



HEADWAY
GIPPSLAND INC.

Emergency on-call

Phone: 0448 472 007

WINTER NEWSLETTER JUNE - AUGUST 2025



Brrr! It's cold in here! I hope you're ready to hear all about the fun activities, winter warmer recipes for a hearty dinner or dessert, and local community events to stay cozy and have fun in the coming months as winter approaches!

Jenelle Henry, Chief Executive Officer

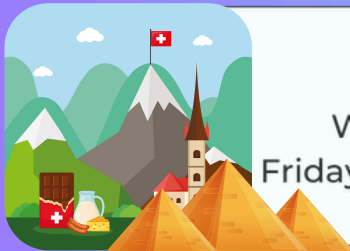
Important dates

- East Gippsland Winter Festival: June 20th - July 20th
- King's Birthday public holiday: Monday 9th June
- Term 2 ends: July 4th
- Wonthaggi Art Exhibition: 7th June - 19th June
- National Disability Summit: 18th - 19th September

UPCOMING VIRTUAL REALITY SESSIONS

HEADWAY GIPPSLAND VR EXPERIENCES – JUNE

Week one



Monday 2nd - Egypt
Wednesday 4th - Cambodia
Friday 6th - Lets head to Switzerland



Week two

No Sessions this week

Week three



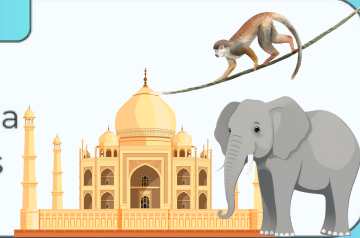
Wednesday 18th - England
Friday 20th - New Zealand



Week Four



Monday 23rd - Asia
Wednesday 25th - India
Friday 27th - Animals



Would you like to attend
on a different day or time?
Just ask us and we can help!

All sessions 12–1pm
TO BOOK CONTACT:
intake@headwaygippsland.org.au

LOCAL EVENTS

East Gippsland Winter Festival



JUL 5

Melbourne International Comedy Festival Roadshow

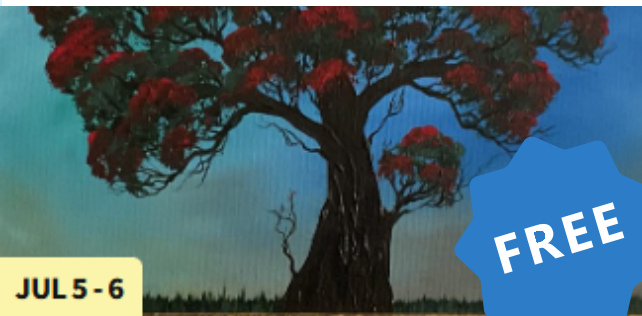
Australia's most iconic comedy tour is hitting the road for a huge 27th year! Bringing together the brightest stars from the 2025 Melbourne International Comedy Festival, we're delivering top-tier humour straight to your town!



JUL 5, 6, 12, 13, 19

Raymond Island Koala Tours

A one hour guided walking tour of the Raymond Island Koala Trail to see koalas in their natural environment.



JUL 5 - 6

FREE

AbFab Exhibition

In a world that is filled with beauty we are taking the opportunity to exhibit and sell pre loved art works at our AbFab Exhibition. Join us in our amazing hall and view absolutely fabulous art works that you may wish to purchase to take home.



JUL 8, 15

FREE

Picnic, Art and Stroll in Lake Tyers Beach

Locals will help you find animal, birds, plants, and tiny creatures in this bush oasis. An opportunity for families to discover the bush in a safe, all weather environment. Find treasures, make art (materials provided) and enjoy the bush. Safe for all abilities.

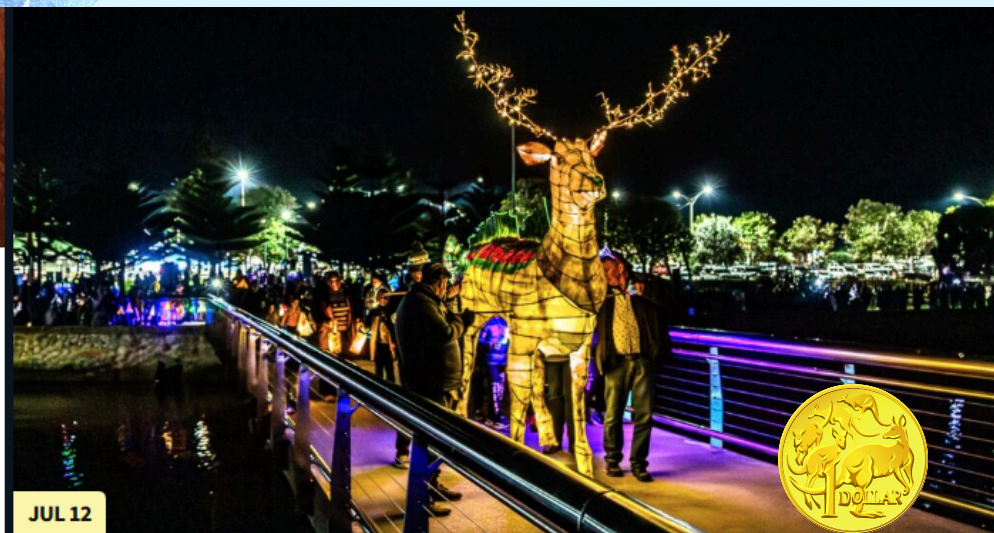


JUL 12

Stone Painting at Echo Bend Camping Park

A workshop to be creative whilst enjoying some time away camping with family and friends. Decorate/paint stones with a winter theme. Be inspired by the environment in a lovely, relaxed bush setting.

FREE



JUL 12

Lakes Lights: Guardians of Nature

Gold Coin donation required

A true highlight of the 2025 East Gippsland Winter Festival. Step into a magical wonderland and be captivated by larger-than-life lantern sculptures, mesmerizing projection art, and dazzling light installations. Soak in the beauty of the community lantern parade as hundreds of hand made lanterns softly traverse across the footbridge and light up the lake. Explore the new boardwalk and discover a coven of sea hags at The Point. With live music, food trucks, and a new VIP experience, this festival highlight is not to be missed.

For more information on the above events, please visit:

<https://egwinterfest.com.au/program/>

There are **MANY** more events to discover on the website!

ART EXHIBITION HEADWAY GIPPSLAND

Wonthaggi Library



Headway Gippsland Inc is a passionate community-driven disability organisation. This exhibition aims to showcase the incredible talent of artists in our region.

Free entry

Friday 07th of June - Thursday 19th of June

Phone: 03 5672 1875



PARTICIPANT NEWS

Latrobe Valley Venturers of Morwell:

A day trip to Lake Guthridge, Old Gippstown, games and cooking days – including scones! - Tenpin Bowling, and guest speaker Bonty. As well as Easter craft projects, visits to the Latrobe Regional Art Gallery, Maffra Car Museum and the Berry Dairy. And more recently: Bocce at the Italian Club in Morwell.



Magnificent Minions of Trafalgar:

Tenpin bowling at Wyncity, a BBQ at Moe botanical gardens, games days, playing pool, dodge-ball, and Easter crafts.



South Coasters of Wonthaggi:

BBQ at Guide Park, baking cookies for Valentine's Day, caught the bus to Cape Paterson for lunch, lawn bowls, baking pancakes for Shrove Tuesday, Harmony Day celebrations, games days, art and craft projects, bus trip adventures, a free movie at the library ("Runt"), and a Dusty Springfield Tribute Show at Wonthaggi Golf Club.



HONOURING CARREN



Let's now take a moment to remember our very special friend Carren, who had passed away earlier this year. She was a friend to all; a loving, creative soul, and long-time participant at Headway. She is dearly missed, and we will remember her in our hearts always.

Nicole: Carren was very sweet. Now that she is gone I cannot see her anymore, which is very sad and I miss her. I enjoyed talking to her at the group even though sometimes she couldn't hear me, but that was just her.

Luke: Every time I see a walker, it reminds me of Carren and now I have lost my smoking partner and our chats.

John: I miss Carren a lot. She was a longtime member of Headway, like me.

Paul: Carren was very artistic.

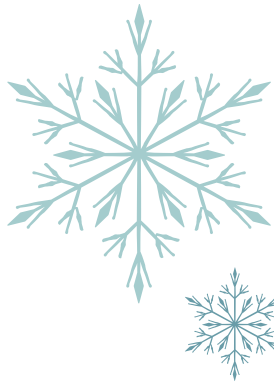
Jenny: I didn't know Carren very well like others in the group, and she was lovely.

Peter: I knew Carren for a very long time and even knew some of her family.

Sue Box: Carren was always willing to have a go.

Sue O'Connor: Carren was a lovely lady and a pleasure to have known her and she had many stories to tell.

Pat Moutafis: Carren was an inspirational person. She was an amazing artist and mother to her son. She always greeted you with a smile. We all miss her very much.



WINTER

WORD SEARCH PUZZLE



Find the words listed below in the grid.

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

SKIING
SCARF
WINTER
PENGUIN
CHIMNEY

MITTENS
BLANKET
SNOWMAN
FIREPLACE
SNOWFLAKE

HOODIE
BEANIE
COFFEE
FROZEN
SNUGGLE

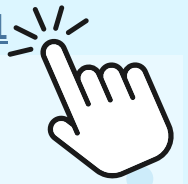
WINTER RECIPE

Ingredients (10)

1. 2 tbsp olive oil
2. 1 leek, halved, washed, thinly sliced
3. 2 garlic cloves, crushed
4. 1 large carrot, peeled, diced
5. 2 sticks celery, diced
6. 2 small zucchini, diced
7. 1 swede or turnip, peeled, diced
8. 1 1/4 cups dry soup mix, rinsed (see note)
9. 8 cups chicken stock
10. 1kg Coles RSPCA approved free range chicken lovely legs



<https://www.taste.com.au/recipes/heart-y-chicken-vegetable-soup/6d14b90c-0246-4fc0-beee-80e95e667c6f?r=dinner/d1mj3vz1>



Method

Step 1

Heat 2 tbsp olive oil in a large saucepan over medium heat. Add 1 leek, halved, washed, thinly sliced and 2 garlic cloves, crushed. Cook, stirring, for 2 minutes or until soft but not coloured. Add 1 large carrot, peeled, diced, 2 sticks celery, diced, 2 small zucchini, diced and 1 swede or turnip, peeled, diced. Cook for 2 minutes. Stir in 1 1/4 cups dry soup mix, rinsed (we used a dry soup mix comprising of peas, barley and lentils), 8 cups chicken stock, 1kg free range chicken lovely legs and 1 cup cold water. Increase heat to high. Bring to the boil.

Step 2

Reduce heat to low. Simmer, partially covered, stirring occasionally, for 1 hour or until soup mix and vegetables are tender.

Step 3

Remove chicken legs from soup. Allow to cool slightly. Remove meat from bones. Roughly chop chicken meat and add to soup. Season with salt and pepper. Ladle soup into warmed bowls. Serve.

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