



Archie Graham
COMMUNITY CENTRE

OPEN
8.15AM TO 5PM MON - FRI

The Archie Graham Community Centre (*Archie*) is a *usually* a great place to find activities that you would like to do and to connect with others with similar interests. Unfortunately at the time of writing this newsletter, the doors are closed and activities are on hold due to the COVID restrictions.

Being optimistic by nature we have included our usual activities in this newsletter PLUS our **CELEBRAGE Seniors Festival Program** (see pages 6 - 9) in the hope that these activities can go ahead as the restrictions ease.



The Victorian Government is a step ahead with **The 2021 Seniors Festival Reimagined** which presents a diverse and rich mix of programming for our online and radio audience from now until October.

What can you expect? Think of the classic old English rhyme: *Something old, something new, something borrowed and something blue*. We have been inspired to produce creative programming that expresses continuity, optimism for the future, learnings from generation to generation and more.

www.seniorsonline.vic.gov.au/festivalsandawards

A Unique Gift Idea - give a friend / family member an Archie visit pass to something they love to do!



5 & 10 session visit passes are available from Reception or call 5559 4920 & pay by card over the phone.

Hydrotherapy Pool: 5 sessions \$50 & 10 sessions \$100

Group Fitness: Strength training, Pulselite, Stepping Stones & Chair Yoga:
5 sessions \$35; & 10 sessions \$70

1:1 Tech Support sessions with Volunteers: 5 sessions \$35; & 10 sessions \$70

Bike Hire: 5 sessions \$25; & 10 sessions \$50

Archie visit passes - a convenient way to make bookings & pay for your favorite activities so you don't miss out. If you need to cancel a booking, you can do it over the phone by calling Reception on 5559 4920. Cancel with at least 24 hours notice gives staff time to re-book your spot if possible.

Archie Graham Community Centre; 118 Timor St Warrnambool.
Phone: 03 55594 920 Email: agccustserv@warrnambool.vic.gov.au

Social Connection

Archie Café currently operates Mondays & Thursdays 10am - 2pm.

Menu:

Espresso coffees: cup \$3, mug \$4. Archie's volunteer baristas make cappuccinos, café latte or a flat white ... whatever you like to order! Extra shots of espresso are available at 50c for those that need an extra kick or if you prefer the mug size; 1/2 strength coffee is also available if that's your thing.

Hot chocolate & specialty teas: cup \$3, mug \$4

Cold drinks: \$3 a selection of fruit juice & mineral water.

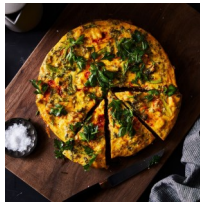
Scones, slices and biscuits: \$2.50-\$3

Homemade soup: \$3, small bowl

Toasties: \$3-\$5; cheese - \$3, ham - \$4, cheese & ham - \$5

Raisin toast: \$1 per slice

Some upcoming spring lunch options as we head into the warmer months. We will start with simple & tasty quiche, frittata & sandwiches.



Netflix Movies

WHEN: 1.30pm 2nd & 4th Tuesday each month

Cost: \$2 payable at Reception. All welcome.

Tuesday 14 Sept: **Tracks**

2013 | M | 1h 48m | Drama

In 1977, young adventurer Robyn Davidson takes an arduous walk over 1,600 miles across the Australian desert with four camels and a dog for company.

Starring: Mia Wasikowska, Adam Driver, Rainer Bock

Tuesday 28 September: **Enola Holmes**

2020 | M | 2h 4m | Mystery

While searching for her missing mother, intrepid teen Enola Holmes uses her sleuthing skills to outsmart big brother Sherlock and help a runaway lord.

Starring: Millie Bobby Brown, Henry Cavill, Sam Claflin

Tuesday 12 October: **Mudbound**

2017 | MA 15+ | 2h 15m | Drama

Two Mississippi families -- one Black, one white -- confront the brutal realities of prejudice, farming and friendship in a divided World War II era.

Starring: Carey Mulligan, Jason Clarke, Mary J. Blige

Tuesday 26 October: **Five Feet Apart**

2019 | M | 1h 56m |

A teen with cystic fibrosis shakes up her daily routine and challenges hospital protocol when she falls for a fellow patient. Starring: Haley Lu Richardson, Cole Sprouse, Moisés Arias

Out to Lunch Group - all welcome!

Come along and enjoy good food and great company for our monthly lunch get - togethers.

We purchase our own meals and chat about anything and everything and form new friendships.

Please book at *Archie* Reception or call **5559 4920** and we know to look out for you.

We will meet at the restaurants listed below:

When: Wed 215 Sep,
12 noon

Where: Emperor House
Chines Restaurant
72 Liebig St, W'bool



When: Wed 20 Oct
12 midday

Where: RSL
Cnr Merri St & Liebig St
W'bool

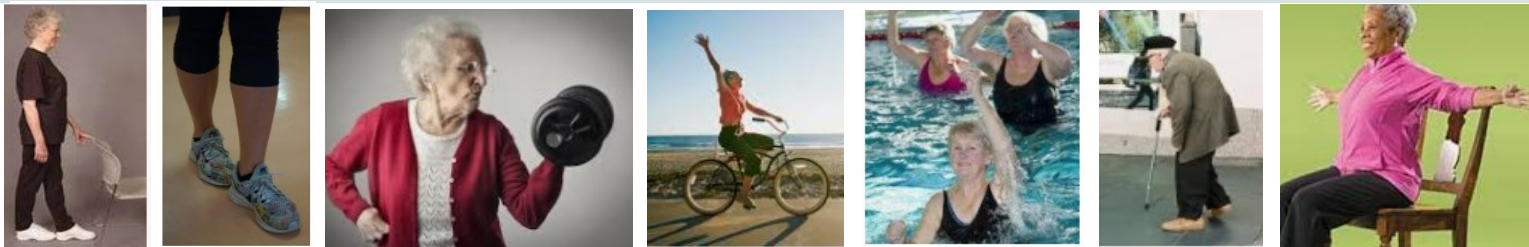


Weekly Timetable

Note: Seniors Club Activities require Annual Membership of \$25

Monday	Tuesday	Wednesday	Thursday	Friday
9am - midday Hydrotherapy Pool 1hr; \$9	9am - 1pm Hydrotherapy Pool 1hr; \$9	9am - midday Hydrotherapy Pool 1hr; \$9	9am - midday Hydrotherapy Pool 1hr; \$9	9am - midday Hydrotherapy Pool 1hr; \$9
9.15am Tai Chi \$4 Seniors Club	9am Walking 50c for lucky draw Meeting point: varies Seniors Club	9.30am Heart Foundation Walking - free Start: Surf Club	9am Walking - free Meeting point: varies Seniors Club	9am Confidential assistance with personal infor- mation with Jan Harrington. Free
9.30am - 4pm Tech Support with Volunteers 1hr; \$7	9.15am Men's Strength Training \$7	9.30am - 4pm Tech Support with Volunteers 1hr; \$7	9.15am Men's Strength Training \$7	9.15am Chair Yoga \$7
9.30am Heart Foundation Walking - free Start: Surf Club	9.30am - 4pm Tech Support with Volunteers 1hr; \$7	10am 2 nd & 4 th Wed/mth Social Gardening Free	9.30am - 4pm Tech Support with Volunteers 1hr; \$7	9.30am - 4pm Tech Support with Volunteers 1hr; \$7
10am Social Cycling free. Enquire at Reception	10am Painting with tutor Ricky Schembri \$15 - tutor. Seniors Club	11.45am My Strength \$7	10.30am Strength Training \$7	9.30am Painting - free Seniors Club
10.30am Gentle Exercise. \$4 Seniors Club	10.30am Strength Training \$7	1pm Pulselite \$7	11.45am Stepping Stones \$7	9.30am Heart Foundation Walk- ing - free. Start: Centro
11.45am My Strength \$7	11.45am Stepping Stones \$7. Transition from Health Services only	1.30pm \$1 for prize Cards 500 Seniors Club	1pm Indoor Bowls \$1 for prize Seniors Club	10am Social Cycling free. Enquire at Reception
1pm Pulselite \$7	1pm Indoor Bowls \$1 for prize Seniors Club	1.30pm Mahjong \$2 Scrabble \$2	2pm Petanque - free; Lake Pertobe Piste. Seniors Club	10.30am Line dancing Seniors Club \$4
1.30pm Billiards - free Seniors Club	1.30pm 2 nd & 4 th Tue/mth Netflix Movie \$2	1.30pm Billiards - free Seniors Club		1pm Cards Euchre, free. Seniors Club
1pm, 1 st & 3 rd Mon/month Knitting free Seniors Club	1.30pm Confidential assistance with personal info Mabel Mitchell. Free			1pm Singalong free Seniors Club To be confirmed
1pm, 2nd Mon/mth Writing Group \$2	4pm Heart Foundation Walking - free Start: Aquazone			1.30pm Billiards - free Seniors Club
2.15pm, Scottish Dancing To be confirmed Seniors Club	<p>Most activities require paperwork to be completed before attending. Enquire at Reception - 5559 4920 or ask others who are involved in the activities that interest you about what is involved. Collect paperwork from Reception, complete & return it, then make your bookings.</p>			
3pm Chair yoga \$7				

Physical Activity at Archie



Are you looking for a physical activity group to join that's fun, friendly & affordable?

Check out the options on offer at Archie listed below. PTO for the timetable.

Group fitness classes:

A variety of group classes that range from strength training to balance and falls prevention and chair yoga are on offer each week. You will need to book a [Find your Class](#) session on Wednesdays 2.30pm or 3pm before attending a group fitness class.

Options for when Archie is closed:

A range of videos & handouts are available from our website: www.warrnambool.vic.gov.au/home-exercise-videos
Zoom strength training / general fitness sessions at low-moderate intensity are available for regular participants. Contact Reception on 5559 4920 to request the link and confirm the date/time of classes.

Hydrotherapy: The warmth of the pool eases aches and pains and the water provides support during your workout. Life guard present but no instructor. **When the Centre re-opens**, you can make a start by collecting a pre-exercise assessment & information about pool use from Reception.

Social Cycling: If the freedom of cycling along the foreshore promenade or rail trail with a group appeals to you, collect a rego form from Reception & register for of the next Rusty Rider session, where your cycling skills will be checked by volunteers prior to riding with the group. Next Rusty Rider sessions: 9am Friday 3 Sept & 8 Oct. Queries: contact Clare Vaughan, 5559 4920. **Suspended during lockdown.**

Heart Foundation Walking: Those interested in walking with a group, please collect a registration form from Reception and advise staff of which group and the date you would like to attend the first time and the volunteer walk organiser will be notified to look out for you .

Morning tea gatherings are held monthly on the deck on the beach side of the Surf Club on the last Monday of the month at 10.15am. The next gatherings on 27 Sept & 25 Oct. **Suspended during lockdown.**

NOTE: During lockdown, staff are working offsite so calls to Reception may take a little more time for a response. Thanks in advance for your understanding. - *The Team at Archie*

Bookings, payments and cancellations

To operate the Centre viably we need your co-operation - otherwise known as a bit of *give & take!*





To have the flexibility of 'pay as you go' & maintain affordable fees, we ask you to be considerate and minimise 'no-shows' & late cancellations. Not only do they cost the Centre which leads to price rises, but other patrons miss out on a spot in a class or pool where waiting lists exist.




IF YOU CANCEL A BOOKING EARLY, it is simple for staff to transfer your booking to another time AND contact someone on a waiting list to fill your spot.

Please contact Clare Vaughan - 5559 4920 if you wish to discuss a cancellation issue..

Technology Support - with Archie Volunteers

Archie Tech Support Volunteers will assist you with your IT issues. Each volunteer has particular expertise so check out the info below to find out who would be the best fit to assist you. **During lockdown, assistance from volunteers by phone is possible** - for enquiries or bookings call Reception on 5559 4920.

			
Alan Richardson	Brian Richards	Christine O'Grady	David Pearson
Overcoming the fear of using an iPad or iPhone. This session is targeted just for you! Mon - 9.30am & 10:45am Fri - 9.30am & 10:45am * unavailable in Sept	Help to solve tricky problems on computers & tablets but not phones Tues - 9.30am & 10:45am Wed - 1.15pm & 2:30pm Thur- 9.30am & 10:45am * other times on request	Computers (Windows) Android tablets & phones Social Media. Mon - 1.15pm & 2:30pm	Computers (Windows) Getting started online. Genealogy/ancestry. Intro to iPad Wed- 9.30am & 10:45am

		
Colin Wake	Richard Skilbeck	Barbara Skilbeck
Computers (Windows) All things computers Setting up emails. Editing and storing of photos Thu - 1.15pm & 2:30pm Fri - 1.15pm & 2:30pm	Computers (Windows) All things computers Word & Excel. Email & Networking Mon - 9.30am & 10:45am	Android tablets & phones Zoom Photobooks Powerpoint Tues - 1.15pm & 2:30pm *other times on request

Payment is required at the time of booking. 5 or 10 visit passes are available.

We understand that cancellations are sometimes unavoidable so please call Reception on 5559 4920 to cancel, rather than just not turn up.

Not attending an appointment impacts on our volunteers who give their time generously.


Sessions cancelled with 24 hrs or more notice can be refunded or re-booked for a more suitable time.

Queries: Call Reception or ask to speak with Clare Vaughan 5559 4920.

Assistance with your Personal Information

Mabel Mitchell and Jan Harrington are Archie Volunteers with experience in dealing with confidential information throughout their careers as nurses. Make a booking with Mabel or Jan to chat about considerations and options to manage your personal affairs. For example:

- an advance care directive
- apply for My Aged Care
- apply for a Seniors Card
- an enduring power of attorney
- apply for Power Saving Bonus

	
Mabel is available Tuesdays 1.30-2.30pm	Jan is available Fridays 9.30-10.30pm

Victorian
Seniors
Festival
Reimagined
2021



CELEBRAGE
Warrnambool's Seniors
Festival
Sunday 3rd - Friday 29th
October 2021

Program of Victorian Seniors Festival online and radio events available: [CLICK HERE](#)

The Celebrate Festival is produced on the lands of the Gunditjmara people of the Maar Nation. We wish to pay our respects to Elders past, present and emerging. We welcome all First Nations to join these events

Bookings will open when COVID restrictions ease and Council staff are available to take calls.

COVID safe plans are in place and restrictions on numbers attending will apply.

Celebrage Concert

Sunday 3 October; 1-1.30pm

WAG - Warrnambool Art Gallery

FREE; Book at Archie Reception or phone 5559 4920

Max: 70 people.

Join pianist Bernie Opperman & friends for a concert of beautiful music played for your listening pleasure.



Celebrage Festival Launch

Sunday 3 October; 1.45 – 3pm

WAG - Warrnambool Art Gallery

FREE; Book at Archie Reception or phone 5559 4920

Max: 70 people

Ngata everyone! Hello everyone!

Join Peek Whuurrong elders Uncle Robbie Lowe Senior, Uncle Locky Eccles and Mel Steffensen in a Welcome to Country Ceremony. Mayor Vicky Jellie will officially launch the festival.

Local Nominees for the Victorian Senior of the Year Award 2021 will be introduced and their community contributions acknowledged & celebrated.

The guest presentation by Ali Kemp, Warrnambool City Council's Manager - Recreation & Culture will inspire you with an update about our new Library and Learning Hub. Refreshments will be provided.

Local nominations for Victorian Senior of the Year will be acknowledged & celebrated at the Festival Launch

WALLAWAR | GLOW

Wallawar means Glow in local Peek Woorong language. This hallmark event will run 1 - 3 October 2021 at WAG. With our carefully curated lineup from across a whole spectrum of art, music, dance and food, you'll find a visual, captivating and unique wonderland of boutique events.

GOLDEN DANCE PARTY

Sunday 3 October; 3-5pm

WAG - Warrnambool Art Gallery

FREE; Book at Archie Reception or phone 5559 4920

Max: 70 people; more if event held outdoors.

Dress in your best golden, glowing attire and dance-off with Zumba, Swing and Line-dancing groups. Or just enjoy being a wall flower with refreshments provided in our chill-out lounge. Outdoor option possible based on weather and restrictions. Queries: call Clare: 0447 528 469



CELEBRAGE SENIORS FESTIVAL 2021:

Bookings will open when COVID restrictions ease and Council staff are available to take calls.

Computer Connected Celebrate Special Connecting through social media

Monday 4 October; 9am – 10am

Warrnambool Library

FREE; Book at the Library or phone 5559 4990

Max: 10 people

Book in for a computer information session with library staff aimed at getting you up and running on social media. Always had questions about Facebook, Instagram or Twitter – and what is TikTok? Our Computer Connected support staff will guide you through and get you started.



Concert: A Tribute to Gene Kelly & Judy Garland

Presented By: 3YBFM Morning Music & Lighthouse Theatre

Wednesday 6 October; 11am

Lighthouse Theatre

\$20; Groups of 8+ \$15. Book at the Lighthouse Theatre or phone 5559 4800

The extraordinary talents of the legendary Gene Kelly and Judy Garland come together in a spellbinding concert dedicated to these magnificent stars of Hollywood & Broadway's golden age of musicals.



Out to Lunch after the Concert

Wednesday 6 October; 12.30pm

Book a table for lunch after the concert!

Local restaurants that are in walking distance from the Lighthouse Theatre are ready to take your booking.

Images: 55624208

RSL Saltwater Bistro : 55624634

IMAGES
Restaurant ▲ Cafe ▲ Cocktail Bar



Grandparents Storytime

Thursday 7 October; 10am

Warrnambool Library

FREE; Book at the Library or phone 5559 4990

Join us for our Celebrate "Grandparents" Storytime. Suitable for 3 – 6 year olds and their special "older person".

Enjoy listening to a dedicated storytelling session followed by a creative activity.



Join Director Vanessa Gerrans & the Friends of WAG - discussion & morning tea

Thursday 7 October; 11am

WAG - Art Gallery

FREE; Book at WAG or phone 5559 4949

Max: 20 guests; dependent on restrictions

Curious about becoming a Friend of WAG – but not sure what it involves? Join Gallery Director Vanessa Gerrans and the 'Friends' group in their monthly gathering to discuss all things inspiring at WAG. New members are most welcome. Annual subscription \$40; Concession \$25.



Lifestyle and Learning – Warrnambool Community Garden

Tuesday 12 October; 2pm

Warrnambool Library

FREE; Book at the Library or phone 5559 4990

The Warrnambool Community Garden is not only a space for growing and sharing food, but also for social and community activities and for networking and friendship. Learn about what goes on at the Garden, and how you can be involved. If you enjoy this presentation, book your spot to visit the Community Garden later in the festival.



CELEBRAGE SENIORS FESTIVAL 2021:

Bookings will open when COVID restrictions ease and Council staff are available to take calls.

Street Art Walk

Friday 15 October; 10 – 11.30am

Meet at the Art Gallery Entrance

FREE; Book at Archie Reception or call 5559 4920

Warrnambool's CBD streets and laneways have many hidden treasures which artists have created for all to discover. Meet F Project volunteer Claire Norman at WAG for a tour tipped to change the way you see our CBD.

Light refreshments available at the conclusion of the walk.



Literary Charades

Friday 15 October; 5pm – 6pm

Warrnambool Library

FREE; Book at the Library or phone 5559 4990

Bring your performance skills and literary knowledge to our Literary Charades evening. Groups welcome or join in to meet new people in a fun and welcoming environment.



Back to Crossley Seniors Dance

Sunday 17 October; 2 - 6 pm

Crossley Hall – Friends of the Crossley Hall

\$10 which include afternoon tea. Enquire & book with Loretta Lane 0408 687 261 or José Farrar 0438 891 313

The Friends of the Crossley Hall warmly invite you to the *Back to Crossley Seniors Dance*. Feel free to be on your feet, or simply sit, tap your toes, listen to the music and reminisce with friends.



Computer Connected Celebrage Special

Learn how to edit photos

Monday 18 October; 9am – 10am

Warrnambool Library

FREE; Book at the Library or phone 5559 4990

Come along for a session focused on editing digital photographs. All those holiday photos building up on your digital device? Our Computer Connected support staff can help you get the best out of your photos and to get them slideshow ready.



Making a Tussie Mussie

Tuesday 19 October; 10 – 11.30am

Warrnambool Community Garden - cnr Derby & Grieve St. Entrance Grieve St

\$5; Book at Archie Reception or phone 5559 4920

Meet at members of the herb group at the Community Garden entrance to tour the herb & flower patch and then come together to make a tussie mussie. A tussie mussie is a posy of flowers & herbs arranged to look and smell delightful but traditionally varieties were selected to send a specific message to someone. Light refreshments available during the morning. Meet at Community Garden entrance.



Art Demo – with Ricky Schembri

Wednesday 20 October; 10.30am – midday

Archie Graham Community Centre

FREE; Book at Archie Reception or call 5559 4920

Join Ricky Schembri at Archie as he creates an artwork using pastels from start to finish. Suitable for experienced artists and beginners.

Ricky leads an art group at Archie on Tuesday mornings; enquiries from potential new members are most welcome. Light refreshments available.



CELEBRATE SENIORS FESTIVAL 2021:

Bookings will open when COVID restrictions ease and Council staff are available to take calls.

WAG –Tour of the Back of House

Wednesday 20 October; 1.30-2.30pm

WAG; Art Gallery

FREE; Book at WAG or phone 5559 4949

Max: 10 guests

Curious about what goes on behind the scenes at the Art Gallery? Join staff as they guide you on a tour of the storage of the permanent collection and explain the processes involved when selecting pieces and displaying them in an exhibition. Light refreshments provided.



Exploring Our Past – FJ Stories

Thursday 21 October; 2pm

Warrnambool Library

FREE; Book at the Library or phone 5559 4990

The iconic Fletcher Jones factory and the man himself are synonymous with Warrnambool. *The Fletcher Jones – Stories from our Community Project* reps will be in the library to share some of the stories and history of “FJ’s” and its ongoing relationship with the community.



Street Art Walk

Friday 22 October; 10 – 11.30am

Meet at the Art Gallery Entrance

FREE; Book at Archie Reception or call 5559 4920

Warrnambool’s CBD streets and laneways have many hidden treasures which artists have created for all to discover. Meet FProject volunteer Claire Norman at WAG for a tour tipped to change the way you see our CBD.

Light refreshments available at the conclusion of the walk.



Tour Community Garden & Japanese Garden

Wednesday 27 October; 1.30-3pm

Warrnambool Community Garden - cnr Derby & Grieve St.

Entrance Grieve St

Max: 10 people;

\$5; Book at Archie Reception or phone 5559 4920

Join us at the Community Garden for a tour of the garden plots & structures as well as the Japanese Garden. Refreshments will be available after the tour and visitors and welcome to stay for the garden market after the tour. Meet at Community Garden entrance.



Intergenerational Board Game Night

Friday 29 October; 5pm – 6pm

Warrnambool Library

Family members, neighbours, friends, come along in your competing age groups – kids, parents, grandparents, for a fun evening of intergenerational competition.



RUNNY NOSE OR COVID?

The only way to be sure is with a test at the first sign of any symptom.

For testing locations, visit [CORONAVIRUS.vic.gov.au](https://www.coronavirus.vic.gov.au)

ONLY A TEST CAN TELL

Authorized by the Victorian Government, Melbourne

VICTORIA
State Government

Community Information



Lantern Making Workshop

TUESDAY 14TH SEPTEMBER
1pm-3pm

Join us at the West Warrnambool Neighbourhood House for a fun afternoon of Lantern Making

Bookings essential
Contact Jill on 0418 944 276
or email jbourke@warrnambool.vic.gov.au

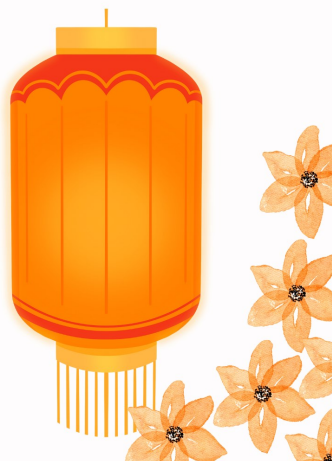


Multicultural Women's Circle First Gathering

Join us to celebrate the Spring Equinox together!

Tuesday 21st September
5.30pm - 7pm
At the Archie Graham Community Centre

Evening Supper provided.
Bookings essential
Contact Wei-Lin by email
Weilin_mail415@gmail.com



HOME IS WHERE THE ART IS

HELP JIMMI DESIGN A NEW NEIGHBOURHOOD MURAL!



To go into the draw for an opportunity to design a mural with Jimmi for your neighbourhood, register for the Lets Get Neighbourly workshops.

WORKSHOP 1

Saturday 28 August, 10am-12.30pm at the Archie Graham Community Centre

REGISTER HERE:

www.neighbourhoodconnect.org.au/projects
or Call Irene on 0413 706 233



www.warrnambool.vic.gov.au



Community Information

My Aged Care Info Session

My Aged Care is the start point to access Australian Government funded services. In this session we will use the website to help you find out about:

- The types of aged care services available
- Your eligibility for services
- Costs you may need to pay

Presenters Mary McLeod & Narelle Wickham South West Carer Support Program Staff can answer all your questions about Respite Services

Date: Thursday 14 October

Time: 2.00 — 3.00pm

Enquiries or book: at Archie Reception or call 5559 4920

Cost: Free

End of Life Preparations Workshop

Over the course of two hours learn about advanced care planning, powers of attorney and wills. Be inspired to complete an end of care plan, a life review, a death plan and funeral plan.

Presenter: Eric Fairbank from the Warrnambool and District Hospice.

Dying well requires thought and planning

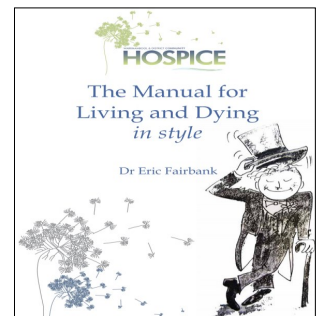
When: 10am - midday Wednesday 8 September

When: 10am - midday Wednesday 13 October

Where: Archie Graham Community Centre

Cost: Free.

Bookings essential at Archie Reception or call 5559 4920



Apply for the Power Saving Bonus

West Warrnambool Neighbourhood House is helping people in their community to apply for the \$250 Power Saving Bonus.

This is a one-off payment to help you with the cost of living.

To be eligible, someone in your household must have a pensioner concession card or receive, Austudy, Abstudy or Youth Allowance.

Please don't hesitate to get in contact and make an appointment, so we can help!

Contact Coordinator:
Jill Bourke
Phone: 0418 944 276



Food Share

Warrnambool is fortunate to have a well stocked *Food Share* organisation on our doorstep.

If you need help accessing fresh and nutritious food, the West Warrnambool Neighbourhood House is a phone call away! West Warrnambool Neighbourhood House can access food from *Food Share* on your behalf and deliver it safely to your front door.

All food hampers consist of fruit, vegetables, dairy, meat, bread products and non-perishable items.

Food Share is FREE – and every call is confidential.

Please call Jill 0418 944 276



Engage & Explore.

Share your thoughts. Shape our future.

Wannon Water's Community Engagement Team are keen to hear your views

Our prices: Help shape our commitment to affordability and equity

Our resilient future: Help shape our response to climate change, water security and community needs.

Our services: Help shape the services our customers need.

Join the conversation online: www.engageandexplore.wannonwater.com.au

OR in person **11am - midday Thur 30 September** at a Community Information session delivered by the Wannon Water Community Engagement Team. Bookings not essential, however they help with catering and COVID safety. Call Reception 5559 4920 to register.

Printed surveys will be available from Archie Reception on re-opening

Top Tips for Self-care

The world is pretty topsy-turvy right now, because of the global panic around coronavirus (COVID-19). If you're feeling overwhelmed or stressed by it all, be reassured that this is a very normal response.

However, it's important to go easy on yourself and to take time for self-care. Beyondblue put together this list of self-care activities that you can do from home.

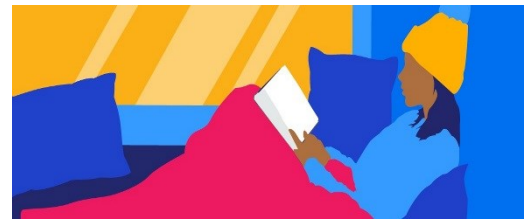
They'll help you feel a little better and give you a sense of control during a very uncertain time.

TOP TEN TIPS from Beyondblue

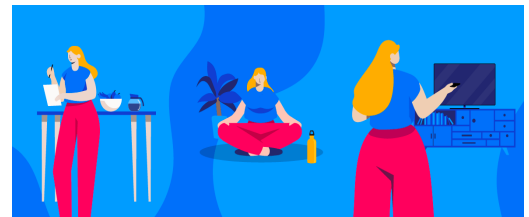
1. Stay active It's well known that exercise is really good for both our physical and mental health.



2. Take 10 to be zen When we're stressed about something (such as coronavirus), our thoughts tend to speed up. Taking 10 minutes or so to practise mindfulness can help produce a sense of calmness.

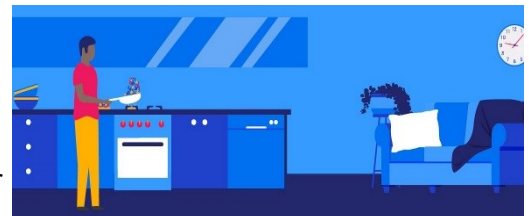


3. Chat with your mates Even if an in-person meet-up is off the table, try to stay in touch with your mates via text, Messenger, WhatsApp, FaceTime, or (gasp!) a good old-fashioned phone call. Ask them how they're feeling and share your own experience if you feel safe to do so.



4. Check out forums If you're feeling (or literally are) isolated, jump on to the Beyondblue/Reach Out online forums

5. Make a homemade meal Good nutrition is always important, but during stressful times there's nothing better than a tasty, healthy homemade meal – especially if you made it yourself.



6. Take a break from the news Between the news and social media, we're all feeling saturated by coronavirus updates right now. It's important to stay informed, but try to limit your media intake to 1-2 times a day. Use trusted news sources

7. Make a music playlist Make a playlist with your favourite songs - happy listening!

“...make sure you're actively seeking out the positive news before you consume the bad.”

8. Declutter for five minutes Instead of trying to overhaul your whole space in a day, try decluttering for five mins a day. Pick a shelf, start with or pick up five things & find a home for them.

9. Watch or read something uplifting Distraction can be a good thing. Watch something that you find uplifting and allow yourself to zone out from what's going on in the world



10. Learn something new Have you wanted to get into drawing or learning a musical instrument? Now's a great time to start.



How to seek support during this time

Feeling worried or struggling to cope during the coronavirus pandemic? **We're here to help.** Our trained counsellors are there to support you 24/7. Give them a call on **1800 512 348.**