

Newsletter September 2015

Inside—

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



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 (DC SI)
- Department of Planning Transport and Infrastructure (DPTI)
- The Coorong District Council (CDC)
- Obesity Prevention and Lifestyle program (OPAL),



Please join us for the
Launch Party
of the

GREEN SHEEP

—Tailem Bend Childrens Art Project—

Tue 29th September

1pm



 | **Tailem Bend
Train Park**

With children's games and
activities, followed by
afternoon tea.



RSVP-
8572 3513

Proudly supported by the Tailem Bend Community Centre Caring 4 Children project facilitated by ac.care's Communities Murraylands and funded by the Australian Government Department for Social Services

 **communities for children** 

8572 3513

www.tbcc.org.au

141 Railway Terrace, Tailem Bend SA 5260



Changing the Cycle Grant

TBCC is excited to announce we successfully gained a grant from the Department of Planning, Transport and Infrastructure (DPTI) for our Changing the Cycle project.



Four bikes and one trike have been purchased for free community use encouraging safer, greener and more active travel outcomes.

We are creating some cycling maps for you to cruise the streets in style. Helmets and safety gear are also provided. Please pop in, book a bike and feel the wind in your hair as you cruise the streets.

FREE cultural cooking lessons Wednesday's 10am—1.30pm



Join Bev to learn culinary delights

9th September



Dutch:

Erwtensoup (Pea Soup)
Pannenkoeken (Savoury Pancakes) with
Roggebrood (Rye bread) and **Katenspek**
(Smoked bacon)

Plus: Discussion on next week's menu, i.e. group choices.



16th September

Australian:

Per last week's group choices. (2-3 course meal plan).



23rd September

English:

Let's Try Jaime Oliver's Recipes: Choice of Entrée and Main Course.



Proudly brought to you by mifSA Mental Illness Fellowship South Australia



TBCC volunteer stats

2014/2015 Statistics

TBCC is an extremely busy centre which is renowned in the state as being one of the best ...

Something we should all be proud of as you can see by the statistics table many volunteer hours are provided for the community.

We offer opportunities for catering, gardening, or administration positions and many more.

Please call into see us collect a volunteer induction pack and see if there is an area you would like to become involved in.

Through various funding streams we offer at times paid tutoring opportunities. We can providing training and skill development which may assist you with becoming a Tutor.

Month	EasyWash	Volunteer Hrs
July	96.5	212
August	46	267
September	74.5	233
October	64	350
November	47	240.5
December	41.5	207
January	106	144
February	36	185.5
March	20	242
April	72	136
May	68	158.5
June	47	173
TOTAL	718.5	2548.5



Easywash is manned by TBCC volunteers

Wednesday 10am—2pm

'drop n run' laundry services and ironing available outside this time by calling TBCC on 85723513 to arrange a booking time.



Garden Club with Sandra Cockshell at TBCC

10am on the second Wednesday of each month

'friendship through gardening'

Join us for free morning tea and share gardening tips, troubles and anything grows



Please take a moment to complete our survey and drop it into the centre.

Are you aware of the Community garden and the free produce available?

Yes No

Have you used the garden?

Yes, frequently

Yes, sometimes

yes, once or twice

Not at all

Were staff/Volunteers helpful?

Yes

No

If 'No' please let us know why-

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

Yes

No

Have your skills or knowledge increased because of the garden?

Yes

No

Are you satisfied with the garden?

Yes

No

How could we improve the garden?

You can find the survey online at- <https://www.surveymonkey.com/s/3SQ69BD>

The Coorong Connection Network Presents

Free PAINTBALL

Kick some butt at Paintball!

Meet other young people
from the Coorong.

Find out what the Network
is all about!

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

Sunday 21st November

**Coorong
Connections
Network**

Young people making a difference



Only 12 spaces
To register call— 8572 3513



Parent support group for parents of children 12 years and under who have a disability and live in the Coorong area.

Group Meetings held monthly

Details- 5.30-8.30 at TBCC

Light supper and refreshments provided

Children are welcome to attend and participate in activities with trained staff, while parents connect

with other parents in similar situations for advice and support.

For bookings please call

Gaynor Davies, Community Services Coordinator

Mob: 0432 817 400

Email: gaynor@comlife.org.au

Facebook: <http://facebook.com/ComlifeSA>

Web: <http://comlife.org.au/>

A new pillar of the community



On Thursday th 6th of August TBCC Board members and the Thursday Leadlight class gathered to the community garden to unveil a wonderful new piece of art at the Community centre.

Created by the talented participants of the leadlight class, who worked tirelessly for many months, this masterpiece now displays the address of the Tailm Bend Community Centre— 141 Railway Terrace.

Huge thanks to Eileen Newberry and Elizabeth Nicholls for their leadership and donations to the project.

Take a moment to stop by the garden and check out the beautiful new mosaic.



Communities for Children Chatter

We've been busy bees since the renewal of our partnership with a.c.care to deliver the Communities for Children program! In the July school holidays we partnered with the Coorong OPAL program to deliver family fun days throughout the Coorong, and we'll be joining forces with them again to present a bunch of fun activities next holidays. See over the page for the full program!



Coming soon Kids Boxing



Keep active and learn a new skill with Neil from Pumpit Fitness! Free kids boxing classes will be starting in Meningie in term four this year.



Keep your eyes open for our new mural created by children 12 years and under, soon to be in its new home in the garden!



royal adelaide
SHOW

Communities for Children
Murraylands

ROYAL ADELAIDE SHOW 2015

SEPT 4-13

Free Bus Trip

THE GREATEST SHOW ON EARTH

Let us help you take the stress out of getting to the Adelaide show, with a **free** bus trip to the showgrounds for families with children, living in the Coorong district.*

Limited spaces, Bookings essential!

Saturday 12th September



Pick up times

- 8am- Tintinara
- 8.20- Coonalpyn
- 8.20- Meningie
- 9am- Taillem Bend



Taillem Bend Community Centre
141 Railway Terrace
(PO Box 203),
Taillem Bend 5260 SA
P 08 8572 3513 F 08 8572 4813

*Families must have at least one child under the age of 12.
We will be at the show for approx. 7 hours and expect to return to Tintinara around 7pm

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





Communities for Children Murraylands

Coorong Holiday Activities

GORGE WILDLIFE PARK

Thursday 1st October

Pick up times/locations

Tintinara– 9am Heart of the Parks

Coonalpyn - 9.20am Bus stop (opposite hotel)

Meningie– 9.15am Front of school

Tailem Bend-10am Community Centre

Run in partnership with the Coorong Tatiara LAP



Excursion

Meet wonderful
wildlife and pat a
koala



Children must
be six or older
to attend

BYO lunch

Nature Weaving

**Friday the 9th
of October**

Tintinara– 9.30-11.30am

Coonalpyn– 1-3pm

Gather a collection of items
to create your own beautiful
woven artwork

Run in partnership with Coorong OPAL

All activities are free for children under 12 in
the Coorong area. **To book contact-**

Tailem Bend Community Centre

141 Railway Terrace

(PO Box 203),

Tailem Bend 5260 SA

P 08 8572 3513



Mud Play @ Meningie

10am– 2pm

Wed 7th October

Football Oval

BBQ lunch provided

Come along and
make a mess!

Run in partnership with Coorong OPAL



OPAL is a joint
program of State and
Local Governments.

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TBCC Breezeway Benefit Project

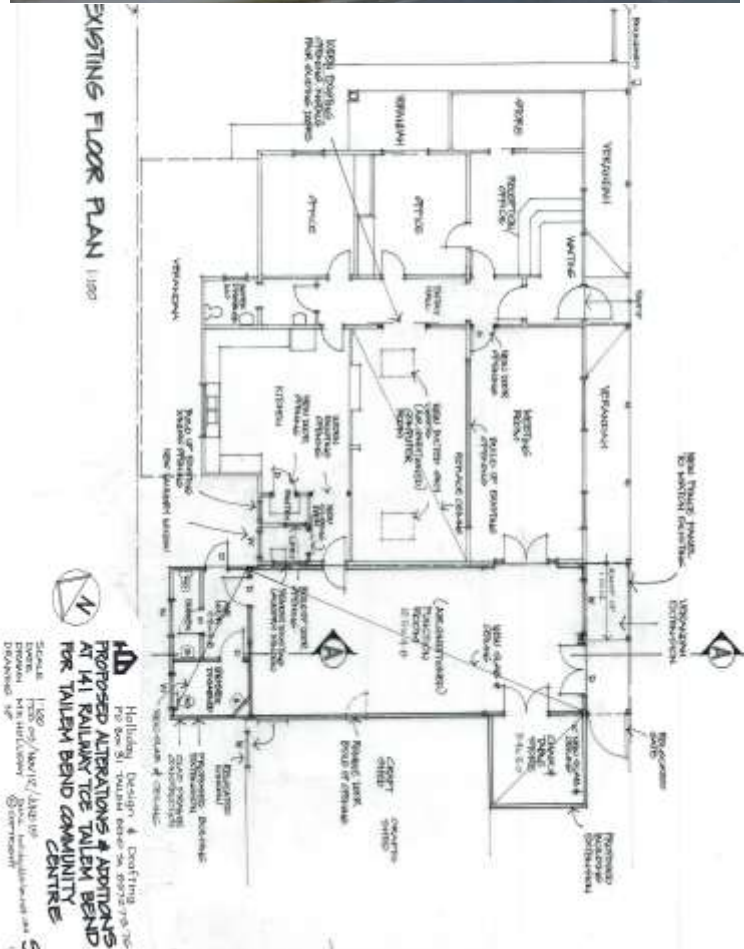
2015-16



This breezeway space will be enclosed creating a function room



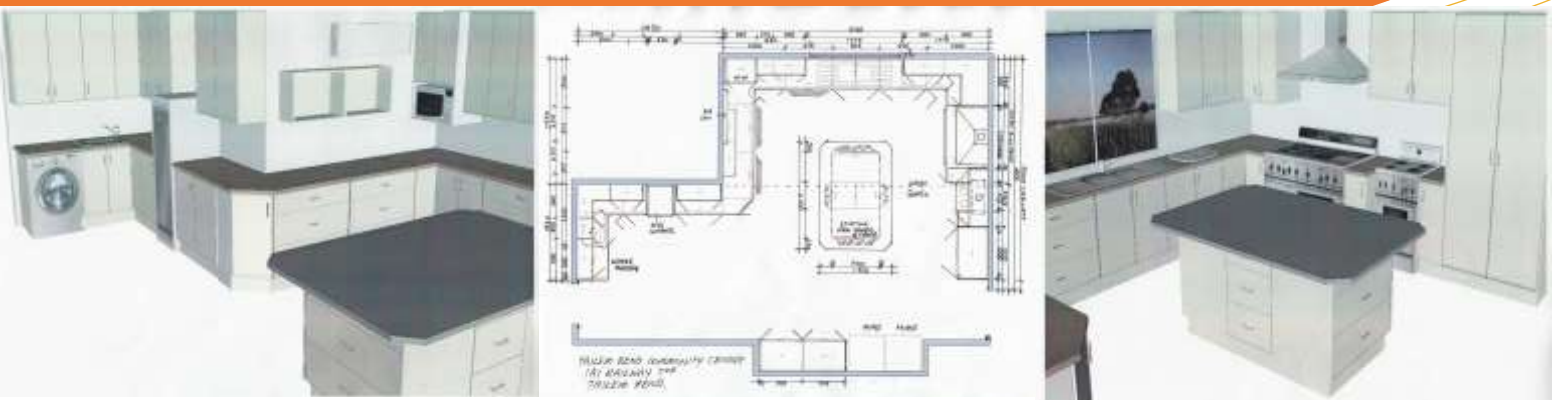
The Taillem Bend Community Centre service demand has increase to a point of requiring additional workspaces. With greater attendance our Centre is at capacity, improved facilities are required to meet community demand and WH&S standards. In partnership with our stakeholders we plan to enclose a breezeway to create three new spaces, function, consulting, IT room as well as two additional disabled accessible toilets. We will commence the build in December 2015 and complete by 2 February work in time for the 2016 year funding permitting



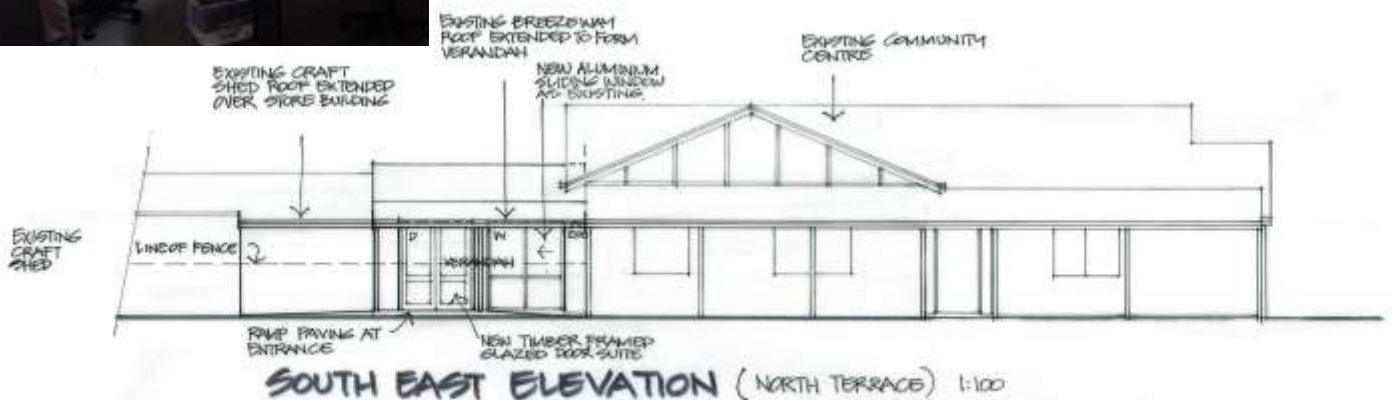
The current function room will be converted into several new multi-use spaces. One half will become a new computer room, housing the public use computers used for job seekers and children for homework club, and the Broadband for Seniors computer kiosk. It will also be large enough for TAFE or other training courses, when required.

The other half of the space will be converted into a meeting/consulting/lounge, which can be used for services like counselling, as well as for community members to have a spot to sit and socialise, wait for a bus, or simply escape the heat. This area will also open into the new function room, allowing it to be opened up as needed.

The TBCC kitchen will be remodelled receiving a number of WH&S upgrades. The kitchen is primarily used by the TBCC catering team to serve meals for Golden Oldies and various local events and is our main source of fundraising. The kitchen also hosts adults and kids cooking classes and is another training resource. A new 8 burner gas oven and pass through dishwasher will complete the kitchen upgrade and make our catering volunteers happy!!



The movement of the computers into the former function room will enable easier access for wheelchairs and gophers to the computers. As well as create of a new office space in the current computer room. This space can then be utilised by out-of-town services providers delivering in the region.



We have been planning and fundraising for this project for 3 years we currently have two grant applications pending, which we should hear about soon. If we are unsuccessful in our grant endeavours we will commence the project in two stages the kitchen upgrade being stage one. TBCC will be closed to the public at various times from 1 December for construction, external users should contact Tammy Shepherd if your service is going to be impacted to arrange an alternative if required. If you would like more information about the Breezeway project please contact any of the TBCC building sub committee members—Rhonda Shillabeer, Trevor Gordon, Rosemary Symonds, or Jack Hunt via TBCC.

Impressionist Landscapes

Acrylics painting workshop

with

Richard Rogers



In this workshop you learn how to interpret the landscape, not just copy it.

You will be shown how the elements and principles of design impact your paintings; how they can be used to great advantage to take your paintings beyond realism and creating images that will fire up a viewer's

About the Artist



Painting coach and tutor Richard Rogers conducts workshops Australia wide.

His Relaxed and encouraging teaching style is coupled with sound knowledge of mediums, painting techniques, design principles and colour theory.

Richard is known for iconic Australian imagery and the vibrancy of his painting style. He has produced a number of art instruction DVDs and his work has featured in the Artists Palette, International Artist and Australian Artist magazines.

Date

Tuesday 10th November 2015

9.30am – 4.00 pm

Cost

\$45 per person

Location

Tailem Bend Community Centre

Participants are asked to bring:

Acrylic paints (paints will be available if you don't have your own), visual diary or sketchbook, pencil, paint brushes, palette, paper towel and two canvas boards or canvases to paint on.

Coffee, tea and biscuits supplied.

Places are limited.

For bookings, payment and enquiries phone the Tailem Bend Community Centre 08 85723513 on or before **Monday 2 November 2015**



Commonwealth Home Support Programme (CHSP)

New information regarding the Commonwealth Home Support programme (formerly HACC) commenced 1 July 2015

Existing HACC clients will not be affected if their needs have not significantly changed. For example if you were just receiving some gardening on an annual basis and now you need assistance with cleaning, shopping or meals, your needs will have changed significantly.

New clients will need to register with "MY AGED CARE". This can be done by telephone or online. Any new clients who require assistance to register can make an appointment to come in to the Tailem Bend Community Centre on Wednesday's or Thursday's 9.30am – 12 .30pm. Arrangements can be made for us to attend in Meningie, Coonalpyn and Tintinara by appointment.

To complete the registration you will require your Medicare card and know the date of last ACAT assessment, if applicable. The call centre for "MY AGED CARE" is in Canberra so when you request a service we recommend that you ask for the organisation that you would like to complete the service, (Coorong District Council/Tailem Bend Community Centre) or they may send someone from as far as Adelaide.

As a result of the changes to the program, we will be requesting existing clients to complete a new enrolment form (sorry) so the information required for an assessment and a care plan is up to date and compliant with the new CHSP guidelines. All existing clients (currently 350 from the Coorong region) will be contacted over the next few months to complete this task.

We are always looking for more contractor to help with the CHSP across the whole of Coorong if you know someone that may be interested in doing some general maintenance please contact us for details.

Any clients requiring advice or assistance are encouraged to call Tammy Shepherd or Eva Haydon at the Tailem Bend Community Centre Tuesday – Friday 9am – 4.30pm on telephone 08 8572 3513 or email info@tbcc.org.au

Save the dates

Melbourne Cup Lunch 12 noon Tuesday 3 November 2015

Golden Oldies Christmas lunch 12 noon Friday 11 December 2015

Lunch and entertainment in the Tailem Bend Town Hall cost \$10 per person

Bookings essential please call TBCC 85723513



2015 Christmas Proms

Adelaide Festival Theatre 11am Saturday 19 December

Strictly limited to 50 seats bus leaves TBCC at 9am

\$30 per person includes bus, ticket, and lunch at the Arkabar

Call TBCC today to book your seat 85723513



Tailem Bend Community Centre

Annual General Meeting

1pm Thursday 3 September 2015

Please join us for afternoon tea following the meeting

Ask us about volunteering we are always looking for more help. Training is provided

Tax Time

You can book in to see accountant Richard Dean for tax returns at the Community Centre on Saturday mornings. Call 85723513 to book.

FREE Flag Marshalling Course

Come along and learn the skills involved in marshalling traffic, and for motor racing events.

6pm Monday 21 September 2015

Register your interest today by calling the Tailem Bend Community Centre on 8572 3513

Boat Licence Course

Wanting to get your boat licence before summer? Learn what you need to know, then take the exam for your licence.

Sunday 27th of September 1pm-5pm

At Tailem Bend Community Centre

Cost- Adult- \$30 Ages 12-15 \$15



Government of South Australia
Department of Planning,
Transport and Infrastructure



Government of South Australia
Department for Communities
and Social Inclusion

Staff

Coordinator:	Tammy Shepherd	Tuesday—Friday
HACC Officer:	Eva Haydon	Wednesday—Friday
C4C Officer:	Rebekah Crisp	Tuesday—Friday
Finance Officer:	Chris Hartmann	Thursday

2014/15 Board of Management:

Chairperson:	Rhonda Shillabeer
Vice Chairperson:	Jack Hunt
Treasurer:	Trevor Gordon
Secretary:	

Committee: Bev Moyes, Kareena Harwood, Rosemary Symonds, Vicky Roach, Lydia Barnes, Joanna Paynter, minutes Trudy Stanley