Newsletter
April
2016

Programs are Supported By

- Commonwealth Home Support Programme (CHSP)
- 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),

Celebrate Youth Week

Tailem Bend Community Centre is delighted to reveal that, with the contribution and input of the Coorong Connections Network youth group, we were successful in receiving a grant to run events in National Youth Week! The funding will be put toward two separate events, a party for the under 25 crowd on Friday the 8th of April (see below) and an excursion to Adelaide Comic Con on Saturday the 9th (next page) which has been generously supported by Comic Con organiser, Reed Pop Exhibitions. These are free events open to all residents of the Coorong aged between 13-25.

If you're under 25 and would like to join in either of these events, give the Centre a call on 8572 3513.

If you'd like to help make a difference in the Coorong District area, the *Coorong Connections Network* meets about once a month, and always welcomes new members.

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

Golden Oldies Outing 22 April 2016

The next Golden Oldies outing is to be held on Friday 22 April 2016

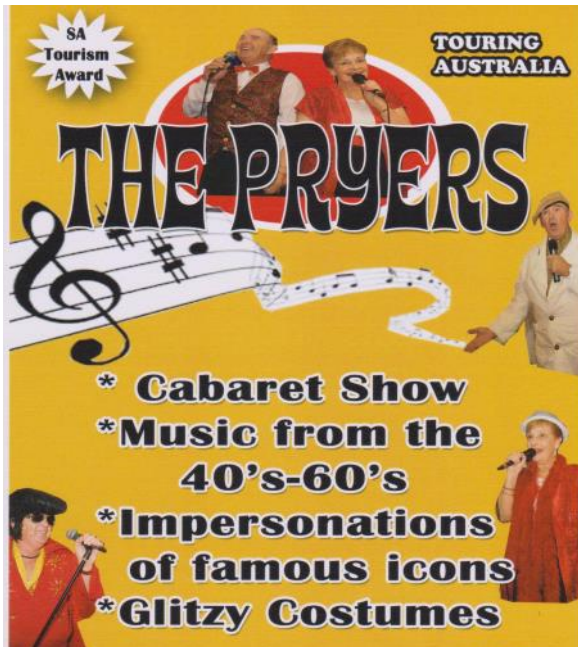
The bus will leave the Tailem Bend Community Centre at 9am on Friday 22nd and return at around 4.30pm.

We will travel to the newly refurbished Mt Compass Hall arriving at around 10.30am ready for our morning tea. A cabaret show (including impressions of famous icons) will follow together with lunch. At around 1.30pm we will get back on the bus, have a tour around Mt Compass and return home . Cost for bus, morning tea, hot lunch and cabaret show is $30.

Please call the Community Centre (85723513) if you are interested in attending.

Golden Oldies Lunches

Our first Golden Oldies meal in our new Breezeway wing (on Friday 26th February) was enjoyed by all and feedback for the breezeway was positive, with comments like 'wow' 'awesome' and 'it's huge!'. The general opinion is that the room is fresh, clean and modern and the lunches continue to be a great time out with tasty food.



Communities for Children Chatter

The Communities for Children Program has been keeping busy in term one. As well as the Our Time 'mums and bubs' group on Thursdays and Yoga on Mondays, we also ran 5 weeks of Kids Boxing for fitness in Tintinara, which kept kids physically active. 5 weeks of kids sewing in Tailem Bend, also taught the children involved some great new skills, creating their own lap quilt .

We also ran Tuning into Kids parenting programs in Tailem Bend and Meningie, which were very well-received, it will be starting in Coonalpyn next term.

Check out what we've got coming up in the April school holidays below, and keep an eye out on the Community Centre Facebook page, or next months Tailem Topics, to find out what we have planned for term two!

Communities for Children Murraylands

Tuning in to Kids

Emotionally Intelligent Parenting

A free four session parenting program for parents of children aged 2-6

Coonalpyn Community Hub. Wednesdays 6pm-8pm. Commencing 11th of May

Would you like to learn how to:

be better at talking with your child?
be better at understanding your child?
help your child learn to manage their emotions?
help to prevent behaviour problems in your child?
teach your child to deal with conflict?

Tuning in to Kids shows you how to help your child develop *emotional intelligence*. Children with higher emotional intelligence:

- have greater success with making and keeping friends
- have better concentration at school
- are more able to calm down when upset or angry
- tend to have fewer childhood illnesses

Emotional intelligence may be a better predictor of academic and career success than IQ!

To register, contact-

Tailem Bend Community Centre
141 Railway Terrace Tailem Bend P 08 8572 3513
E c4c@tbcc.org.au www.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

Follow us on Facebook

Communities for Children Murraylands

what's on!

Coorong District

School Holiday Program **April 2016**

Monday 18th	Tuesday 19th	Wednesday 20th	Thursday 21st	Friday 22nd
	Kids Cooking Tintinara Health and Rec Centre 1pm-2pm	**Kids Carnival- Tailem Bend Town Hall 11am– 2pm** Craft activities, face painting, jumping castle, xbox zone, toddlers-only space and more!	**Rangoli Sand Art** Create your own tranquil sand scene to keep. 2pm Coonalpyn Hub	**EARTH DAY 50th Anniversary** Why not do something for the environment?

Monday 25th	Tuesday 26th	Wednesday 27th	Thursday 28th	Friday 29th
Anzac Day	**Family Excursion- Naracoorte Fossil Caves** **A trip to explore the amazing caves!** Pick up at Tailem Bend (7.30am– Community Centre) Coonalpyn (8.15am- opposite hotel) Tintinara (8.40am– Heart of the Parks) All children must be accompanied by an adult. BYO lunch, or buy it there	**Kayaking at Meningie** **Learn to Kayak with Lyall from Beyond Kayaking.** Lake Albert foreshore. From 10am-3pm. BYO lunch, water and hat. Please wear water-resistant shoes and sunscreen.	Why not go on an animal safari around Tailem Bend? Spot the rhino, the flock of sheep, a fancy-dressed pig or the gorilla. Who else is hiding around the town?	**Meningie movie afternoon– Oddball** RSL Hall 2.30pm

All activities are FREE for children from the Coorong district. Participants MUST book

For bookings or questions, contact-

Tailem Bend Community Centre 141 Railway Terrace (PO Box 203), Tailem Bend 5260 SA
P 08 8572 3513 F 08 8572 4813 E info@tbcc.org.au www.tbcc.org.au

Communities for Children Murraylands is facilitated by ac.care, funded by the Australian Government department of Social Services and delivered by our Community Partner – Tailem Bend Community Centre

ac.care

Coming up next at Tailem Bend Community Centre

Register your interest today for the following classes, by calling the Tailem Bend Community Centre on 8572 3513

Basic Level iPad classes

If you are interested in some basic tuition for ipad/iphone please phone or come into the Tailem Bend Community Centre (8.30am to 4.30pm Tuesday to Friday) to register your interest.

Classes on a Friday morning (approximately one hour duration) will commence in Term two if we receive at least six expressions of interest.

Costs will be $5.50 per class and ipads are available at the centre for those who are considering purchasing one but want to test drive first.

First Aid

Register your interest in completing a certified first aid course.

Glass fusing workshop

Create your own beautiful projects using glass. Makes beautiful jewellery or let us know what you'd be interested in making.

Boat Licence Course

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

Date– 11th May **Time–** 6pm

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

Bookings essential

communities for children
ac.care

Commonwealth Home Support Packages (CHSP)

COORONG DISTRICT COUNCIL

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