

CONNECTIONS



WNC MEMBERS' NEWSLETTER


No. 4 May 2023

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 For updates follow us on Facebook at Wonthaggi Neighbourhood Centre

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At Wonthaggi Neighbourhood Centre you are assured of a warm and friendly welcome! We facilitate a range of activities that are described in our Grapevine program. There is every likelihood that you will find something that may be of interest! We also provide support for community members in a variety of ways. If you are looking to make connections, for support when things are tough, for help with completing a form or applying for an entitlement, or simply need someone to chat too - The Neighbourhood Centre's friendly Manager, Office Administrator and volunteers are here to help.

Please to feel free to call or drop in during office hours (Mon - Fri 9:30 - 4:00). Visit our newly revised website for further information and connect with us on Facebook for up to date news. Share your knowledge of the Centre with friends and neighbours!



The Wonthaggi Neighbourhood Centre at Mitchell House and Harvest Centre has been serving the local community for 40 years. The Centre is run by a community based Committee of Management. In addition to offering a range of support services the Centre aims to provide a positive, welcoming environment where members of the community can meet new friends, learn or share skills and ideas and access community information.

To assist the current Committee of Management with future planning, community members are invited to complete a brief survey. The thoughts and suggestions of the local community collected in this way will be sincerely valued and will make an important contribution to the ongoing work of the Centre.

The survey can be accessed through the website, through the Link below...

<https://www.surveymonkey.com/r/HHHY337>

or by using the QR Code...



WNC HAS A NEW WEBSITE!

With the assistance of local business Bass Coast Design, the Neighbourhood Centre has recently launched a fully revised website that will provide much information about the history and management of the Neighbourhood Centre and Harvest Centre and all the programs and services offered. The Term program (Grapevine) and newsletter (Connections) can be accessed through the site. Check out the new website for yourself...

www.wonthaggi neighbourhoodcentre.com

FROM THE MANAGER...

Welcome to term 2! As usual, the Wonthaggi weather has done its best to confound us – some sunshine, some rain, some wind – all of which tells us that our short-lived summer is over. And whilst we may not know exactly what lies ahead, we do know that whatever the weather brings, it's bound to be interesting!

This term also brings National Volunteers' Week and here at Wonthaggi Neighbourhood centre we have some of the best. What would the centre be without our amazing volunteers? I know you join me in thanking every single one who helps make our centre a vibrant and interesting place to spend time. Our latest Grapevine has been given a bit of a revamp. We've added the 'week at a glance' for you to easily find the details of some of our most popular activities

I am pleased to inform members of some new programs commencing soon. These programs will offer a range of valuable support for community members with specific needs. Details of the new programs appear elsewhere in this newsletter. If you would like further information about these or existing programs please feel free to ring the office.

We need your help. We have created a survey for - WNC members, centre users and the local community - we want to know about your experiences at Wonthaggi Neighbourhood Centre and your ideas for the Centre going forward. The survey can be accessed through the QR code or link on the first page of the newsletter. The link will also be provided on our Facebook page and website. Hard copies for those who prefer paper, will be readily available at Mitchell House. We would love you to take the time to share your thoughts and help us to move to the next, post pandemic phase of Wonthaggi Neighbourhood Centre at Mitchell House. Feedback from the survey will be collated and presented at the Annual General Meeting later this year and assist the Committee of Management with future planning. A final report will be made available to members.

As term 2 ends so does the financial year. So please don't forget to renew your membership for 2023/24 as we gear up for the 2023 AGM – the date of which will be advised as soon as possible.

And in closing? One more big THANK YOU to our wonderful volunteers – the committee members, the front desk people, the learner driver mentors, the group facilitators, our gardeners, those amazingly talented chefs cooking up a storm in the kitchen and everyone else that helps our world keep turning - where would we be without you?

Leslie Adams
Manager.

NOTICE TO MEMBERS:

At the 2022 Annual General Meeting, it was agreed to increase the cost of WNC membership as follows:

- \$20 per person
- \$15 per person concession
- \$30 Family
- \$20 Family concession

Pro rata costs to be applied from 1st April 2024 to 30th June 2024
New Member costs to apply from financial year commencing 1st July 2023.

Please note also that from 1st July cost to members for Learnshare activities will return to the pre covid amount - \$4.00 replacing the current gold coin donation.

The increase in membership fees was thoughtfully considered by members present at the meeting and has been kept to a minimum. The current fees have been unchanged for a number of years.

Membership entitlements include discounted rates for activities and issues of the Grapevine program and Connections newsletter.

The increase will assist the Centre to remain viable and ensure that the many valuable services delivered to the local community continue.

A STORY WORTH TELLING AND SHARING!

The Bass Coast Refugee Sponsorship Group (BCRSG) were overwhelmed by the community's support on 1st May 2023 when the Hon Andrew Giles MP, Minister for Immigration came to Wonthaggi to launch the film "Humankind, a heart-led response to people forced to flee". The short film from Director Sal Balharrie follows our group's journey in coming together to welcome a refugee family from Syria under the new Community Sponsorship Program.

In Lukman's own words ..

"We are very happy. Because we are in a country of safety..... I thank you all from my heart. You were wonderful and kind to me and my family. I thank all the members of the group and all the people who contributed to helping us."

We live in such a supportive, amazing community. It shows that together we can make a difference.



New Wave Gippsland Bass Coast group is a self advocacy group that is run by and for people with an intellectual Disability and Acquired Brain Injury living in the Bass Coast Area, we work together to make sure we have the same rights, choices and opportunities as everyone else in the community.

We meet every second Thursday from 10.00am to 11.30am at Mitchell House. (Next mtg. 25th May)

To find out more please contact Paul Drew, Peer Worker for New Wave Gippsland Bass Coast phone 0439425238
Email nwbcpeerworker@gmail.com or you can email the New Wave Gippsland Bass Coast Project Worker on bclnewwave@gmail.com



FREE HEARING TESTS!



Hearing Australia will be partnering with Wonthaggi Neighbourhood Centre to offer free 15 minute hearing assessments for any community members interested or concerned that their hearing capacity has declined.

It is necessary to phone the Centre before Friday June 2nd to make an appointment.

**Monday 5th June,
10:00am - 1:00pm Ph. 56723731**

CHESS GROUP!

The weekly Chess group on a Monday afternoon is becoming increasingly popular.

Why not consider coming along for a friendly game and match your wits against worthy players of this ancient and strategic game!

Monday's from 2:00pm
Members: Gold Coin
Non-Members \$6.00



Recycle your waste at WNC!

Receptacles have been provided at Mitchell House for community members to dispose of a variety of recyclable items including the following: Dental related (toothbrushes and toothpaste tubes), plastic pens, empty pill blister packs, plastic bread tags and razorblades. Simply drop in and place your items in the labelled containers and WNC staff will ensure that they end up recycled as intended. Every little bit helps in the push to reduce the waste that ends up in landfill sites.



EVER CONSIDERED VOLUNTEERING FOR WNC?

Volunteering for the Wonthaggi Neighbourhood Centre can be very rewarding knowing that in such a role there exists opportunity to help the Centre fulfil one of its most important goals, to assist in building community and to reach out to those most in need to make a difference. There is a significant need for more volunteers at this time. If you can spare a few hours each week for a shift on the reception desk or perhaps in another role, we would be very pleased to hear from you. Complete the online volunteer form available on the website, phone the office for a chat or better still, drop in for a face-to-face conversation.



The Members' Newsletter is designed to keep members informed and to provide a forum for the sharing of news and ideas related to the work of the Neighbourhood and Harvest Centres.

The newsletter is published four times a year and distributed to members via email. Hard copies will be available at Mitchell House.

Please feel free to contribute to future editions and/or feedback your thoughts; reception@wonthaggineighbourhoodcentre.com



ALOTS

Adults Living on the
Spectrum Social Group

Meeting on the fourth Saturday of
each month commencing 27th May
at Mitchell House, 1:30—2:30pm

Contact:
Kate Harmon
0438730119



Supported by AMAZE - the peak body for
Autistic people and their supporters in Victoria



MINDFULNESS WITH MAREE

Maree's classes will provide an opportunity for participants to learn and practice different mindfulness and breathing techniques that will enhance relaxation and inner peace. Research has confirmed the benefits of the techniques that can be practiced seated or lying down on a mat. You are very welcome to come along and give the class a try before committing to determine if the practices are something that will bring benefit to you!

Mitchell House,
Wednesday's 3:30 - 4:15pm
Cost: \$5.00

