

NEWSLETTER

MAY - JUNE 2024



CHSP UPDATE

TINA - The Tina Turner Musical

Our community members enjoyed another fantastic musical performance in May. This time it was Tina Turner's life story in a musical format at the Festival Theatre in Adelaide.



We have two upcoming musical performances over the next few months, so be sure to contact TBCC to secure your seat.

UPCOMING MUSICALS / EVENTS

CHICAGO THE MUSICAL

14 Aug 2024 | CHSP \$140.00* | NON CHSP \$150.00*

GREASE THE MUSICAL

9 Oct 2024 | CHSP or CHILD \$110.00* | NON CHSP \$120.00*

*Price includes admission and bus.



MELBOURNE CUP

5 November 2024 | TAILEM BEND TOWN HALL | 12 noon | CHSP \$20.00 | NON CHSP \$25.00

CANASTA CARD GAME

Commencing Weekly in Term 3 | TBCC FUNCTION ROOM | CHSP \$1.10 | NON CHSP \$2.20

Contact TBCC for more information and/or to secure your seat.

GOLDIES LUNCH

On 31 May we had another successful Goldies Lunch. The time, effort and love that goes into these events can really be felt on the day through the food, company, atmosphere and entertainment. Join us at our next Goldies Lunch on Friday 28 June.

Bookings are essential as our seats fill up fast.

Cost - CHSP \$10.00 P/P | NON-CHSP \$15 P/P

STRETCHES AND SOUNDS

Sound Therapy refers to a range of therapies in which sound is used to treat physical and mental conditions and promote deep relaxation. Indigenous societies around the world have traditionally used sound in healing ceremonies, including drumming, singing bowls, voice, gongs and other instruments since the beginning of time.

Location: Tailem Bend Town Hall

Date: Saturday 3 August 2024

Time: 7:00pm - 9:30pm

Cost: CHSP \$30.00 | Non CHSP \$35.00

Bookings are essential. Contact TBCC to secure your place.

SOCIAL SURPRISE BUS TRIPS

Each month our amazing volunteers take the Tailem Bend Community Centre mini-bus out to explore new places. The "surprise" is... the destination is unknown by the attendees.

If you want to get in on the action, departures are from Tailem Bend, Meningie, and Murray Bridge. Check our Facebook page for departure dates.



Social Surprise to Bridgewater Inn

Cost - CHSP \$10.00 | Non CHSP \$20.00

Bookings are essential. Contact TBCC to secure your seat.

HYDRO POOL & SHOPPING BUS

Every Wednesday the TBCC mini-bus travels from Tailem Bend to Murray Bridge to take consumers to either the Hydro Pool or Marketplace.

Times: Departs Tailem Bend at 8am and arrives back by 11am

Cost: \$5.00

Bookings are essential. Contact TBCC to secure your seat.

ILLUMINATE ADELAIDE - FIRE GARDEN

TBCC invites you to attend Illuminate Adelaide.

Date: Friday 5 July 2024

Transport: Bus departs TBCC at 4pm and returns at 11:30pm

Cost: CHSP or CHILD \$55.00* | NON CHSP \$60.00*

*Price includes fire garden admission and bus.

Contact TBCC to secure your seat.

ADVANCE CARE DIRECTIVE WORKSHOPS

An Advance Care Directive (ACD) empowers you to make clear legal arrangements for your future health care, end of life, preferred living arrangements, and other personal matters. It allows you to appoint a Substitute Decision Maker to make these decisions on your behalf if you are unable to make them yourself.

Information workshops in Tailem Bend on Thursday 7 November 2024 and Meningie on Friday 28 February 2025.

For more information contact TBCC.

TERM TIMETABLES

Refer to the TBCC website and social media page for the latest Timetable - <https://www.tbcc.org.au/>

141 Railway Terrace, Tailem Bend SA 5260
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VOLUNTEER RECOGNITION

We had a TBCC table at the Coorong District Council Volunteers event at the Bend, where Bev Moyes and Brian Lloyd were presented with volunteer pins for their dedicated service to TBCC and the wider community. Bev's journey with TBCC began with us 25 years ago and Brian's five years ago when we took over Murray Mallee Community Passenger Network (MMCPN), extending on the 15 years of volunteer service Brian already had up his sleeve prior to commencing with us. Denise McLoughlin,

Brian Lloyd and Don Wood attended Tony Pasin MP's Volunteer Week presentation and received a certificate. Denise, Brian and Don were nominated by TBCC for their voluntary service.



Thank You

CEO UPDATE

Tailem Bend Community Centre had a visit from Nat Cook, Minister for Human Services and Minister for Seniors and Ageing Well, and Nick McBride, the Independent Member for MacKillop, on Friday 17 May to present TBCC grant funding totalling \$56,001.00 for our exciting new community initiative project.

The visit marked a milestone in our efforts to provide food security and sustainable gardens in the community through building and creating raised garden beds which will



enhance accessibility and inclusion, particularly to those with mobility challenges. The generous grant funding provided by Department of Human Services will enable us to bring our vision of sustainable gardens to life, and build on the services we are already committed to providing to the community.

This visit was also about celebrating Community Centre Week. It allowed us to take a moment to think about the invaluable role that community centres play in bringing people together, fostering connections, and building vibrant, inclusive communities. During this special week, we invite you to join us in recognising the dedication, hard work, and passion of our community centre Board of Management, CEO, staff, volunteers, and supporters. Together, we create spaces where individuals of all backgrounds, ages, and abilities can come together to learn, grow, and thrive.

NATIONAL VOLUNTEER WEEK 20 - 26 MAY



We want to take a moment to express our deepest gratitude for the dedication, commitment, and selflessness our volunteers give to Tailem Bend Community Centre and the Community.

Volunteer contributions have made a profound impact on improving the lives of those we serve, advancing our mission, and enhancing the community. The unwavering support and enthusiasm has inspired us all and made our efforts more effective and meaningful.

We recognise that volunteering isn't just about giving your time, it's about demonstrating compassion, generosity, and a willingness to make a difference in the lives of others. The willingness to step up and lend a helping hand embodies the spirit of community and service, and for that, we are truly grateful.

As we reflected on National Volunteer Week, we want you to know that your efforts have not gone unnoticed. You are a vital part of our team, and we couldn't have achieved our goals without you.

Thank you for all that you do, today and every day. With heartfelt appreciation.

ACTA VISIT

On Friday 17 May we also had a visit from Murray Coates, CEO of the Australian Community Transport Association (ACTA), and Daniel Urrutia, ACTA Project Coordinator who were extremely impressed with TBCC and MMCPN operations. ACTA manage the Community Transport Pricing Pilot (CTPP) in partnership with Department of Health in Aged Care, Commonwealth Home Support Program. In total 32 CHSP transport providers across the nation, including TBCC, will undertake and participate in the CTPP. The pilot aims to develop and test a more accurate way of calculating transport costs, develop and test alternative policy arrangements and incorporate social engagement and client choice. The University of South Australia will collect pilot data, evaluate and report on results. TBCC were also fortunate enough to make the May 2024 edition of the ACTA Newsletter.

JACOB JENNINGS VIDEOGRAPHY

You may have seen Jacob around TBCC or attending TBCC events during the week of May 27. Jacob is creating new promotional video content for TBCC and MMCPN. We are looking forward to viewing the video, hoping it will be useful for funding applications, informing the wider community about our activities, and increasing the exposure of our community services. We would like to thank everyone for their participation in the video.

BLUE TREE PROJECT

Partnership with the Blue Tree Project, the Tailem Bend Primary School SRC has requested assistance from TBCC to install a Blue Tree as part of the Blue Tree Project, which aims to reduce the stigma around mental health one blue tree at a time. Behind each blue tree lies a story. The blue tree Project was founded to help spark difficult conversations and encourage people to speak up when experiencing mental health concerns. We believe help is never as far away as it feels. Blue trees, found across every continent except Antarctica, serve as beacons of hope and conversation starters. What began as a response to tragedy now offers a positive way for people to connect and change how we talk about mental health. The tree will incorporate the names (with family permission) of locals lost to suicide. C4C will host an event to coincide with the tree's launch.

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C4C UPDATE

PCMG

Parent Child Mother Goose invites parents and carers to cuddle, communicate and connect with their child through Songs, Rhymes and Stories.

Our PCMG sessions are held each week during the school term, see below for days and times:

Tuesday – Mannum Leisure Centre (Senior citizen room) – 10am

Wednesday – Meningie Kindergarten – 11am

Thursday – Tailem Bend Primary School – 9.30am

We have a Registered Midwife visiting each venue once a term. These visits allow parents / carers the opportunity to have a chat, ask questions and get up to date weights and measurements for their children.

Within our Parent Child Mother Goose sessions we enjoy celebrating special days and events with stories and activities and welcome guest speakers to touch base on important topics such as postpartum wellbeing.

Communities for Children Murraylands is made possible through funding from the Department of Social Services, facilitated by ac.care and delivered by the team at Tailem Bend Community Centre.

Leading up to the 2024 – 2026 funding cycle, the CFC facilitator team ac.care and CFC committee reviewed community needs and where there may be gaps, to inform funding decisions and recommendations. Following on from this, the difficult decision has been made to defund PCMG Murray Bridge from July 2024 as there are several early years activities and playgroups available. We have compiled a list of other activities and playgroups offered in Murray Bridge for your consideration.

We are aware that there will be sadness regarding this decision as the group has been flourishing, but CFC will continue to offer other programs in the region that you can still attend. Please stay in touch with the team to find out about these.



We also participate in intergenerational visits in the following locations:

- Jallahah Homes in Meningie
- Aminya Village in Mannum
- Lerwin in Murray Bridge
- Tailem Bend Hospital

Intergenerational sessions promote social connection, emotional wellbeing and cognitive stimulation for all involved and are a lot of fun and full of heart-warming moments!

CELEBRATE CONNECTION

The Communities for Children team created Mini Worlds in Palmer and enjoyed celebrating the mums and special people in our lives with a flower arrangement event in Tailem Bend, which saw families come together to create and connect.

Planning for the next semester is underway and we can't wait to share the fun with you all.



Keep an eye out for upcoming events on the Tailem Bend Community Centre Facebook page or contact the Communities for Children Learning Team for further information.



WORDS GROW MINDS CAMPAIGN

At Tailem Bend Community Centre, we are supporting the Words Grow Minds Campaign - encouraging parents and caregivers to help their babies and children thrive by Talking, Playing, Reading and Singing from birth.

Scan the QR Code to visit the Family Resources page from the Words Grow Minds Website wordsgrowminds.org.au



TBCC MEMBERSHIPS

TBCC Memberships for 2024/2025 are now due. To have nomination and voting rights at the September 2024 Annual General Meeting, Membership is mandatory. Cost: \$5.50 per annum.

ANNUAL GENERAL MEETING

The Annual General Meeting has been scheduled for 10:30am on Tuesday 3 September 2024 at Tailem Bend Community Centre.

BOARD NOMINATIONS

Board nominations will be open from 1 - 31 July. There are five positions available. We encourage all financial members to consider this opportunity.

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PARENT CHILD MOTHER GOOSE
CUDDLE... COMMUNICATE... CONNECT...
USING SONGS, RHYMES AND STORIES TO SUPPORT CONNECTION BETWEEN CHILD AND PARENT

TERM 2 2024
30TH APRIL - 5TH JULY

Monday 10am MURRAY BRIDGE Public Library	Tuesday 10am MANNUM Rec Centre Senior Citizens Room	Wednesday 10am MENINGIE Kindergarten	Thursday 9.30am TAILEM BEND Primary School
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Free sessions, 0-5yrs, must be accompanied by an adult.
Bookings appreciated but not essential.
Scan QR code or go to www.tbcc.org.au

MIDWIFE VISITS
Include: Weights - Measurements - Informal discussions - Entries into Blue Book
With Registered Midwife Sophie Eldridge

Murray Bridge 4th May 10am	Mannum 14th May 10am	Meningie 23rd May 11am	Tailem Bend 30th May 9.30am
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FOR FURTHER INFORMATION CONTACT
Communities for Children Team
Tailem Bend Community Centre
141 Railway Terrace Tailem Bend
P: 8572 3513 E: c4c@tbcc.org.au
W: www.tbcc.org.au

PLAYGROUPS IN THE MURRAYLANDS
Murray Bridge

Monday Learning Together Playgroup Learning Together 0423 020 991 / 8531 3090 Ngerindjeri Language Group (CLOSED GROUP) Tinny CC George Treavor / Auntie Vicki Hartman Tinny Tyndallans Playgroup Tyndale School 8531 4600	Tuesday Storytime at the Library Murray Bridge Library 8539 1375 Bush Hoppers Playgroup Tinny CC 8531 1515 MIDWIFERY Infant Group (CLOSED GROUP) - Referral Only Tinny Children's Centre 8531 1515 Senior Mums Taking a Break Tinny CC 8531 1515 Companions in the Kitchen "Cooking with Kylie" Learning Together 0423 020 991 / 8531 3090 Senior Baby Group (Weekends - Not Working) Learning Together 0423 020 991 / 8531 3090 Senior Playgroup Learning Together 0423 020 991 / 8531 3090	Wednesday Tinny Playgroup: Tinny Children's Centre 8531 1515 Coffee & Yarn Time (For Aboriginal Mums and Mums of Aboriginal Children) Tinny Children's Centre 8531 1515 Twilight Playgroup Tinny CC 8531 1515 Learning Together Playgroup Learning Together 0423 020 991 / 8531 3090 Parent Workshop Hub - My Child & Me, DHS Learning Together 0423 020 991 / 8531 3090 Playgroup @ Concordia Kindergarten Concordia 8531 1840 Café Child and Family Health Clinic @ Tinny 1300 713 606 Yoga Haze P.L.A.Y with a Purpose 0467 096 402 PKT Playgroup Mooramb 8531 0295 Mum and Bubs Pilates NB Wellbeing Hub 0414 770 970	Thursday My Time Group (Parents of children with complex needs) Tinny Children's Centre 0408 930 900 Occasional Care Ewks - Bys Tinny CC 8531 1515 Tinny CC / Alice 0423 809 705 Parent Workshop Hub - Growing and Learning in the Family Learning Together 0423 020 991 / 8531 3090 Let's Play with Music NB Community Centre 0468 640 800 Playgroup @ Unity (Fortnightly) Unity College 8532 0120 Playtime Mooramb and Learning Together 0423 020 991 Bedtime Stories Murray Bridge Library 8539 1375	Friday Walk 'n' Talk Learning Together 0423 020 991 / 8531 3090 Return Play @ North Study Learning Together 0423 020 991 / 8531 3090 Occasional Care Ewks - Bys Tinny CC 8531 1515 Toddler Toy Time P.L.A.Y with a Purpose 0467 096 402	Sunday Cycle Speedway (All ages, toddlers to adults) 0419 800 804
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Updated June 2024
Documents compiled & formatted for Children's Murraylands.
Times and dates may change and many activities require booking. Please contact the number provided.

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CND / BSO UPDATE

It has been very busy in the Business Support Officer (BSO) space over the past couple of months. I've spent many weeks working behind the scenes reviewing and updating Policies and Procedures (P&P's) to ensure compliance against corresponding Legislation and Funding Guidelines. Once the P&P's have been reviewed and endorsed by the CEO and Board of Management they will be uploaded to the TBCC website.

The "Get to Know our Staff, Volunteers and Tutors" weekly segments on Facebook have proven to be very popular. The segments are about giving everyone in the Organisation an opportunity to get to know each other better, and allow us to showcase to the community who we are, and the amazing faces behind all the work we do here at TBCC. I wanted to say a huge thank you to everyone who has participated and followed these segments.



MMCPN UPDATE

The Taillem Bend Community Centre (TBCC) participated in the Aged and Carers Expo at the Murray Bridge Performing Arts and Function Centre on Thursday 30 May. The event was bustling with activity, featuring numerous stalls that provided information and guidance on home care services. TBCC's stall attracted many visitors with a chance to win an exhilarating 'Hot Lap' at the Shell Motorsport Park in Taillem Bend. The prize drew a lot of enthusiastic participants to our stoplight beanbag toss game. It was a wonderful day, filled with smiles and excitement as attendees competed for a thrilling supercar experience around The Bend.

A huge congratulations to Lesley on winning the "Hotlap at The Bend Motorsport Park" kindly donated by The Murray Mallee Community Passenger Network.



TBCC is currently working diligently to secure more volunteer drivers. By volunteering your time with us, you would be making a significant impact on the wider community by providing essential medical and social transport services. TBCC assists communities in need by offering transportation to medical appointments and social outings for those who are transport disadvantaged.

To continue providing these vital services, we are looking to expand our dedicated team of drivers. We currently have eight vehicles for drivers to use to provide this service. Three of these vehicles are stationed in Taillem Bend, and one each in Lameroo, Meningie and Murray Bridge. We have fifteen drivers in Karoonda who are at the moment awaiting their Volunteer Driver Accreditations. We are thankful for such interest in the Karoonda community to volunteer with TBCC.

This is a valuable service that can significantly contribute to someone's sense of independence. Drivers are provided with shirts for use during trips and receive a lunch allowance when driving for more than five hours a day. If you or anyone you know in these communities would like to make a difference in someone's life by joining TBCC as a volunteer driver, or as a support companion for those feeling overwhelmed by hospital visits, please contact Mel at TBCC on 8572 3513.

In the Community and Neighbourhood Development (CND) space, things have been busy with past and upcoming training. In March we had 17 participants attend First Aid and CPR Training. The course was very informative and engaging and participants were very impressed with how knowledgeable and interactive the trainers were. We had various demonstrations including how to apply bandages and how to administer an asthma puffer and epi-pen.

We have the following training sessions coming up, that are now open to the Community to attend:

- Mental Health First Aid – Monday 5 and Tuesday 6 August - **(all seats filled)**
- First Aid and CPR – Tuesday 20 August – **Full Course is \$180.00 including lunch**
- Volunteer Trainer Delivery Skill Set – 1 day per week over 6 weeks. TafeSA to confirm dates - **FREE**

Bookings are essential as seats are limited. Contact Krystle at TBCC for further information on 8572 3513.

