

# Headway Happenings

Stay connected with news, group fun, and learning opportunities



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## Season's Greetings!

*Jenelle Henry, CEO*



It has been a wonderful year at Headway, and we're so grateful to have shared it with all our participants!

Thank you for being part of our community. Your involvement, enthusiasm, and trust mean so much to us. Every activity, program, and event this year has been made brighter because of you.

We're also thankful to our dedicated staffs and volunteers who work hard to make our services positive, meaningful, and empowering for the people who take part in them.

Wishing you a joyful and safe festive season. We look forward to welcoming all participants back in 2026 and sharing another great year together!

# Social Support Group Activity Highlights



Latrobe Valley Ventures had a trip to Phillip Island.



South Coasters had lunch in Kilcunda.



South Coasters watched Australian Moto GP.



Latrobe Valley Ventures' Melbourne Cup celebrations.



South Coasters' Melbourne Cup celebrations.



Latrobe Valley Ventures played tenpin bowling.



South Coasters had a beautiful pamper day.



South Coasters had a trip to Agnes Falls.



Latrobe Valley Ventures had carriage tour around Bunyip.



South Coasters had fun with string art.



South Coasters gave lawn bowls a go.

LATROBE VALLEY  
*Venturers*

South Coasters

magnificent  
minions

# Summer Safety



A warmer-than-average summer is expected across Victoria, with an increased fire risk in many parts of the state. Recent spring rain has increased soil moisture and green growth in many parts of the state. However, long-term dryness continues across south-west, western and central Victoria, and south-west Gippsland.

These conditions have caused a build-up of dry and dead vegetation. This increases fuel loads and makes fires more likely in the coming months.

An increased risk of fire is forecast for forest areas during January and February 2026.

Areas at higher risk include:

- the far south-west
- northern Otways
- Mt Buangor State Park
- Wombat State Forest and Central Highlands
- the Mornington Peninsula and south-west Gippsland
- north central (including Kinglake and Yarra Ranges)
- parts of Eildon.

The rest of Victoria can still expect bushfires, especially on hot, dry and windy days.

Emergency services are well prepared and are closely monitoring conditions. They are ready to respond along with aircraft positioned across the state for the higher-risk weather season.

These include planes and helicopters used for water bombing, air supervision and aerial intelligence which can be moved quickly, according to fire risk.

Fire preparedness is everyone's responsibility. You can reduce risk by taking simple steps.

### **Get ready:**

- Make a fire plan and practice it.
- Check daily Fire Danger Ratings on the VicEmergency app or website.
- Understand the 3 levels of warnings and what they mean.
- Prepare your property by:
  - reducing vegetation around your home
  - mowing lawns
  - clearing gutters.
- Stay alert and informed about changing conditions.

# Summer Activities



Free

## Maffra Christmas Festival

17 December 2025  
Johnson Street, Maffra



Free

## Lions Club of Traralgon Carols by Candlelight

21 December 2025  
Loy Yang Power Latrobe Community Sound Shell, Traralgon



Free

## New Year's Eve 80s Party

31 December 2025  
Italian Australian Sporting Club,  
Morwell



from \$20

## Traralgon Rodeo

11 January 2026  
Glenview Park, Traralgon

# Summer Activities



Free

## Warragul Carols by Candlelight

19 December 2025  
Civic Park, Warragul



Free

## Drouin Craft and Produce Market

20 December 2025  
Civic Park, Drouin



Free

## Warragul Summer Arts & Makers Market

20 December 2025  
TAFE Gippsland - Car Park, Warragul



Free

## Australia Day Celebration in Trafalgar

26 January 2026  
Trafalgar Public Hall

# Summer Activities

Free



## Wonthaggi Community Carols

14 December 2025  
McBride Avenue, Wonthaggi

Free



## Inverloch New Year's Eve Fireworks

31 December 2025  
11 Reilly Street, Inverloch

Free



## Bass Coast Summer Agricultural Show

6 January 2026  
Wentworth Road, Wonthaggi



## South Gippsland Garlic Festival

28 February 2026  
Sanders Street, Korumburra



# Free Christmas Lunch



**MOY-YAN NEIGHBOURHOOD HOUSE  
INVITES YOU TO**

**West Gippsland Rail Towns  
Community Christmas day lunch**

Thursday, 25th December  
12pm to 2pm. Garfield

**West Gippsland Rail Towns**  
Thursday 25 December 2025. 12pm-2pm.  
To book your seat please call Meg on  
0466496107 or Jen on 0428372686.



Join Us For A  
**Very Merry Christmas**

Bairnsdale Neighbourhood House is hosting our annual  
**Free Community Christmas lunch**, open to everyone..  
Just make sure to **RSVP** as our Christmas Lunch is  
always a busy day and fills up fast!  
Help us make the day special by sharing in some  
delicious food, live Christmas music and holiday atmosphere.

**Our menu:**  
**Roast Turkey, Pork, Beef and Ham with Roast Vegetables**  
**Desert:**  
**Chocolate Ripple Cake, Plum Pudding, Pavlova, Trifle**

**Bairnsdale Neighbourhood House**  
Thursday 25 December 2025. 12pm-2pm.  
Bookings will be close on the 19th of  
December, please contact 51525777.



frankstonlife

**2025  
COMMUNITY  
CHRISTMAS LUNCH**

*It's on again - the annual  
Frankston Life Community Christmas Lunch  
for people who are 'doing it tough'  
or will be alone on Christmas Day*

**Frankston Life**  
Thursday 25 December, 12 – 2:30pm at  
Frankston Arts Centre. Register via email  
christmasdaylunch@frankston.life or  
call/text 0490 807 004



**Sacred Heart Mission Dining Hall**  
December 25th the Dining Hall will open  
10:30am – 1:30pm at 87 Grey Street, St Kilda  
3182



# Free Santa Photos



## Queen Victoria Market

Saturday 20 December – Wednesday 24  
December 2025 (Excludes Monday 22  
December 2025)



## South Melbourne Market

17, 19, 20 & 23 December 2025  
9 am – 11 am



## The Atrium Crown Melbourne

15 – 24 December 2025  
11 am – 8:30 pm daily



## St Kilda Esplanade Market

Sunday 21 December 2025  
10 am – 4 pm

# Support Services over The Festive Season

The festive season can be a joyful time, but it can also feel stressful, overwhelming, or lonely for some people. If you need someone to talk to or support during this period, please know that help is available – anytime.

Below are some services you can contact directly if you or someone you know needs support. These services are confidential, free, and many operate 24/7.

## Mental Health & Crisis Support

- **Lifeline:** 13 11 14
- **Beyond Blue:** 1300 224 636
- **Kids Helpline:** 1800 551 800
- **13YARN:** 13 92 76
- **Suicide Call Back Service:**  
1300 659 467

## Family Violence & Safety Support

- **1800RESPECT:** 1800 737 732  
(Sexual assault & family violence)
- **The Orange Door:**  
[orangedoor.vic.gov.au](http://orangedoor.vic.gov.au) (Family  
violence/child support, no referral  
needed)
- **Safe Steps:** 1800 015 188 (Women  
& children victims of family  
violence)

# Delicious Recipes to Try This Summer!



## *Salami and Broccolini Frittata*

### Ingredients

- 8 eggs
- 80ml (1/3 cup) thickened cream
- 70g (1/2 cup) pre-grated extra sharp parmesan
- 1 tbs olive oil
- 1 bunch broccolini
- 40g pre-sliced pepperoni salami

### Directions

#### • Step 1

Place a 25cm ovenproof frying pan over medium-high heat. Preheat grill on high. Put the kettle on.

#### • Step 2

Whisk together the eggs and cream in a jug. Season and add 50g (1/3 cup) parmesan. Once pan is hot, add the oil and swirl to coat. Pour the egg mixture into pan and cook for 3 minutes or until it starts to set around the edges.

#### • Step 3

While the egg mixture cooks, cut the thicker broccolini stalks in half. Place the broccolini in a large heatproof bowl and cover with boiling water. Set aside for 1 minute or until bright green. Drain.

#### • Step 4

Arrange the broccolini and salami on top of the egg mixture. Sprinkle with the remaining parmesan. Place the pan under the grill for 5 minutes or until set and golden. Season and serve.



## *Christmas Crack*

### Ingredients

- 6 Arnott's Salada Original Crispbread
- 160g (1 cup, lightly packed) brown sugar
- 125g salted butter, chopped
- 2 x 180g blocks dark chocolate, melted
- 100g white chocolate, melted
- 50g green and red M&M's Minis
- Silver cachous, to decorate

### Directions

#### • Step 1

Preheat oven to 180/160 fan forced. Line a 20 x 30cm slice pan with baking paper, allowing the paper to overhang the 2 long sides. Place crispbread over the base of the prepared pan in an even layer.

#### • Step 2

Combine the sugar and butter in a small saucepan. Cook, stirring, over medium heat until butter melts and the mixture is smooth. Bring to the boil. Cook, stirring, for 30 seconds or until thickened.

#### • Step 3

Pour the sugar mixture evenly over the crispbread. Place in the oven and bake for 5 minutes or until sugar mixture is bubbling.

#### • Step 4

Pour the dark chocolate over the crispbread and use a palette knife to smooth. Set aside until set.

#### • Step 5

Drizzle over white chocolate and sprinkle with M&M's and cachous. Set aside until set completely. Break into pieces to serve.

# Word Search

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

Sun  
Beach  
Swim  
Icecream  
Surf

Vacation  
Sand  
Barbecue  
Santa  
Reindeer

Stocking  
Gifts  
ChristmasTree  
Decorations  
Tinsel

Fireworks  
Celebration  
Countdown  
Resolution  
Holiday

# Christmas Office Closure



Headway will be operating until 4:00pm  
on Wednesday, 24 December 2025,

and will reopen on Monday, 5 January 2026 at 9:00am.

*Merry  
Christmas*  
AND HAPPY NEW YEAR

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## Our Contact



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