

NEWSLETTER

OCTOBER 2022



ANNUAL GENERAL MEETING

Our AGM was held on Tuesday 6th September, where we also celebrated 35 years of TBCC!

The newly appointed 2022/23 Board of Management was announced, and recipients of Honorary Membership, Life Membership, and Years of Service were also acknowledged.

A big welcome to our newly appointed board members for 2022/23.



JUDY BAGG
CHAIRPERSON



JACK HUNT
VICE CHAIRPERSON



SOPHIE ELDRIDGE
SECRETARY



JEANETTE GOWER
TREASURER



TREVOR GORDON
PUBLIC OFFICER



TIM OVERETT
COMMITTEE



TRUDY STANLEY
COMMITTEE



PETA DERMODY
COMMITTEE



JANELLE MERRITT
COMMITTEE



GRAHAM NANCARROW
COMMITTEE

Our 2021/22 Annual Report was given out at the AGM and is available on our website: <https://www.tbcc.org.au/about/annual-reports/> or a hard copy can be collected from the front reception of TBCC.

We have also been working hard on updating our Constitution, which also can be found on our website: <https://www.tbcc.org.au/policies-procedures/>

TBCC PAVER TRAIN FUNDRAISER

As TBCC celebrates 35 Years in 2022, orders for TBCC pavers are now open. Get your name engraved into everlasting history, in the shape of a train. Cost is \$50 per paver. Email your order to secretary@tbcc.org.au Payment details:

BSB 105-060 | Account No. 248 239 340



EXPO

The #MyLifeChoice Disability Ageing and Lifestyle Expo is South Australia's largest access and inclusion exhibition, offering over 200+ exhibitors under one roof! Visit their website for more information: <https://www.dalexpo.com.au/> A free two-day event - 28th and 29th of October 2022, at Jubilee Pavilion, Adelaide Showgrounds, find TBCC at site 147.

ESSENTIAL EIGHT ASSESSMENT

TBCC has recently completed the Australian Cyber Security Centre's (ASCS) Essential Eight migration strategies. This assessment tool is to assist organisations on how to implement strategies to better protect themselves against various cyber threats. Recommendations from this are to use strong passwords, use secure methods to share sensitive information, provide security awareness training, carry out regular security testing and undertake post incident reviews. Upon completing this assessment, TBCC is at Champion level, indicating that our approach to Cyber Security is relatively sophisticated.

AGED CARE QUALITY AND SAFETY COMMISSION

TBCC has communicated information via text, email and post to all our CHSP consumers (over 65), sharing the letter from Janet Anderson PSM, Commissioner. This letter is to inform consumers of the changes that will improve the safety and quality of aged care. You can view this letter on our website: https://www.tbcc.org.au/wp-content/uploads/2022/09/Att-1-Commissioner-letter-to-aged-care-consumers_compressed.pdf

SA EVENTS AND FESTIVALS 2022

If you are looking for what is on around SA then check out the South Australian festivals and event website:

<https://southaustralia.com/whats-on>

Grapevine Gathering SA, 2nd October

Nature Festival of SA, 6th-16th October

9 to 5 The Musical, 9th-21st October

ICC Men's T20 World Cup, 16th October - 13th November

Coonawarra Cabernet Celebrations, 1-31st October

Bay to Birdwood 2022, 16th October

Adelaide Film Festival, 19th-30th October

OzAsia Festival, 20th October - 6th November

Lucky Dumpling Market, 20th October - 13th November

Middleton Jazz in the Park, 5th November

Handpicked Festival, 12th November

Harvest Rock, 19th and 20th November

Shannons Adelaide Rally 2022, 24-27th November

2022 Australian Superbike Championship, 25-27th November

The Nutcracker, 26th November

REGIONAL EVENTS

Wellington Strawberry Fate, 2nd October

Hitmaker - Linda Ronstadt, 20th October

Murray Bridge Speedway Track Championship, 15th October

Stirling Markets, 23rd October and 27th November

Hello- Tribute Show to Adele, 29th October

Made in Australia, 4th November

Karoonda Community Markets, 5th November

Sixth Street Makers Market, 6th November

David Strassman in the Chocolate Diet, 26th November

Mannum Riverside Markets, First Sunday of the Month.

Need transport to any of these events? Call TBCC on 8572 3515 to discuss options.



OUR GOLDIES CHRISTMAS LUNCH

Friday 2nd December 2022

Taillem Bend R.S.L.

Time: 11.30 am for 12 noon

Price: \$25 per person

Booking is essential, please call Denise on 8572 3513 to book.

CHRISTMAS PARADE TBCC FLOAT

Keep an eye out for the TBCC Float.

We plan on taking part in the Taillem Bend Christmas Parade on Saturday 10th December and the Murray Bridge Riverfront Christmas Festival on Saturday 19th November.

TBCC CHRISTMAS CLOSURE DATES

TBCC will be CLOSED from Friday 16th December and REOPENING on Monday 16th January.

TBCC Mini Bus will be unavailable for bookings from Monday 24th December 2022 - Tuesday 3rd January 2023.

MMCPN CHRISTMAS CLOSURE DATES

The last day of service for the Medical Bus will be approximately Friday 16th December 2022 and will resume around the 16th January 2023.

The Community Passenger Network will still be operating during this period, subject to driver availability.



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

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C4C

The Communities for Children team at TBCC have hit the ground running this financial year with a very busy, exciting and rewarding few months.

To celebrate National Science Week we ran after school experiment events at Mypolonga, Tailem Bend and Palmer. These experiences promoted great curiosity, teamwork, wonder and discovery from the children and their caregivers.



We also prepared for Father's and Special Person's Day with an afterschool event at Tailem Bend. The children created a variety of gifts including personalised tape measures, keyrings and cards.

Book Week was celebrated with our PCMG families. There were many incredible costumes throughout the week with the children looking fantastic and sharing their favourite books.



PARENT CHILD MOTHER GOOSE

Monday – Murray Bridge Library, 10am

Tuesday – Mannum Rec Centre, 9.30am

Wednesday – Meningie Kindergarten, 10am

Thursday – Tailem 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 this 12 month period. Sophie Eldridge will attend 1 session per term across all 4 locations.

Term 4 Dates:

- Monday 24th October at Murray Bridge Library
- Tuesday 1st November at Mannum Rec Centre
- Wednesday 9th November at Meningie Kindergarten
- Thursday 17th November at Tailem Bend Primary School.

Sophie will be able to offer weight and measurements and be there to chat to families in an informal setting.



CHILDREN'S WEEK FAMILY FUN EVENTS

- Monday 10th October, Murray Bridge – 9 am-12 pm at Ramblers Football Oval (LeMessurier)
- Tuesday 11th October, Mannum – 9 am-12 pm at Mannum Football Oval
- Wednesday 12th October, Tailem Bend – 9 am-12 pm at Tailem Bend Football Oval

Bookings are essential, use the QR code provided below or contact the C4C TBCC team on 8572 3513 for assistance.



MMCPN

Our Tailem Bend Shopping Bus is up and running every Thursday morning. It is available to people of all ages who are transport disadvantaged. If you are over 65 years, you need to be registered with My Aged Care and have a transport referral (TBCC staff can assist with this). All passengers will need to complete a Tailem Bend Community Centre consumer registration form, which can be done over the phone.

WEEKLY SHOPPING BUS

The bus will pick you up from your home (within a 5km radius of the Tailem Bend post office) and take you to the main street (usually Foodland and the chemist, but our driver, Trevor Coombe is flexible and can usually accommodate other stops). We have a transport companion, the lovely Sharon Coombe, who can assist with carrying grocery bags and boarding the bus, so the service is ideal for people needing a little extra help during shopping.

Bookings can be made up until noon the day before, by contacting either Lauren or Sam at TBCC (8572 3513) and we would appreciate a gold coin donation.

HANDPICKED FESTIVAL

Are you going to the Handpicked Festival at Langhorne Creek on 12 November? We are taking bookings for transport from Tailem Bend, to and from the festival for \$15 per person. Bookings essential, please call 8572 3513 or email cssp@tbcc.org.au

Handpicked



Do you live in the Coorong and need transport from Tailem Bend to the Handpicked Festival?

Get on board the TBCC mini bus to Lake Breeze Wines, for Handpicked.

Saturday 12th November 2022
Departing Tailem Bend at 11 am
Cost: \$15 pp, return trip.
 Payment is required by Tuesday 8th November.

To book your seat, contact us on 8572 3513 or email info@tbcc.org.au

MMCPN VEHICLE

As accredited operators of passenger transport vehicles, we are required to have all vehicles inspected annually by an approved inspector of the Department of Transport and Infrastructure. This was completed recently at Regency Park and all vehicles have maintained their Certificates of Inspection. Thank you to our fleet of volunteer drivers who got the vehicles down to Regency Park for inspections – your help with this huge task is appreciated.

MMCPN PRICING SCALE

A reminder that our new pricing scale is now in effect, with both subsidised and non-subsidised pricing. We offer transport services to transport disadvantaged consumers of all ages, and if you are over 65 years of age (or 50 years for Aboriginal and Torres Strait Islander people) you will need to be registered with My Aged Care and have a transport referral in place. Again, we can assist with organising this. Non-CHSP consumers (ie. those on Package Level assistance or NDIS) are welcome to access our services for the non-subsidised fee and we can directly invoice your package provider. Please speak to Sam if you are unsure of your eligibility.

141 Railway Terrace, Tailem Bend SA 5260

Phone: 8572 3513 | Email: mmcpnco@tbcc.org.au

Web: www.murraymalleeepn.org.au

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MMCPN VOLUNTEER DRIVERS

Meet one of four Accredited Volunteer Drivers, based in Meningie. Robert, who joined us in August 2020, has had many trips to various destinations in Adelaide, but also locally.



When asked why he became a volunteer driver, his response was: "I enjoy driving, and combined with being part of what I consider a vital part of medical support is very personally satisfying".

We are always looking for extra volunteer drivers for our service as the more we have, the less we all have to do. If you or someone you know is interested in a great volunteer position, that does not have rosters, then please pop into the centre or call Sam on 8572 3513 to discuss what's involved in this very rewarding role.

CHSP

Come along and join us on one of our Social Surprise Bus Trips. The bus has been to Mannum for lunch, Virginia Nursery and Beerenberg Strawberry Farm at Hahndorf. We only have three remaining for the year! If you would like to book, please contact Denise on 8572 3513.



TAILEM BEND COMMUNITY CENTRE SOCIAL SURPRISE BUS TRIP

SURPRISE!

Destination unknown
Come along and have a lovely day out.
TBCC will take you to various destinations each month.
Cost of the bus is \$10.00 per person, all other expenses on the day is at your discretion.
For depart times, see the timetable.
Arrival back to TBCC may vary, but no later than 4 pm.
Only 10 seats available each trip.



If you would like to book, please contact TBCC on 08 8572 3513.
*Eligibility and conditions apply



October 24	Monday	10.30am	Lunch
November 18	Friday	10.30am	Lunch
December 8	Thursday	9.00am	Shopping

We would really like to see these type of projects continue, but unfortunately, if we do not get enough expressions of interest, bookings made or participant involvement, these outings may come to an end, or may become more costly for the consumer.

MY AGE CARE INFORMATION

TBCC provides services to Over 65s through My Aged Care (MAC). We can assist with Medical Transport (all ages), Transport, Home Maintenance and Garden Care, Home Modifications, Goods and Assistive Services, Social Support Group/Individual and Meals.

Contact My Age Care (MAC) on 1800 200 422 to request services, or visit the My Age Care Website at <https://www.myagedcare.gov.au/>

Our Service Provider Names (as listed in MAC):
Tailem Bend Community Centre (CHSP TBCC)
Murray Mallee Community Passenger Network (MMCPN)

Help for people looking into aged care.

Here are some recommended links to get you started — whether you want help around the house or are thinking about moving into an aged care home.



Learn about where
to start >



Check your
eligibility for aged
care >



Apply for an
assessment online >

PILATES

Please note: All pilates classes will not be running from Friday 14th October until Tuesday 22nd November, as the tutor is taking a well deserved break.

NEW CLASS ALERT

We are taking expressions of interest for Laughter Yoga. This class will be on Tuesdays, 6.45 pm - 7.45 pm, at TBCC. Free classes from Tuesday 18th October - Tuesday 13th December. Booking is essential, please ring 8572 3513 or email info@tbcc.org.au for more information.

****NEW** FREE CLASS**
BELLY LAUGH AWAY
THE DAYS STRESS
Expressions of Interest
Tailem Bend Community Centre
Tuesdays 6.45pm - 7.45pm
Function Room
FREE CLASSES
(Tues 18 October - Tue 13 December)
Booking Essential

141 Railway Terrace, Tailem Bend SA 5260
W: tbcc.org.au E: info@tbcc.org.au P: 8572 3513
Commonwealth Home Support Program (CHSP) is funded by the Australian Government Department of Health

RESIN ART WORKSHOP

We are also taking expressions of interest for a Resin Art workshop. This is a beginner's class, which will teach you the technique of pouring resin. You will make and keep a serving tray. Please call 8572 3513 to book your spot.

Resin Art
Beginner Class
Saturday 22nd October 2022
10.00am - 12 noon
Learn the technique to create a unique design in resin
Cost: \$80 (\$60 65 years or 50 years ATSI)
All materials included in cost.
To book your spot or for more information
Call: 08 8572 3513 or email: info@tbcc.org.au
To pay via direct deposit—
Tailem Bend Community Centre—BSB: 105-060
Account number: 248 239 340
Add your name and "Resin Art" for payment info.

VOLUNTEER UPDATE



Have you met Barbie? She is our volunteer coordinator, you will find her at front reception, where she will be answering calls, entering and updating data, organising the volunteer roster, and responding to general inquiries, all with a welcoming smile.



Wendy volunteers 2 - 3 days a week at the front reception but also is the tutor for Scrapbooking classes on Monday mornings.

One of Wendy's responsibilities is to coordinate our wellbeing calls to consumers.



This is Kaye, she is the catering coordinator at TBCC. She and her team of volunteers prepare beautiful frozen meals, Goldies Luncheons and the occasional event.

If you think that you may be able to answer the phone, make wellbeing calls or help out in the kitchen, then please come into the centre for a chat or give us a call on 8572 3513.

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2022 Term 4 Timetable: 17th October - 16th December

 <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>	Computer/Phone <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>	MMCPN <p>Need medical transport? or social outings, call us to discuss options</p>	CHSP Trips <p>9 to 5 the Musical Wednesday 19th October</p> <p>Social Surprise Bus Trips Monday 24th October, 10.30am Friday 18th November, 10.30am Thursday 8th December, 9.00am</p>
	Want to help us? <p>Would you like to help at TBCC? We need help with various items. Please call us or drop in 8572 3513</p>	C4C Activities <p>*For details about C4C activities offered for Children 0-12 years please call Gayle or Katrina 8572 3513</p>		MMCPN <p>WE NEED YOU! Would you like to become a volunteer driver? Please call Sam 8572 3513</p>
	Bus Hire <p>For details about the community bus hire visit our website https://www.tbcc.org.au/for-hire/tbcc-bus/</p>	Tutors Wanted <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>	Got a class in mind? <p>Give us a call and we will register an expression of interest. Once 5 people register we can arrange the class EASY!!</p>	Community Garden <p>Garden Chat 9.00—9.30am Second and Fourth Thursday of each month Contact Denise for more information 8572 3513</p>
MONDAY YOGA <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</p>	TUESDAY Wood Turning <p>Choose and create your own project with support from Jack 10.00am - 3.00pm Half day CHSP \$5.50 Non CHSP \$11 Full day CHSP \$11 Non CHSP \$22 DURING SCHOOL TERMS</p>	WEDNESDAY Woodwork <p>Learn with Graham A qualified builder and Cabinet Maker 9.00am - 3.00pm Half day CHSP \$5.50 Non CHSP \$11 Full day CHSP \$11 Non CHSP \$22 DURING SCHOOL TERMS</p>	THURSDAY PCMG <p>Parent-Child Mother Goose Program 0-5 years Connect through songs, rhyme and stories. 9.30am to 10.15am Tailem Bend Primary School</p>	FRIDAY Pilates <p>Strengthen and Stretching with Ursula 9.30-10.20 At TBCC CHSP \$5.50 Non CHSP \$11 Once off attendance \$16 BOOKINGS REQUIRED</p>
Commonwealth Home Support (CHSP) <p>Commonwealth Home Support Program (CHSP) is funded by the Australian Government Dept of Health</p>	Pilates <p>Strengthen and Stretching with Ursula 5.30pm - 6.20pm CHSP \$5.50 Non CHSP \$11 Once off attendance \$16 BOOKINGS REQUIRED</p>	Sewing Class <p>Join this group to work on individual sewing projects 9.00am to 12 noon CHSP \$5.50 Non CHSP \$11 DURING SCHOOL TERMS</p>	Weekly Shopping Bus <p>Community Bus Service Thursday Mornings: Pick up from your home in Tailem Bend and return. Stops include Tailem Bend Pharmacy and Foodland Cost: Gold coin donation BOOKINGS REQUIRED</p>	Computer Support <p>Need assistance with all things computing? Bring your own laptop or use the Centres. Make an appointment for one on one support session. \$2.20 per 2 hour Block Or attend classes on Fridays 10.00am - 12 noon CHSP \$1.10 Non CHSP \$2.20 DURING SCHOOL TERMS</p>
Scrap Booking / Card Making <p>NEW TUTOR WENDY Make your Memories into Art. 10.00am - 2.00pm CHSP \$1.10 Non CHSP \$2.20 DURING SCHOOL TERMS</p>	Laughter Yoga <p>BELLY LAUGH AWAY THE DAYS STRESS 6.45pm—7.45pm FREE CLASSES* *From Tuesday 18th October—Tuesday 13th December BOOKINGS REQUIRED</p>	Golden Go Getters <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>	Pilates <p>Strengthen and Stretching with Ursula 9.00 am – 10.00 am At Meningie Waterfront Motel CHSP \$5.50 Non CHSP \$11 Once off attendance \$16 BOOKINGS REQUIRED</p>	Our Goldies <p>Christmas Lunch Tailem Bend R.S.L. Friday 2nd December 11.30am for 12 noon start \$25 per person Booking is essential, please call Denise on 8572 3513 to book.</p>
Frozen Meals <p>\$10 Each for anyone in the community. \$6 each for people over 65 years or 50 years Aboriginal Torres Strait Islander (ATSI). [subsidised by the Commonwealth Home Support Programme (CHSP)]. *Meal discounts may apply, please enquire with TBCC Staff UNTIL SOLD OUT.</p>	Line Dancing <p>Beginner to Advance welcome 10.00am – 11.30am At Tailem Bend Town Hall CHSP \$5.50 Non CHSP \$11 BOOKINGS REQUIRED DURING SCHOOL TERMS</p>	Decorative Art <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 DURING SCHOOL TERMS</p>	Pilates <p>Strengthen and Stretching with Ursula 5.30pm - 6.20pm CHSP \$5.50 Non CHSP \$11 Once off attendance \$16 BOOKINGS REQUIRED</p>	Please note: <p>** All classes are subject to Covid-19 requirements. Classes can be cancelled without notice, due to Covid-19.</p> <p>Class run during school terms only, No classes during school holidays.</p>
	Social Craft Circle <p>Join this friendly group. Work on your own craft and share ideas. 1.00pm - 3.00pm CHSP \$1.10 Non CHSP \$2.20 DURING SCHOOL TERMS</p>		<p>Please note: All pilates classes will not be running from Friday 14th October until Tuesday 22nd November.</p>	