

**Emergency on call**  
phone 0448 472 007

# Summer 2024 Newsletter

This newsletter is a celebration of the summer that has been.

We are lucky to have had a mild summer, up until two weekends ago, when storms ravaged the state, and towns lost power for days on end.

Our hearts go out to the members of our community whose homes were damaged and livelihoods were threatened by this environmental crisis.

At the end of this newsletter, please find some resources full of helpful information should something like this ever happen again. In times of a changing

climate, we believe it's important to prepare ourselves, equip ourselves with knowledge and look out for each other.

In more positive news, we have some amazing stories, events and photos from the summer in this edition. As always, we hope you enjoy!



**Jenelle Henry**  
Chief Executive  
Officer

## LABOUR DAY

We will be  
closed Monday  
11 March, 2024



Have a great  
public holiday!

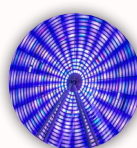


Join Latrobe City Council Community Disability Access & Inclusion Group - and have a say at council level!

Details on page 3



## What is inside...



Moombah Festival  
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Summer activities -  
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For Easter closures please see back page

# Local news

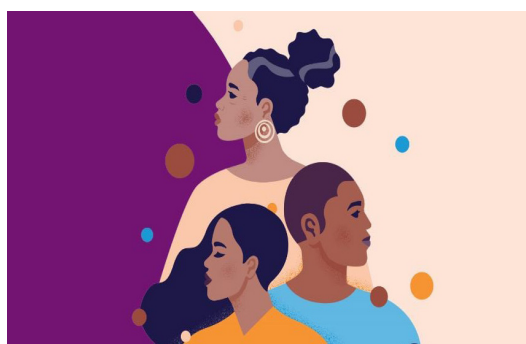


## Moombah Festival

From Thursday 7th March - Monday 11th March

It's that time of year! There are so many great events this year - check out the program below.

<https://moomba.melbourne.vic.gov>.



## International Women's Day

Friday 8 March

This year's theme: Count Her In

There are many ways to get involved - check out the link below!

<https://www.iwd.net.au/>



## Maffra Mardi Gras

A family-friendly event with a street parade, marching band, floats, food stalls, entertainment and more! The best dressed will win a prize for best costume:

This year's theme is 'Outer Space'!

<https://www.visitgippsland.com.au/event/maffra-mardi-gras>



## Support the Carers - Expo & Lunch

Wednesday 6th March, 10am - 2pm

> Guest speakers

> Gippsland providers (Headway will be there)

Traralgon Bowls Club

50 Liddiard Rd, Traralgon. 1800 677 579

## Expressions of Interest – Now Open

# Disability Access and Inclusion Community Engagement Group

### ABOUT

The purpose of the Group is to enable community stakeholders to provide Council with advice and guidance to assist with the development and implementation of the Disability Access and Inclusion Plan 2022-2025 and associated actions. The group will also provide Council with input and feedback into the operation of Latrobe City Council services and programs to ensure that the needs of people with disability are considered or addressed.

The Group forms part of Latrobe City Council's commitment to community engagement to ensure our work is reflective of the community's needs and aspirations.

### WE ARE SEEKING:

Community members with lived experience of the needs and issues of people with disability including individuals living with a disability, their family members and carers, or community members with strong community networks who have an interest in people with disability.



### IF YOU ARE INTERESTED

Please complete an Expression of Interest Form to apply. The Expression of Interest Form and an Information Pack is available from:

- The Latrobe **Have Your Say** webpage  
[www.yoursay.latrobe.vic.gov.au](http://www.yoursay.latrobe.vic.gov.au)
- Council Service Centres and Libraries (for hard copy)

Expressions of Interest close on **8 March, 2024**

### FOR FURTHER INFORMATION:

#### Contact: Hayley Hall

Community Engagement Officer -  
Community Access and Inclusion  
0437 964 543

[Hayley.Hall@latrobe.vic.gov.au](mailto:Hayley.Hall@latrobe.vic.gov.au)

or

Visit a Latrobe City Library to have a chat:

**Churchill Library**  
**Monday 12 February**  
10am-12noon

**Moe Library**  
**Tuesday 13 February**  
12noon-2pm

**Morwell Library**  
**Wednesday 14 February**  
2pm-4pm

**Traralgon Library**  
**Friday 16 February**  
10am-12noon

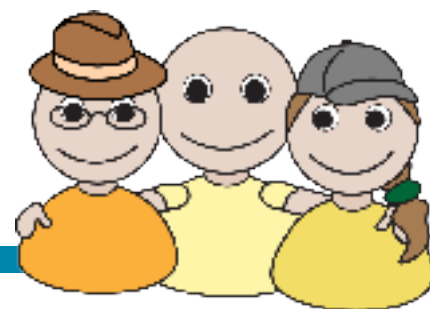
#### **No booking required**

*All information provided will be treated as confidential.*

To receive this information in languages other than English, or in other formats, please contact Latrobe City Council on 1300 367 700.

Please note: this is an  
advertisement

# Caring for carers



Do you know an unpaid carer who needs support? We spoke to Bronwyn and our friends at BrainLink to learn more!

## What does BrainLink do?

BrainLink provides information and referral, support for carers and NDIS support coordination for those impacted by neurological conditions.

BrainLink provides regular opportunities for carers to come together which includes coffee catch ups, walks and lunches, movie days, pamper days, information sessions and overnight retreats just to name a few!

## Who can benefit from your service?

Anyone caring for someone, who knows someone, or IS someone living with a brain injury or neurological condition.

**BrainLink.**

## If you had any advice, what would it be?

If you have a friend, neighbour or acquaintance who is looking after someone with a brain injury or neurological condition - in the famous words of Molly Meldrum - do yourself (or them) a favour and tell them about BrainLink. We can, and do, make a difference.

## How can someone get involved?

Just ring **1800 677 579** and our friendly team will direct you to the right person! We have an Expo in Traralgon on 6th March at the Bowls Club on 50 Liddiard Street from 10am -2pm. Headway will be there, as well as some amazing guest speakers. - Bronwyn



## BRAINLINK CARER'S EXPO AND LUNCH

Includes a free educational workshop  
from Memory Matters:

**How to influence behaviour in a  
positive way.**

### Free event

Come along for a fun and interactive  
day, meet a range of carer and  
disability providers, who service your  
local area.

*All attending will receive a free ticket to  
a screening of Priscilla at Peninsula  
Cinemas Warragul on 12 April 2024.*

REGISTER NOW 

For more details and to  
register contact BrainLink's  
Carer Support team by either  
email: [carers@brainlink.org.au](mailto:carers@brainlink.org.au)  
or call 0498 333 088.

**BrainLink**

**Wednesday  
6 March 2024**

**10.00am - 2.00pm**

**Traralgon Bowls Club  
50 Liddiard Rd Traralgon**

Are you caring for a person  
with a brain injury such as  
stroke, ABL, brain cancer,  
Epilepsy, Huntington's  
disease, MND, MS,  
Parkinson's Disease or a  
progressive neurological  
condition?

BrainLink connects Carers  
with other Carers.

Make a connection with a  
community that cares.

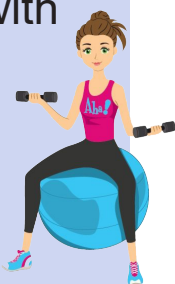


## Expression of Interest:

### Fitness & Pilates Group

Are you looking to  
improve your fitness  
and mobility?

Want to meet up with  
likeminded people  
for fun exercise?



Call Headway on  
**(03) 5127 7166** if you  
are interested!

**Fly2Health Telehealth**

## We're Taking Off Online!

Quality allied health  
services, no matter  
where you are.

**Submit a Referral  
Online Now!**



Occupational  
Therapy  
Speech Pathology  
Dietetics





# Social support groups



Australia Day BBQ

Valentine's  
crafting



Spud playing  
croquet



Sandra painting



Giant Jenga



John painting



In the garden



Cooking pizza



# Morwell Group



The Morwell group had an amazing Australia Day BBQ and celebrated the birthdays of Steve, Spud and Drew!

There were games, cooking lunch, playing caravan bowls, tossing

thongs, and pin the tail on the kangaroo!

After lunch, the group went on a walk and found the brick Spud made back in 1987 - at the Moe Botanical Gardens.





# Trafalgar Group



The Trafalgar group have welcomed a new coordinator in February!

A BIG welcome to Courtney Castello, who will be taking the place of Janet deCorrado. We can't wait to see what's in store.

We thank Janet for her dedication to the groups over the years and all of her work. We wish her all the best in her next chapter.





# Wonthaggi Group

The Wonthaggi group have been getting out there and having the best time lately!

They are going to Midsumma Festival, pottery classes, yummy brunch spots and painting Australian birds!

It's been an action-packed 2024 so far, check out more snaps on Facebook!



# Local musician Elizabeth Lynch-Berends

**If you have ever been to Jak's Music shop for Friday Open Mic Night – you may have witnessed the powerful voice and emotive performance of Elizabeth Lynch-Berends.**

Elizabeth has been performing at Jak's for years, and has become an integral part of the music scene in Gippsland.

'I started teaching myself piano when I was 16, and singing. I started VCE in music, at Kurnai, and we did a few shows at the high school. From then I knew I wanted to do it.'

Elizabeth has been dedicated to the craft ever since, and practises daily. 'I do music all the time.' She sings, plays piano, the ukelele and even wants to learn guitar!

'She's very dedicated,' says her mum, Rebecca, who is her daughter's number one fan.

Elizabeth has two main goals this year. 'I would like to finish my degree in music, and I want to finish another album.'

She studied music in the city, but because of COVID, decided to defer and focus on her health. She is looking forward to getting back into studies.

Elizabeth is also self-taught. 'I've been learning sound production. I teach myself. I plug my keyboard into the computer and can make pop music.'



Writing pop music is more complex because you have to write all the different instruments. Her third album will be showcasing this. 'So, it's taking me longer, but it will be good.'

Music has always been part of her life, and always will be. Elizabeth and Rebecca also credit the support of her local community.

'You've had a lot of support from people,' says Rebecca, 'and you've accepted a lot of support to get where you are – to reach your potential. Everyone in the community has been really kind and helpful, and it's made it a lot easier. It's made a big difference.'

**You can support young musicians and check out Elizabeth's music on Spotify! You can also follow her on Facebook for news and events.**

## How to see you perform?

Come down to Jak's Music, Warragul, on the first Friday of every month, for Open Mic Night.

## What music do you play?

'I play my own songs and really popular songs everyone knows, so everyone's happy! I also like 80s and 90s music.'

## Advice for other musicians?

'Just do it! Make time for it. It's never too late to start.'



# Life Skills Officers: Profiles

**Our Life Skills Officers** are ready to support you!

Phone **(03) 5127 7166** to request your day before they disappear!

All of our support professionals are:

- fully qualified - First Aid, WWCC, Cert III or higher
- have some current availability
- new profiles added every week!

**Hello! I'm**

**AMY CAHOON**

**about me**

Hi, my name is Amy! I'm a massive people person and I love to help whenever I can. I'm passionate about getting people into the community and making a positive impact on their life.

**fun fact**

I have 2 cats which are very spoilt!



**Hello! I'm**

**DANIELLE MINTERN**

**about me**

I'm passionate about helping people within the community or at home supporting them with everyday needs and working on set goals. I'm easy to get along with and adapt to any environment.

**fun fact**

I love traveling and discovering their culture, food and history. And I love my Labrador!



**Hello! I'm**

**PAUL BREW**

**about me**

I enjoy helping people achieve their goals. I am passionate about the rights of people with disabilities. I can provide technical support as a former Electronics technician.

**fun fact**

I'm learning to be a music producer as a former drummer in a band.



**Hello! I'm**

**SHARYN FOLEY**

**about me**

I choose to see the best in people and honour your authenticity. I endeavour to bring fun, positive, friendly enthusiasm during our time together. I genuinely care and respect your dreams, goals and wishes.

**fun fact**







I love music and dancing!



# Puzzles

## HOW MANY?



	<input type="text" value="2"/>		<input type="text"/>		<input type="text"/>
	<input type="text"/>		<input type="text"/>		<input type="text"/>

## Scavenger Hunt

Go outside and write how many you find...





# Colouring in





Colouring in



## Support for you

Please find some helpful resources for those affected by storms and power outages. If you have any tips that you can share, please let us know and we can publish them in the next newsletter!

### When the power is out...

**TURN OFF** all electrical appliances, heating and unplug computers

**AVOID** opening fridges and freezers. If food is still cold to touch (under 5 degrees) it is safe to eat.

**CHECK** refrigerated medications with a pharmacist.

### Your local council has relief locations

There may be places for you to:

- use the internet
- charge your phone
- have a hot shower or use other facilities

<https://emergency.vic.gov.au/relief-and-recovery/1047>

Check whether you are entitled to compensation - for power outages and any spoiled foods



The electricity distributor for eastern Victoria is **Ausnet Services**

Faults: **13 17 99**



General enquiries:  
**1300 360 795**

If undelivered, please return to:

PO Box 49,

Morwell VIC 3840

PRINT POST

APPROVED

No. 100002355

## Contact us

Headway Gippsland  
219 Princes Drive,  
Morwell

Postal Address  
PO Box 49  
Morwell VIC 3840

Phone  
5127 7166

[headwaygippsland.org.au](http://headwaygippsland.org.au)

Newsletter contact - Rhiannon  
[r.harasymenko@headwaygippsland.org.au](mailto: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.