

Christmas 2024 Newsletter

Wishing everyone a wonderful time with friends and family during the festive season and we can't wait to see what 2025 brings.

Throughout this newsletter, we have provided many resources to help you during the summer months.

Thankyou for your support of Headway during 2024 and we look forward to working with you in 2025.



Jenelle Henry
Chief Executive
Officer

Social Support Groups 2025

Trafalgar (Magnificent Minions) back on 13 Jan

Morwell (Valley Venturers) back on 15 Jan

Wonthaggi (South Coasters) back on 24 Jan

Headway Office Christmas Closures

Monday 23rd to Sunday 29th December - CLOSED

Monday 30th December - OPEN

Tuesday 31st December - OPEN (until 4pm)

Wednesday 1st January - CLOSED

Thursday 2nd January - OPEN (normal hours resume)

**If you need to cancel a shift please call
0448 472 007**

In an emergency call 000



Local Events - December



Warragul Carols by Candlelight

20 December from 5:30pm

Location: Civic Park Warragul

Enjoy live music, local talent & performances and your favorite carols in a festive atmosphere perfect for all ages.



Community Bank San Remo Carols

20 December from 5-9pm

Location: San Remo Foreshore



Christmas at Old Gipps Town

22 December from 3-8pm

There will be children's rides, a Santa's grotto, music and entertainment with carols and a street organ. Food vans and market stalls for all your last minute gifts!

Tickets \$5 per person or \$15 per family (2 Adults and 2 Children)

<https://www.gippslandheritagepark.com.au/>



New Years Eve events

31 December

* Port Albert- Rutters Park, Bay Street 6:30pm (fireworks 9:30pm)

* Cowes Foreshore from 9:30pm

* Coronet Bay Foreshore from 9:30pm

* Inverloch - 11 Reilly St



Life support concession

<https://services.dffh.vic.gov.au/life-support-concession>

Visit this link to find out more and check your eligibility

Your electricity company's obligations to you

If you use a life support machine at home, you can register with your electricity company to ensure that during a power outage, you are notified beforehand. They also cannot disconnect you without notice. You will also receive priority should the power go out.

Click here to find out more

<https://www.ewov.com.au/fact-sheets/life-support>

Are you a concession card holder using a life support machine at home?

Inclusive Inspirations Talent & Art Expo



Headway Christmas Lunch



We had lots of fun at our Headway Christmas Lunch on Wednesday 11 December.

Thank you to the Yarragon Lions Club for their donation so we could buy amazing raffle prizes!

Christmas Riddle

What kind of pictures do elves take?

Email us with your answer: marketing@headwaygippsland.org.au



2024 Social Support Groups



Lots of games



Midsumma Festival



Birthday celebrations



Trip to Walhalla



Morwell Group

The Morwell group have had a very busy year. Here are some things they did:

- A trip to Sale to see the art gallery
- A visit from Qu Bah OFHR to see their vintage cars
- Lots of craft and cooking
- A new dog companion called Bonty joined them
- They had lots of fun at the Great Chase at Warragul Greyhound Racing



Trafalgar Group



The Trafalgar group have had lots of fun this year.

They have made lots of types of artwork.

A fun trip to Walhalla.

Fun playing bowls and billiards.



Wonthaggi Group

A busy year for the Wonthaggi group!

Some things they have done:

- A trip to Cape Paterson for whale watching
- Lots of arts and crafts
- Word games and lawn balls
- Visits to animals and gardens





Stay safe this Summer



In an emergency call 000

LOCAL CFA phone numbers

Warragul - 5624 1900

Morwell - 5120 3700

Sale - 5149 1000

Bairnsdale - 5153 7400

Bushfire Survival Kit



First Aid Kit



Waterproof Torch



Spare Batteries



Portable Battery-Operated Radio



Waterproof Matches



Candles



Woollen Blankets



Emergency Phone Numbers



How to Prepare Your Home for a Bushfire



Keep your lawns short and your gardens well maintained.

Dispose of any plant cuttings far away from your home.



To prevent ember attack, install metal fly screens on all windows.

Clear leaves and other debris from your roof, gutters, and downpipes.



Cut back any trees or shrubs hanging over your home.



What to do if you need help

If you are feeling sad or someone you know needs help here are some places to contact:

Beyondblue Support Service – 1300 224 365

Lifeline – 13 11 14

MensLine – 1300 789 987

Qlife – 1800 184 527

In an emergency call 000 or visit your local hospital's Emergency Room

if the holidays are hard...

@POSITIVELYPRESENT



Puzzles



| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| A | F | A | M | I | L | Y | B | L | X |
| S | O | N | T | B | O | X | G | V | D |
| I | C | G | H | O | L | L | Y | A | O |
| E | A | E | D | W | F | E | S | Y | L |
| B | E | L | L | S | N | O | E | U | I |
| A | O | O | H | F | A | N | I | L | G |
| T | T | O | A | S | M | E | K | E | H |
| N | F | D | T | I | I | H | O | E | T |
| A | I | V | H | S | H | W | O | N | S |
| S | G | C | A | N | D | Y | C | F | X |

HOLLY SANTA ELF LIGHTS GIFT
ANGEL BOX COOKIES SNOW YULE
BELLS HAT BOOTS FAMILY WISH
BOWS NOEL CHIMNEY CANDY

Colouring in



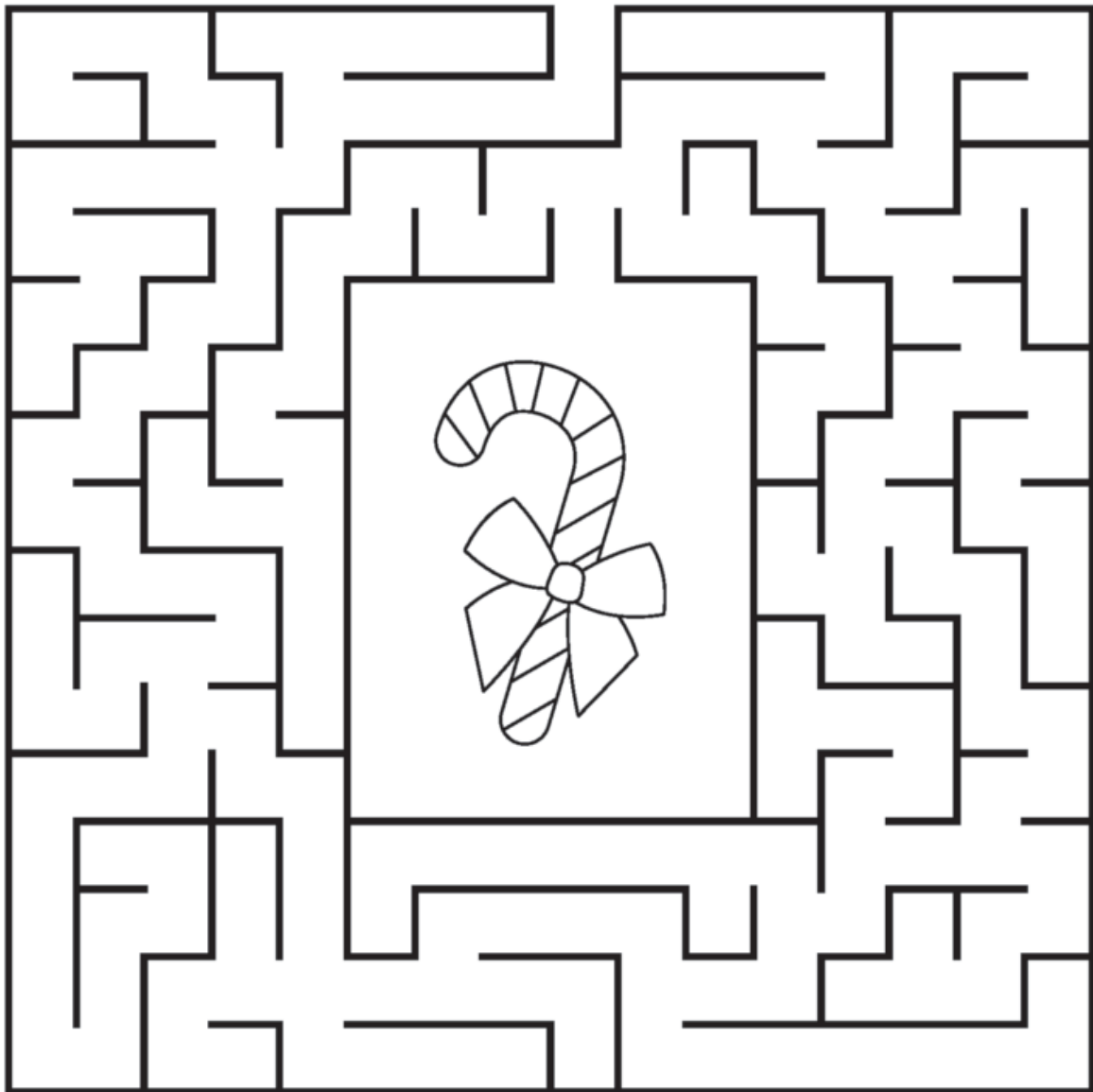
3 Ingredient Fruit Cake

- 1 kg (5 1/2 cups) mixed dried fruit
- 600ml iced coffee flavoured milk
- 300g (2 cups) self-raising flour

1. Preheat the oven to 160 degrees C (fan force). Grease a 22cm round pan and line with baking paper
2. Mix dried fruit and iced coffee milk. Cover and put in fridge overnight
3. Remove bowl 30 minutes before using
4. Stir in flour gently and pour into pan
5. Bake for 1 hour and 30 minutes or until skewer comes out clean



Help the reindeer find the candy cane:

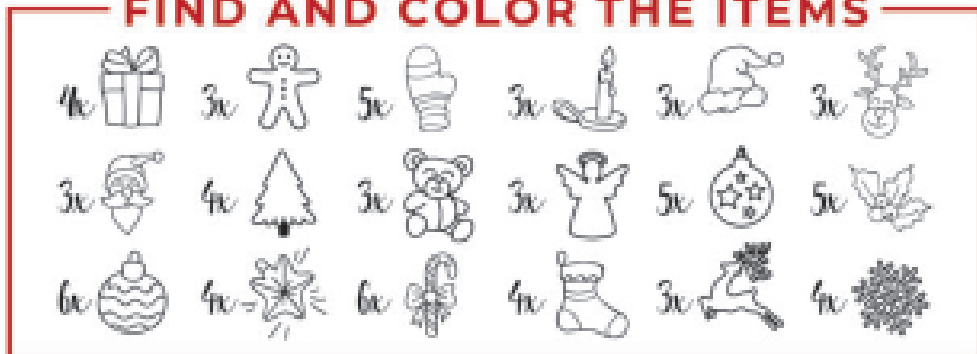




Christmas I SPY



FIND AND COLOR THE ITEMS



THISWORTHEYLIFE.COM



ABC Program




Adolescent Building Connections Program


Community Group Information Session


January School Holidays Interactive Learning Experience


Discover the games and activities featured in the ABC program and get a glimpse of what the sessions are all about.

Enroll in the ABC Community Program for 2025, it's completely free!

 Thursday, 9 January 2025

 1pm - 3pm

 Latrobe Youth Space
497B Princes Drive
Morwell Vic 3840

 BBQ and water provided

The Adolescent Building Connections (ABC) program is designed to provide the skills, understanding and learnings to provide Young People with the tools to form healthy and respectful relationships in their lives. This is through positive behaviour choices and personal growth.

It's all about:

-  Healthy and respectful relationships
-  Resolving conflict peacefully
-  Managing big emotions
-  Consent
-  Gender equality
-  Young people aged 12 to 17 years

Let us know what days and times you would like to see the program running in 2025

Join us in building stronger, more connected communities together

For more information email abc@quantum.org.au or phone **1800 243 455**

These are funded programs subject to change. This information was correct on 06/12/2024

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marketing@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.