

Headway Happenings

Stay connected with news, group fun, and learning opportunities



INSIDE, WE ALSO TALK ABOUT:

Group Activity
Highlights

Art & Talent Expo

VR Experience

Short Courses

Local Activities

Easy Recipes

Fun Games

Warm Greetings!

Jenelle Henry, CEO



I'm so excited to share this newsletter with you. We've had some amazing moments in our groups recently, and I can't wait for you to see the highlights. There are some great local activities, fun recipes, and even VR experiences for you to enjoy.

We're also getting ready for our Art & Talent Expo this December! It's one of our favourite events of the year, a celebration of creativity, inclusivity, and community spirit. We can't wait to see the wonderful talents this year.

Learning never stops either, Life Skills Victoria has some fantastic short courses available. It's a great way to try something new and build your skills.

Most importantly, this newsletter is for you, to inspire, connect, and have a bit of fun. I hope you enjoy it!

Social Support Group Activity Highlights



Wrapped up an incredible balloon art project that began in August. Everyone who took part signed the finished artwork.



End-of-month bowling competition — fun, laughs, and friendly competition all around!



South Coasters had a blast at Bunnings making Keyring Holders.



From duck shooting gallery, fishing, and clown ball toss to balloon cup challenges—laughter all around at Fair Day!



Monthly Kelly Pool competition was a hit, with Andrew taking the win.



Celebrating Daffodil Day 2025 – presenting our support through art.



A fun game day at Traralgon RSL, playing giant jenga and giant connect 4.



Yummy lunch after Olivia Newton-John Tribute Show. What a fun day!



Art & Talent Expo

Headway Gippsland, in partnership with Life Skills Victoria proudly presents the **Art & Talent Expo 2025**.

Following last year success, we are excited to bring the community together again to commemorate International Day of People with Disability with a fresh theme: **Creativity Unfolded** – a day where art, performance, and community unfold in inspiring ways.

Together, we can create a vibrant celebration of creativity and inclusion. We look forward to seeing you there!

If you are an artist or performer living with disability, or know someone who would love to showcase their talent, we'd love to hear from you.

📞 Call us on (03) 5127 7166

✉ Email: reception@headwaygippsland.org.au



ART & TALENT EXPO 2025

creativity unfolded

Be part of a day where art, performance, and community unfold in inspiring ways.

DECEMBER 3RD | 10AM - 3PM

📍 High Street Community Hub, Moe 3825

Proudly celebrating



International Day of
People with Disability

What's Happening?

- 🎨 Exhibit and sell artwork & crafts
- 🎤 Perform music, dance, or other talents
- 🌟 Free entry — everyone's welcome
- 💛 Safe, welcoming, supportive space
- 🍴 Food & drinks available



44th Annual General Meeting

This year meeting will be held virtually.



Headway AGM

Join our Annual General Meeting on Wednesday, 26 November 2025, held virtually via Microsoft Teams from 4:30 to 5:00pm. We hope you can join us online.

VR EXPERIENCE

OCTOBER

All sessions 12-1pm

WEEK ONE

Let's Travel Australia

Tuesday the 7th - Australia
Thursday the 9th - Australia

WEEK TWO

Monday the 13th - Spain
Wednesday the 15th - Poland
Friday the 17th - Singapore

WEEK THREE

Tuesday the 21st - America
Thursday the 23rd - Canada

WEEK FOUR

Monday the 27th - Animals
Wednesday the 29th - Adventure thrillseekers
Friday the 31st - Egypt

VR Experience

Virtual reality (VR) involves a using a headset combined with software-generated simulations of real or imagined 3D environments, that a person can interact with using their own movements.

The best part is that VR can be used by people of all ages and abilities! Our VR program is NDIS funded, subject to your individual plan.

Check out our October calendar and follow our social media for next month's calendar.

Book your spot now:

intake@headwaygippsland.org.au

Short Courses Just for You

Life Skills Victoria (LSV) offer a wide range of programs and courses to achieve your goals and aspirations.

There are 3 courses available to further your learning and personal development. To enrol in these courses, student must be at least 18 years old and must have evidence of a permanent cognitive impairment or intellectual disability. Students will be required to complete a numeracy and literacy assessment.

If you're interested, call **03 5127 7999** or email rto@lifeskillsvic.com.au for more details.
p.s. Don't forget to mention Headway! ;)



Certificate I in Transition Education - 22567VIC

This course assists learners to develop life skills and supports self-development so they can explore suitable future options such as employment, further study, or community participation.

It helps to develop knowledge of community support services, strategies for personal safety and daily activities such as travel and medical emergency procedures, and to develop personal goals and simple strategies to achieve them.

It will also build skills in using technology, planning, and implementing travel plans, problem solving, teamwork and gaining independence.

Course Duration: 1 day per week over a 12 month period
Time: 9:00am - 3:00pm




Certificate I in Work Education - 22566VIC

This course offers further pathways to study and employment. It assists learners to develop the skills to explore work options, improve employability and work readiness skills and/or access pathways to further education.

It will help develop skills in workplace expectations, OHS/WHs, teamwork, communication skills, problem solving, support self-development and develop personal vocational goals. Work placement is also organised as part of this course. This course also offers further pathways to study and employment.

Course Duration: 1 day per week over a 12 month period
Time: 9:00am - 3:00pm



Certificate I in Initial Adult Literacy and Numeracy - 22555VIC

This is an entry level course aimed at developing literacy and numeracy skills. It supports the development of beginning skills in reading, writing and numeracy.

This course offers pathways to further learning and personal development by providing learners with the confidence to participate in the community.

Course Duration: 1 day per week over a 12 month period
Time: 9:00am - 3:00pm

Local Events

Free



Moe Art Society Spring Art Show

24 October 2025
Moe City Library

Free



Free Halloween Fun Stage Shows: 'Magic Tricks & Bubble Treats'

31 October 2025
Mid Valley Shopping Centre Morwell

Free



Latrobe Regional Gallery Guided Tour

1 November 2025
Latrobe Regional Gallery Morwell

Free



International Rose Garden Festival

7 November 2025
Morwell Centenary Rose Garden

Local Events

Free



Community Walk for Mental Health Support

21 October 2025
Drouin Two Towns Rail Trail

Free



Summer Nights Market Warragul

1 November 2025
Burke Street Park Warragul

\$5



Gippsland Playing and Swap Card Day

22 November 2025
Trafalgar Community Centre

ALL ABOUT FIBRE AND
YARN FESTIVAL 2025

\$2

Sunday, 23 November 2025
10 am- 2:30pm
Warragul Function Centre
Tarwin Str, Warragul VIC 3820

Donation \$2

www.allaboutfibreandyarn.com.au

All About Fibre and Yarn Festival

23 November 2025
Warragul Function Centre

Local Events

Free



Catching the Light Art Exhibition

17 Oct - 4 Nov 2025

The Union Theatre Wonthaggi

 myli
my community
library

Free

SPOOKY HALLOWEEN JARS

WONTHAGGI
LIBRARY

TUESDAY 21 OF OCTOBER
3:30PM - 4:30PM

Spooky Halloween Jars

21 October 2025
Wonthaggi Library

Free



Community BBQ - Victorian Seniors Festival

29 October 2025

Bass Valley Community Group

Free



Sea Salt Walkers

Heart Foundation Walking Group

Every Wednesday

Cape Paterson Caravan Park

Delicious Spring Dinners



Chicken Fajitas

Ingredients

- 1/4 cup lime juice (from about 3 limes)
- 2 tsp. chili powder
- 1/2 tsp. crushed red pepper flakes
- 1/4 cup plus 1 Tbsp. neutral oil
- 2 tsp. ground cumin, divided
- 1 lb. boneless, skinless chicken breasts
- Kosher salt
- Freshly ground black pepper
- 2 bell peppers, seeds and ribs removed, thinly sliced
- 1 large yellow onion, thinly sliced
- Corn tortillas, warmed, and lime wedges for serving

Directions

• Step 1

In a large bowl, whisk lime juice, chili powder, red pepper flakes, ¼ cup oil, and 1 tsp. cumin. Season chicken with salt and pepper, then add to bowl and toss to coat. Cover and refrigerate at least 30 minutes and up to 2 hours.

• Step 2

In a large skillet over medium heat, heat remaining 1 Tbsp. oil. Add chicken and cook, turning occasionally, until golden brown and an instant-read thermometer inserted into thickest part registers 160°, about 8 minutes per side. Transfer to a cutting board. Let rest 10 minutes, then slice into strips.

• Step 3

Meanwhile, in same skillet over medium heat, combine peppers, onion, and remaining 1 tsp. cumin; season with salt and pepper. Cook, stirring occasionally, until softened, about 7 minutes. Return sliced chicken to skillet and toss until combined. Serve with tortillas and top with a squeeze of fresh lime juice.



One Pan Crispy Chicken Primavera

Ingredients

- 1 Tbsp. neutral oil
- 4 bone-in, skin-on chicken thighs (about 2 lb.)
- 2 1/2 tsp. kosher salt
- 1/2 tsp. freshly ground black pepper
- 12 oz. radishes, stemmed, halved
- 1 shallot, finely chopped
- 6 oz. asparagus, trimmed, sliced into 2" pieces
- 1/2 cup frozen petite peas, thawed
- 2 oz. goat cheese
- 2 Tbsp. finely chopped fresh basil
- 2 Tbsp. finely chopped fresh mint
- Lemon wedges, for serving

Directions

• Step 1

Place a rack in center of oven; preheat to 400°. Into a large ovenproof skillet, pour oil. Season chicken on both sides with 2 teaspoons salt and 1/2 teaspoon pepper and arrange in pan skin side down. Cook over medium heat, undisturbed, until chicken skin is deeply golden brown, 10 to 14 minutes. Turn skin side up and continue to cook until just browned on the bottom, about 1 minute more (chicken will not be fully cooked through). Transfer to a plate.

• Step 2

In same skillet over medium-high heat, season radishes with remaining 1 teaspoon salt and stir to coat in schmaltz. Spread in a single layer, cut side down, and cook, undisturbed, until golden brown on the bottom, about 5 minutes.

• Step 3

Add shallots and toss with radishes. Cook, stirring, until fragrant, about 30 seconds. Add asparagus and gently toss to combine. Push vegetables to edges of pan and nestle chicken in the center, skin side up.

• Step 4

Transfer skillet to oven and roast until radishes are tender and chicken is nearly cooked through, 8 to 10 minutes.

• Step 5

Add peas to skillet, scattering around chicken. Continue to roast until peas are warmed and chicken is fully cooked through, about 5 minutes more.

• Step 6

Arrange chicken and vegetables on a platter. Sprinkle with goat cheese, basil, and mint. Serve with lemon wedges alongside.

Word Search

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 Z N E X P Y G P A E U C S U E O R M P H
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Achievement
 Courageous
 Resilience
 Gratitude
 Adventure

Empower
 Believe
 Imagination
 Creativity
 Compassion

Discovery
 Happiness
 Inspiring
 Passion
 Confidence

Friendship
 Joyfulness
 Motivate
 Optimism
 Strength

Thanks for reading our newsletter!

We hope you enjoyed the stories, activities, and fun ideas.

Don't forget to try something new this month, a recipe, a game, or even a local event.

Until next time, keep smiling and stay connected with your Headway community! 🌟



Our Contact



Headway Gippsland
219 Princes Drive
Morwell 3840



PO BOX 49
Morwell 3840



Headway Gippsland



03 5127 7166



Hawila Saragih
marketing@headwaygippsland.org.au



headwaygippsland