

NEWSLETTER

JUNE 2023



ANNUAL GENERAL MEETING 2023/24

YOU'RE INVITED

Tuesday 5th September 2023
10.30 am, followed by morning tea
141 Railway Terrace, Tailem Bend

SAVE THE DATE

TBCC Annual General Meeting is on Tuesday 5th September 2023 at 10:30am. This will be followed by a morning tea. The general public is most welcome to attend.

2022/2023 BOARD OF MANAGEMENT

We welcome new board members and encourage you to nominate yourself or others to join our committee. Five positions are available on our Board of Management. Nominations close Friday 28th July 2023. All nominees will be posted on TBCC Community notice board, on our Facebook page and website.

MEMBERSHIP RENEWAL

Membership for 2023/2024 is due from 1 July. Membership cost \$5.50 per annum which includes: 50% off service charges, bi monthly newsletters, a birthday card and voting rights at the AGM.

SAPOL SCAM AWARENESS SESSION

Come along to a free information session, where Senior Constable David Brown from SAPOL Murray Bridge, will shed light on online safety and how to protect yourself from scams.

When: Tuesday 6th June

Where: Tailem Bend Community Centre

Time: 1.00 pm-2.00 pm.

Cost: Free | If you would like to attend, please contact TBCC on 8572 3513.

AGEING WELL IN YOUR COMMUNITY

Presented by Zest Creative, this 8-week conversation series offers a valuable platform for individuals to engage, exchange, and gain insights on the essential elements of achieving a fulfilling and purposeful journey through the process of aging gracefully.

Cost: Free | To attend please call 8572 3513

Getting older - let's talk about it! Ageing well in your community

**A FREE 8 week
Conversation Series**
Every Tuesday from 25 July 2023
10.00am – 12.30pm
Tailem Bend Community Centre
141 Railway Terrace, Tailem Bend SA



Thinking about ageing? This conversation series, facilitated by Zest Creative, provides an opportunity to share with and learn from others about what it takes to successfully grow older with meaning, purpose and passion.

Some of the **topics explored include:** home, belonging and community, the reality of ageing, ageism, money matters, living with meaning and purpose, importance of social connection.



Sessions are free and include refreshments.

To book:
phone: 8572 3513
Or Email: info@tbcc.org.au



We acknowledge and respect that we operate on the land of the Ngarrindjeri peoples and pay our respect to Elders past, present and future as the Custodians of this beautiful land.

NATIONAL VOLUNTEER WEEK, 15-21 MAY 2023

National Volunteer Week is the biggest yearly commemoration in Australia, dedicated to acknowledging and honoring the invaluable contribution and active participation of volunteers within our community. This year's theme **We Are the Change Makers** recognises that volunteers are the Change Makers in communities around our country. Did you know, nearly 3 million Australians volunteered in 2021!

As part of the 'Colour Your Community Red' campaign, TBCC embraced the color red to express gratitude for the remarkable efforts of volunteers. This week-long initiative aims to recognise and celebrate the exceptional work carried out by volunteers throughout the community.



Coorong District Council hosted a celebratory luncheon to celebrate volunteers from across the district. As part of this occasion, and to show our appreciation and admiration, we outfitted our dedicated volunteers with vibrant red superhero capes and stylish top hats, recognising them as the genuine heroes within our team.



CONGRATULATIONS TAMMY

Tammy was nominated and selected as a finalist for the Excellence in Volunteer Management Award, at the South Australian Volunteer Awards 2023. This award honours a volunteer manager for their outstanding contribution to the profession.

We commend Tammy on her unwavering dedication, drive, and commitment to making change. Tammy is an influential leader who provides guidance and inspiration, and encourages others to become their best selves.



CONGRATULATIONS CHRISTINE

We are thrilled to announce that our amazing (almost retired) staff member, Christine, has been awarded a Premier's Certificate in recognition of her outstanding 32 years of voluntary service to the SA Ambulance Service!

Christine's unwavering commitment and dedication to serving the community has truly made a lasting impact. Her selfless contributions have saved countless lives and brought comfort to those in need. We couldn't be prouder to have her as a part of our team.

THANK YOU, VOLUNTEERS!

We couldn't do what we do without the hard work and support from all the wonderful volunteers at TBCC and MMCPN. You all play such a vital role, and we would be lost without you.

141 Railway Terrace, Tailem Bend SA 5260

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Web: www.tbcc.org.au

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C4C

The Communities for Children Team has been busy over the last couple of months, with facilitating a diverse range of programs for children and families. Our Easter event brought families together for collaborative Easter craft activities and a delightful easter egg hunt.



During the school holidays, we delivered a drawing challenge event, where we discovered lots of artists in the making! Additionally, we organized an autumn craft workshop where attendees create jewelled hanging suncatchers.

In celebration of mothers and cherished individuals, we conducted two Mother's Day workshops. One in Tailem Bend and another in Meningie, where families enjoyed crafting a heartfelt bath soak gift and card.

Stay tuned for our upcoming Kids Connect events, including a games bonanza and yoga session, alongside many other exciting activities planned for the current term and upcoming midyear school holidays.

PCMG

Our Parent Child Mother Goose sessions are held every week during the school Term, see the days and times below;

Monday 10am - Murray Bridge Library

Tuesday 9.30am- Mannum Leisure Centre (senior citizens room)

Wednesday 11am- Meningie Kindergarten

Thursday 9.30am- Tailem Bend Primary School

THE FAMILY FRIENDLY BUSINESS AWARDS

Our inaugural year of *The Family Friendly Business Awards* has come to a close, and we are thrilled to extend our heartfelt congratulations to the three deserving winners.

PAST TENSE

Winner of 'Child Focussed Services- Family Friendly Business Awards- Murray Bridge'

SAMMY'S DRIVING SCHOOL

Winner of 'Child Focussed Services- Family Friendly Business Awards- Coorong'

TAILEM BEND BAKERY

Winner of 'Restaurant/café-Family Friendly Places to Visit - Coorong'

We extend our sincere gratitude to all those who participated in the awards. Let's rally behind and show our support to the businesses that prioritise and uphold Family Friendly practices throughout our region.

CHSP

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

BOOKING Essential - Phone 8572 3513.

JUNE | FRIDAY 23RD
AUGUST | FRIDAY 25TH

MUSICAL | BUS TRIPS

Mary Poppins at Adelaide Festival Centre, Thursday 20th July 2023, 1 pm. 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.



FROZEN MEALS

CHSP \$6 | Non CHSP \$10

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

- Vegetable Pasta
- Roast Chicken
- Pork Loin
- Roast Turkey
- Frittata
- Apricot Chicken
- Chicken Vegetable Soup
- Vegetable Patties
- Pickled Pork
- Roast Lamb
- Roast Beef
- Chicken Stirfry
- Rissoles

SOCIAL SURPRISE BUS TRIP

Join us on an adventure! The destination is unknown.. Buckle up and get ready for an unforgettable adventure. Previous trips have been to Mannum, Hahndorf, Virginia Nursery, Gawler, Strathalbyn, Marion, Goolwa, and Oakbank.

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

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

UPCOMING TRIP:
THURSDAY 15TH JUNE, 10.30AM | LUNCH

MMCPN

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.

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.

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

Bookings are essential. If you have any questions or wish to book a seat, please give us a call, 8572 3513.

MMCPN VOLUNTEER DRIVERS

We are continuously seeking additional volunteer drivers to join our team, as having more volunteers enables us to distribute the workload more evenly. If you or someone you know is interested in a fulfilling volunteer position without fixed schedules, we invite you to get in contact with us on 8572 3513. We would be more than happy to provide further details about this rewarding role.

141 Railway Terrace, Tailem Bend SA 5260

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

Web: www.murraymalleeepn.org.au