

# NEWSLETTER



SEPTEMBER 2024

## CEO UPDATE

I am pleased to announce that our recent Aged Care Quality and Safety Commission Audit in mid July has resulted in TBCC achieving 100% met outcomes. This achievement reflects the dedication and hard work of our entire team. I want to extend my sincerest thanks to the Board of Management, staff, volunteers and consumers for their invaluable contributions and commitment prior and during the audit. Their efforts have made this success possible, and we are grateful for their support and dedication.

## JACOB JENNINGS VIDEOGRAPHY

We have received the draft promotional video Jacob has created for TBCC and MMCPN. We have just a few small tweaks before it can be finalised. We are 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 and we cannot wait to share it with everyone.

## GROW FREE CART

We express our appreciation and thanks to the Lions of Taillem Bend who provided financial support to the staff and volunteers, who go out of their way to collect surplus bakery items from Coles, Murray Bridge. These surplus items are placed on the Grow Free Cart for those in need. For the 2023/2024 financial year Coles has kindly donated the following:

- 324kg of fruit and vegetables
- 8,611kg of bakery items

We thank everyone involved for their continued support in providing this much needed service in the community.

## CALL FOR VOLUNTEERS: HELP US COMBAT LONELINESS IN OUR COMMUNITY

TBCC has long been a pillar of support for our community, providing essential services and fostering connections among residents. One of our vital initiatives, the Wellbeing Calls program, is in urgent need of volunteers. With a growing list of 1,500 people awaiting a friendly voice, we need your help to bridge the gap.

In the 2022-23 financial year, our dedicated volunteers made an impressive 1,020 wellbeing calls. Unfortunately, last year, the number dropped to just 559. With only two volunteers currently on board, we are struggling to keep up with the demand, leaving many individuals feeling isolated and alone.

Loneliness is a pervasive issue, and the impact on our community is profound. Many people have told us they hadn't spoken to anyone since our last call. This alarming reality highlights the necessity of our program, and the crucial role volunteers play in reducing isolation.

Take the story of one of our consumers, for instance. This individual had become disengaged from their children

and struggled to find common ground during conversations. Each call ended prematurely, leaving them feeling more disconnected. Our volunteers stepped in, offering support and suggesting topics to keep conversations flowing. They shared community news that he could discuss with his family, giving him the tools to communicate more effectively. Now, he eagerly anticipates our calls, which have become a lifeline, helping him reconnect with his loved ones.

The Wellbeing Calls program has the power to transform lives, but we need your help to continue making a difference. By volunteering just a few hours of your time, you can provide companionship and support to those who need it most. Our volunteers find the experience incredibly rewarding, knowing they are making a tangible impact in someone's life.

If you have a compassionate heart and a desire to help others, please consider joining our team of volunteers. Your efforts will not only reduce loneliness and isolation in our community but also foster a sense of belonging and connection that is so desperately needed.

To volunteer or learn more about the Wellbeing Calls program, please contact TBCC. Together, we can make a difference and ensure no one in our community feels alone.

Help us spread the word by sharing this article with friends, family, and anyone who might be interested in volunteering. Let's come together to support one another and build a stronger, more connected community.

## CND / BSO UPDATE

We would like to express our heartfelt thanks to Regional Development Australia and Mental Health Partners for providing our community with the opportunity to complete the Standard Mental Health First Aid Course fee free.

The support is invaluable in helping us equip more individuals with the skills and knowledge needed to recognise and respond to mental health issues within our community.

A huge congratulations to the 27 participants who completed this course. Also, a massive shout out to our incredible volunteers who worked hard behind the scenes arranging a delicious assortment of food over the two days of training.



Mental Health First Aid Facilitators and Participants

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## CND / BSO UPDATE

We have the following training sessions and workshops coming up:

- Acrylic and Resin Art - Saturday 17 August
- First Aid and CPR – Tuesday 20 August
- Volunteer Trainer Delivery Skill Set – 1 day per week over 6 weeks through TafeSA.
- Fire Warden - Monday 28 October
- Food Safety Supervisor - Dates TBC
- Resilience Training - Dates TBC

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

## C4C UPDATE

There has been some Changes in the Communities for Children Space with a new funding round taking place. Sadly our team will no longer be delivering Parent Child Mother Goose in Murray Bridge on Mondays, but will continue to deliver in Mannum, Meningie and Taillem Bend during the school term.

Our Term 3 Details are below:

- Tuesday – Mannum Leisure Centre (Senior Citizen room) – 10:00am
- Wednesday – Meningie Kindergarten – 11:00am
- Thursday – Taillem 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 child/ren.

Intergenerational sessions for this term include a visit to Aminya Village in Mannum, Jallarah homes in Meningie and a visit to the Taillem Bend Hospital.

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



## CELEBRATE CONNECTION

Families were able to join TBCC staff and volunteers to enjoy a fun Pj's and Movie Night in the Taillem Bend Town Hall, we got to rug up, get comfy, eat popcorn and watch a movie called 'bedtime stories' which opens the world of imagination for children and adults alike.



Taillem Bend Community Centre welcomes Christine back to the Communities for Children team working alongside Zoey.



Keep your eye out on our social media pages for upcoming events including some after school fun to celebrate Father's Day.

## MMCPN UPDATE

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 the following accredited drivers across the regions:

- 9 drivers in Karoonda
- 10 drivers in Lameroo
- 6 drivers in Meningie
- 3 drivers in Murray Bridge
- 2 drivers in Pinnaroo
- 17 drivers in Taillem Bend

We have 9 drivers awaiting Volunteer Driver Accreditations.

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.

## TERM TIMETABLES

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

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## CHSP UPDATE

### ILLUMINATE ADELAIDE - FIRE GARDEN

Our consumers enjoyed an evening out having dinner and then attending Illuminate Adelaide. The Botanical Gardens had thousands of handcrafted giant firepots, sculptures, live music and arched pathways bringing warmth and mesmerisation to our consumers.



## GOLDIES LUNCH

We had another successful Goldies Lunch in June, with a great turn out and company. We were joined by Glenn Power who beautifully captured the day.

Join us at our next Goldies Lunch on Friday 30 August. Bookings are essential as our seats fill up fast.

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



## 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. This is a door to door service, and can assist with groceries.

Bookings are essential. Contact TBCC to secure your seat.

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

**Cost:** \$5.00

## 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 or call the centre for departure dates and bookings.

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



Social Surprise to Bridgewater Inn

Bookings are essential. 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.

## UPCOMING MUSICALS / EVENTS

### GREASE THE MUSICAL

9 Oct 2024 | CHSP or CHILD \$110.00\* | NON CHSP \$120.00\*  
\*Price includes admission and bus.

### COMING SOON - MARCH 2025 SISTER ACT THE MUSICAL

Based on the film, Sister Act is set to light up our theatres and lift our spirits with its irresistible energy and joy, that only this iconic story can! Starring Casey Donovan, Genevieve Lemon and Rhonda Burchmore.

Contact TBCC on 8572 3513 to express your interest.



### SA SPRING GARDEN FESTIVAL

21 September 2024  
Bookings at capacity.

### MELBOURNE CUP

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



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