

# January/February Newsletter

We hope everyone had a wonderful Christmas and New Year.

We look forward to working with you in 2025.

In this newsletter we're sharing helpful information on staying safe during Summer, some local events and what our groups are getting up to, and some fun puzzles.



Jenelle Henry  
Chief Executive  
Officer

We are excited to be moving to a bi-monthly Participant Newsletter. This means you'll receive a newsletter every 2 months, giving you more current information and updates !

**What would you like to read in this newsletter?**

**Or would you like to share a story with others?**

**Let Krista know: [marketing@headwaygippsland.org.au](mailto:marketing@headwaygippsland.org.au)**



**JOIN OUR FUN  
SOCIAL SUPPORT GROUPS**

**Trafalgar  
Magnificent Minions  
Mondays  
10:30-2:30**

**Morwell  
Valley Venturers  
Wednesdays  
10:30-2:30**

**Wonthaggi  
South Coasters  
Fridays  
10:00-2:00**







# Local Events



## Creative Harvest Gippsland

25th and 26th January 10:00am-3:00pm

Location: Gardens across West Gippsland

Visit flourishing edible gardens, gain tips and inspiration for your own veggie patch and support local artists and creatives.



## Yarram Chalk Art Festival

25th and 26th January

Dozens of artists will descend on Yarram to transform the footpaths into a temporary public art gallery. Artists will captivate audiences as they take to the footpaths armed with vivid pastel chalks and spend hours drawing on their hands and knees.



## Gippsland Pride Festival

25th January

Location: Coal Creek Memorial Park

Jam-packed with community activations, kids' activities, Forever Rainbows 'Pride in Aging' Tea Garden, drag workshops, LGBTQIA+ performances, support organisations and service activations, Motafrenz car display, food and drink and so much more.



## Gippy Rocks

21st and 22nd February

Location: Sale Memorial Hall

Featuring three full days of dancing including the Victorian Regional Dance Championships and vehicle displays it's an event not to be missed!



## STAY SAFE THIS SUMMER!



Use  
sunscreen

Take a  
first aid kit



Play in  
shaded areas

Wear  
lightweight  
clothing



Wear a  
helmet

Use insect  
repellent



Avoid  
intense activity  
on hot days

Wear  
sunglasses



Take breaks

**HYDRATE!**



## Be Power Prepared this Summer

Be power prepared this Summer with these helpful tips:

Register your mobile number with your electricity retailer. They will pass it on to Ausnet so they can SMS you during an emergency or outage.

Save [outagetracker.com.au](http://outagetracker.com.au) on your phone or computer, so you can see the latest information and restoration times during an outage.

Save 13 17 99 and the report a faulty webpage ([ausnet.com.au/report-a-fault](http://ausnet.com.au/report-a-fault)) in your phone so you can report any interruptions to your electricity supply.

Read more tips on Outage Hub ([ausnetservices.com.au/outages](http://ausnetservices.com.au/outages))

# JANUARY SOCIAL SUPPORT GROUPS

## Trafalgar Magnificent Minions

13 January – Centre – Playing games and catching up \$7

20 January – Bowling day Wyncity bowling (Morwell) \$16

27 January – No Group Public Holiday

## Morwell Valley Venturers

15 January – Centre – Planning & Scone Making \$8

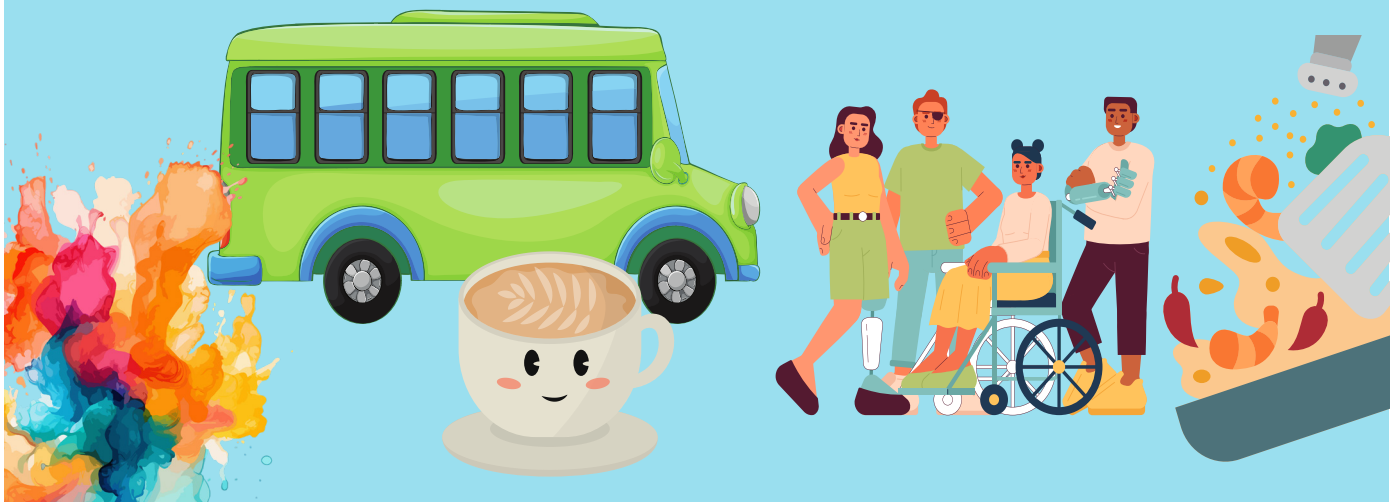
22 January – To be confirmed after planning day

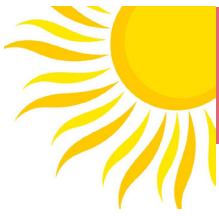
29 January – To be confirmed after planning day

## Wonthaggi South Coasters

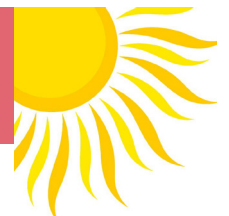
24 January – Guide Park – Barbeque \$10

31 January – Lunch at Local Cafe \$20





# Summer Tips



In an emergency call 000

LOCAL CFA phone numbers

Warragul - 5624 1900

Morwell - 5120 3700

Sale - 5149 1000

Bairnsdale - 5153 7400

## Bushfire Survival Kit



AUSTRALIAWIDE FIRST AID

## 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.

AUSTRALIAWIDE FIRST AID

# New Headway Staff



We have a few new faces that have joined our team recently, so let's meet them! First up it's Krista who has joined us in December as our Content Creator/Digital Marketer.

Krista has worked in the not for profit space for the last 9 years with a focus on events, marketing and communications. A qualified teacher, Krista is currently studying a Masters in Child & Adolescent Mental Health. She's a proud Mum to 2 boys and moved to Warragul with her family 6 years ago.

Krista's excited to be working with Headway and share the amazing work & activities the team and participants take part in!

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We also welcome Robert Buchan, a new Life Skills Officer.

Inspired by the support Robert's parents received through their home care package, he wanted to be part of something similar. Robert began the CERT III in Disability Support with TAFE Gippsland in February 2024 and recently completed the course. He's considering further study with CERT IV later this year.

Robert did a CERT III placement at Foxy House in Kongwak, working with SIL residents and providing respite and day activities. His upcoming role with Headway will involve the social support group at Wonthaggi.

George and Robert live on an 80-acre farm with their 4 Hungarian Vizslas, and he enjoys activities like farming, gardening, and dog breeding.

Also, we welcome Riki Slade, one of our new Life Skills Officers.



## BEACH WORDSEARCH

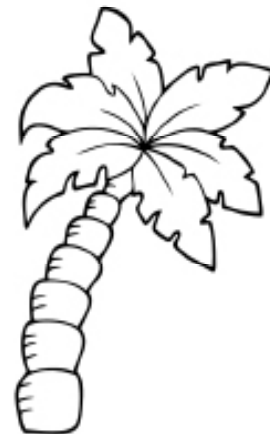


N S L A G O O N J I  
C H N N O X S U K B  
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### WORD LIST

BEACH	SCUBA
DUNE	SHELL
LAGOON	SUN
OCEAN	TOWEL
SAND	WAVE



Homemade  
GIFTS MADE EASY

# Summer Recipe

## Melonade



- 100g (1/2 cup) caster sugar
- 125ml (1/2 cup) water
- 1.5kg watermelon, peeled, chopped
- 125ml (1/2 cup) strained fresh lemon juice
- 1/2 tsp vanilla extract
- Ice cubes, to serve
- Fresh mint leaves, to serve

1. Combine the sugar and water in a small saucepan. Stir over low heat until sugar has dissolved. Increase heat to medium-low and simmer without stirring, for 5 minutes. Transfer to a bowl and place in the fridge until chilled.
2. Place the watermelon in a food processor and process until smooth. Strain through a sieve into a large jug to remove any seeds or pulp.
3. Pour the lemon juice, vanilla and chilled sugar syrup into the jug and stir until combined. Serve over ice with mint.



Think you know the answer to our joke?

Send us the answer: [marketing@headwaygippsland.org.au](mailto:marketing@headwaygippsland.org.au)



# Puzzle

## Summer Cryptogram

Can you find the words by using the key below?

A	B	C	D	E	F	G	H	I	J	K	L	M
N	O	P	Q	R	S	T	U	V	W	X	Y	Z

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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.