

# Newsletter

## April 2018

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Night classes

Mumma Mia

and more .....



### 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)



## About the Commonwealth Home Support Programme (CHSP)

The aim of the CHSP is to help older people live as independently as possible with a focus on working with you, rather than doing for you. It is about working on your strengths, capacity and goals to help you remain living independently and safely at home.

### Eligibility

You may be eligible under the Commonwealth Home Support Programme if you are:

- having trouble doing everyday activities without help, and
- need support to live independently in the community and are:
- 65 years or older (50 years or older and identify as an Aboriginal or Torres Strait Islander person) or
- 50 years or older (45 years or older for Aboriginal and Torres Strait Islander people) and on a low income, homeless or at risk of being homeless.

If you have been injured or hospitalised you may be eligible for extra services through the program for a short time to help you get back on your feet after you return home.

### Assessment

To find out if you need an assessment and if you are eligible for help at home services, you should call **My Aged Care on 1800 200 422**. The My Aged Care staff will ask you questions about your current needs and circumstances so they can refer you to appropriate aged care services. You will need to have a home support assessment with a Regional Assessment Service (RAS) before you can be approved for care.

### Services

Depending on your needs, you may be eligible to receive:

#### Community and home support

- domestic assistance - household jobs like cleaning and laundry
- personal care - help with bathing, showering or getting dressed
- home maintenance - minor general repairs and care of your house or garden, for example, changing light bulbs or replacing tap washers

- home modifications - such as alarms, ramps and support rails in your home
- aids and equipment - such as a bath seat, raised toilet seat or mobility aids
- nursing care - a qualified nurse to assist with managing medications
- [social support](#) - social activities in a community-based group setting or accompanied activities
- transport - help getting out and about for shopping or appointments.

#### Meals and food services

- help with shopping for food
- help with making meals and storing food in your home
- help with learning to cook
- delivering meals to your home providing meals at a community centre.

#### Allied health support services

- physiotherapy (exercises, mobility, strength and balance)
- podiatry (foot care)
- speech pathology
- occupational therapy (help to recover or maintain your physical ability)
- advice from a dietician (healthy eating)

other allied health and therapy services.

#### Respite care

- care for you while your carer takes a break.

If your carer is in need of additional support, contact the [Carer Gateway](#) on 1800 422 737.

#### Costs

The Australian Government subsidises a range of aged care services to keep client fees reasonable and affordable.

If you are eligible, you are expected to contribute to the cost of your care if you can afford to.

You do not need an income assessment to access CHSP services and your age pension will not be affected by your contributions to the cost of your services.

You will need to discuss and agree any fees with your service provider before you receive services.

Service providers should have a fee policy with arrangements for those who are unable to pay their fees due to hardship.

Phone: 8572 3513  
[www.tbcc.org.au](http://www.tbcc.org.au) [info@tbcc.org.au](mailto:info@tbcc.org.au)  
141 Railway Terrace, Tailem Bend SA 5260



# Communities for Children Murraylands

## Parent Child Mother Goose/Our Time—Term 2 2018

**Tailem Bend Community Centre**

**Thursday's 9:30-11:30am**

Parents & carers of pre-school age children are invited to come along for an opportunity to cuddle and connect through songs, rhymes and stories.

<b>10th May</b>	Mothers Day
<b>17th May</b>	What's your name?
<b>24th May</b>	Sand Art
<b>31st May</b>	Winter Wonderland
<b>7th June</b>	Kings and Queens
<b>14th June</b>	Little Bakers
<b>21st June</b>	Makin' music
<b>28th June</b>	Let's get messy!

## Meet the animals!

**@ Meningie RSL Hall**

Wednesday's in Term 2 for 5 weeks.

9th May, 16th May-Frogs, 23rd May-Fish,

30th May-Reptiles, 6th June-Birds

3:45pm-4:45pm

## Lantern Festival

**Meningie RSL**

**Tuesday 17th April**

**5:30-6:30pm**

Come join us to decorate a lantern. When the sun starts to set, light up your lantern and see the colours illuminate into the night sky!

**Friday 20th April**

**5:30-6:30pm**



Tailem Bend Community Centre 141 Railway Terrace (Po Box 203)

Tailem Bend SA 5260

**P 08 8572 3513 E c4c@tbcc.org.au W www.tbcc.org.au**





# 2018 Term 2 Timetable 1 May - 6 July

Monday	Tuesday	Wednesday	Thursday	Friday
 <p><b>Tuesday—Friday</b> <b>9am—4:30pm</b> <b>Tel: 8572 3513</b></p>	<b>Be connected IT</b>	<b>Sewing Class</b>	<b>Our Time</b>	<b>Woodturning</b>
	<p>Need help with accessing the internet or an iPad call TBCC to make a free one on one appointment</p>	<p>Join this group to work on individual sewing projects</p> <p><b>9am to 12 noon</b> <b>Cost: \$5.50/\$11.00</b></p>	<p>Interaction with children under 5 years * Parent, Child, Mother Goose</p> <p><b>9.30am to 11.30am</b> <b>Cost: FREE</b></p>	<p>Untutored social class sharing the art of woodturning</p> <p><b>9am to 3pm</b> <b>Cost: \$5.50/\$11.00</b></p>
<b>Neighbourhood Watch</b>	<b>Woodturning</b>	<b>Computer Class</b>	<b>Woodwork</b>	<b>Tai Chi</b>
<p>Meets on the second Monday of each month at TBCC. Information sessions, raffles, social support.</p> <p><b>Contact 0417 840 473</b></p>	<p>Woodturning Choose your own project create with support from Jack</p> <p><b>9am — 3pm</b> <b>Cost: \$5.50/\$11.00</b></p>	<p>Need assistance with all things Computing? Bring your own lap top or use a Centre PC</p> <p><b>10am — 12noon</b> <b>Cost: \$5.50</b></p>	<p>No Woodwork this term due to Tutor on leave Class returning in Term three Thursday 26 July 2018</p>	<p>Tai Chi, Chi Kung and Lohan commencing</p> <p><b>9.30am to 10.30am</b> <b>Cost: \$1.10</b></p>
<b>Golden Go Getters</b>	<b>Social Craft Circle</b>	<b>Art Class</b>	<b>Glass n Art</b>	<b>Grow Free</b>
<p>Help strengthen your muscles in a safe/supported Environment Town Hall Function Room Wednesday's <b>10.30am—11.30am</b> <b>\$5.50/class</b></p>	<p>Join this friendly group. Work on your own craft and share ideas.</p> <p><b>1pm — 3pm</b> <b>\$1:10/class</b></p>	<p>Social Art Group Join this group to share skills and learn from likeminded people</p> <p><b>1—4pm</b> <b>Cost: \$1.10</b></p>	<p>Make a mosaic, glass or leadlight project of your choice in a creative environment with like-minded people</p> <p><b>1pm — 4pm</b> <b>Cost: \$5.50/\$11.00</b></p>	<p>Share surplus garden produce in the grow free cart out the front of TBCC.</p>
<b>Tailem Bend Progress Association</b>	<b>Training</b>	<b>Night Classes</b>	<b>Volunteers needed</b>	<b>Our Goldies Lunch</b>
<p>7pm Wednesday every 3rd month Call Beryl 85723507 <b>PARADE COMMITTEE</b> 7pm third Tuesday of each month Call Jules 0447 093 684</p>	<p>TBCC offers lots of training opportunities Please call us for details 8572 3513</p>	<p><b>Coming soon to Wednesdays</b> <b>6.30-8.30pm</b> <b>Leadlight foiling and glass art call</b> <b>8572 3513 for details</b></p>	<p><b>Would you like to help at TBCC?</b> We need help with office admin and data entry if interested please call us</p>	<p>Friday's monthly 12 noon Cost \$10 <b>18 May</b> <b>29 June</b> <b>27 July</b></p>
<b>Probus</b>	<b>Venue Resources</b>	<b>Decorative Art</b>	<b>C4C Activities</b>	<b>Creative Writing</b>
<p>Meet on the 3rd Monday of each Month</p> <p><b>10am — 12noon</b> <b>Cost: gold coin</b></p>	<p>TBCC hires our spaces, and resources to community groups such as projector screens, urns and plastic tables. Call us to find out more</p>	<p>Decorative Art is a social group sharing skills and knowledge of folk art and more</p> <p><b>1pm — 4pm</b> <b>Cost: \$1.10</b></p>	<p>*For details about C4C activities offered for Children 0-12 years please call <b>Chelsea</b> 8572 3513</p>	<p>Learn techniques that keep your writing interesting. Work on your own projects and enjoy some fun writing activities.</p> <p><b>1:30pm — 3:30pm</b> <b>Cost: FREE</b></p>
<b>Evening Yoga</b>	<b>Got a class in mind</b>	<b>Karate</b>	<b>Photography Group</b>	<b>Archery</b>
<p>Improve your flexibility and tranquillity with instructor Monica Martin. Please bring a blanket, water and your own mat if you have one. Call Monica 0488 133 625</p> <p><b>6:30pm — 8pm</b></p>	<p>Give us a call and we will register an expression of interest once 5 people register we can arrange the class <b>EASY!!</b></p>	<p>Adults and Children Wednesday nights Contact Adam Deane mobile 0435 149 814</p> <p><b>5.30—9.00pm</b></p>	<p>Tuition with Doug Stillgoe on the first Wednesday of each month. 7pm at TBCC Photo taking field trips to local venues on second Sunday each month at 10am. <b>Cost: \$1.10</b></p>	<p>Archery for all ages. Bookings essential. Contact Len: 0417 821720</p> <p><b>Sundays:</b> <b>9.30am—12.30</b> <b>Cost: FREE</b></p>

\* Communities for Children (C4C) is facilitated by ac.care and funded by the Australian Government  
Commonwealth Home Support Program (CHSP) is funded by the Australian Government Department of Health



# Please help us share what's happening at TBCC



**Don't forget the Wizard  
Wednesday 18 April bus  
leaves TBCC at 9.30am**



**Our Goldie's Lunches**  
**12 noon Friday's monthly**  
27 April roast beef, vegies and  
peach melba  
18 May crumbed lamb loin  
chops, vegies and apple crumble  
29 June roast pork, vegies and  
cheesecake

Cost is \$10 for CHSP eligible  
participants — aged 65 years  
and above (50 for ATSI) or under  
65 with a disability bookings  
essential please call 8572 3513.

Our volunteers will call you each  
month to remind you and see if  
you would like to attend Our  
Goldie's lunches. After our April  
lunch we are playing a few  
games of Bingo!

## Leadlight/foiling night classes

Coming soon please register your  
interest for a five week  
introduction to leadlight/foiling  
6.30-8.30pm on Wednesday  
nights at TBCC cost will be  
\$55pp for five weeks (\$11pp per  
week) call 08 8572 3513 to regis-  
ter your interest.



**Glass Art Slumping and  
Fusing classes and workshops  
starting in June.**

Learn the art of melting glass to  
make beautiful bowls jewellery  
and so much more



Limited numbers so get in early  
and secure your place. Glass Art  
has been our most popular class  
for the last ten years and was  
booked out twelve months in  
advance last time.



## Catering and Wait staff

Did you know TBCC can cater for  
your event either at TBCC or on-  
site. Please visit our website for  
details <https://www.tbcc.org.au/>  
or call 08 8572 3513.



## Bus bookings

The bus is proving to be very  
popular to avoid disappointment  
please book well in advance.

## Mamma Mia the Musical

Save the date Wednesday 17  
October we've booked 45 tickets  
more details in the June  
newsletter bookings essential.



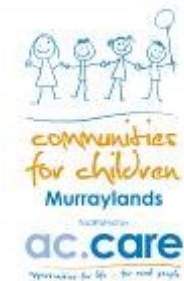
## Staff

<b>Coordinator:</b>	Tammy Shepherd	Monday - Friday
<b>CHSP Officer:</b>	Denise McLoughlin	Tues, Wed, Friday
<b>C4C Officer:</b>	Chelsea Coombe	Tuesday - Friday

## 2017/18 Board of Management:

<b>Chairperson:</b>	Jack Hunt
<b>Vice Chairperson:</b>	Bev Moyes
<b>Treasurer:</b>	Trevor Gordon
<b>Secretary:</b>	Dani Warbout

**Committee:** Donna Middleton, Margo Wood, Linda  
McDougall, Len March, Glenn Power



Commonwealth  
Home Support  
Packages (CHSP)



Government of South Australia  
Department for Communities  
and Social Inclusion

Home and Community Care (HACC)