

NEWSLETTER

AUGUST 2023



ANNUAL GENERAL MEETING 2023/24

YOU'RE INVITED

Tuesday 5th September 2023
10.30 am, followed by morning tea
141 Railway Terrace, Taillem 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.

MEMBERSHIP RENEWAL

We welcome New Members. 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.

COMMUNITY TRANSPORT SERVICES

In addition to incredible dedication to serving the Murraylands community, TBCC CEO Tammy Shepherd has been volunteering her time as the communications officer for The South Australian Community Transport Association (SActa). Her commitment knows no bounds!

Thanks to Tammy's perseverance and with the support of Nick McBride, the esteemed Member for MacKillop, a highly productive meeting took place on Wednesday, 28th June 2023. The event brought together an impressive lineup of influential attendees who are making a difference in their respective fields.

Among the esteemed guests were:

- Minister Chris Picton from the Department of Health and Wellbeing (DHW)
- Minister Tom Koutsantonis from the Department of Transport and Infrastructure (DIT)
- Minister Nat Cook from the Department of Human Services (DHS)
- Nick McBride, Member for MacKillop
- David McDonald, CEO Community Care and Transport, Chair of the South Australian Community Transport Association (SActa), and Australian Community Transport Association (ACTA)

This meeting was a tremendous success, fostering collaboration and paving the way for future initiatives to enhance community transport services.



PARTNERSHIP WITH SECOND BITE AND COLES

We are thrilled to share that our collaboration with Second Bite and Coles has been progressing excellently! Thanks to their support, we have been receiving a consistent supply of bread every Tuesday, Friday, and occasionally on Saturday. It has been an incredible effort, but we have

encountered a few challenges in organising pickups from Murray Bridge.

However, we want to express our deepest gratitude to the amazing Coles staff members who have gone above and beyond to help with deliveries. Their dedication has made a significant difference in our mission to provide for those in need. Given the success and increasing demand for this initiative our local Mayor, Paul Simmons, has generously approved one of his staff members to collect the bread on their way to work. We are truly fortunate to have such incredible support from our community.

While the donation amounts haven't met our initial expectations to sustain this project, we remain passionate about continuing and supporting those who rely on us. We sincerely hope that those who have the capacity to donate will consider doing so, as every contribution matters. Money donated is used to support people in need and expand community service options for people in the Murraylands. *Take what you need, give what you can.*

Since we began this project on April 18th, 2023, eleven weeks ago, we have received a staggering total of 2,290kgs of bread and bakery goods, along with 52kg of vegetables and 13kg of fruit from Coles and Bakers Delight. Estimated retail value \$8,015. In terms of monetary donations, we have received \$1,248.65 so far, alongside numerous donations of goods. On average, this equates to approximately 54 cents in donations per kilogram. To give you an example, one loaf of bread or a pack of six rolls received an average donation of 18 cents. When factoring in the staff time required to coordinate, unpack boxes, and enter data, we realize that while this service is incredibly needed, it's not sustainable without further assistance.

That's why we're reaching out to our amazing community for help. We are seeking dedicated volunteers who are willing to commit their time to support this much-needed service. If you're willing to lend a helping hand, please contact Tammy Shepherd at 08 8572 3513. Together, we can make a meaningful difference and continue to provide essential resources to those who need them most.

Thank you for your continued support! Let's work together to create a brighter future for everyone in our community.

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.

TBCC PARTNERSHIP WITH TB HISTORY GROUP

TBCC crafted a captivating display piece using reclaimed wood from the original ferry landing structure. This is on display in the History Room via the Taillem Info Station.



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

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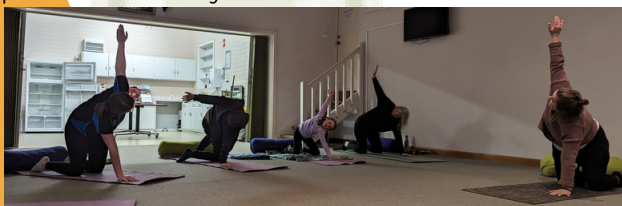
AUGUST 2023



C4C

During Term 2, the hardworking Communities for Children team actively engaged with multiple schools and organized a range of after-school events in different locations. Among these events was a thrilling Games Bonanza in Jervois, where children had the opportunity to challenge themselves, their peers, and even their families in a variety of exciting Giant Games. The team extends their gratitude to the Coorong Council for providing the giant games for hire, which greatly contributed to the success of the event.

Additionally, the team celebrated International Yoga Day by hosting a family Yoga Event, which not only fostered connections between families but also encouraged a harmonious connection between the mind and body. It proved to be a rewarding experience for everyone involved.



During the School Holidays, the team embarked on a series of Art Workshops and Teddy Bear Picnics across the Coorong, the Rural City of Murray Bridge, and the Mid-Murray region. The Art Workshops stimulated children and families to unleash their creativity and explore various art mediums. On the other hand, the Teddy Bear Picnics provided an opportunity for families to connect through enjoyable games, books, and, of course, a delightful picnic spread.



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.

Murray Bridge: Monday 31st July
Mannum: Tuesday 8th August
Meningie: Wednesday 16th August
Tailem Bend: Thursday 31st August

Each visit includes;
-Weights | Measurements | Informal discussions
-Entries into Blue Book

MMCPN

The Murray Mallee Community Passenger Network (MMCPN) has been diligently working to provide transportation for much needed consumers. Whether it's through our Medical Bus or CPN cars, our exceptional team of volunteer drivers has been instrumental in assisting with various trips. Our primary goal is to assist individuals facing transportation disadvantages, ensuring they have the means to reach their essential appointments.

In other exciting news, we're thrilled to announce that three of our vehicles will soon be equipped with AED defibrillators. This addition was made possible by the successful Federal Government Volunteer Grant, secured through the efforts of Liberal MP Tony Pasin. The Tailem Bend Community Centre extends their heartfelt gratitude for this essential addition to our CPN cars stationed in Lameroo, Meningie, and Tailem Bend. This development further enhances the safety and comfort of our consumers while utilizing our services.



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 return 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

MMCPN VOLUNTEERS

We are always on the lookout for volunteer drivers to join our growing team and share the load. In the past two months, we have welcomed 15 new driver volunteers and 1 volunteer companion in our service regions of Tailem Bend, Meningie and Lameroo. Volunteering opportunities extend beyond driving, as we also require assistance with washing the CPN vehicles whenever necessary. If you are interested in donating your time, we warmly welcome your support. For any further information or bookings, please reach out to the MMCPN team at 8572 3513. We eagerly anticipate hearing from you!



Thank You



141 Railway Terrace, Tailem Bend SA 5260

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

Web: www.murraymalleeepn.org.au

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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, Oakbank and Loxton.

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

Upcoming trips:

| | | | |
|--------------|-----------|---------|----------|
| 22 August | Tuesday | 9.00am | shopping |
| 15 September | Friday | 10.00am | Lunch |
| 16 October | Monday | 10.00am | Lunch |
| 29 November | Wednesday | 10.00am | Lunch |
| 15 December | Friday | 9.00am | Shopping |

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 | Email: chsp@tbcc.org.au

AUGUST | FRIDAY 25TH
SEPTEMBER | FRIDAY 29TH
DECEMBER | FRIDAY 1ST

FROZEN MEALS

CHSP \$6 | NON CHSP \$10

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

- Frittata
- Vegetable Pasta
- Vegetable Fritters
- Vegetable Lasagna
- Roast Turkey
- Roast Lamb
- Roast Beef
- Roast Pork
- Apricot Chicken
- Chickens Stir-fry
- Silverside
- Curried Sausages
- Rissoles
- Beef Casserole
- Sheppard's Pie
- Potato and Leek Soup
- Vegetable Soup
- Cranberry and Herb Roast Chicken



BUS TRIPS

We are taking expressions of interest for **The Art Of Banksy "Without Limits" Exhibition**. Banksy is an England-based artist whose artwork has appeared all over the world. Immerse yourself in the art of Banksy during **August 2023**.



We are taking expressions of interest for **Swan Lake - The Australian Ballet, 7-14 October 2023**.



If you are interested in attending either of these events, please give us a call on 8572 3513 and speak to Denise.

CLASS ALERT



FRIDAY FUNDAY BINGO AT TBCC

10am-12.30pm

Second Friday of the Month

August | Friday 11th
September | Friday 8th
October | Friday 20th

Cost: \$6.00 per book (10 games)

Booking is required: Contact Denise on 8572 3513

COMMUNITY CHOIR

10.30am-11.30am

Thursdays at TBCC

Discover the incredible benefits of Music and Singing

Cost: Free



WORKSHOP:

Strength & Movement for Older Adults

This workshop includes easy exercises and stretches you can do at home to improve strength, balance and reduce aches & pains.

DATE

FRIDAY 4TH & 18TH AUGUST

TIME:

9:30AM - 11:00AM

COST:

CHSP \$1.10 / NON CHSP \$2.20

Suitable for 50+ years (Seated & Standing)



INCLUDES:

- A talk about exercise needs as we progress through life
- Q & A, ask as many Questions & we will find the answers
- A take home printout of exercises & stretches
- Coffee /Tea and chat time

Exercise Pre-screening form to be completed upon arrival. Please ask your GP if you are unsure about exercise. This is light & low impact exercise.

BRING:

- Water bottle
- Towel aid (Hand towel or tea towel is ideal size)

BOOKINGS ESSENTIAL

Contact
 PH: 85 723 513
 E: chsp@tbcc.com.au



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 W: www.tbcc.org.au E: info@tbcc.org.au P: 8572 3513



MELBOURNE CUP LUNCH



**SWEETS
 & RAFFLES
 ENTERTAINMENT**

TUES 7 NOV
TB TOWN HALL

12PM NOON
 TAILEM BEND COMMUNITY CENTRE
 BOOKING ESSENTIAL 85723513

CHSP \$20.00
 NON CHSP \$25.00
 2 | 3 COURSE MEAL



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



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Term 3 Timetable 2023

24 July – 29 September



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

AGEING WELL IN YOUR COMMUNITY | 10am–12.30pm

Join Zest Creative for a free 8-week conversation series.

Getting Older – let's talk about it!

25th July – 12th September 2023

Free

Booking is required | TBCC 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

COMMUNITY CHOIR | 10.30am–11.30am

Discover the incredible benefits of Music and Singing

FREE

Booking is required | TBCC Meeting 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

BINGO | 10am–12.30pm

Friday Funday Bingo! Second Friday of the Month

\$6.00 per book (10 games)

August 11th | September 8th | October 20th

Booking is required | TBCC Meeting Room

OUR GOLDIES LUNCHES | 12noon–1.30pm

Come along to TBCC for a Social Lunch and Chat

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

August 25th | September 29th | December 1st

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

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

Commonwealth Home Support Programme (CHSP) is funded by the Australian Government Department of Health and Aged Care.

Community and Neighbourhood Development Programme (CND) is funded by the Department of Human Services.