

# Newsletter September 2015

## Inside—

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



Coming in Feb 2016 Ted's Truck wood work class



Squishy 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 Coorong Connections Network, a group for 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 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.

One project that has been suggested for the Tailem Bend Community is a rage cage.

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 facilities are locked.

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](http://www.tbcc.org.au)

141 Railway Terrace, Tailem Bend SA 5260





# FREE Bike Hire

Contact the Tailem Bend Community Centre

141 Railway Terrace

Telephone **08 8572 3513**

*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?

☐

Yes

☐

No

If 'No' please let us know why

.....

.....

Do you feel the TBCC community garden is welcoming?

☐

Yes

☐

No

If 'No' please let us know why

.....

.....

Have you learnt something new about any of the following soil preparation, organic gardening, propagation, cooking, healthy eating/lifestyle

☐

Yes

☐

No

If 'Yes' please circle which ones above and provide comments .....

.....

Would you feel more confident to try the above gardening principles at home?

☐

Yes

☐

No

Have you met new people or re-connected with someone through the community garden?

☐

Yes

☐

No

Do you feel more connected to the community through the garden?

☐

Yes

☐

No

If 'Yes' please tell us how .....

.....

Would you be interested in other classes offered at TBCC

☐

Yes

☐

No

If 'Yes' please tell us which ones .....

.....

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

Tuesday 3<sup>rd</sup> Nov.  
2015

11.30am to 3.30pm

Mannum Community  
Hub

Walker St. Mannum

Wednesday 4th Nov.  
2015

10.30am to 4.30pm

Learning Together  
(on the grounds of the Fraser  
Park School)

Murray Bridge

Thursday 5th Nov.  
2015

10.30am to 4.30pm

Tallem Bend Community  
Centre

141 Railway Tce T/B

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

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

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](mailto:aspirecdw@internode.on.net)

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

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

aspire  
aspiration - wellbeing

Baptist Care (SA) Inc

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

communities  
for children  
Murraylands  
ac care



# 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!



## Coming Up Next

### Meningie

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

### Tailem Bend

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

**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  
Communities for Children 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.



**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.

**Cultural Cooking has been an absolute blast**

**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.**



BreastScreen SA  
Mobile Screening Unit

*Caring for women from ocean to outback*

Call 13 20 50



The BreastScreen SA Mobile Screening Unit is visiting

**Murray Bridge, from early November 2015 to early June 2016**



The Coorong Connection Network Presents

# Free PAINTBALL

For young people  
aged 13-25 from the  
Coorong District Area

Kick some butt at Paintball!

Meet other young people  
from the Coorong.

Find out what the Network  
is all about!

Sunday 22nd November

**Coorong  
Connections  
Network**

Young people making a difference



Only 12 spaces  
To register call – 8572 3513



# 2015 Term 4 Timetable 12 October–27 November

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

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



*Merry Christmas*





# Coming up next at the centre



CONFEDERATION OF AUSTRALIAN MOTOR SPORT

CAMS Introductory Module Training.

25<sup>th</sup> 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**

**UNDERSTAND ALZHEIMER'S  
EDUCATE AUSTRALIA**  
FIGHT DEMENTIA.ORG.AU

## 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](mailto:sa.training@alzheimers.org.au)

### Staff

<b>Coordinator:</b>	Tammy Shepherd	Tuesday—Friday
<b>CHSP Officer:</b>	Eva Haydon	Wednesday—Friday
<b>C4C Officer:</b>	Rebekah Crisp	Tuesday—Friday
<b>Finance Officer:</b>	Chris Hartmann	Thursday

### 2015/16 Board of Management:

<b>Chairperson:</b>	Lorraine Cresp
<b>Vice Chairperson:</b>	Jack Hunt
<b>Treasurer:</b>	Trevor Gordon
<b>Secretary:</b>	Margo Kerr
<b>Committee:</b>	Bev Moyes, Joanna Paynter, Lydia Barnes, Rosemary Symonds, Vicky Roach



**Government of South Australia**  
Department of Planning,  
Transport and Infrastructure



**Government of South Australia**  
Department for Communities  
and Social Inclusion