

February 2026

# Headway Happenings

Stay connected with news, group fun, and learning opportunities



## INSIDE, WE ALSO TALK ABOUT:

Group Activity  
Highlights

VR Experience

Local Events

Easy Recipes

Word Search

## Warm Greetings!

*Jenelle Henry, CEO*



Welcome to our first newsletter of the year! I hope the first couple of months of 2026 have been a positive and refreshing start for you. The beginning of a new year is always a wonderful time to reconnect, try new activities, and enjoy moments together.

It's been fantastic to see our social support groups back in full swing, sharing laughter, and making meaningful memories. Our VR experiences at the Morwell office have also continued to bring excitement and curiosity, allowing participants to explore new places and experiences in a safe and inclusive space.

We're pleased to share local events happening across Latrobe, Baw Baw, and Bass Coast, giving everyone opportunities to stay active and connected within the community. Inside this issue, you'll also find a couple of quick and easy non-traditional pizza recipes to try at home, along with a fun Movie Night word search to enjoy.

Thank you for being part of the Headway community. Your participation, enthusiasm, and support make everything we do so meaningful.

# Social Support Group Activity Highlights

## LATROBE VALLEY Venturers



First meetup of the year, participants enjoyed immersive Virtual Reality experiences at Headway Morwell office.



The group first BBQ of the year, they tried out a brand-new giant Ker Plunk, enjoyed caravan bowls, a bit of tennis and ping pong too.



Chair Zumba at the Moe Community Hub — a fun and upbeat way to get moving and start the morning with smiles and energy.

## South Coasters



Australia Day celebrations with the South Coasters! ☀️ With the sun shining, it was the perfect day for a BBQ and games.



The group met at the centre before enjoying a relaxed walk down to The Coffee Collective for a cuppa.



The South Coasters enjoyed a wonderful outing to Cranbourne Gardens, soaking up the sunshine and exploring the stunning landscapes.

## magnificent minions



The group explored a beautiful art technique using lace fabric on canvas to create texture and intricate patterns in their paintings.



Trafalgar group end of month bowling session at Wyncity, everyone had a good time.



# Join Our Social Support Groups

Looking for something fun, meaningful, and social to be part of each week?

Our social support groups meet regularly in a safe and welcoming space. The weekly routine of catching up with others helps participants build confidence, learn new skills, make friends, and get out into the community.

Each group member is encouraged to share ideas about activities – so everyone has a voice in what we do together!

We welcome new participants from all backgrounds and abilities, and we proudly celebrate diversity in our groups. Our programs are supported by well-trained staff and friendly volunteers who are here to help every step of the way.

You can use your NDIS plan to purchase your spot.

## Trafalgar

### March Activity Calendar

Date	Activity	Cost
02/03	Kelly Pool Comp	\$10
09/03	Public Holiday No Group	-
16/03	Cooking Making Easter Eggs	\$15
23/03	Trivia Day	\$10
30/03	End of Month Bowling	\$18

## Morwell

### March Activity Calendar

Date	Activity	Cost
04/03	Shopping at Midvalley	\$10
11/03	Canvas Paint Artwork with Barb from Bunnings	\$10
18/03	Tenpin Bowling at Wyncity	\$10
25/03	Easter Projects, Easter Chocolate Making	\$10

## Wonthaggi

### March Activity Calendar

Date	Activity	Cost
06/03	Finishing off Artwork	\$7
13/03	Catching town bus to Cape Paterson for lunch	\$20
20/03	Virtual Reality Tour at Morwell	\$7
27/03	Cooking	\$7

For more information or to join a group:

✉ [intake@headwaygippsland.org.au](mailto:intake@headwaygippsland.org.au)

☎ (03) 5127 7166

# 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 February calendar and follow our social media for next month's calendar.

**Book your spot now:**

**Email: [intake@headwaygippsland.org.au](mailto:intake@headwaygippsland.org.au)**

**Call: 03 5127 7166**



## VREXPERIENCE

### STEP INTO NEW WORLDS WITH US

Explore the world with VR this February!

✦ NDIS-funded

♿ Fully accessible

📍 Headway Morwell Office

## FEBRUARY DESTINATIONS

Wednesday, 18th – Singapore



Thursday, 19th – Greece



Monday, 23rd – America



Wednesday, 25th  
Desert Adventures



# We'd Love Your Feedback!



Have you enjoyed being part of Headway?  
We would love to hear about your experience!

Your feedback helps us learn, grow, and continue providing the best possible support to our participants and families. Whether it's something you've loved, a moment that made a difference, or a suggestion to help us improve. Your voice matters.

You can share your feedback in any of these simple ways:

★ Leave us a review on Google



<https://g.page/r/CbUxZJBbwP9LEBM/review>

✉ Email us your testimonial



marketing@headwaygippsland.org.au

☎ Give us a call



03 5127 7166

Thank you for helping us grow and improve 🤍

# Local Events



Free

## Neerim Artsfest 2026

28th February - 15th March 2026  
Algie Hall Neerim South



\$5

## Craft De-stash Sale

1st March 2026  
Morwell Scout Hall



## Artist led workshops for Adults with Disabilities

5th March 2026  
Gippsland Art Gallery Sale



## Warragul Show

6-8th March 2026  
Logan Park Warragul



## All Abilities Surfing

7th March 2026  
Smiths Beach Phillip Island



## Sustainability Fest

7th March 2026  
Blue Gum Reserve Cowes



## Annual Scone Drive and Baked Goods Sale

14th March 2026  
Morwell Historical Society



Free

## Inverloch Equinox Festival

20th March 2026  
Inverloch



## Gippsland Wellness Expo

21st March 2026  
Warragul Community House



## Celebrating Easter Free Family Fun

3-6th April 2026  
Mountain Rivers Tourist Park Rawson



## Inverloch Art Show

3-6th April 2026  
The Stadium at Inverloch Hub



## Arts & Makers Market

18th April 2026  
TAFE Gippsland Warragul

# Pizza with A Twist!



## French Bread Pizza

**Yields:** 4 Serving(s)    **Prep Time:** 15 Mins    **Total Time:** 45 Mins

### Ingredients

- 1 loaf French bread
- 2 garlic cloves, minced
- 4 Tbsp. unsalted butter, melted
- 1 cup marinara or pizza sauce
- 1 1/2 cups shredded mozzarella
- 16 to 22 pepperoni slices
- 2 Tbsp. finely grated Parmesan
- Pinch of crushed red pepper flakes
- Finely chopped fresh basil, for serving

### Directions

#### • Step 1

Arrange a rack in center of oven; preheat to 200° C. Slice bread in half lengthwise. In a small bowl, mix garlic and butter and brush all over cut sides of bread.

#### • Step 2

Bake bread until lightly toasted, about 10 minutes.

#### • Step 3

Spread marinara on top. Top with mozzarella, pepperoni slices, Parmesan, and red pepper flakes.

#### • Step 4

Continue to bake again until cheese is melty, about 10 minutes more.

#### • Step 5

Top with basil.



## High-Protein Chicken Parm Pizza

**Yields:** 4 Serving(s)    **Prep Time:** 10 Mins    **Total Time:** 10 Mins

### Ingredients

- 450g ground chicken
- 3/4 cup freshly grated Parmesan, divided
- 1/2 tsp. Italian seasoning
- 1 garlic clove, minced
- Kosher salt
- Freshly ground black pepper
- 1/4 cup marinara sauce
- 1/2 cup freshly shredded mozzarella
- Red pepper flakes, for serving (optional)
- Basil leaves, for garnish

### Directions

#### • Step 1

Preheat oven to 200° C and line a large baking sheet with parchment paper. In a large bowl, stir together ground chicken, 1/2 cup Parmesan, Italian seasoning, and garlic, and season with salt and pepper.

#### • Step 2

Spray prepared baking sheet cooking spray. Form chicken mixture into a large round crust, about 1/2" thick.

#### • Step 3

Bake until chicken is cooked through and golden, 20 to 22 minutes. Remove from oven and heat broiler.

#### • Step 4

Spread a thin layer of marinara sauce, leaving a small border around the circumference of the pizza. Top with mozzarella and broil until cheese is melty, 3 to 4 minutes. Garnish with remaining 1/4 cup Parmesan, red pepper flakes if using, and fresh basil.

# Word Search

## Movie Nights Edition



- |                    |                  |               |                |             |
|--------------------|------------------|---------------|----------------|-------------|
| A Team             | Cyrus            | Hanna         | Public Enemies | Tron        |
| Avatar             | Dark Knight      | Harry Potter  | Rescue Dawn    | True Grit   |
| Book of Eli        | Definitely Maybe | In Bruges     | Salt           | Unstoppable |
| Burn After Reading | Departed         | Inception     | Social Network | Up          |
| Butterfly Effect   | Fighter          | Indiana Jones | Step Brothers  | Walle       |
| Centurion          | Green Hornet     | Kick Ass      | The Town       | Wanted      |
| Cinderella Man     | Hall Pass        | Kings Speech  | Thor           | Watchmen    |
|                    |                  |               |                | Wrestler    |

# 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



03 5127 7166



PO BOX 49  
Morwell 3840



Hawila Saragih  
[marketing@headwaygippsland.org.au](mailto:marketing@headwaygippsland.org.au)



[Headway\\_Gippsland](https://www.facebook.com/Headway_Gippsland)



[headwaygippsland](https://www.instagram.com/headwaygippsland)