



Emergency on call
phone 0448 472 007

Winter 2022 newsletter



Winter has arrived and arrive it did.

I'm not sure about you, but the sudden turn in cold weather really took me by surprise.

We have included some information in this newsletter about some programs for the costs of energy as this is one of the greatest expenses we incur in winter.

I have ventured north to try and find some sun. I will share some special scenery along the way.

But when I return, I am going to be undertaking a project about what Headway might look like now and into the future.

If you have something you want to contribute about Headway's future, please let me know at j.henry@headwaygippsland.org.au.

The winter solstice this year was on June 21, so we have already reached the mid-point.



Jenelle Henry
Chief Executive Officer

Save on power

You can apply to save \$250 on your power bill.

Do you get concession payments?

Yes - you can apply to save on your power bill.

Check the eligibility first.

Click the link to find out more
<https://compare.energy.vic.gov.au/>



What is inside

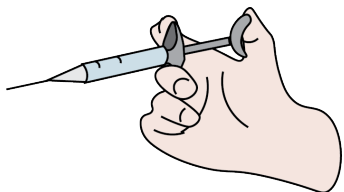


Liz's trip
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Local news



Free flu shots

You can get a free flu shot **until 30 June**.

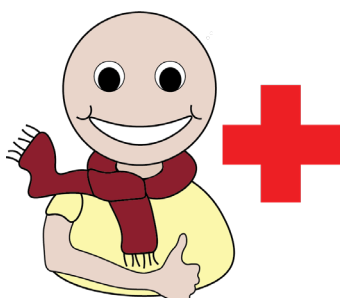
It is a bad flu season this year.

You can have your flu shot and COVID shot at the same time.

You can get a flu shot at a GP clinic or pharmacy.

Are you sick with the flu or COVID?

Yes - wait until you feel better. Then have your flu shot.



How to stay well this winter

Here is some helpful information.

<https://www.betterhealth.vic.gov.au/stay-well-this-winter>



Turbo is top dog at Headway



Turbo is the winner of Headway Gippsland's 2022 staff pet competition!

Turbo, the engine obsessed Labrador, blew everyone away with his love for speed boats.

Congratulations to Life Skills Officer **Teagan** who entered Turbo into the competition.

And a big thank you to everyone who voted.

In equal second place was **Amy's beloved Diesel** the Labrador and **Ben's adorable Maisiey** the cat.

We hope you enjoyed meeting our staff pets.



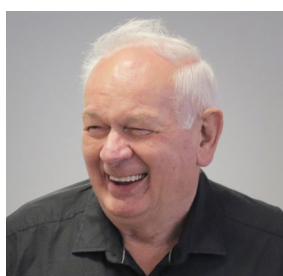
Cheers to our volunteers



Judy has volunteered in our groups for 5 years.

"I just enjoy going there and talking to the guys and being involved with what they do. It works both ways I suppose.

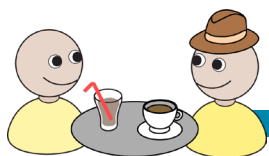
"You get out what you put in."



Jim has lent a hand in our Morwell group since early 2021.

"My wife died four and a half years ago ... it gives me something to come and do instead of sitting around doing nothing. I get out and I thoroughly enjoy it.

"I can't sit down idly. I've got to be doing something."



Social support groups



Heather and her furry friend

The Warragul group had a day where they brought pets to the park.

This is what Heather had to say about her poodle-cross named Jasper.

"He's beautiful. He will go up to anyone.

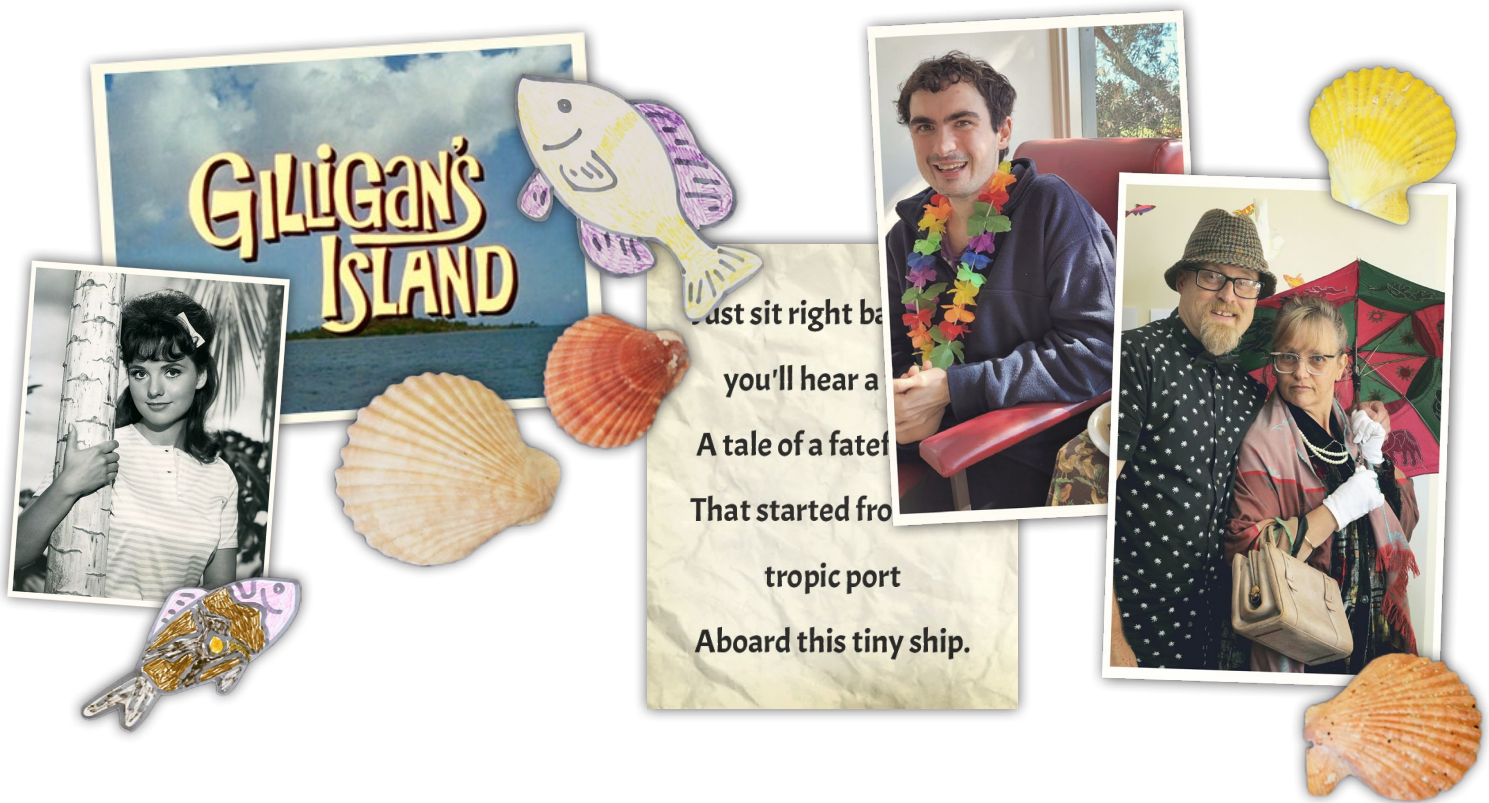
"He puts his paws over his eyes. And I reckon that's beautiful but I'm biased.

"He hasn't got many faults besides barking at the other dogs but we are slowly getting that out of him.

"He's a very good dog. I'm lucky."

Wonthaggi group paints for Mabo Day





The S. S. Minnow set ground on an uncharted desert isle in Trafalgar in May.

The whole fearless crew was on board, with Gilligan, The Skipper, the millionaire and his wife, Mary Ann and more.

Fortunately, they found tropical fruits to satisfy their hunger.

They set up a fishing competition - Robert won by hauling two fish at once!

It all seemed very familiar to them, quite like a show they had once seen, called Gilligan's Island.

So they sang the song together to boost their spirits.



Mens shed donates TV cabinet



The Warragul group has a fabulous new TV cabinet thanks to generous donations from the local community.

Warragul Community Men's Shed built the item with expert cabinetry skills.

It was reassembled at the group's home base at a handover morning tea.

The lockable cabinet includes

- a pinboard
- whiteboard for activities
- cupboards underneath for storage
- television for group games

"It's brilliant," participant Trevor Campbell said.

A big thank you to...

Warragul Community Men's Shed

- built the cabinet

Warragul Country Club

- sponsors

Bunnings Warragul

- donated materials





Lakes Entrance ↑

Liz's relaxing trip to the coast

“Awesome, great, exciting, relaxing.”

That is how Liz remembers her weekend at Lakes Entrance with her support worker, Cindy.

Liz had been wanting to go away for a while, so they planned a trip that ticked all the boxes.

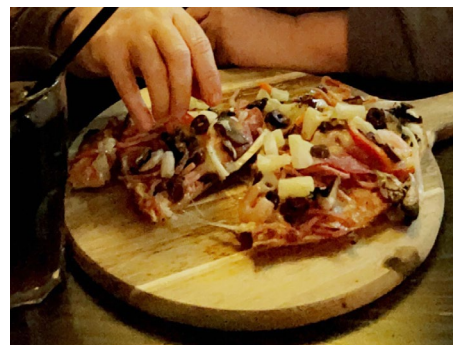
They spent a day planning everything Liz wanted to do on her holiday, then they made it happen.

The weekend started with a facial and massage, then they relaxed with a doughnut and coffee.

Liz had a swim before dinner, which was pizza and chocolate gelato.

Waffles in Paynesville for breakfast did not disappoint. A pedicure and manicure ended the trip.

Thank you Liz, Support Coordinator Jodie and Life Skills Officer Cindy.



A tale of two Trafalgar locals who share a love of volunteering



Trevor Campbell



Barbara Stoneman

Trevor Campbell and Barbara Stoneman have a few things in common.

They are both long-term members of Headway Gippsland's social support groups, they have dedicated years to the same primary school in Trafalgar, and they like a cup of coffee at 11am.

Barbara was eight years old when she had a tumour in the part of the brain that controls coordination and balance.

It meant she had to relearn to walk, talk and write.

"Dad used to help me walk around the yard, like he would walk behind me and I would walk on my own," Barbara said.

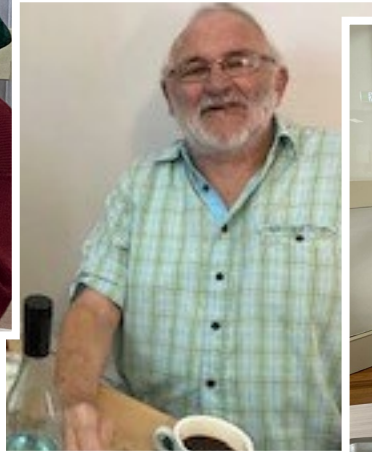
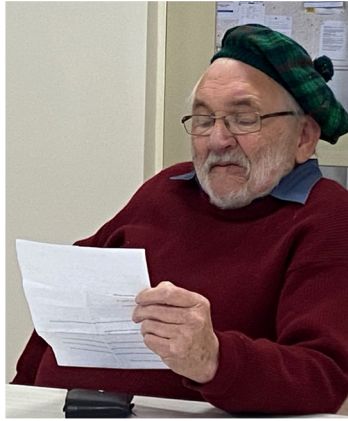
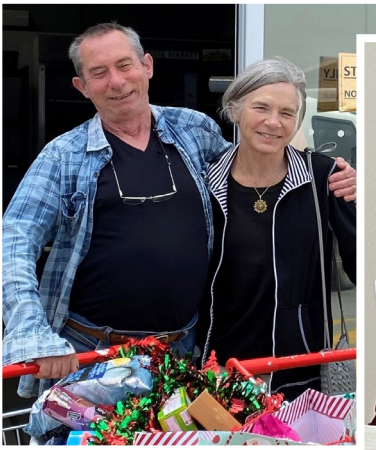
"There were no carers around then, there were no walkers ... anything like that to help people.

"It was difficult, but with the help and support of family, I got through it, I went to a normal school."

Trevor also has an acquired brain injury. He was involved in a car accident in the 1960s that left him with a fractured skull.

"I was in St Vincent's Hospital in Melbourne for weeks in a coma and when I came out of it, luckily, I was able to go back to the job I was in," he said.

His workplace, the Reserve Bank, was very supportive.



"I was told to have an hour's sleep after lunch so I was pretty lucky and my mates stuck by me," Trevor said.

"Often you hear about people who have an ABI losing their mates but luckily, I wasn't like that."

Barbara said Trevor's story was unlike common experiences of ABI, where friends say they will come visit, then don't.

Barbara and Trevor eventually crossed paths at a ceremony, where Barbara won an award for helping kids read.

She had volunteered at the primary school for 30 years, five days a week.

Trevor spent about 10 years volunteering at the same school mentoring kids.

"I had a kid every hour and invariably they were the naughty ones," he said.

"But we used to get outside and play, kick footballs, cricket, throw things."

"Or on rainy days we'd be inside and we'd do pyrography, wood burning."

Trevor was already involved with Headway Gippsland when they both met, so he introduced Barbara to the groups.

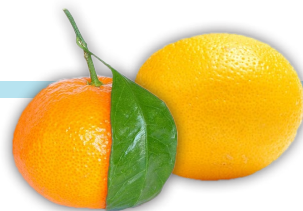
Still members today, they both describe the Warragul group as offering "companionship".

Even during COVID lockdowns, their coordinator Michelle Meggetto helped the group stay connected via Zoom.

"We were able to keep in touch and get the news from everyone, not that anyone was doing anything of course," Trevor said.

They have both served on the Headway Gippsland committee of management where Trevor was president for several years.

Puzzles



Word search - winter

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BLANKET

CARROT

CLOUDY

COLD

COSY

DREARY

FIREPLACE

FOOTBALL

FROST

GREY

GUMBOOTS

HEATER

LEEK

LEMON

MANDARIN

MARSHMALLOW

NETBALL

OVERCAST

RAIN

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SKIING

SNOW

STEW

TURNIP

UMBRELLA





Sudoku

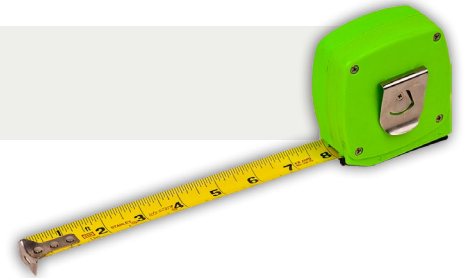
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Word jumble - shed

Unscramble these words.

You might find them in the shed or garage.



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Answers on back page.

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Jumble

- | | |
|-----------------|-------------|
| 1. hammer | 8. axe |
| 2. wrench | 9. shovel |
| 3. saw | 10. crowbar |
| 4. screwdriver | 11. chisel |
| 5. tape measure | 12. ladder |
| 6. mallet | 13. broom |
| 7. rake | 14. drill |



We pay our respects to the traditional custodians, their elders and ancestors of the lands, which our organisation sits. We acknowledge all Aboriginal and Torres Strait Islander people, and welcome you to our service. Headway Gippsland is committed to treating all people with dignity and respect.