



Winter 2023 Newsletter



Welcome to this seasons' newsletter – where we share what our wonderful community have been up to over the winter months.

We hope that you had the chance to rest and hibernate, and that you are feeling refreshed with a newfound 'spring' in your step.

As the frost melts and the flowers wake from their slumber, spring is well and truly here.

Additionally, we would like to thank you for your feedback in our 2023 Survey.

Your suggestions will help us to enact change and to provide the best possible services to you.

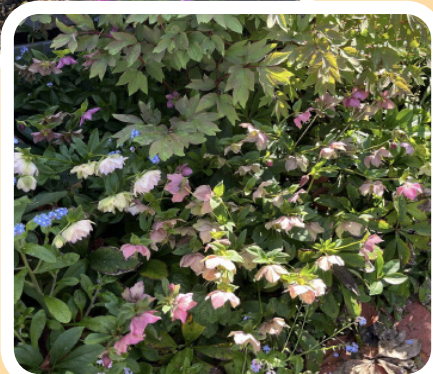
Let us celebrate all that winter has given us before looking to the warmer weather ahead.



Jenelle Henry

Chief Executive
Officer

Spring Gardens...



What is inside...



Local events - page 2



Spring-themed
activities - page 16



Oz Animals Day - page
12-13

What's happening in Gippsland



San Remo Seafood Festival

San Remo Fishing Festival is returning as TIDAL Seafood Festival, San Remo in 2023. Come along and celebrate our history, quality local seafood, demonstrations and activities. Profits from ticket sales will be donated to the local SES and CFA for improvements and new equipment.

15 - 17 September, 2023

<https://tidalseafoodfest.com.au/>



Farmer's Markets

It's market season! Look up local farmers markets in your area to save on fresh, yummy groceries, while supporting local growers. It's a win-win!

Various dates

Trafalgar, Rokeby, Sale, Warragul, Koonwarra, Inverloch, Traralgon, plus more!

<https://www.visitgippsland.com.au/eat-and-drink/farmers-markets>



Spring has arrived...

Which means the bird swooping season is now here. Birds are hard at work building their homes and protecting their baby chicks. They may swoop people in efforts to protect their young. You can keep yourself safe by:

- wearing a helmet or hat to protect your head
- wearing sunglasses to protect your eyes
- waving a flag or umbrella,
- taking alternative walking routes.



What's happening in Gippsland



Art Connect South Gippsland
*Open Studio
Art Trail*
September 23 - October 15, 2023

@art_connect_southgippsland



This is an advertisement

Traralgon Neighbourhood Learning House

COMPUTER CLASSES
Literacy & **NUMERACY**
LANGUAGES

HEALTH & WELLBEING

Art & CRAFT

Cooking

PHOTOGRAPHY
MENT



'I had an amazing time during this course, I learnt so much and had a lot of fun.
Thank you for giving me the opportunity to be a part of this.'

What do you need?

This is an
advertisement

Build employability skills

Increase confidence

Combat social isolation & anxiety

Improve tech skills

Develop new practical skills

Connect with others

We can help

Contact Us: Phone: 5174 6199



Traralgon Neighbourhood Learning House
11-13 Breed Street, Traralgon 3844
E: enquiries@tnlh.org.au www.tnlh.org.au



Welcome to
Life Long Learning

2023
Term 3
10 July - 15 September

Art
Cake Decorating
Yoga
Creative Craft
Cooking
Tai Chi
Creative Writing
Mosaics
French
Auslan
Spanish
Knitting & Crochet
Sewing
Italian
Photography
Recipe for Success
Hospitality Training
Literacy & Numeracy
Computers & Digital Essentials

This is an
advertisement



Skills for study
work and life



Neighbourhood Houses
The Heart of Our Community

We Make Learning Fun!

TRARALGON NEIGHBOURHOOD LEARNING HOUSE

11-13 Breed St, Traralgon | 5174 6199 | enquiries@tnlh.org.au

We need your help!

It's almost AGM time!

We are calling out for great stories to be shared in this year's AGM Booklet. This booklet provides an overview of Headway Gippsland's year, and the wonderful stories from our community.

If you would like to share your story, please phone (03) 5127 7166 or email

r.harasymenko@headwaygippsland.org.au we would LOVE to hear from you!



Calling all stars!

We are currently revamping our Headway Induction Training for new staff and support workers. This will give them the best possible start to supporting you!

We are on the lookout for a natural star to be in different videos, or to be a voiceover.

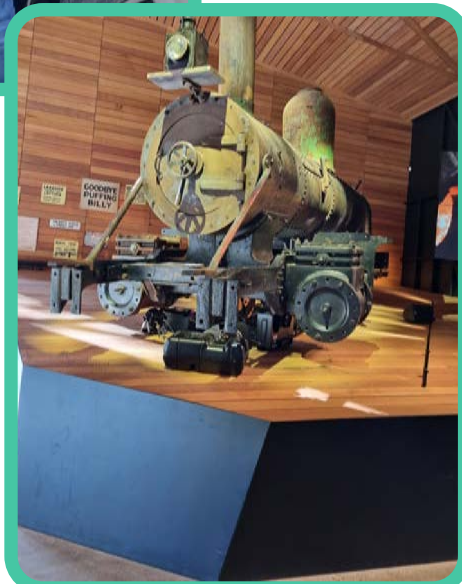
If this could be you, please phone (03) 5127 7166 or email r.harasymenko@headwaygippsland.org.au



Annita's Adventures



Annita Tumino has many talents - and photography is just one of them! Over winter, Annita spent some relaxing time in her second home in Cockatoo. Using her brilliant photography skills to snap some great shots of the local wildlife!



Wonthaggi Group



Our Wonthaggi group have been getting creative and crafty over the winter months! They have made dreamcatchers, tie-dyes, wood-burnt art and much more! They even went to see a Roy Orbison Concert, singing and dancing along to all the songs!



Morwell Group

The Morwell Group have been busy! They have been crafting, bowling and bocce, having concerts, visiting the local gallery.

Let us not forget about the wonderful visit from Oz Animals, that the group worked hard to fundraise and make happen! See some pics on page 12-13.

Finished the Pot People Project! They look great!



Trafalgar Group

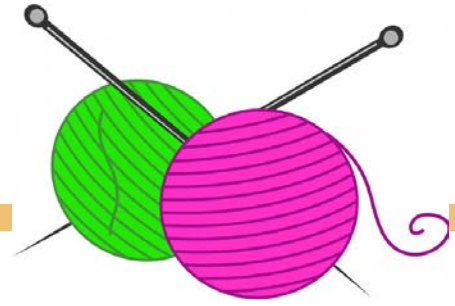


Spirit of Soccer!



The Trafalgar group have been active over winter, playing lots of different sports! They've been bowling, playing soccer, going for walks to their beautiful garden, and much more!

Warragul Group



Donating our crafts



The Warragul group knitted a giant blanket, and donated it to the Baw Baw Food Relief. It was a special gift for those in need this winter. What a beautiful and generous gift.



A Day with Oz Animals

It all started with an idea.

"What if we could spend the day with Australian wildlife?"

The Morwell group found a local organisation called Animals of Oz.

They created a flyer and went around town, asking if anyone would like to donate to the cause – even the smallest amount would help!

They received an email the next day, from Mr Peri Hortis, the owner of Nextra Moe.

"I would love to help out. Please send me an invoice for the total amount for this great cause."

The group was shocked – the total amount!

So, Janette booked Animals of Oz straight away – and the office staff called the local newspaper.

Peri was invited as a special guest for the day, which was shaping up to be an exciting one.

So, a date was set: Wednesday June 21, at 11am.

Wednesday: Today's the day!

The group was ready and looking forward to the kinds of animals they would get to meet. Bridgette came in her cool khaki and carrying a number of crates.



*There were reptiles and frogs and an owl
– oh my!*

*A python, a blue tongue lizard, and even
a crocodile.*

*Kaylie, representing Nextra Moe, joined in
the fun.*

*Spud had the python around his
shoulders.*

Steve got to hold a crocodile.

Drew loved the feeling of the snakeskin.

*Tony had the biggest smile the whole
time.*

*The tawny frogmouth was popular with
everyone for its soft feathers and wise
eyes.*

*The group's fearless leader, Janette, even
held the python too!*

The experience reminded us just how
special our Australian wildlife is, and that
we should respect and protect them at all
costs.

Thank you so very much to Mr Peri
Hortis of Nextra Moe for making this day
possible, and Kaylie who joined us on the
day. Thank you to Wendy who attended
on the day and took amazing photos.
Thank you to Janette who Coordinated
the event, Tina who assisted coordination
and every member of the Morwell group
for being so brave and enthusiastic.



Staff News at Headway



We say a fond farewell to our valued Support Coordinator Leonie Bartlett. Leonie has decided it's time to move to a role closer to her home. She will be missed!



Welcome to the team!



Belinda has joined the Plan Management team this month. We are thrilled to have her join us!

New LSOs

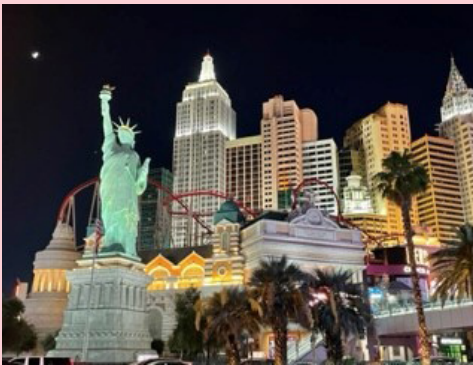
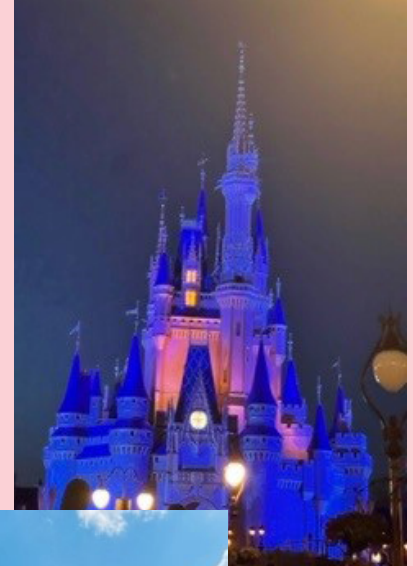
Welcome to the following new Life Skills Officers:

- Pearl Dathan
- Carly Rhodes
- Rahul Lal



Jenelle's Adventures in America

Our CEO just returned from travelling the USA with her family, sharing some great pics with us!



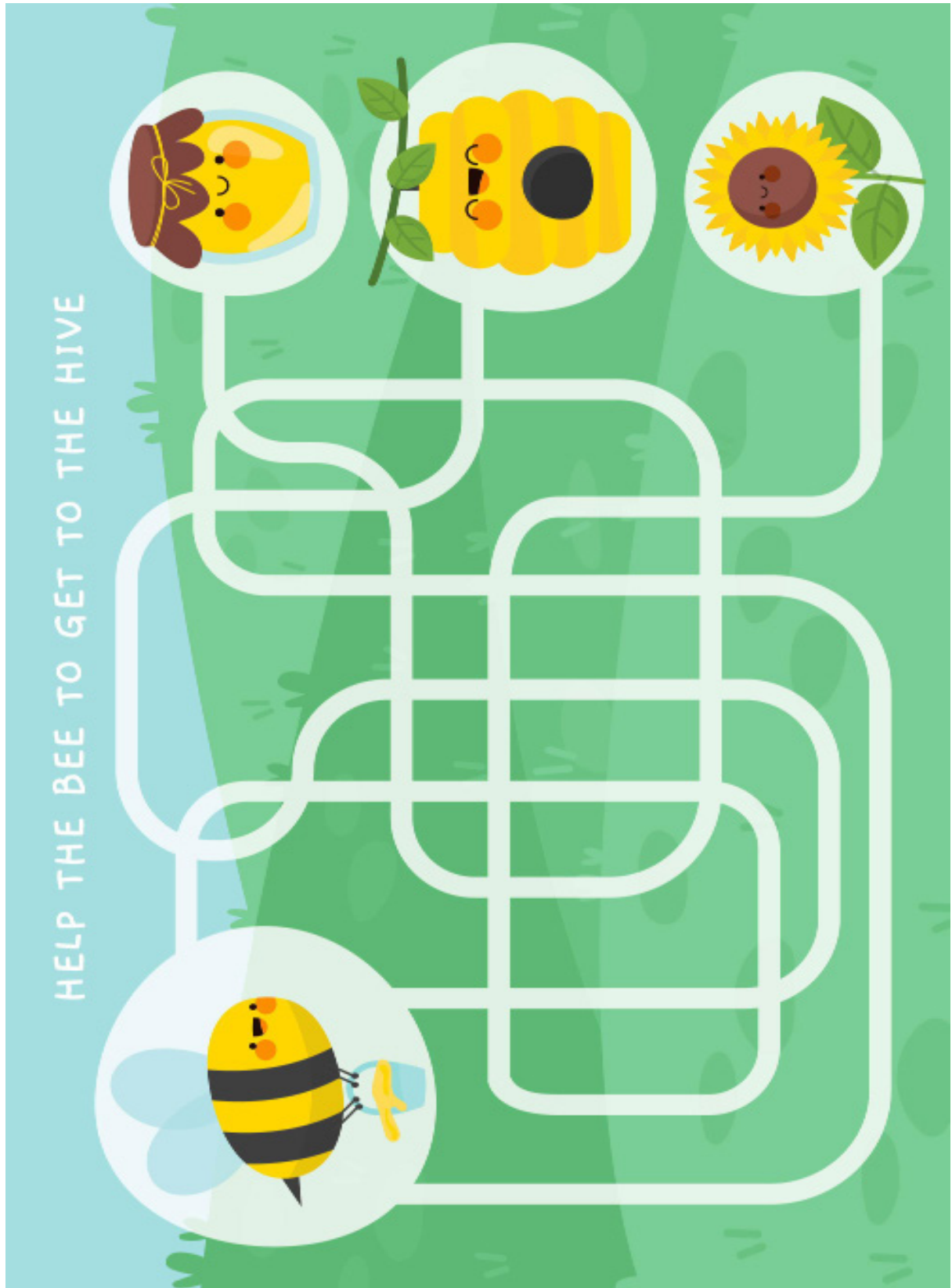
Lisa's Adventures in Bali

Client Services Engagement Officer Lisa has been to Bali recently. Here are some of her pics:

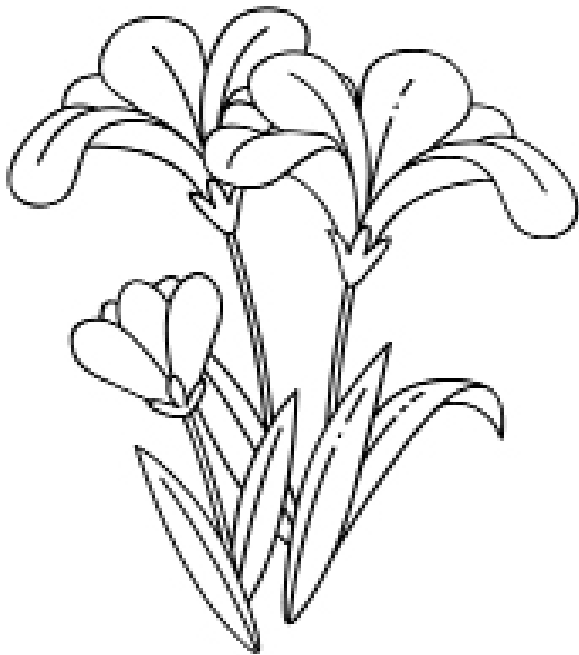


Puzzles

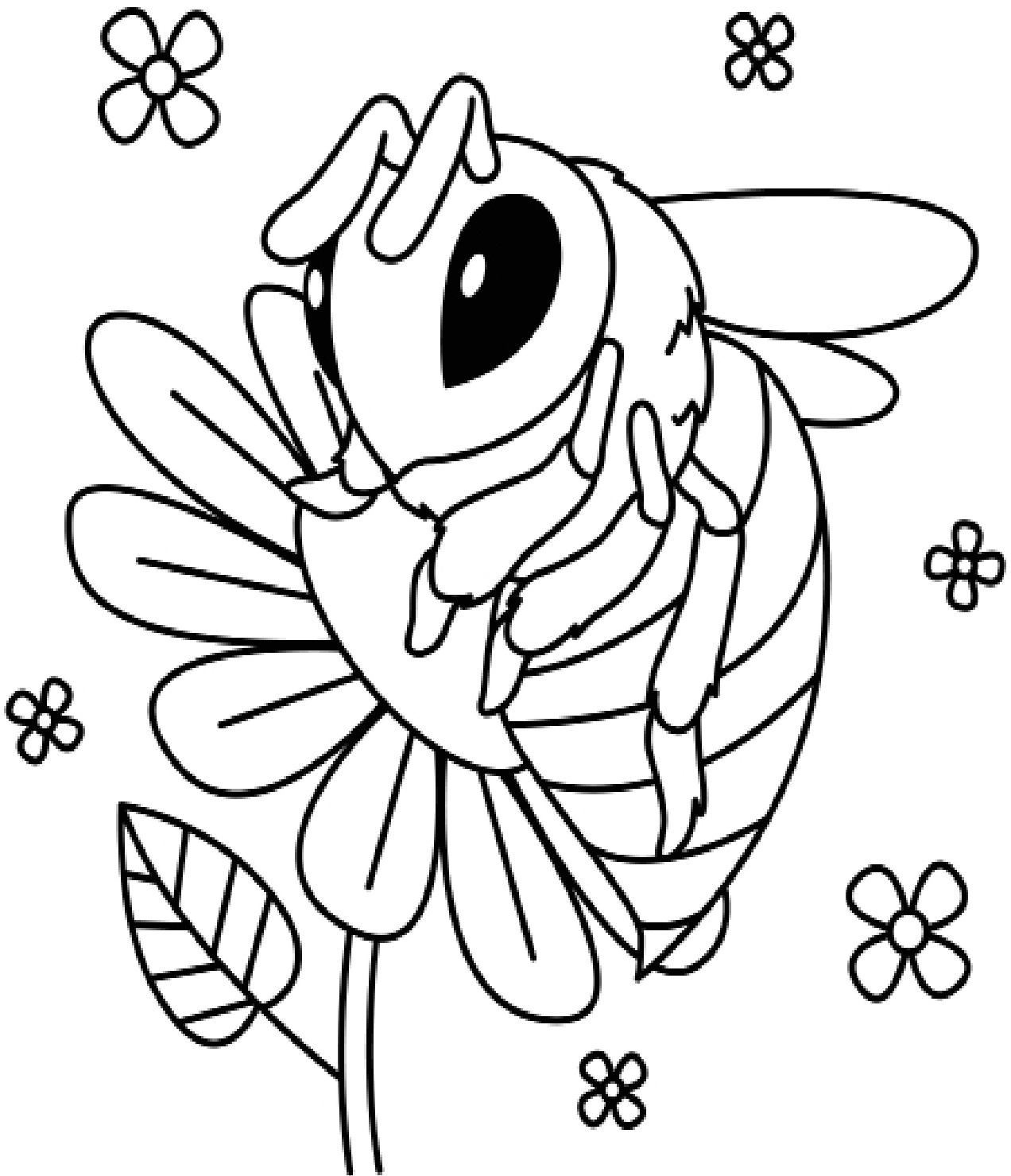
Help the bee get to the hive



Colouring in



Colouring in





After the Winter

Claude McKay

Some day, when trees have shed their leaves
And against the morning's white
The shivering birds beneath the eaves
Have sheltered for the night,
We'll turn our faces southward, love,
Toward the summer isle
Where bamboos spire the shafted grove
And wide-mouthed orchids smile.

And we will seek the quiet hill
Where towers the cotton tree,
And leaps the laughing crystal rill,
And works the droning bee.
And we will build a cottage there
Beside an open glade,
With black-ribbed blue-bells blowing near,
And ferns that never fade.

Find as many words as you can



boots
coat
cold
forts
frozen
hat
ice
melt
mitts
play
scarf
skate
ski
sled
snow
socks



1 onion 1 clove garlic
chop and stew in vegetable oil



800 ml water
boil



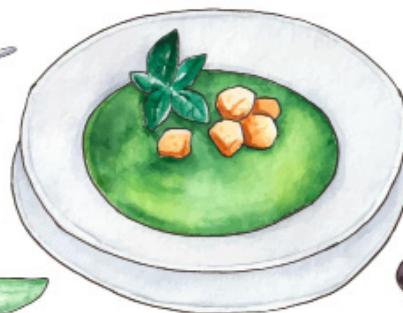
mint leaves



2 cup green pea
(you can also use frozen)

cook for 10-15 min
until the peas are soft

Green pea cream soup



serve cream soup
with garlic croutons



strain cooked peas
(saving the broth)
pour cold water

grind until smooth mashed
by adding broth



add salt, pepper, yogurt to taste
and bring to boil



If undelivered, please return to:

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Morwell VIC 3840

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No. 100002355

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r.harasymenko@headwaygippsland.org.au



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.

Child Safety

Headway Gippsland Inc. is committed to the safety and wellbeing of all children accessing our service, including the cultural safety of aboriginal children, cultural safety of children from CALD backgrounds and the safety of children with a disability. Headway has zero tolerance for child abuse, believes the rights of the child are paramount and they should feel safe and supported accessing our service. We have specific policies and procedures in place to support and educate our staff and volunteers and all allegations and safety concerns will be treated seriously and acted upon immediately.