



Newsletter DEC/JAN 2022

Programs are Supported by:

- Department of Health
- Department of Human Services
- ac.care's Communities for Children Murraylands programme funded by the Australian Government Department of Social Services
- Department for Infrastructure and Transport (DIT)
- The Coorong District Council (CDC)

**SORRY WE'RE
CLOSED**

TBCC will be closed from Friday 26th November through to Monday 17th January 2022.

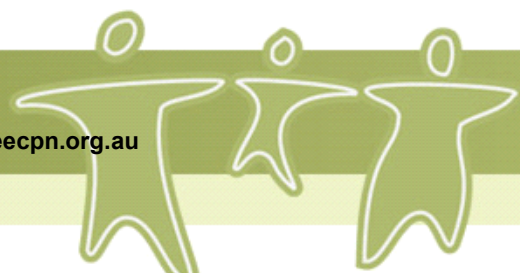


Merry Christmas



**From all of us here at TBCC we wish you a very Merry Christmas and a safe and prosperous New Year!
We look forward to working with you all in 2022.**

141 Railway Terrace, Tailem Bend SA 5260
Phone: 8572 3513
Web: www.tbcc.org.au www.murraymalleecpn.org.au





MURRAY MALLEE COMMUNITY PASSENGER NETWORK (MMCPN)

The **MMCPN Medical Bus** last day of operation for 2021 will be Friday 17th December, resuming service on Monday 17th January 2022. The **Community Passenger Network** will still be operating during this period, subject to driver availability. Contact TBCC on 8572 3513 and press 2 if prompted for appointment bookings.

The Department of Health now requires all our CPN volunteer drivers to be vaccinated for Covid. As of 1st November, all our drivers have been double vaccinated. Our priority is the safety and wellbeing of our consumers and volunteers, and we continue to ensure Covid Safe protocols such as mask wearing and social distancing are followed. We thank everyone for their understanding and cooperation with this.

We are always keen to welcome new drivers so we can continue to provide services for our community. If you are considering a driving role, then please call Sam for an informal chat about what is involved in the accreditation process. We guide you through every step and cover the cost of assessments.

If you are in need of help with medical transport but are unsure of how to go about it, or if you are eligible, then the solution is just a phone call away. Call Sam on **8572 3513**.



SMALTI MOSAICS WORKSHOP

We have two qualified instructors who will be running two Smalti Mosaics workshops, in March 2022. Prices start from \$130.00, this includes base board to mosaic on and adhesive, (does not include Smalti, this will need to be purchased on the day of the workshop). To book into this workshop or to register your interest, please call Denise on **8572 3513**.

COMMUNITIES FOR CHILDREN (C4C)

Can you believe this is it? The last month of the year, crazy right?

2021 was a positive year in the C4C space. We returned to full face to face delivery (with some minor changes) and after an up and down year in 2020 – it was great to be able to connect with families and children within our community again. Gayle has settled into her role as co-facilitator and is taking on new challenges all the time.

Our funding was extended for another 12 months until June 2022 and we were rewarded with extra funding to extend our service delivery to the Mid-Murray region. Once again our programs have received great feedback from families and continue to grow and attract new families all the time.

There were many highs to this year but a few big highlights included our “Hay Hay” display where we were able to engage the local kindy and school, Beach Volleyball and our Mother’s Day Resin Art workshop.



Thank you to all of our families for their continued support over all of our programs and we look forward to another big year in 2022 and bringing the C4C space to life!

We hope you all have the best time celebrating the festive season, enjoy the holidays and are able to relax a little!

Merry Christmas and Happy New Year to you all – Chelsea and Gayle.

COMMONWEALTH HOME SUPPORT PROGRAMME (CHSP)

On Friday 19th November 2021, 33 consumers from all over the Murraylands attended our second social group outing for the year. The group departed TBCC at 10am to spend a glorious day in Langhorne Creek, starting the day by visiting the Fleurieu Chocolate Company.

Handmade chocolates, locally made South Australian wines and a variety of South Australian skincare products were tested and enjoyed. Next, everyone was off to a beautiful two course meal at the Oasis Garden Restaurant, whilst admiring the view of the lush tropical garden.



UPCOMING EVENTS FOR 2022

Our first luncheon for Our Goldies is scheduled for Friday 25th February. We have 8 luncheons a year, please follow the CHSP calendar to keep up to date. If you would like a copy of the CHSP calendar, they are available at TBCC, or call us, and we can mail a copy to you.

We are in full swing with organising bus trips, information sessions and events for 2022. Details will be announced in due course.

GENERAL ADMINISTRATION

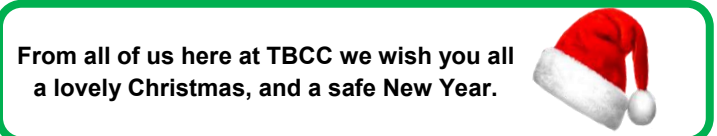
TBCC is going to trial having JP’s on site for people to drop in or make an appointment.

Helen Bowering 0447 227 533
Third Tuesday of each month 5.30 – 7pm
Feb 15
March 15
April 12 (2nd Friday of month due to Easter)

Leonie Hutson 0419 823 457
First Friday of each Month 2-4pm
Feb 4
March 4
April 1



A massive thank you to Pauline Merritt and Louise Stopp who contributed funds towards replacing and fixing the damaged sheep, from the Green Sheep Project.



2022 Term 1 Timetable: 31st January - 14 April

 <p>Monday —Friday 9am — 4:30pm 141 Railway Terrace, Tailem Bend SA 5260 Tel: 8572 3513 W: tbcc.org.au E: info@tbcc.org.au</p>	<p>Computer/Phone</p> <p>Need help with accessing the internet, PC, tablet, phone or iPad? Call TBCC to make a free one-on-one appointment</p>	 <p>Communities for Children (C4C) is facilitated by AC-Care and funded by the Australian Government</p>	<p>MMCPN</p> <p>Need medical transport? or social outings, call us to discuss options</p> 	<p>CHSP Trips</p> <p>Keep an eye out for announcements on our Social media and emails.</p>
	<p>Want to help us?</p> <p>Would you like to help at TBCC? We need help with various items. Please call us or drop in 8572 3513</p>	<p>C4C Activities</p> <p>*For details about C4C activities offered for Children 0-12 years please call Chelsea or Gayle 8572 3513</p>	<p>MMCPN</p> <p>WE NEED YOU! Would you like to become a volunteer driver? Please call Sam 8572 3513</p>	
	<p>Bus Hire</p> <p>For details about the community bus hire visit our website https://www.tbcc.org.au/for-hire/tbcc-bus/</p>	<p>Tutors Wanted</p> <p>We're looking for more tutors to run classes. If you know someone willing to share their skills please email info@tbcc.org.au</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>Community Garden</p> <p>Help yourself to the produce in our wonderful community garden, or register to establish the garden club</p>
<p>MONDAY</p> <p>YOGA</p> <p>Improve your flexibility and tranquility Please bring a blanket, water and your own mat Call Blue Wren Yoga 0408 837 117 Monday 6.00pm - 7.00pm Wednesday 6.00pm - 7.00pm Thursday 8.00am - 9.00am</p>	<p>TUESDAY</p> <p>Wood Turning</p> <p>Choose and create your own project with support from Jack 10.00am - 3.00pm Half day CHSP \$5.50 Non CHSP \$11</p> <p>Full day CHSP \$11 Non CHSP \$22</p>	<p>WEDNESDAY</p> <p>Woodwork</p> <p>Learn with Graham A qualified builder and Cabinet Maker 9.00am - 3.00pm Half day CHSP \$5.50 Non CHSP \$11</p> <p>Full day CHSP \$11 Non CHSP \$22</p>	<p>THURSDAY</p> <p>PCMG</p> <p>Parent-Child Mother Goose Program 0-5 years Connect through songs, rhyme and stories. 9.30am-10.30am At TBCC BOOKINGS REQUIRED</p>	<p>FRIDAY</p> <p>Pilates</p> <p>Strengthen and Stretching with Ursula 10.30am-11.20am At TBCC</p> <p>7.45am-8.45am At Meningie Waterfront Motel CHSP \$5.50 Non CHSP \$11 Once off attendance \$16 BOOKINGS REQUIRED</p>
<p>Neighbourhood Watch</p> <p>Meets on the second Monday of each month at TBCC. Information sessions, raffles, social support Contact: 0417 840 473 7.30pm start</p>	<p>Pilates</p> <p>Strengthen and Stretching with Ursula 5.30pm - 6.20pm 6.30pm - 7.20pm</p> <p>CHSP \$5.50 Non CHSP \$11 Once off attendance \$16 BOOKINGS REQUIRED</p>	<p>Sewing Class</p> <p>Join this group to work on individual sewing projects</p> <p>9.00am to 12 noon CHSP \$5.50 Non CHSP \$11</p>	<p>Commonwealth Home Support (CHSP)</p> <p>Commonwealth Home Support Program (CHSP) is funded by the Australian Government Dept of Health</p>	<p>Computer Class</p> <p>Need assistance with all things computing ? Bring your own laptop or use a Centre PC Includes internet</p> <p>New Tutor 10.00am - 12 noon CHSP \$1.10 Non CHSP \$2.20</p>
<p>Scrap Booking / Card Making</p> <p>Make your Memories into Art. Stock available for purchase in class or bring your own. 10.00am - 2.00pm CHSP \$1.10 Non CHSP \$2.20</p>	<p>Social Craft Circle</p> <p>Join this friendly group. Work on your own craft and share ideas. 1.00pm - 3.00pm CHSP \$1.10 Non CHSP \$2.20</p>	<p>Golden Go Getters</p> <p>Help me strengthen your muscles in a safe/supported environment Town Hall Function Room 10.30am - 11.30am CHSP \$5.50 Non CHSP \$11</p>	<p>Pilates</p> <p>Strengthen and Stretching with Ursula 5.30pm - 6.20pm CHSP \$5.50 Non CHSP \$11 Once off attendance \$16 BOOKINGS REQUIRED</p>	<p>Our Goldies</p> <p>Stay tuned for details on upcoming dates</p>
<p>Frozen Meals</p> <p>Frozen meals available for CHSP clients who are: over 65yrs or 50yrs ATSI. 3 for \$15 Or \$5 each *Must be a registered CHSP consumer and maximum 10 meals per person, per fortnight.</p>	<p>Line Dancing</p> <p>Beginner to Advance welcome 10.00am - 11.30am At Tailem Bend Town Hall CHSP \$5.50 Non CHSP \$11 BOOKINGS REQUIRED</p>	<p>Decorative Art</p> <p>Social Art Group Join this group to share skills and learn from likeminded people 1.00pm - 4.00pm CHSP \$1.10 Non CHSP \$2.20</p>	<p>Please note Classes run during school terms only, No classes during school holidays</p>	