



Communities for Children Holiday Programs

During the December/January Holidays we advertised 13 holiday programs in the Coorong region, unfortunately due to limited bookings 3 programs were cancelled.

We stress the importance of using the C4C services offered (bookings are essential) due to registrations forms and minimum numbers required for programs to proceed. If services are not well attended the funding body consider "there isn't" a need in the community. The TBCC Board of Management and Staff have worked hard to secure funding for programs for children aged 0-12 years and their families.

Over 300 participants from the Region and beyond attended programs provided.

Please call us today to discuss programs you would like to see happen in the Coorong Region and ask your friends to support the Communities for Children program so we don't lose it.



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),

Need one-on-one support to live well?

I will be resilient.

I will have control over my budget.



Health & Wellness

I AM OK – A Wellbeing Program

Individual Action Mentoring

Literacy, financial worries or mental health issues?

Set up a plan now. Mentor, Meryl, at TBCC Wednesdays 12.30-4.30

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



2017 Term 1 Timetable 30 January - 13 April

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Tuesday—Friday 9am—4:30pm Tel: 8572 3513</p>	Exercise Class Perfect for all ages exercise class. Fun, friendly, fabulous. 9am to 10am Cost: \$5.50	Sewing Class This class is working on or like to start their own individual sewing project while having a chat or seeking advice. 9am to 12 noon Cost: \$5.50	Our Time Interaction with children under 5 years * Parent, Child, Mother Goose 9.30am to 11.30am Cost: FREE	Woodturning Tailored tutoring in the art of woodturning Fridays men's group 9am to 3pm Cost: \$5.50
	Neighbourhood Watch Meets on the second Monday of each month at TBCC. Information sessions, raffles, social support. Contact 0417 840 473	Woodturning Woodturning Chose your own project create with support 9am — 3pm Cost: \$5.50	Computer Tuition Need assistance with Computing? 10am — 12noon Cost: \$5.50	Woodwork Join Ted to create a wood project of your choice 9am — 12noon Cost: \$5.50
Heart Moves Help strengthen your muscles advanced or beginning participant! Town Hall Function Room on Mondays 10:30am — 11:30am \$5.50/class	Social Craft Circle Join this friendly group. Work on your own craft and share ideas. 1pm — 3pm \$1:10/class	CHEFS Cooking Social cooking group Cost: ingredient split between participants 10am—12 noon	Ceramics With Doris Connolly. Enjoy this wonderful craft in a friendly relaxed environment. Call 8572 3241 12:30pm — 2:30pm	Golden Oldies Lunch 24 Feb Strathalbyn 24 March TBCC 28 April Palmer Hotel 6 May Mt Pleasant
Taillem Bend Progress Association 7pm Wednesday every 3rd month Call Beryl 85723507 PARADE COMMITTEE 7pm third Tuesday of each month Call Jules 0447 093 684	CLA * CLA parenting program for children with a Disability—fortnightly Call Emily 0419 531 376 2.30pm - 5.30pm Cost: FREE	Golden Gamers Join us for games and company Wednesday Afternoons 1pm — 4pm Cost: \$1.10	Leadlight/Mosaic Make a project of your choice in a creative environment with an experienced tutor. 1pm — 4pm Cost: \$1.10	Broadband for Seniors FREE 1 hour tuition for seniors. One on one. Available by app only. Bookings essential. Cost: FREE
Probus Meet on the 3rd Monday of each Month Call Geraldine 10am — 12noon Cost: gold coin	Meningie iPad With Andrew at the Council Office on Wednesday's 1—29 March 1.30 — 2.30pm Cost: \$5.50	Garden Club 2nd Wednesday every month at the community garden. Bring your questions, your tips and your green thumbs. 10am — 12 noon Cost: FREE	C4C Activities *For details about C4C activities offered for Children 0-12 years please call Denise 8572 3513	Creative Writing Learn techniques that keep your writing interesting. Work on your own projects and enjoy some fun writing activities 1:30pm — 3:30pm Cost: FREE
Evening Yoga Improve your flexibility and tranquility with instructor Monica Martin. Please bring a blanket, water and your own mat if you have one. Call Monica 0488 133 625 6:30pm — 8pm	Meningie Tai Chi With Sandie at the Meningie RSL Hall on Tuesdays. 3:30pm — 4:30pm Cost: \$5.50	Photography Group Tuition with Glenn Power on the first Wednesday of each month. 7pm at TBCC Photo taking field trips to local venues on second Sunday each month at 10am. Cost: \$1.10	Book Club Are you interested in joining a book club? Call TBCC to register. Day and time to be confirmed.	Archery Archery for all ages. Bookings essential. Taillem Bend Primary School Oval Sundays: 9.30am — 12.30 Cost: FREE

* Communities for Children (C4C) is facilitated by ac.care and funded by the Australian Government
 Commonwealth Home Support Program (CHSP) is funded by the Australian Government Department of Health

Communities for Children Murraylands

Parent Child Mother Goose

9.30am-
10.15am

When: Thursdays

Where: Taillem Bend Community Centre

Parents and carers of pre-school age children and their little ones are invited to come along for some fun and games, craft, songs, snacks and socialising.

Our Time

10.15am-
11.30am

Term one Program 2017

February 2	Sand Art
February 9	Valentine photos and frames
February 16	Dancing (Tuning into Kids)
February 23	Music (Tuning into Kids)
March 2	Biscuit Decorations
March 9	Bring your Teddy (Tuning into Kids)
March 16	Bubble Fun (Tuning into Kids)
March 23	Obstacle run (Tuning into Kids)
March 30	Easter excitement (Tuning into Kids)

To book, contact- COST: FREE



Taillem Bend Community Centre

141 Railway Terrace Taillem Bend P 08 8572 3513

E c4c@tbcc.org.au www.tbcc.org.au



Tuning in to Kids

Emotionally Intelligent Parenting

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

Tailem Bend Community Centre.

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!

9.30am—12noon Thursday mornings for six weeks

16, 23 February and 9, 16, 23, 30 March 2017

Bookings essential please contact

Tailem Bend Community Centre

141 Railway Terrace Tailem Bend P 08 8572 3513

E c4c@tbcc.org.au www.tbcc.org.au



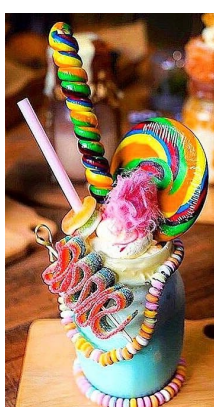
TAILEM BEND
Community
CENTRE INC.



Communities for Children Murraylands

**Free activities for children living in the
Coorong Council area for more details and
bookings please call Denise 08 8572 3513**

Fantasy Foods at Tintinara Supper Hall Tuesdays 3.30—4.30pm



February 7th	Mad Milkshake
February 14th	Crazy Cupcakes
February 21st	Kool Kebabs
February 28th	Busy Biscuits
March 7th	Cheesy Smiles

Kayak with Lyall Meningie Hunter Park Wednesdays 6.30—7.30pm

February 22nd

March 1st

March 8th

March 15th

March 22nd



Age 5-12 years

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Coming up next at Tailem Bend Community Centre

BOAT Licence Course

Do you want to get your boat licence?

Please call TBCC to register your details. The Department for Transport do not run courses during the peak Summer season Nov-Feb. Once we have 15 names registered we book a course. The next one will be held in March 2017. Bookings are essential and it fills up fast.

Golden Gamers

Starting in February, we will be hosting our new Golden Gamers on Wednesdays from 1-4pm at the Tailem Bend Community Centre. Come along for an afternoon of cards, board games and good company. Cost: \$1.10 pp

Feel free to come in early to join a shared lunch with our CHEFS (social cooking) group from 10-12pm pm. Approx cost: \$3.00 pp

Royal Life Saving Grey Medallion comes to Tailem Bend February 2017

The Royal Life Saving Grey

Medallion is a water safety and lifesaving skill program for older people which aims to reduce drowning rates and encourage healthy, independent and active lifestyles.

There are four main components of the program:

- ◆ Water safety knowledge
- ◆ Resuscitation and Emergency Care
- ◆ Aquatic Exercise
- ◆ Personal Survival and Lifesaving Skills

This three week program will run at the **Tailem Bend Primary School Pool** on **Mondays 6th, 13th and 20th February 2017 from 1-3pm.**

Cost of program: **\$30.00**

To register please contact

Peter Stockman
Grey Medallion Royal Life Saving Society

Tel: 08 8210 4500
Mob: 0411 581 246

Independent Living Centre

On Tuesday 21 February the

Independent Living Centre Caravan will be at the Foodland Carpark in Tailem Bend from 10am to 3pm.

If you would to view any specific equipment, please call the Independent Living Centre on 8266 5260 and they can bring it on the day.

Our Goldies Lunches

Friday 24 February - Lunch at the Victoria Hotel Strathalbyn

Friday 24 March - Lunch at the Community Centre

Friday 28 April - Lunch at the Palmer Hotel

Saturday 6 May - Mt Pleasant Farmer's Market

Friday 26 May - Lunch at the Community Centre



Matilda the Musical

Wednesday 12 July 2017

Bus, Lunch, Musical \$100pp
Limited seats.

For more details call 8572 3513



Communities
for children
Murraylands
ac.care
Approaches for life - for real people

Commonwealth
Home Support
Programme (CHSP)



Australian Government
Department of Health



Government of South Australia
Department of Planning,
Transport and Infrastructure



Government of South Australia
Department for Communities
and Social Inclusion

Staff

Coordinator:	Tammy Shepherd	Monday - Friday
CHSP Officer:	Deb Taylor	Tues, Wed, Friday
C4C Officer:	Denise McLoughlin	Tuesday - Friday
Finance Officer:	Chris Hartmann	Thursday

2016/17 Board of Management:

Chairperson:	Jack Hunt
Vice Chairperson:	Lorraine Cresp
Treasurer:	Trevor Gordon
Secretary:	Rhonda Shillabeer
Committee:	Bev Moyes, Donna Middleton, Rosemary Symonds, Margo Wood, Linda McDougall