

# NEWSLETTER

## AUGUST 2022



Tailem Bend Community Centre Inc. AGM Tuesday 6 September, 10.30 am followed by morning tea. All Community members are invited and encouraged to attend.

Nominee profiles will be posted on the information boards at the Centre from Monday 1 August 2022.

Awards for Life Membership will be presented at the Annual General Meeting.

We look forward to your presence and invite all to remain after the meeting for a delicious morning tea.

For further details, please contact us on 08 8572 3513 or by email [info@tbcc.org.au](mailto:info@tbcc.org.au)

### DEPARTMENT OF HUMAN SERVICES (DHS) VISITS TALEM BEND COMMUNITY CENTRE

DHS executives, Ruth Ambler; Executive Director Community Investment and Support, Caroline Lock; Director Community and Social Investment and Michelle Ingrams; Project Officer, Community and Social Investment, visited TBCC on 1 July 2022. This visit was part of the executive engagement with providers of the Community Neighborhood Development program and the Community Passenger Network.

### MANAGE YOUR UTILITIES & SAVE MONEY IN YOUR HOME

Uniting Communities will be hosting a Free Energy Information Session on Friday 26th August from 1 pm - 2.30 pm, at the Tailem Bend Community Centre. If you would like to register your interest to attend, please call 8572 3513.

### EXPO

The #MyLifeChoice Disability Ageing and Lifestyle Expo is South Australia's largest access and inclusion exhibition offering over 200+ exhibitors under one roof! A free two-day event - 28th and 29th October 2022, at Jubilee Pavillion, Adelaide Showgrounds. You will find TBCC at site 147, come and say hello.

### TRY BEFORE YOU BUY

Have you been considering purchasing a gopher, but not sure what to expect? Why not 'try before you buy' and loan TBCC's gopher, for free. If you are interested in borrowing, please contact us on 08 8572 3513 or email [info@tbcc.org.au](mailto:info@tbcc.org.au) to register your details.



### THANK YOU

We would like to acknowledge Evan and Cathy from the Tailem Bend Caravan Park for their donation of chairs. These chairs will now enable us to comfortably seat 60+ people in our function room. ★★☆☆

### CHSP MORNING MEMORIES



On Wednesday 15th June TBCC held a morning tea. Inviting everyone to join us for a cuppa, a chat and some fresh scones. Wandering through TBCC discovering what classes, events and services we offer. A massive thank you to all who helped on the day! Keep an eye out on our social media or emails as we plan to host more events like this.

### FROZEN MEALS

TBCC kitchen has been busy and the freezer is full, with plenty of options to choose from.

- Shepherds pie with vegetables
- Chicken mini roast with vegetables
- Lamb roast with vegetables
- Pork roast with vegetables
- Silverside with vegetables
- Chicken and vegetables

(All meals come with Gravy and/ or Apple Sauce)

Meals are \$10 each for anyone in the community.

\$6 each for people over 65 years or 50 years Aboriginal and Torres Strait Islander (ATSI). [subsidised by the Commonwealth Home Support Programme (CHSP)]

### DOLLY PARTON 9 TO 5 THE MUSICAL

We are taking expressions of interest for Dolly Parton 9 to 5 the Musical. If you are interested in attending, please call us on 8572 3513 and speak to Denise.



### OUR GOLDIES LUNCHEONS

Join us for a social lunch and a chat, from 12 noon to 1.30pm. Two course meal from \$10.00 for CHSP consumers | Non CHSP \$15.00.

A monthly bus trip to attend Goldies is also available for those who live in Tailem Bend. Cost is gold coin donation. Booking is essential, please call 8572 3513 or email [chsp@tbcc.org.au](mailto:chsp@tbcc.org.au)

**Friday 26th August**  
**Friday 30th September**

### TBCC ART DISPLAY



Our pilates attendees requested a change in what was displayed on the function room wall at TBCC. A bright and colorful wall dedicated to pilates was created, and it would be fair to say the display was a success.

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

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### C4C

Children in the Coorong, Karoonda, Murray Bridge, Callington, and Mid-Murray are set to benefit from continued partnership with ac.care Communities for Children Murraylands. Funding has been confirmed to continue into 2022-2024 fiscal years with a potential extension until 2026.

### TBCC WELCOMES KATRINA



We recently welcomed Katrina Touzeau to our team as Communities for Children (C4C) Program Facilitator. Katrina has an extensive background of relevant qualifications to fulfill the role. Katrina will be assisting Gayle with the delivery of Evidenced Based Programs throughout the Murraylands.

### PARENT CHILD MOTHER GOOSE

Parent Child Mother Goose has been extended to four locations in Term 3.

**Monday – Murray Bridge Library, 10am**

**Tuesday – Mannum Rec Centre, 9.30am**

**Wednesday – Meningie Kindergarten, 10am**

**Thursday – Taillem Bend Primary School, 9.30am**

Bookings are appreciated but not essential using the QR code provided.

We are excited to have a Registered Nurse/Midwife joining us for PCMG for the next 12 months. Sophie Eldridge will attend the following sessions for Term 3:

- Monday 1st August at Murray Bridge Library
- Tuesday 9th August at Mannum Rec Centre
- Wednesday 17th August at Meningie Kindergarten
- Thursday 25th August at Taillem Bend Primary School.



### MMCPN

We have been busy with bookings in the past few months with CPN trips picking up, and our extension of services in Murray Bridge growing. We have now been advised our new hybrid cars will not arrive until October.

One of these vehicles will be located in Murray Bridge (Hospital carpark) and the other will be based in Taillem Bend. Thank you Rural City of Murray Bridge and Taillem Bend Advancement Group for helping to fund these cars.

The medical bus remains quiet when compared to pre-Covid numbers, however bookings are also growing.

A reminder that bookings for our new shopping bus trips can be made with Sam or Lauren:

- Weekly shopping bus in the Taillem Bend community – Thursday mornings (gold coin donation) Visiting Foodland and the pharmacy and returning you home afterwards.
- Monthly 'Our Goldies' lunch transport - we can pick up and return you home afterward (gold coin donation)
- Weekly trips to the Murray Bridge heated pool will commence when it reopens (\$5.00/return)

We have also applied to the Department of Infrastructure and Transport to operate weekly shopping trips to Murray Bridge and Mount Barker, so stay tuned.

**TAILEM BEND COMMUNITY CENTRE COMMUNITY BUS SERVICE**  
COMMENCING FROM 1ST JULY 2022

- \* **WEEKLY SHOPPING BUS THURSDAY MORNINGS IN THE TAILEM BEND COMMUNITY**  
Pick up from your home in Taillem Bend  
Stops include Taillem Bend Pharmacy and Foodland  
Cost: Gold coin donation
- \* **MONTHLY BUS TRIPS TO ATTEND GOLDIES LUNCH AT TAILEM BEND COMMUNITY CENTRE**  
Pick up from your home in Taillem Bend  
Cost: Gold coin donation
- \* **WEEKLY TRIPS TO THE HEATED POOL IN MURRAY BRIDGE**  
Please note that the Murray Bridge Heated pool is currently closed.  
This service will only commence once the pool has reopened.  
Pick up from your home in Taillem Bend  
Cost: \$5.00

If you would like to book any of these bus services, please contact TBCC on 08 8572 3513.  
\* Eligibility and conditions apply

**SOCIAL SURPRISE BUS TRIPS**

Month	Day	Time	Activity
July	27	Wednesday 11.00am	Lunch
August	25	Tuesday 10.30am	Lunch
September	14	Wednesday 9.00am	Shopping
October	24	Monday 10.30am	Lunch
November	18	Friday 10.30am	Lunch
December	8	Thursday 9.00am	Shopping

Surprise! Destination unknown. Come along and have a lovely day out. TBCC will take you to our home destinations each month.  
Cost: \$10 CHSP / Non-CHSP \$20  
All other responses on the day is at your discretion.  
For depart times see the flyer table. Arrived back to TBCC may vary but no later than 4pm.  
Only 18 seats available each trip.

141 Railway Terrace, Taillem Bend SA 5260  
W: tbcc.org.au E: info@tbcc.org.au P: 8572 3513  
Counselling: Taillem Bend Community Centre is funded by the Australian Government Department of Health

Sam was delighted to deliver a presentation to Meningie Probus on 21 June which was well received. She spoke about TBCC services available in Meningie such as transport and CHSP assistance, the proposal to establish a Community Centre in Meningie, and focused on explaining My Aged Care and how to navigate it. Since then, Sam has been invited to speak at Murray Bridge Probus in a few months' time. If you have a community group or organisation in surrounding areas (eg. Taillem Bend, Murray Bridge, Meningie, Karoonda, Lameroo/Pinnaroo, Coorong LGA), whose members would benefit from this information, then please get in touch to arrange a TBCC presentation.

Our price increase for transport was implemented on 1st July 2022 in response to significant increases in fuel and running costs. The medical bus fees did not increase, however new CPN (cars with volunteer drivers) fees are below:

#### PRICING SCALE SUBSIDISED

	RETURN TRIP	ONE WAY
0-5 KM	\$10	
6-50 KM	\$30	\$20
51-150 KM	\$50	\$40
151-250 KM	\$70	\$50
251-450 KM	\$90	\$60
450-600 KM	\$110	
600 KM +	TBA (Price on Application)	

#### PRICING SCALE NON-SUBSIDISED

	RETURN TRIP	ONE WAY
0-5 KM	\$20	
6-50 KM	\$60	\$40
51-150 KM	\$100	\$80
151-250 KM	\$140	\$100
251-450 KM	\$180	\$120
450-600 KM	\$220	
600 KM +	TBA (Price on Application)	

If you have any questions regarding these changes, we encourage you to discuss your concerns with CEO Tammy Shepherd, by email: ceo@tbcc.org.au or by phone: 08 8572 3513.

**141 Railway Terrace, Taillem Bend SA 5260**  
**Phone: 8572 3513 | Email: mmcpcno@tbcc.org.au**  
**Web: www.murraymalleecpn.org.au**

# 2022 Term 3 Timetable: 25 July - 30 Sept

 <p><b>Monday — Friday</b>  <b>9am — 4:30pm</b>  <b>141 Railway Terrace,</b>  <b>Tailem Bend SA 5260</b>  <b>Tel: 8572 3513</b>  <b>W: <a href="http://tbcc.org.au">tbcc.org.au</a></b>  <b>E: <a href="mailto:info@tbcc.org.au">info@tbcc.org.au</a></b></p>	<p><b>Computer/Phone</b></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><b>Communities for Children (C4C)</b> is facilitated by ac.care and funded by the Australian Government</p>	<p><b>MMCPN</b></p> <p>Need medical transport? or social outings, call us to discuss options</p>	<p><b>CHSP Trips</b></p> <p>Keep an eye out for announcements on our Social media and emails.</p>
	<p><b>Want to help us?</b></p> <p><b>Would you like to help at TBCC?</b>                  We need help with various items. Please call us or drop in 8572 3513</p>	<p><b>C4C Activities</b></p> <p>*For details about C4C activities offered for Children 0-12 years please call <b>Gayle or Katrina 8572 3513</b></p>		<p><b>MMCPN</b></p> <p><b>WE NEED YOU!</b>                  Would you like to become a volunteer driver? Please call <b>Sam 8572 3513</b></p>
	<p><b>Bus Hire</b></p> <p>For details about the community bus hire visit our website  <a href="https://www.tbcc.org.au/for-hire/tbcc-bus/">https://www.tbcc.org.au/for-hire/tbcc-bus/</a></p>	<p><b>Tutors Wanted</b></p> <p>We're looking for more tutors to run classes. If you know someone willing to share their skills please email <a href="mailto:info@tbcc.org.au">info@tbcc.org.au</a></p>	<p><b>Got a class in mind?</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>EA SY!!</b></p>	<p><b>Community Garden</b></p> <p><b>Garden Chat 9.00—9.30am</b>                  Second and Fourth Thursday of each month                  Contact <b>Denise</b> for more information <b>8572 3513</b></p>
<p><b>MONDAY</b></p> <p><b>YOGA</b></p> <p>Improve your flexibility and tranquility                  Please bring a blanket, water and your own mat  <b>Call Blue Wren Yoga 0408 837 117</b>  <b>Monday 6.00pm - 7.00pm</b>  <b>Wednesday 6.00pm - 7.00pm</b></p>	<p><b>TUESDAY</b></p> <p><b>Wood Turning</b></p> <p>Choose and create your own project with support from Jack  <b>10.00am - 3.00pm</b>  <b>Half day</b>  <b>CHSP \$5.50   Non CHSP \$11</b>  <b>Full day</b>  <b>CHSP \$11   Non CHSP \$22</b>  <b>DURING SCHOOL TERMS</b></p>	<p><b>WEDNESDAY</b></p> <p><b>Woodwork</b></p> <p>Learn with Graham A qualified builder and Cabinet Maker  <b>9.00am - 3.00pm</b>  <b>Half day</b>  <b>CHSP \$5.50   Non CHSP \$11</b>  <b>Full day</b>  <b>CHSP \$11   Non CHSP \$22</b>  <b>DURING SCHOOL TERMS</b></p>	<p><b>THURSDAY</b></p> <p><b>PCMG</b></p> <p>Parent-Child Mother Goose Program 0-5 years                  Connect through songs, rhyme and stories.  <b>9.30am to 10.15am</b>  <b>Tailem Bend Primary School</b>  <b>*New Location*</b></p>	<p><b>FRIDAY</b></p> <p><b>Pilates</b></p> <p>Strengthen and Stretching with Ursula  <b>9.30-10.20</b>  <b>At TBCC</b>  <b>CHSP \$5.50   Non CHSP \$11</b>  <b>Once off attendance \$16</b>  <b>BOOKINGS REQUIRED</b></p>
<p><b>Commonwealth Home Support (CHSP)</b></p> <p><b>Commonwealth Home Support Program (CHSP)</b> is funded by the Australian Government Department of Health</p>	<p><b>Pilates</b></p> <p>Strengthen and Stretching with Ursula  <b>5.30pm - 6.20pm</b>  <b>CHSP \$5.50   Non CHSP \$11</b>  <b>Once off attendance \$16</b>  <b>BOOKINGS REQUIRED</b></p>	<p><b>Sewing Class</b></p> <p>Join this group to work on individual sewing projects  <b>9.00am to 12 noon</b>  <b>CHSP \$5.50   Non CHSP \$11</b>  <b>DURING SCHOOL TERMS</b></p>	<p><b>Weekly Shopping Bus</b></p> <p><b>Community Bus Service</b>                  Thursday Mornings: Pick up from your home in Tailem Bend and return.                  Stops include Tailem Bend Pharmacy and Foodland  <b>Cost: Gold coin donation</b>  <b>BOOKINGS REQUIRED</b></p>	<p><b>Computer Support</b></p> <p>Need assistance with all things computing? Bring your own laptop or use the Centres. Make an appointment for one on one support session.  <b>\$2.20 per 2 hour Block</b>  <b>DURING SCHOOL TERMS</b></p>
<p><b>Scrap Booking / Card Making</b></p> <p><b>NEW TUTOR WENDY</b>                  Make your Memories into Art. Stock available for purchase in class or bring your own.  <b>10.00am - 2.00pm</b>  <b>CHSP \$1.10   Non CHSP \$2.20</b>  <b>DURING SCHOOL TERMS</b></p>	<p><b>Social Craft Circle</b></p> <p>Join this friendly group. Work on your own craft and share ideas.  <b>1.00pm - 3.00pm</b>  <b>CHSP \$1.10   Non CHSP \$2.20</b>  <b>DURING SCHOOL TERMS</b></p>	<p><b>Golden Go Getters</b></p> <p>Help me strengthen your muscles in a safe/supported environment                  Town Hall Function Room  <b>10.30am - 11.30am</b>  <b>CHSP \$5.50   Non CHSP \$11</b></p>	<p><b>Pilates</b></p> <p>Strengthen and Stretching with Ursula  <b>9.00 am – 10.00 am</b>  <b>At Meningie Waterfront Motel</b>  <b>CHSP \$5.50   Non CHSP \$11</b>  <b>Once off attendance \$16</b>  <b>BOOKINGS REQUIRED</b></p>	<p><b>Our Goldies</b></p> <p>Stay tuned for details on upcoming dates  <b>August 25th</b>  <b>September 30th</b></p>
<p><b>Frozen Meals</b></p> <p>\$10 Each for anyone in the community.                  \$6 each for people over 65 years or 50 years Aboriginal Torres Strait Islander (ATSI).  <small>[subsidised by the Commonwealth Home Support Programme (CHSP)].</small>                  *Meal discounts may apply, please enquire with TBCC Staff  <b>UNTIL SOLD OUT.</b></p>	<p><b>Line Dancing</b></p> <p>Beginner to Advance welcome  <b>10.00am - 11.30am</b>  <b>At Tailem Bend Town Hall</b>  <b>CHSP \$5.50   Non CHSP \$11</b>  <b>BOOKINGS REQUIRED</b>  <b>DURING SCHOOL TERMS</b></p>	<p><b>Decorative Art</b></p> <p>Social Art Group                  Join this group to share skills and learn from likeminded people  <b>1.00pm - 4.00pm</b>  <b>CHSP \$1.10   Non CHSP \$2.20</b>  <b>DURING SCHOOL TERMS</b></p>	<p><b>Pilates</b></p> <p>Strengthen and Stretching with Ursula  <b>5.30pm - 6.20pm</b>  <b>CHSP \$5.50   Non CHSP \$11</b>  <b>Once off attendance \$16</b>  <b>BOOKINGS REQUIRED</b></p>	<p><b>Please note:</b></p> <p><b>** All classes are subject to Covid-19 requirements. Classes can be cancelled without notice, due to Covid-19.</b></p>