

Newsletter February 2016

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Programs are Supported By

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



A local legend



If you've driven past the Community Centre since the end of November you will have noticed plenty of activity happening with our new renovations! While this is a very exciting time for us, TBCC would like to take this opportunity to express our sincere gratitude to the person keeping it all happening!

Local builder Lynton Piggot needs no introduction to many Taillem Bend residents, who'll recognise his tireless work ethic and generous spirit.

In the middle of January TBCC shared the following on our Facebook page, and received an overwhelming

Lynton has been working seven days a week to meet our breezeway deadline of 2 February. We are extremely grateful of Lynton's commitment he is still a week ahead of schedule. Amazing!!

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Couldn't ask for better community spirit

Keep an eye on the Community Centre Facebook page to be the first to find out all the details for the grand reveal of the new TBCC Breezeway extension.

8572 3513

www.tbcc.org.au

141 Railway Terrace, Taillem Bend SA 5260



2016 Term 1 Timetable 1 February- 15 April

Monday	Tuesday	Wednesday	Thursday	Friday
Tailem Bend Community Centre hours of operation Tuesday—Friday 9am—4.30pm Telephone: 8572 3513 Email: info@tbcc.org.au	Exercise Class Low impact, perfect for all ages exercise class Fun, friendly, fabulous <i>*New Time*</i> 9.30am—10.30am Cost: \$5.50 per class	Sewing Class 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. 9am—12noon Cost: \$5.50 per class	Our Time This group is perfect for carer's to stay for coffee, Bubs & toddlers to interact with other children. 9.30am—11.30am Cost: Free <i>*C4C</i>	Woodturning Tailored tutoring in the art of wood turning Fridays men's group 9am—3pm Cost: \$5.50
Neighborhood Watch Meets on the second Monday of each month at TBCC Information sessions, raffles, social support Contact 0417 840 473 7.30pm start	Drumming Group Watch this space for more news on the Tailem Bend drumming group. Or join in with the Murray Bridge group to learn rhythms 10.45-12.15 Contact Trevor 0423 701 859 <i>*run by mifSA</i>	Art Class Have a project that you would like to work on? Social Art group share ideas in a friendly environment 9am—12noon Cost: \$1.10 per class	Tuning into Kids – Tailem Bend A six session parenting program for parents with children aged 2-6 March 3rd-April 7th In conjunction with Our Time 10am — 12noon Cost Free <i>*CFC</i>	Computer Tuition Need assistance with any computing program including windows 8 10am—12 noon Cost: \$5.50 per class
Kids Yoga Parents and kids can improve their fitness together, learning this gentle exercise with Meri during school term 4.30pm - 5.30pm Cost: Free <i>*CFC</i>	Social Craft Circle Join this friendly group work on your own craft share ideas 1pm—3pm Cost: \$1.10 per class	Register your interest in the following course: Dates yet to be confirmed* Grant Writing Meeting protocol Governance Glass fusing First Aid	Leadlight/ Mosaic Class Make a project of your choice in a creative environment Starting week 2 1pm—4pm Cost: \$5.50 per class	Tuning into Kids -Meningie A six session parenting program for parents with children aged 2-6 Held at Meningie RSL, starting March 4rd 10am — 12noon Cost Free <i>*CFC</i>
 TBCC Membership \$5.50 per year	Kids Boxing for fitness Learn a new skill and keep fit with Neil from Pump Fitness. Tintinara Memorial Hall March 1st-29th For kids 6-12 *CFC 4pm - 5pm Cost: Free	Folk Art Class Come and join this social group and learn the fine art of folk art drawing and painting. 1pm—4pm Cost: \$5.50 per class	Ceramics With Doris Connolly, enjoy this wonderful craft in a friendly relaxed environment Call (08) 8572 3241 12.30—2.30pm Cost: \$5.50	Golden Oldies Luncheons February 26th March— nil due to Easter April 22nd— Trip away 12noon Cost: \$10.00
Probus Club Meets at TBCC on the 3rd Monday of each month Guest speakers, social interaction, community news Contact 8572 3667 10am—12noon Cost: Donation	Broadband for Seniors Free one hour Broadband for seniors one on one computer tuition available by appointment. Please book in advance Cost: Free	Tuning into Kids—Coonalpyn A six session parenting program for parents with children aged 2-6 commencing 2nd March Held at Coonalpyn Community Hub *C4C 10am — 12noon Cost Free	Alcoholics Anonymous Confidential support network for more information call 0427 313 537 7pm—8.30pm Cost: Donation	Rehoboth Christian Community Outreach Bible Centred Teaching By Gary & Joanna Paynter for more information call 0428815560 or email rehobothccm@gmail.com 10.30am Sundays at TBCC
Heart Moves Help strengthen your muscles, whether you are an advanced or beginning participant! Mondays 10.30 am—11.30am Town Hall Function Room Cost: \$5.50	Meningie Tai Chi With Don at the Meningie RSL Hall on Tuesdays 3.30 - 4.30pm Cost \$5.50 Per class	Cultural Cooking with Bev Have fun cooking foods from other cultures. Learn new skills, meet new people, and enjoy new culinary creations together. 10am-1pm Cost: Donation for lunch <i>*run by mifSA</i>	Coorong Connections Network A group for young people from all over the Coorong who want to make a difference in their community. Meets monthly for lunch and via social media Cost Free (for ages 13-24)	Tailem Bend Progress Association Meeting 7pm on the second Wednesday of each month at TBCC Parade Committee Meeting 7pm third Wednesday of each month at TBCC

* Communities for Children (CFC) is facilitated by ac.care and funded by the Australian Government

Drum making

We had a blast in the term four drum-making class run by the crew from Mannum mifSA. Drummers are invited to the Murray Bridge drumming circle Tuesday mornings (more details in timetable to the left) and watch this space for further updates on the Taillem Bend drumming group, and other mifSA activities (including cultural cooking happening at TBCC again, details below!)



3 February to 13 April

Come along and join in the fun while cooking foods from other cultures followed by an informal social afternoon. Cultural cooking runs for 10 sessions and participants learn new skills, meet new people, and enjoy new culinary creations together.

WHERE?

Taillem Bend Community Centre, 141 Railway Tce

WHEN?

Every Wednesday starting 3rd February 2016

CLASSES ARE FREE!

To book your place call the Taillem Bend Community Centre
85723513



Golden Oldies

February's Golden Oldies lunch will be on Friday the 26th, and will be chicken/cold meats with salad, and jellied fruit and custard for desert.

If you'd like a copy of the TBCC calendar, with the Golden Oldies lunches marked, call in to the community centre to pick one up.

Communities for Children Chatter

Another holidays, another great program full of activities for kids all over the Coorong! Highlights of the Summer school holiday program included the Colour Run in the first week of the holidays, where kids and their families completed a course around Tailem Bend oval, and were splattered with paint each lap, before finishing the run with a colourful slip-n-slide, and a few weeks later an excursion to St Kilda playground. There were pool parties in three towns, a pirate party and ceramic painting, to keep the kids active and entertained over the holidays.



Communities for Children Murraylands

Tuning in to Kids

Emotionally Intelligent Parenting



A free six session parenting program for parents/carers of children aged 2-6

Would you like to learn how to:

- be better at talking with your child?
- be better at understanding your child?
- help your child learn to manage their emotions?
- help to prevent behaviour problems in your child?
- teach your child to deal with conflict?

Tuning in to Kids shows you how to help your child develop *emotional intelligence*. Children with higher emotional intelligence:

- have greater success with making and keeping friends
- have better concentration at school
- are more able to calm down when upset or angry
- tend to have fewer childhood illnesses

Emotional intelligence may be a better predictor of academic and career success than IQ!

Term 1 2016 Dates and Locations

Coonalpyn- Tuesdays 10am-12.
Coonalpyn Community Hub

Tailem Bend- Thursdays 10am-12.
Tailem Bend Community Centre

Meningie- Fridays 10am-12. RSL

Sessions commence 1st week in March

Participants must book-



Tailem Bend Community Centre
141 Railway Terrace
Tailem Bend 5260 SA.
P 08 8572 3513
E c4c@tbbc.org.au





We also joined in on some local Christmas parties! While Meningie's Pageant had to be cancelled due to the hot weather, water activities in Tintinara and a balloon artist in Tailem Bend went down a treat!



What's happening in Term One?

Our Time is back! After a break in term 4, the 'mums and bubs' playgroup will return on Thursdays for parents and carers to attend with their little ones.

Starting in March there will also be the Tuning into Kids parenting program happening at the same time.

Tuning into Kids will be offered in three towns this term, to encourage parents and carers to help their children unpack their own emotions.

Find more details about Tuning into Kids on the opposite page.

Keep it active!

With the success of **boxing** in Meningie last term, we'll now be hosting the very popular six weeks of classes in Tintinara. They'll be happening at the Memorial Hall on Tuesdays from 4pm-5pm, commencing the 1st of March.

Yoga will also return to Tailem Bend, held at the Community Centre on Monday nights from 4.30-5.30 during school term. Children and parents are welcome to learn stretches and meditation exercises.

Participants need to book for all activities.
Call 8572 3513 or email c4c@tbcc.org.au

Communities for Children Murraylands

Our Time is back!

Parents and carers of pre-school aged children and their little ones are invited to come along for some fun and games, craft, songs, snacks and socialising.

When: Thursdays 9.30-11.30am
Where: Tailem Bend Community Centre
Cost: Free!

February 4	Crafty free play!
February 11	Valentines cookies
February 18	Finger painting
February 25	Pirate party
March 3	Making Pinwheels
March 10	Collage making
March 17	St Patricks Day craft
March 24	Easter egg hunt
March 31	Excursion-TBA
April 7	Pizza baking
April 14	Picnic in the park

Tuning into Kids Parenting Program

Starting in week 4 (March 3rd) in conjunction with Our Time. 10am to 12 noon.
 (you do not have to be in the playgroup to attend)

Would you like to learn how to:

- be better at talking with your child?
- be better at understanding your child?
- help your child learn to manage their emotions?
- help to prevent behaviour problems in your child?
- teach your child to deal with conflict?

To book, contact-

Tailem Bend Community Centre
 141 Railway Terrace
 (PO Box 203)
 Tailem Bend 5260 SA
 Ph 08 8572 3513 | 08 8572 4613

Anglican Community Care Inc. | ABN: 53 440 436 445 | Charity Licence CCP118n
 Web: www.accare.org.au | Email: CommunitiesforChildren@accare.org.au
 Communities for Children is funded by the Australian Government Department of Social Services

Please take a moment to complete our survey and drop it into the centre.

Are you aware of the Community garden and the free produce available? Yes No

Have you used the garden? Yes, frequently Yes, sometimes yes, once or twice Not at all

Were staff/Volunteers helpful? Yes No

If 'No' please let us know why-

Do you feel more connected to the community through the garden? Yes No

Have your skills or knowledge increased because of the garden? Yes No

Are you satisfied with the garden? Yes No

How could we improve the garden?

You can find the survey online at- <https://www.surveymonkey.com/s/3SQ69BD>



Coming up next in 2016

Register your interest today for the following classes, by calling the Tailem Bend Community Centre on 8572 3513

First Aid

Register your interest in completing a certified first aid course.

Glass fusing workshop

Create your own beautiful projects using glass. Makes beautiful jewellery or let us know what you'd be interested in making.

Boat Licence Course

Wanting to get your boat licence? Learn what you need to know, then take the exam for your licence.

Cost- Adult- \$30 Ages 12-15 \$15

Bookings essential



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
HACC Officer:	Eva Haydon	Wednesday—Friday
C4C Officer:	Rebekah Crisp	Tuesday—Friday
Finance Officer:	Chris Hartmann	Thursday

2014/15 Board of Management:

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