Newsletter September 2015

Inside-

- *Community Garden *Bikes
- *Coorong Connection Network
 - *Cultural Cooking review
 - *C4C coming events and activities



ning in Feb 2016 Ted's Truck wood work class



quishy fun at Green Sheep Day



Dean and Annie Smith perform at a recent Golden Oldies lunch

Programs are supported by:

- Commonwealth Home Support Programme (CHSP) formerly (HACC)
- ac.care's Communities for Children Murraylands programme funded by the Australian Government Department of **Social Services**
- Department for Communities and Social Inclusion (DCSI)
- Department of Planning Transport and Infrastructure (DPTI)
- The Coorong District Council (CDC)
- Obesity Prevention and Lifestyle program (OPAL),





Youth Network goes Paintballing

We're very excited to be kicking off the One project that has been suggested for the Coorong Connections Network, a group for Tailem Bend Community is a rage cage. young people aged 12-25 from the Coorong who care about their community.

The very first activity the network will be running is a free paintballing day on the 22nd of November! (details on page 7)

The aim of the network is for young people to facilities are locked. express their voice about issues that affect them, and what services and/or activities they'd like to see run for people their age in the Coorong region.

The group will meet for a meal somewhere in the Coorong once a term to share ideas and offer suggestions for improvement, and both the meal and transportation will be free for participants!

Find more details about the paintballing day inside this edition of the newsletter, or register your interest to the centre.

The location in mind is in between the CFS station and the bike track in Railway Terrace.

Young people in the community say its hard as there is no where to hang out after school hours. The School is off limits and the sporting

If we can evidence the need for a rage cage then the Coorong Youth Network could advocate for grant funding to make it happen.

The best way to evidence need is to have young people aged 13-25 years tell us what they want, we can help you with the rest EASY!!

Would you like a rage cage in the community? Do you have other suggestions? Would you like to meet once per School term for a meal with other people your age? Please call us today to register 8572 3513



8572 3513 www.tbcc.org.au 141 Railway Terrace, Tailem Bend SA 5260

FREE Bike Hire

Contact the Tailem Bend Community Centre

141 Railway Terrace



Deposit required - Conditions apply



Borrow a bike and let pedal power take you on a tour of our town.

Great for the environment, fitness and fun!

Why not follow the Tailem Bend Community maps

to find out more about local attractions and wonderful wildlife?

PLEASE TAKE A MOMENT

TO COMPLETE THE TBCC COMMUNITY GARDEN SURVEY

Do you feel TBCC staff/ volunteers are helpful? If 'No' please let us know why		Yes		No			
Do you feel the TBCC community garden is welcoming? If 'No' please let us know why		Yes		No			
Have you learnt something new about any of the following soil cooking, healthy eating/lifestyle If 'Yes' please circle which ones above and provide comments	I preparation	Yes		ropagation, No			
Would you feel more confident to try the above gardening prin Have you met new people or re-connected with someone thro		Yes	rden?	No No			
Do you feel more connected to the community through the gar		Yes		No			
Would you be interested in other classes offered at TBCC If 'Yes' please tell us which ones		Yes		No			
How could we improve the garden?							
OPTIONAL Name							
Contact Number. Email.							

Surveys help us to get and maintain reports for grants please help us improve your community

Communities for Children Chatter

We kept ourselves busy once again during the September/ October school holidays!

We kicked things off in a big way with the launch party of the Green Sheep Children's art project. We had lovely weather, and a

> group of around 200 people came along to enjoy the festivities!











Communities for Children Murraylands

Joining the Dots.... TOY EXPO

10.30am to 4.30pm

Learning Together

Murray Bridge

Thursday 5th Nov. 2015

10.30am to 4.30pm

Tallem Bend Community

141 Railway Tce T/B

Come along and look, listen, touch, smell and try toys to find out....

lays that will help develop grass motor, problem solving, fine motor, communication and imagination skills Tays used for more than one thing / Age appropriate toys /Help my child get ready for school / Help my child reach their full patents

Come and get advice about choosing toys relevant to your child's stage of development from a child-focused Occupational Therapist (Cathy Rice) and Speech Pathologist (Melanie Kane)

Any queries please contact 0418851626 or aspirecdw@internode.on.net

Toys supplied by: Murray Bridge Newsagency and Tayworld and Windmill Norwood

Toys can be bought (cash only) or ordered on the day ALL WELCOME

Baptist Care (SA) Inc

Thank you to the Mannum Community Hub, Learning Together and Tailern Bend Community Centre for providing the venues for the Toy Espo.





Holidays and Happenings

The rest of the activities these holidays had a nature theme, to fit with the Nature Play SA festival. We partnered with the Coorong District Councils OPAL program to deliver a messy Mud Day at Meningie and to do nature weaving in

Tintinara and Coonalpyn, and offered kids from all towns a trip to the wonderful Gorge Wildlife park, supported by Coorong LAP, where we got up close and personal with furry animals, scaled and feathered!

















In term four 2015 Free Kids Boxing, with Neil from Pumpt Fitness, will run at the Meningie RSL from 14th of October until the 11th of November



Homework club continues at the Community Centre from 3.30-4.30 on Wednesday afternoons

Christmas Holidays

Check in the December edition of Tailem
Topics to find out what's happening all over
the Coorong in the Summer Holidays!

You can always find more about upcoming events on the TBCC Facebook page









Fiona Meade Counselling & Group Work

CALM

Workshop

Fiona Meade Counselling & Group Work invites you to a one day workshop introducing skills for getting calm into your life

The effects of stress and anxiety can be far reaching on our emotional and physical wellbeing, can alter our thinking and behaviour and can impact negatively on our relationships, our work and our sense of self and identity. This workshop will provide an introduction and opportunity to practice skills around:

The chemistry of stress and anxiety

A social view of stress and anxiety

Strategies for centring and grounding

Mindful skills for inviting more CALM into your life

When: Friday 13th November 9.30am-3.30pm

Where: Tailem Bend Community Centre

Cost: Free for parents/carers with children under 12

(\$80 for other participants)

Bookings: Essential

ommunity

Tailem Bend Community Centre

8472 3513 | c4c@tbcc.org.au

Anglican Community Care Inc. | ABN: 53 440 436 445 | Charity Licence CCP1186 Web; www.accare.org.au | Email; CommunitiesForChildren@accare.org.au | CommunitiesForChildren@accare.org.au | CommunitiesForChildren is funded by the Australian Government Department of Social Services

Easywash is manned by TBCC volunteers
Tuesday 11am-3pm
'drop n run' laundry
services and ironing available outside this time by calling TBCC on 85723513 to arrange a booking time.

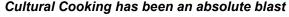
easywash

/ laundry



Golden Oldies/ Members/
Volunteer Christmas Lunch is at 12 noon on Friday 11
December at the Tailem Bend Town Hall cost \$10 per (CHSP) person, new members welcome. Catering by the Friends of the Hospital and entertainment provided.

Please call Eva or Tammy to talk about social support services available through the Commonwealth Home Support Programme (CHSP) formerly HACC.



Bev is travelling overseas in Term 4 but will return to TBCC in February 2016
Proudly brought to you by mifSA Mental Illness Fellowship South Australia
Following the end of the Cooking class, keep an eye out for an update on the mifSA drum-making course running in term four, in the next TBCC newsletter.

ac.care





Murray Bridge, from early November 2015 to early June 2016



2015 Term 4 Timetable 12 October-27 November

Monday	Transfer Wadnesday Thursday		Ewidow		
Monday	Tuesday	Wednesday	Thursday	Friday	
Tailem Bend Community Centre hours of operation Tuesday—Friday 9am—4.30pm Telephone: 8572 3513 Email: info@tbcc.org.au	Exercise Class Low impact, perfect for all ages exercise class Fun, friendly, fabulous 10am—11am Cost: \$5.50 per class	Sewing Class This class is for those that are working on or would like to start their individual sewing project while having a chat or seeking advice. 9am—12noon Cost: \$5.50 per class	Drum making workshop 5 week workshop from the 22nd of October to 19th of November Learn how to make your very own drum to take home and keep. Run by MIFSA 10am-12 noon Cost \$5.50 per class	Woodturning Tailored tutoring in the art of wood turning Fridays men's group 9am—3pm Cost: \$5.50	
Neighborhood Watch	Tuning into Kids	Art Class	Broadband for Seniors	Computer Tultion	
Meets on the second Monday of each month at TBCC Information sessions, raffles, social support Contact 0417 840 473 7.30pm start	A six session parenting program for parents with children aged 2-6 commencing 20th October Held at Meningie RSL 10am — 12noon Cost Free *CFC	Have a project that you would like to work on? Social Art group share ideas in a friendly environment 9am—12noon Cost: \$1.10 per class	Free one hour Broadband for seniors one on one computer fuition available by appointment. Please book in advance Cost: Free	Need assistance with any computing program including windows 8 10am—12 noon Cost: \$6.50 per class	
	Social Craft Circle	Garden club	Leadlight/ Mosaic Class	CALM workshop for parents and carers	
Got Idea's for a class? Please give us a call we would love to hear any suggestions	Join this friendly group work on your own craft share ideas	2nd Wednesday even month at the comment who age in the comment of	Make a project of your choice in a creative environment	Friday 13th November Strategies and skills to deal with stress and anxiety. Run by Fiona Meade Counselling and Group work. *CFC 9.30am - 3.30pm	
	Cost: \$1.10 per class	Cost: Free	Cost: \$5.50 per class	Cost Free for parents and carers (\$80 otherwise)	
TBCC Membership \$5.50 per year	Register your interest in the following course: Dates yet to be confirmed* Grant Writing Meeting protocol Governance	Folk Art Class Come and join this social group and learn the fine art of folk art drawing and painting. 1pm—4pm Cost: \$5.50 per class	Ceramics With Doris Connolly, enjoy this wonderful craft in a friendly relexed environment Call (08) 8572 3241 12.30—2.30pm Cost: \$5.50	Golden Oldies Luncheons Tuesday 3 November Friday 11 December 12noon Cost: \$10.00	
Probus Club	Impressionist Landscape	Homework Club	Alcoholics Anonymous	Rehoboth Christian	
Meets at TBCC on the 3rd Monday of each month Guest speakers, social interaction, community news Contact 8572 3667	Acrylics painting workshop with Richard Rodgers.	Kids welcome to the center, to access computers, printers, stationary and even a teacher, to help them with their homework.	Confidential support network for more information call 0427 313 537	Bible Centred Teaching By Gary & Joanna Paynter for more information call 0428815560 or email	
10am—12noon Cost: Donation	9.30am – 4pm Cost \$45 per person	*CFC 3.30pm-4.30pm Cost: Free	7pm—8.30pm Cost: Donation	rehobothccm@gmail.com 10.30am Sundays at TBCC	
Heart Moves Help strengthen your	Meningie Tai Chi	Kids Boxing for fitness	Coorong Connections Network	Tailem Bend Progress Association	
muscles, whether you are an advanced or beginning participant! Mondays	With Don at the Meningle RSL Hall on Tuesdays	Held at the Meningie RSL for 5 weeks, starting October 14th until November 11th Learn a new skill and keep fit with Neil from Pumpt Fitness.	A group for young people from all over the Coorong who want to make a difference in their community.	Meeting 7pm on the second Wednesday of each month at TBCC	
10.30 am—11.30am Town Hall Function Room Cost: \$5.50	3.30 - 4.30pm Cost \$5.50 Per class	For kids 6-12 *CFC 4pm - 5pm Cost: Free	Meets monthly for funch and via social media Cost Free (for ages 13-24)	Meeting 7pm third Wednesday of each month at TBCC	

^{*} Communities for Children (CFC) is facilitated by ac.care and funded by the Australian Government



Coming up next at the centre



CONFEDERATION OF AUSTRALIAN MOTOR SPORT

CAMS Introductory Module Training. 25th of November 6pm-8pm

Motorsport is coming to Tailem Bend! Learn about becoming a motorsport official in the free course delivered by the Confederation of Australian Motor Sports (CAMS)



Fire Extinguisher training 1-3pm Monday 16 November please call TBCC for more information.

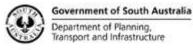
Do you know anything about Clarry Tuckers stolen memorial plaque?

Please return this sentimental item can be dropped into TBCC no questions asked so it can be returned to its rightful owner













Melb Cup Luncheon- Tuesday 3rd November \$10 pp Town Hall 12 noon



Dementia Care Essentials

Improve your dementia knowledge, enhance your employment opportunities. FREE accredited competency.

Certificate Level IV Unit – CHCAC416A, Facilitate support responsive to the specific nature of dementia.

Held at Tailem Bend Community Centre on Monday 22 & 29 February 2016

Booking

For more information or to book online, go to http://dementia.acswa.org.au or phone Alzheimer's Australia SA on 08 8372 2100 or email sa.training@alzheimers.org.au

Staff

Coordinator: Tammy Shepherd Tuesday—Friday

CHSP Officer: Eva Haydon Wednesday—Friday

C4C Officer: Rebekah Crisp Tuesday—Friday

Finance Officer: Chris Hartmann Thursday

2015/16 Board of Management:

Chairperson: Lorraine Cresp

Vice Chairperson: Jack Hunt

Treasurer: Trevor Gordon

Secretary: Margo Kerr

Committee: Bev Moyes, Joanna Paynter, Lydia Barnes,

Rosemary Symonds, Vicky Roach