of 15 participants to book. If you know someone interested in attending please call 8572 3513 as we currently have less than 10 people interested.



WANT TO LEARN HOW
to assist young people
experiencing mental health problems?

Attend a 14-hour Youth Mental Health First Aid (MHFA) Course

This course teaches first aid skills for adult members of the public to give initial help to adolescents experiencing mental health problems, in a mental health crisis situation, or in the early stages of a mental illness.

Where: Tailem Bend Community Centre, TAILLEM BEND

When: 9am-4:45pm 23rd & 24th January 2017

Instructor(s): Joan Oldfield

Cost: \$165 - course is fully catered

If you're interested in attending this 14-hour Youth MHFA course, please contact:

Contact: Joan - E: joan4training@hotmail.com, Mobile 0409 678 580

Additional Information:

Participants will learn about adolescent development and the signs and symptoms of common mental health problems, where and how to get help and what sort of help has been shown by research to be effective.

Course endorsed for Continuing Professional Development: points for several professions.



For further information about
Mental Health First Aid Australia,
please visit our website at:
www.mhfa.com.au

• DEPRESSION • ANXIETY PROBLEMS • PSYCHOSIS • SUBSTANCE USE PROBLEMS • EATING DISORDERS • ADOLESCENT DEVELOPMENT •
• SUICIDAL THOUGHTS & BEHAVIOURS • NON-SUICIDAL SELF-HARM • PANIC ATTACKS • AGGRESSION •

Cheese please

**Tuesday 20 December 9am start
cost \$100 children under 12 can
attend for free with one paying
adult bookings essential**

*Look for TBCC C4C
At the Christmas
Parade
we have free bubbles
to giveaway*

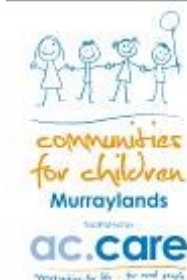
Staff

Coordinator:	Tammy Shepherd	Tuesday—Friday
CHSP Officer:	Deb Taylor	Tues, Wed,—Friday
C4C Officer:	Denise McLoughlin	Tuesday—Friday
Finance Officer:	Chris Hartmann	Thursday

2014/15 Board of Management:

Chairperson:	Jack Hunt
Vice Chairperson:	Lorraine Cresp
Treasurer:	Trevor Gordon
Secretary:	Rhonda Shillabeer

Committee: Bev Moyes, Donna Middleton,
Rosemary Symonds, Margo Wood, Linda McDougall



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