

NEWSLETTER

APRIL 2023

TBCC ANNUAL AWARDS

Is there someone in the community who you think should be nominated for one of our Annual Awards? Nominations are now open and close on 30th April 2023. Nomination forms can be collected from front reception.

Service Awards

Service awards acknowledge five or more years of valued active service to the Tailem Bend Community Centre, by staff, tutors, and volunteers.

Life Membership Award

The Life Membership award is the highest honour that the Tailem Bend Community Centre can bestow upon staff, tutors and/or volunteers. The award recognises those that have made an outstanding contribution to the high-quality service that enhances the reputation, existence, and continued effectiveness of the TBCC, for a period of ten or more years of active service. Nominations can be made by staff or financial members of the Tailem Bend Community Centre (including but not limited to tutors, volunteers, and Board Members). Only one award will be presented annually.

Honorary Membership

Honorary membership awards are an acknowledgement by the TBCC for community members who have made an outstanding contribution to the positive wellbeing and enhancement of Tailem Bend and surrounding community, over a period of ten years or more. The recipient of Honorary Membership will receive one-year free membership with the Tailem Bend Community Centre. Nominations can be made by any member of the public. Only one award will be presented annually.

All nominations will be received by the TBCC Board of Management and reviewed by the Public Officer to assess against the eligibility criteria. The recommendations of suitable nominees will be submitted to the Board of Management prior to the August Committee Meeting, for approval and acceptance.

Presentation of all awards will be made at the Annual General Meeting.

WELCOME MANDI

We are very excited to welcome Mandi Stroh to the TBCC team, in the role of Finance Officer. Mandi has qualifications in both accounting and business and has extensive experience in a range of community volunteering roles. Mandi and Chris Hartmann will be working together, whilst Chris transitions into retirement.

ADMINISTRATION HELP REQUIRED

Do you have skills in administration, reception or catering? Or would you like to make phone calls and have a chat about what is happening in the region, with our consumers? Then please get in contact with us on 8572 3513 to discuss any future volunteering opportunities, we would be thrilled for you to join the team.

FROZEN MEALS

CHSP \$6 | Non CHSP \$10

All frozen meals come with a side of vegetables and gravy.

Roast Chicken
Roast Beef
Roast Pork
Roast Lamb

Apricot Chicken
Silverside
Veggie Patties
Soup



CONGRATULATIONS TAMMY



In late November 2022, Tammy was nominated and awarded Honorary Membership at Community Centres SA annual Awards night.

Community Centre SA describes Honorary Members as someone who has undertaken significant activities

and responsibilities that have had a long-term or wide-ranging impact on or contribution to both:

- The establishment and/or ongoing success of individual houses and centres and
- The continuation of Community Centre SA Inc.

Honorary Members act as an advocate for Community Centres SA and the sector of Community Centres and Neighbourhood Houses in South Australia. They:

- May have done this for many years or just a few
- May have contributed through a variety of informal and/or formal roles primarily as a salaried employee
- The person could now be retired, or be working
- Their role/s must have included at least one of the following: mentoring, marketing, involvement in events, strategic planning, advocacy, programme and/or training delivery
- The stand out feature of what they do/have done is leadership in the objective of connecting up, building meaningful relationships and contributing to positive wellbeing outcomes.

CHSP

SOCIAL SURPRISE

Come along and join us on one of our Social Surprise Bus Trips. The destination is unknown... shhh.. it's a surprise! Previous trips have been; Mannum Handorf, Virginia Nursery, Gawler, Strathalbyn, Marion, Goolwa and Oakbank.

Cost: CHSP \$10 | Non CHSP \$20

Upcoming trips:

Monday 17th April, 10.30am | Lunch

Monday 29th May, 10.30am | Lunch

Thursday 15th June, 10.30am | Lunch

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

GOLDEN OLDIES

Come along to TBCC for a social lunch and chat.

Fridays 12 noon - 1.30pm

CHSP \$10 p/p | Non CHSP \$15 p/p

MAY | FRIDAY 26TH
JUNE | FRIDAY 23RD
AUGUST | FRIDAY 25TH



MUSICALS | BUS TRIPS

We are taking expressions of interest for Mary Poppins at Adelaide Festival Centre, Thursday 20th July 2023, 1pm. To register your interest to attend, please call 8572 3513 and speak to Denise.

CHSP \$140 | Non CHSP \$150

Cost includes A Reserve Ticket and transport.

NEW CLASS ALERT

COMMUNITY CHOIR | 10am-11.30am

Discover the incredible benefits of Music and Singing
FREE Course | 4th, 11th, 18th and 25th MAY

Booking is required | Tailem Bend TownHall Function Room



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

NEWSLETTER

APRIL 2023

C4C

The Communities for Children team at TBCC have had a busy couple of months, delivering evidence based programs for our beautiful families and children and welcoming a new facilitator - Zoey!

WELCOME ZOEY

Hi, My name is Zoey Cazzolato. I grew up in Wellington, I have two beautiful children, and hold a Diploma in Children's Services with 16 years of experience in the Early Childhood industry.

I started my journey with TBCC in March 2023 as Communities for Children Facilitator. I look forward to delivering Evidence Based Programs and coordinating community events and activities across the MurrayLands.

PARENT CHILD MOTHER GOOSE (PCMG)

Parent child mother goose uses songs, rhymes and stories to support connection between child and parent. The repetition of songs, rhymes and stories helps in the development of speech, language and communication, promotes healthy attachments, as well as supporting motor skills.

Come and join us!

Bookings are appreciated but not essential, please follow the link or scan the QR code provided
trybooking.com/CEZYG



Session times are as followed:

Monday – Murray Bridge Library | 10am
Tuesday – Mannum Rec Centre | 9.30am
Wednesday – Meningie Kindergarten | 11am
Thursday – Tailem Bend Primary School | 9.30am

Meet Sophie, a Registered Midwife who attends various PCMG sessions throughout each term. Each visit includes;

- Weights | Measurements | Informal discussions
- Entries into Blue Book



FAMILY FRIENDLY BUSINESS AWARDS

Nominations for our Family Friendly Business Awards have closed. It has been wonderful to receive so many nominations for local businesses and organisations, that community members recognise as demonstrating excellence in providing safe, secure, and supportive services for Children, young people, and families.

Winning businesses will be announced on our Website and Facebook page, in the coming months.

The 'Family Friendly' Business Awards are bought to you by the Communities for Children Team at Tailem Bend Community Centre Inc in conjunction with Communities for Children Murraylands Facilitating Partner accare and funded by the Australian Government, Department of Social Services.

FAREWELL GAYLE

I have immensely enjoyed my time getting to know families and children at Parent Child Mother Goose (PCMG) in Murray Bridge, Mannum, Meningie, and Tailem Bend.

During my time delivering PCMG, I have attended approx 265 Sessions and 12 sessions via Zoom. That means I have sung 'Days of the Week' 278 times, 'What do you think my name is' about 3000 times, and 'Sleeping Bunnies' about 10,000 times.

I would like to thank you all for your ongoing support and friendship over the last 2 years. It has been a rewarding time in my life, and I will miss each and every one of you.



MMCPN

WELCOME MEL



We are very excited to announce the new MMCPN Coordinator appointed is Mel Rue starting Monday 27 March. Mel has 25 years' experience in customer service and coordination roles.

Mel impressed the panel with her broad knowledge, warm and logical nature. We are looking forward to training her in all things MMCPN and introducing her to the TBCC MMCPN team. We trust that you will welcome Mel and share your knowledge of all things TBCC MMCPN as she learns the ropes.

MMCPN VOLUNTEER DRIVERS

Congratulations to Brian Lloyd for receiving Tailem Bend Citizen of the Year.



Brian has been a volunteer driver for the Murray Mallee Community Passenger Network for 23 years and has travelled countless kms around the region, providing this vital service to the community.

If you would like to volunteer some time as a driver, with no rosters, and if you don't wish to drive long distances to Adelaide, our service often has trips to Murray Bridge and Mount Barker. We operate throughout the Murraylands, so if you are from Leroo, Pinnaroo, Karoonda, Tailem Bend, Wellington East, Meningie, Murray Bridge or anywhere in between, and would like to volunteer some time, please give us a call on 8572 3513 to find out more. We make the process as easy as we possibly can, for you.

MURRAY BRIDGE POOL & SHOPPING BUS

The TBCC minibus travels to Murray Bridge on Wednesdays to either the MB heated pool (near the hospital) or MB Marketplace, but not both. With the BankSA branch shutting in Tailem Bend, there is a possibility of stopping at the BankSA branch in Murray Bridge.

The bus will pick you up from home (if you are more than 5kms outside of TB, we can meet you at TBCC) and will depart by 8 am. The bus will arrive back in TB by 11 am. The cost is \$5 per person and pool fees will be payable at the pool reception. Bookings are essential. If you have any questions or wish to book a seat, please give us a call.

This option of transport is available to people of all ages. If you are over 65 years (or 50+ years ATSI), then you will need to be registered with My Aged Care (1800 200 422) and have a transport referral in place. If you require help with this, we can assist and guide you through the process

FAREWELL SAM



My three+ years with TBCC have been a real joy, and I say that with absolute honesty. The staff, volunteers, community and clients have been wonderful to work with and shown me what a great community spirit we have here in the Murraylands.

Looking back, it has been a hectic, non-stop rollercoaster and I have also learned that is the way of things at our Community Centre. The great team that we have here zoom around with high energy, a positive attitude and lots of laughs, and I have loved being part of it all. As a team we are very proud of the transport and various services we provide to our region, managing to stretch our resources to help those who need it.

Changed circumstances and the opportunity to work in a role and team that I have admired for several years has tempted me to move on. I will miss the team and community at TBCC, and look forward to returning one day to volunteer here. My heartfelt thanks to all the wonderful people who have helped me, and made it a genuine treat to come to work every day. This really is a special community.

141 Railway Terrace, Tailem Bend SA 5260

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

Web: www.murraymalleeepn.org.au

Term 2 Timetable 2023

1st May – 7th July



MONDAY

SCRAPBOOKING / CARD MAKING | 10am–2pm

Make your Memories into Art.

CHSP \$1.10 | Non CHSP \$2.20

Booking is required | TBCC Art and Lifestyle shed

TUESDAY

WOODTURNING | 10am–1pm

Create your own project with support from Jack

Half day – CHSP \$5.50 | Non CHSP \$11.00

Booking is required | TBCC Woodwork shed

LINE DANCING | 10am–11.30am

Beginner to Advance skills welcome

CHSP \$5.50 | Non CHSP \$11.00

Booking is required | Tailem Bend TownHall

DIAMOND ART & CROCHET | 10am–12noon

Bring and work on your own Diamond Art piece

CHSP \$1.10 | Non CHSP \$2.20

Booking is required | TBCC Meeting Room

SOCIAL CRAFT | 12noon– 2pm

Bring and work on your own craft masterpiece

CHSP \$1.10 | Non CHSP \$2.20

Booking is required | TBCC Meeting Room

PILATES | 5.30pm–6.20pm

Strength and Stretching with Ursula

CHSP \$5.50 | Non CHSP \$11.00

Booking is required | TBCC Function Room

COMMUNITY CHOIR | 10am–11.30am

Discover the incredible benefits of Music and Singing

FREE Course | 2nd, 9th, 16th, 23rd and 31st of MAY

Booking is required | Tailem Bend TownHall Function Room

WEDNESDAY

WOODWORK | 9am–3pm

Learn with Graham; a qualified builder/ cabinet maker

Half day – CHSP \$5.50 | Non CHSP \$11.00

Full day – CHSP \$11.00 | Non CHSP \$22.00

Booking is required | TBCC Woodwork shed

SEWING CLASS | 9am–12 noon

Work on individual sewing projects

CHSP \$5.50 | Non CHSP \$11.00

Booking is required | TBCC Function Room

GOLDEN GO GETTERS | 10.30am–11.30am

Help strengthen your muscles in a safe and supported environment.

CHSP \$5.50 | Non CHSP \$11.00

Booking is required | Tailem Bend Town Hall

COLOURFUL CREATIONS | 1pm–3pm

Join this group to discover the benefits of colouring, painting, and creating. Relax, and improve your focus and skills.

CHSP \$1.10 | Non CHSP \$2.20

Booking is required | TBCC Meeting Room

DECORATIVE ART | 1pm–4pm

Social Art Group– join this group to share skills and learn from likeminded people

CHSP \$1.10 | Non CHSP \$2.20

Booking is required | TBCC Art and Lifestyle shed

MURRAY BRIDGE POOL & SHOPPING BUS

Two options for Tailem Bend passengers: either the MB heated pool or MB Marketplace, but not both. The bus will drop off at the pool and then go on to the Marketplace.

Cost: \$5 per person. | Booking is required

THURSDAY

PILATES | 9am–10am

Strengthen and stretch with Ursula

CHSP \$5.50 | Non CHSP \$11.00

Booking is required | Meningie Waterfront Motel

COMMUNITY CHOIR | 10am–11.30am

Discover the incredible benefits of Music and Singing

FREE Course | 4th, 11th, 18th and 25th MAY

Booking is required | Tailem Bend TownHall Function Room

PILATES | 5.30pm – 6.20pm

Strengthen and stretch with Ursula

CHSP \$5.50 | Non CHSP \$11.00

Booking is required | TBCC Function Room

PARENT CHILD MOTHER GOOSE | 9.30am – 10.30am

Cuddle...Communicate...Connect... using songs, rhymes, and stories to support connection between child and parent.

Bookings appreciated | Tailem Bend Primary School

FRIDAY

PILATES | 9.30am–10.20am

Strengthen and stretch with Ursula

CHSP \$5.50 | Non CHSP \$11.00

Booking is required | TBCC Function Room

BINGO | 10am–12.30pm

Friday Funday Bingo! Second Friday of the Month

\$6.00 per book (10 games)

Booking is required | TBCC Function Room



Monday – Friday

9am – 4:30pm

141 Railway Terrace,

Tailem Bend SA 5260

Tel: 8572 3513 | W: tbcc.org.au

E: info@tbcc.org.au

*Classes run during school terms only.
No classes during school holidays.

Commonwealth Home Support Program
(CHSP) is funded by the Australian
Government Department of Health