

# NEWSLETTER



NOVEMBER 2024

## Community Needs Analysis

### Help us help you

The Tailem Bend Community Centre (TBCC) is conducting a Community Needs Analysis to gather essential feedback from residents just like you. We want to gain deeper insights into the needs, challenges, and opportunities that are most important to our community.

By sharing your thoughts, you'll help us:

- Improve local services and programs
- Identify housing, employment, and transportation needs
- Enhance community health and well-being
- Support economic growth and environmental sustainability
- Strengthen cultural activities and community connections

Your participation in this survey is crucial in shaping the future of our town. Whether you're highlighting service gaps or proposing new ideas, your voice matters!

The survey is open until **30 November 2024**, and your input will guide our actions to create a stronger, more vibrant community for everyone.

**How to Participate:** Complete the survey online by visiting the following link: <https://forms.office.com/r/MsPwk9dFg8>

Share this with your friends, neighbours, and family—every voice counts. Be part of the change you want to see in your community!

## JACOB JENNINGS VIDEOGRAPHY

Want to know what we do at TBCC MMCPN check out our promotional video The link is here- <https://www.youtube.com/watch?v=WUb4RJhsZBO>

## CHSP UPDATE

The Commonwealth Home Support Programme (CHSP) participants recently enjoyed a fun-filled day with a visit to the Festival Theatre for a fantastic performance of Grease the Musical. The show was vibrant and energetic, filled with catchy tunes, dazzling dance numbers, and plenty of nostalgia. It was a blast for everyone who attended, with the classic story of love, friendship, and rock 'n' roll bringing smiles and excitement to all.

Mount Pleasant SA Spring Garden Festival, where we were greeted with a stunning array of blooming flowers, vibrant plants, and gardening inspiration.

### Looking for the Perfect Christmas Gift?

Do your family and friends always ask what you want for Christmas? Why not suggest a wonderful day out with TBCC?

Wednesday 2 April 2025 join us for an unforgettable experience at Sister Act the Musical! Based on the beloved film, this spectacular show is sure to light up the stage and lift your spirits with its infectious energy and joy.

This feel-good musical is packed with laughter, catchy songs, and heartwarming moments that will have you dancing in your seat!

What better way to celebrate than a shared experience that brings joy, music, and memories? Have your loved ones shout you a ticket and make it a Christmas gift you'll treasure forever!

## ADVANCE CARE DIRECTIVE WORKSHOPS

An Advance Care Directive (ACD) allows you to make legal arrangements for your future health care, end-of-life choices, living preferences, and personal matters. It also lets you appoint a Substitute Decision Maker to act on your behalf if you're unable to decide for yourself.

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

**Christmas Spectacular – Wednesday 18 December 2024 tickets exhausted**

## MMCPN UPDATE

The Murray Mallee Community Passenger Network (MMCPN) would like to take this opportunity to highlight the services of the Coorong Coaches Medical Bus. Recently, we've noticed that many seats on the daily trips from Monday to Friday have been left vacant. This is largely due to hospital appointment cancellations and specialist unavailability in Adelaide. However, we want to remind everyone that the Medical Bus is available for a wide range of medical appointments, including dental, hearing, podiatrist, and GP visits. The bus stops at key locations such as Murray Bridge, Mount Barker, the Adelaide CBD, and Flinders Medical Centre. The cost is subsidised, and a carer also travels free.

The Coorong Coaches Medical Bus provides a crucial service for residents in our region, offering a convenient, safe, and reliable way to access essential healthcare. It is designed to support those who face transportation challenges, ensuring they can attend medical appointments, specialist consultations, and hospital visits with ease. Driven by accredited drivers, the Medical Bus prioritises safety and comfort, giving passengers peace of mind throughout their journey. By making use of this service, individuals can maintain their independence while receiving necessary care, making it an invaluable resource for the health and well-being of our community.

However, we must stress that continued use of the Medical Bus service is vital to maintaining it. If we don't use this government-funded service, we risk losing it altogether. We encourage everyone to take advantage of this resource, as it plays an important role in keeping our community connected to essential healthcare.

The Department of Human Services, which funds the Community Passenger Network for individuals under 65, has initiated a tender process for continued funding beyond September 2025. Our staff are focused on demonstrating our capacity to deliver this essential service in the Murraylands and potentially expand to a larger region. We will keep you updated with any developments and provide further information once the tender is officially announced.

## Volunteer Coordinator Wanted – Make a Difference in Your Community!

Are you passionate about community service and making a real impact? Do you have great organisational skills and enjoy working with people? We're seeking an unpaid Volunteer Coordinator to help manage and support our amazing team of volunteers. Interested? We'd love to hear from you!

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## C4C UPDATE

The Communities for Children team (C4C) have had a busy Term 3, Delivering “Drumbeat” to two groups at Coomandook Area School, and “Seasons For Growth at Meningie Area School.

Parent Child Mother Goose (PCMG) at Tailem Bend, Mannum and Meningie. Our Term 4 details are:

- Tuesday -Mannum Library 9.30am
- Wednesdays-Meningie Kindergarten 11.00am
- Thursday- Tailem Bend 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 Tailem Bend Hospital.

Thursday Words Grow Minds 10.30am-11.30am Tailem Primary School Bend Library



## CELEBRATE CONNECTION

Family Fun Day Challenge at Jervois Primary School – A Day of Laughter and Fun! On August 27th, we had an incredible time at the Family Fun Day Challenge held at Jervois Primary School. The event was all about bringing parents and children together to enjoy a day filled with exciting games and friendly competition. Both parents and kids got actively involved in classic games like Ping Pong Bounce, Sack Race, Tunnel Ball, and the always entertaining Egg and Spoon Race.

The team spirit was high as everyone cheered each other on in the Sack Race, Three-Legged Race, and the hilarious Donuts on a String challenge. In the end, the kids came out victorious, scoring 14 points to the adults' 13 in a fun-filled day that will be remembered for a long time!

Make sure to follow us on social media for updates on our upcoming events, including after-school activities and exciting Christmas events. There's always something fun just around the corner!



## GROW FREE CART

We kickstarted this initiative with the hope that it would be sustainable long-term. To support our dedicated volunteers, we offer a \$10 fuel reimbursement for each trip made to Murray Bridge to collect the items, with collections happening three times a week—on Tuesdays, Fridays, and Saturdays—at a total cost of \$30 per week. However, we are not receiving enough donations in the collection tin to cover these ongoing costs, and without additional support, the initiative is at risk of ending in June 2025.

To keep this vital service running, we kindly ask the community to:

- Take only what you need to ensure that everyone can benefit. Unfortunately, some are taking more than necessary, which disadvantages others in need.
- Give back if you can by donating produce from your garden, contributing financially, or offering your time. Whether it's helping to weed the garden or volunteering in other ways, every bit counts.

Remember, if the system is abused, we all stand to lose this valuable resource. Let's work together to maintain and support this service for the benefit of the entire community.

## CND / BSO UPDATE

Krystle List, our Community Neighborhood Development (CND) Business Support Officer (BSO), has moved on from TBCC. We are thankful for her contributions and wish her all the best in her future endeavors. We look forward to welcoming a new, dynamic individual to step into this vital role soon. In other exciting news, eight of our staff and volunteers recently completed their TAE Volunteer Trainer Delivery Skill Set training with TAFE SA, which has greatly enhanced our team's ability to better serve the community. We are especially grateful to TAFE for providing this training free of charge to TBCC and to Sachin Tangri, Lecturer TAE, Adelaide City Campus, for being an awesome trainer and making the learning experience enjoyable and impactful.

Don't miss out on these upcoming events:

- Resilience First Aid Training – Tuesday, 12 November 2024
- Paint and Sip – Friday, 29 November 2024, booked out, extremely popular with more dates to follow!
- Fire Warden Training – Thursday, 5 December 2024

If you are part of a sporting or service club, this is a fantastic opportunity to ensure your club is meeting insurance and safety obligations by having trained fire wardens. Our Fire Warden Training course covers essential safety skills that can make a real difference in emergencies, including: ECO/Warden Training, Chief Warden Training, Fire Awareness & Fire Extinguisher Training, Spill Kit Awareness Training and Evacuation Exercise.

At a bargain price of \$210 per person, including morning tea, lunch, and afternoon tea, this comprehensive training ensures your club or organisation is well-prepared. Don't miss out on this valuable opportunity! Call TBCC to book.

## TERM TIMETABLES

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

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