

Newsletter JUNE/JULY 2019

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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)



TBCC ventured down to the festival theatre on

April 26th with a bus load of 57 people to see the stage show Aladdin. What a fabulous, fantastic and energetic show full of amazing sets, singing and colourful costumes. We were taking on a magic carpet ride and everyone thoroughly enjoyed the show. Excitement and smiles filled the bus on the way home. Bus trips like this are just one way TBCC bring people together not only within our local community but the wider community as well.

Careship Coorong snail farm at Coonalpyn hosted an Escargot Festival in April. TBCC mini bus transported a small group of people down to Coonalpyn to enjoy taste testing, live music and snail races. Claudia and Rashid hosted an excellent day that was enjoyed by everyone.



Best Wishes Jack—Our chairperson Jack Hunt has recently undergone heart surgery. We are happy to report the surgery went extremely well and Jack is on the mend. TBCC wish him all the best with his recovery and hope to see him back woodturning in no time.

Welcome Back Chris

We have welcomed Chris Hartmann back to the team at TBCC. Chris is working two days a week as our Finance Officer.



At TBCC we pride ourselves on keeping up date and current with trainings and refresher courses. We hosted First Aid Pro for our yearly CPR refresher, Joan Oldfield for Adult and Youth Mental Health First Aid refresher, Fire training and Cathy Clemow for a Professional Boundaries training.



Australian Service Excellence

Audit—The Australian Service Excellence Standards (ASES) program is TBCC's road map to excellence and is a fully accredited program under ISQua (International Society for Quality in Health and Social Care) This step-by-step program is specifically designed to develop capacity of community organisations to strive towards continuous improvement in quality service delivery. Organisations complete self-assessments and an external assessment to achieve this internationally recognised accreditation that last for 3 years. ASES is based on the following organisational principles—customer and outcome focus, clear direction with accountability, continuous learning and innovation, valuing people and diversity, collaborative work practices, evidence-based decision making and social, environmental and ethical responsibility. Accreditation benefits consumers, staff, board members, management and funding bodies through greater public confidence, improved efficiencies and work processes, access to more funding opportunities and a more stimulating workplace culture for staff who feel more empowered, involved and satisfied. TBCC gained ASES status in 2012 and every three years undertake an assessment to ensure compliance. On Monday 3rd June 2019 we will host assessors from QIP to audit our systems and services.

TBCC AGM

Friday 6th September at 10:30am.

141 Railway Terrace, Taillem Bend SA 5260

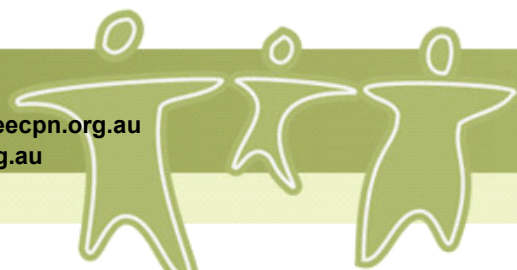
Phone: 8572 3513

Web: www.tbcc.org.au

Email: info@tbcc.org.au

www.murraymalleecpn.org.au

mmcpn@tbcc.org.au



Parent Supervision is required.

All activities are FREE for children aged 5-12 years and their families from the Coorong.

ROBYN STACEY RAY OF LIGHT

Robyn Stacey has been transforming entire rooms into walk-in camera obscuras. Masking windows to leave just a ray of light, as if by magic, the view outside spreads over the room's interiors, but upside down and in reverse.

To celebrate the Robyn Stacey-Ray of Light exhibition,

Make your own Pinhole Camera

Wednesday 17th July 2019

Tailem Bend Town Hall

10:30am-12pm

BOOKINGS are ESSENTIAL and limited to 30 participants.

CALL TBCC 85 723 513



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



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

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What's happening in the C4C space?

We had a good response to our hip hop dance workshops in the April school holidays with Jenna from The Power of Dance. Over 30 children attended learning moves including break dance, tutting and hip hop.

Chelsea and Tammy have attended two workshops in Adelaide recently. The Accidental Counsellor discussed skills and strategies to use when dealing with counselling situations and the Kimochi's training is a program that uses plush toys to help children manage and talk about their feelings and promote well being.

Our C4C funding has been extended until June 2020 and now includes delivering programs to Jervois and Mid Murray. We will no longer be delivering an after school program but will continue our PCMG program in Murray Bridge.



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ac.care
 Opportunities for life – for real people

MURRAY MALLEE COMMUNITY PASSENGER NETWORK (MMCPN)

MMCPN had anticipated bookings may be a little slow in April due to the school holidays and Easter break. However, despite the holidays, 66 trips were coordinated for the month, averaging 15 trips per week.

We were also kept very busy with the dissemination of the Quality Review Agency assessment to our registered CHSP and MMCPN clients. This was a huge task, particularly with the addition of over 600 MMCPN clients. The enormity of the task was challenging, but all client packs have now been posted. If you received a pack, remember to return your assessment as soon as possible to ensure your registration is maintained.

MMCPN was excited to be a first-time stall holder at the Karoonda Farm Fair this year showcasing our services to the Karoonda East Murray locals. We even managed to survive the huge dust storm that engulfed the fair on Friday.

We are now close to finalising accreditation for some of our new volunteer drivers who have enthusiastically participated in the Department of Transport's volunteer driver program. Stay tuned for an update in the next edition.

MMCPN always looks forward to hearing from prospective volunteer drivers. Interested in joining the MMCPN team? Contact us to find out more.

For more information about our transport services visit:
www.murraymalleeecpn.org.au

Enquiries and bookings can be made by contacting the MMCPN team on 8572 3153.

MMCPN – Keep our rural communities moving.



2019 Term 3 Timetable 22 July - 27 Sep

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Monday—Friday 9am—4:30pm Tel: 8572 3513 Email: info@tbcc.org.au</p>	<p>Computer</p> <p>Need help with accessing the internet or an iPad call TBCC to make a free one on one appointment</p>	<p>Sewing Class</p> <p>Join this group to work on individual sewing projects</p> <p>9am to 12 noon Cost: \$5.50/\$11.00</p>	<p>Our Time</p> <p>Interaction with children under 5 years * Parent, Child, Mother Goose 9.30am to 11.30am Cost: FREE</p>	<p>AGM</p> <p>Board nominations close Friday 2 August AGM Friday 6 September 10.30 All welcome</p>
<p>Neighbourhood Watch</p> <p>Meets on the second Monday of each month at TBCC. Information sessions, raffles, social support.</p> <p>Contact 0417 840 473 7:30pm start</p>	<p>Woodturning</p> <p>Choose your own project create with support from Jack</p> <p>10am — 3pm Half day \$5.50/\$11.00 Full day \$11/\$22</p>	<p>Woodwork</p> <p>Learn with Graham our experienced builder cabinet maker</p> <p>9am — 3pm Half day \$5.50/\$11.00 Full day \$11/\$22</p>	<p>Community Garden</p> <p>We would love a monthly garden group at TBCC which would incorporate the Grow Free produce sharing initiative, please let us know if your interested</p>	<p>Tai Chi</p> <p>Tai Chi, Chi Kung and Lohan</p> <p>9.30am to 10.30am Cost: \$1.10</p>
<p>Social painting</p> <p>Painting, portraits, and picturize your talents Beginner to advance welcome</p> <p>1—4pm Cost: \$1.10</p>	<p>Social Craft Circle</p> <p>Join this friendly group. Work on your own craft and share ideas.</p> <p>1pm — 3pm \$1:10/class</p>	<p>Art Class</p> <p>Social Art Group Join this group to share skills and learn from likeminded people</p> <p>1—4pm Cost: \$1.10</p>	<p>Glass n Art</p> <p>Make a leadlight / mosaic, or glass or project of your choice</p> <p>1pm — 4pm Cost: \$5.50/\$11.00</p>	<p>Computer class</p> <p>Need assistance with all things Computing? Bring your own lap top or use a Centre PC</p> <p>10am — 12noon Cost: \$5.50</p>
<p>Tailem Bend Progress Association</p> <p>7pm Wed every bimonthly Contact Peter Connolly 0423 312 916</p> <p>7pm third Monday of each month Call Maxine 0439 387 750</p>	<p>BINGO</p> <p>Tuesday monthly 2 July 6 August 3 Sep 10:30am—12pm Cost 50c per game</p>	<p>Golden Go Getters</p> <p>Help strengthen your muscles in a safe/ supported environment Town Hall Function Room Wednesday's 10.30am—11.30am \$5.50/class</p>	<p>Volunteers needed</p> <p>Would you like to help at TBCC? We need help with various item please call us</p>	<p>Glass Fusing</p> <p>Weekend workshops expression of interest One we receive min 6 participants workshops will proceed</p>
<p>Probus</p> <p>Meet on the 3rd Monday of each Month</p> <p>10am — 12noon Cost: gold coin</p>	<p>Grow free</p> <p>Share surplus garden produce in the grow free cart out the front of TBCC.</p>	<p>Resin art</p> <p>Resin Art workshops Friday 9 August Cost CHSP \$60 non CHSP 480 Bookings essential</p>	<p>C4C Activities</p> <p>*For details about C4C activities offered for Children 0-12 years please call Chelsea 8572 3513</p>	<p>Our Goldies</p> <p>Friday's monthly 26 July 23 August 20 September</p> <p>12 noon Cost \$10</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. Call Monica 0488 133 625</p> <p>6:30pm — 8pm</p>	<p>Got a class in mind</p> <p>Give us a call and we will register an expression of interest once 5 people register we can arrange the class EASY!!</p>	<p>CHSP TRIPS</p> <p>ABC radio 5 Sep Westside Story 4 Dec Bookings essential</p>	<p>Bus hire</p> <p>For details about the community bus hire visit our web site https://www.tbcc.org.au/pages/for-hire/tbcc-bus/tbcc-bus-hire-booking-</p>	

Please note classes run during school terms only, no classes during school holidays

* **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

B	I	N	G	O
13	29	38	51	●
4	20	32	●	65
7	19	●	55	70
10	●	34	46	72

TBCC Bingo

10:30am-12pm

Eyes down at 10:30am sharp. Once a month on a Tuesday morning.

2nd July, 6th August, 3rd Sept, 22nd Oct, 19th Nov. \$6.00 for 10 games

ABC Tour

Thursday 5th September.

Enjoy lunch at Tregenna Café and a guided tour behind the scenes at ABC Collinswood. Bus will depart TBCC at 8:30am. Price is to TBA. For more information or to BOOK call TBCC 8572 3513.



West Side Story

Wednesday 4th December, Festival Theatre. A modern retelling of

Romeo and Juliet. Bus will depart TBCC at



9:30am **CHSP \$120 Non CHSP \$130** BOOK now 8572 3513

Our Goldies Lunch

Our next Goldies lunch will be held on Friday 26th July. On the menu: Roast Lamb, vegetables and sticky date pudding.

COTA guest speaker

On Friday 17th May we hosted an information session with Elizabeth from COTA at our goldies lunch. Elizabeth gave a presentation to the group about mobility scooters/gofers including how to choose one, rules for riding them and how to assess if you need one.

Resin Art Workshop—Our TBCC tutor Graham has recently attended a resin art training whilst holidaying in Tasmania. TBCC will be offering two Resin Art Workshops, on Friday 9th August. Cost: \$60 CHSP \$80 Non CHSP per participant. Bookings are essential as there is a maximum of 6 participants ONLY. Please book for either morning or afternoon—times to be advised. RSVP by Wednesday 24th July. For more information or to book Call 8572 3513.

Richard Deane—Tax Accountant will be returning to TBCC for all your tax needs again this year. Richard will be here on Saturday's and appointments can be made from 9am. Call TBCC to book your appointment.

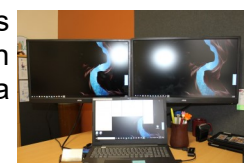
AGM and Board Nominations—Don't forget our Annual AGM is on Friday 6th September at 10:30am. Board nominations close on Friday 2nd August.

Huge thanks to Tony Pasin MP, Federal Government Stronger Communities Grant round



four. TBCC has installed 10kw solar panels and a 5.7kw battery. Our goal has been to create a sustainable future for the Centre. Eliminating utility bills will enable us to offer more services which will benefit the community.

TBCC was successful in obtaining a "Thoughtful Thorough Technology" grant through the Grants SA funding program. The grant allowed TBCC to purchase all new computers and monitors. Keeping up to date with technology improves our services, increases skills and allows staff and volunteers to be more efficient.



Memberships for 2019/20—TBCC Annual Membership is due in June 2019. Membership is \$5.50 and entitles you to discounted printing/copying, newsletters, invitations, voting at the AGM and more. Call in to TBCC and see our friendly volunteers to update your current membership or to sign up.

STAFF:

CEO:	Tammy Shepherd <i>Monday - Friday</i>
CHSP Officer:	Denise McLoughlin <i>Monday - Friday</i>
C4C Officer:	Chelsea Coombe <i>Monday - Friday</i>
MMCPN CO:	Sharon Clark <i>Monday - Friday</i>
MMCPN Admin:	Dani Warbout <i>Wednesday, Friday</i>
Finance Officer:	Christine Hartman <i>Tuesday, Thursday</i>
CSSP Officer:	Stuart Jones <i>Wednesday</i>

2018/19 Board of Management:

Chairperson:	Jack Hunt
Vice Chairperson:	Bev Moyes
Treasurer:	Trevor Gordon
Secretary:	Dani Warbout
Committee:	Donna Middleton Lorraine Cresp Tash Loveday, Rhonda Coleman Glenn Power

