

April 2026

# Headway Happenings

Stay connected with news, group fun, and learning opportunities



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## Warm Greetings!

*Jenelle Henry, CEO*



As the season begins to change and we settle into a new rhythm, it's been wonderful to see our groups continuing to connect, share, and enjoy meaningful time together. There's something special about this time of year: a chance to slow down, try new things, and enjoy simple moments with others.

Across our programs, we've seen so many great experiences, from engaging group activities to exciting VR sessions that take us to new places. It's always inspiring to see participants building confidence, making friendships, and having fun along the way. We're also incredibly proud to celebrate participant achievements, including Ned Branchi's upcoming album launch, showcasing the amazing creativity and talent within our community.

In this issue, you'll also find local events happening around the community, helpful support services, easy recipes to enjoy at home, and a games corner for a bit of fun.

Thank you for being part of the Headway community. Your involvement and enthusiasm make everything we do so meaningful. I hope the weeks ahead bring you comfort, connection, and many enjoyable moments.

# Social Support Group Activity Highlights

## LATROBE VALLEY Venturers



Getting into the Easter spirit with a fun string art project. Using just a piece of string, a balloon, and plenty of imagination.



Wednesday session was filled with creativity (and plenty of delicious treats!) as the group got busy making Easter chocolates and decorating biscuits.



The Latrobe Valley Venturers enjoyed a fantastic morning of lawn bowls at the RSL Traralgon, with Rossco from the club sharing some helpful tips along the way.



The Latrobe Valley Venturers enjoyed a lively game day, with everyone choosing their favourites, UNO, Jenga, Connect 4, Hookey and more!

## South Coasters



The group enjoyed a peaceful wander through the gardens at Fig and Bay Café before strolling along the track overlooking Westernport Bay.



The South Coasters took turns experiencing virtual reality, travelling to different countries at Headway Morwell office.



Inspired by Paul's delicious waffle order from our last outing, the Wonthaggi group decided to bring a little Easter twist to the kitchen - Pancake Day!



With the cold, wind and rain setting in last Friday, the Wonthaggi group made the most of it with a relaxed movie day and a delicious Indian curry feast.



The Wonthaggi group had a fantastic day getting crafty, creating their very own footy nut figurines using walnuts, gum nuts and acorns.



The group spent time reflecting and getting creative as we made ANZAC biscuits and poppies to honour ANZAC Day.

## magnificent minions



Trafalgar group has been getting into the Easter spirit by coming together to create and decorate their very own Easter eggs.



A great mix of activities for our Trafalgar group this week, from tenpin bowling to getting hands on in the kitchen making sausage rolls and cupcakes.



# 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

### May Activity Calendar

| Date  | Activity             | Cost |
|-------|----------------------|------|
| 04/05 | Kelly Pool Comp      | \$10 |
| 11/05 | Cooking Making Soups | \$15 |
| 18/05 | Science Day          | \$15 |
| 25/05 | End of Month Bowling | \$18 |

## Morwell

### May Activity Calendar

| Date  | Activity                                | Cost |
|-------|---|------|
| 06/05 | Vintage Cars at Homeroom                | \$10 |
| 13/05 | Tenpin Bowling at Wyncity               | \$10 |
| 20/05 | Creative Paint Pour Project at Homeroom | \$10 |
| 27/05 | Outing to Holden Museum in Trafalgar    | \$10 |

## Wonthaggi

### May Activity Calendar

| Date  | Activity  | Cost |
|-------|---|------|
| 01/05 | Cafe for lunch in Wonthaggi                                   | \$20 |
| 08/05 | Making Sun Catchers   | \$7  |
| 15/05 | Cooking Minestrone Soup                                       | \$10 |
| 22/05 | Trip to Dandenong Market                                      | \$15 |
| 29/05 | Listening to music and playing games or finishing off artwork | \$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

- ✨ NDIS-funded ♂ Fully accessible
- 📍 Headway Morwell Office

|   |   |  |   |
|---|---|--|---|
|  |  |  |  |
| 4 <sup>th</sup> & 6 <sup>th</sup> May<br>Australia                                  | 11 <sup>th</sup> May<br>Africa Wild North<br>and Road Trip                          | 13 <sup>th</sup> May<br>South and Central<br>America                                 | 15 <sup>th</sup> May<br>Egypt   |
|  |  |  |  |
| 18 <sup>th</sup> May<br>China   | 20 <sup>th</sup> May<br>England   | 25 <sup>th</sup> May<br>India  | 27 <sup>th</sup> May<br>India   |
|  |   |  |   |
| 29 <sup>th</sup> May<br>Africa  | 58.1357   |  |   |



# Participant Spotlight: Ned Branchi Album Launch



A huge congratulations to our talented participant Ned Branchi on the launch of his new album, Femur!

Ned is a Melbourne-born singer-songwriter with a long history in the music industry, performing in bands across Melbourne and internationally. After a 10-year hiatus following a motorcycle accident, Ned has returned with Femur – a powerful and uplifting album exploring healing, trauma, and resilience through music.

We're incredibly proud to see Ned sharing his creativity and passion through music.

Ned will be performing with The Ned Branchi Band at George Lane, St Kilda on:

Saturday 16 May 2026  
2:30pm – 5:30pm  
George Lane, St Kilda

The show will also feature special guests Robin Casinader and Jack Howard (Hunters&Collectors).

Tickets available via TryBooking:

[Get your ticket today.](#)

# Local Events



**Free**

**Indigenous Art Garden**  
2 May 2026  
Rotary Park, Warragul



**Free**

**Latrobe Candlelight Vigil**  
Wednesday 6 May 2026  
Gippsland Performing Arts Centre



**Free**

**Creatives Get Together**  
7 May 2026  
West Gippsland Arts Centre



**Free**

**Volunteer Expo**  
23 May 2026  
Gippsland Performing Arts Centre



**Free**

**Electric Vehicle Expo**  
24 May 2026  
ArtSpace Wonthaggi



**Free**

**Latrobe City Reconciliation Week Flag Raising**  
27 May 2026  
Latrobe City Council Headquarters

# Support Services

If you or someone you know needs a little extra support, there are services in our community ready to help.

Whether it's access to food, financial assistance, or general wellbeing support, you're not alone – help is available when you need it.

## Food Relief Networks by Region

| Region        | Primary Services                       | Key Locations & Details  |
|---------------|--|--|
| Latrobe City  | <a href="#">ERNLac Network</a>         | Includes <b>Morwell Neighbourhood House</b> (Foodbank hub) and <b>Mick's Kitchen</b> in Traralgon (free Thursday dinner).  |
| Baw Baw Shire | <a href="#">Baw Baw Food Relief</a>    | Offers a nutritious range of groceries for a small \$10 donation per visit to help cover costs.                            |
| Bass Coast    | <a href="#">St Vinnies &amp; PICAL</a> | Local conferences in <b>Wonthaggi</b> and <b>Phillip Island</b> (PICAL) provide emergency food parcels and pantry support. |

## Community Support Services

### Latrobe Valley Doorways:

Operates in Morwell and Traralgon, providing vouchers for fuel and food, plus holistic case management.

Phone Assistance Line:  
03 8873 5288 (Mon–Fri,  
9am–4 pm).

### St Vincent de Paul (Vinnies):

Offers welfare assistance across all three regions.

- Warragul/Drouin: 0499 201 517 or 5625 4715.
- Traralgon/Morwell: 5174 2278 or 5133 8226.

### Ask Izzy:

A free online search tool that connects users to over 450,000 local support services, including "money help" and "food".

# Cosy & Easy Recipes for Rainy Days



## Apple and Cinnamon Porridge

**Yields:** 2 Serving(s)    **Prep Time:** 5 Mins    **Total Time:** 20 Mins

### Ingredients

- 1 cup porridge oats (rolled oats, 80 g)
- 2 cups semi-skimmed milk (500 ml)
- 2 apples
- 1 tablespoon water
- 1 teaspoon cinnamon
- 1 teaspoon lemon juice
- 1 tablespoon light brown sugar

### Directions

- To make the porridge, pour the milk in a non-stick pan set over a medium heat and add a pinch of cinnamon to it.
- Bring it to the boil, then lower the heat to low to medium.
- Add the oats and give it a good stir.
- Leave it to cook until the milk is nearly absorbed and the porridge is creamy and milky.
- Meanwhile, peel, core and cut the apples into wedges.
- Add them to a pan set over a medium heat together with the rest of the cinnamon, water, lemon juice and sugar.
- Place a lid on the pan and leave the liquid come to a boil.
- Remove the lid, and leave the apples to cook until the liquid is evaporated and the apples are tender.
- Transfer the porridge to a bowl and top with the apple compote.



## Cheesy Gnocchi Bake

**Yields:** 4 Serving(s)    **Prep Time:** 10 Mins    **Total Time:** 30 Mins

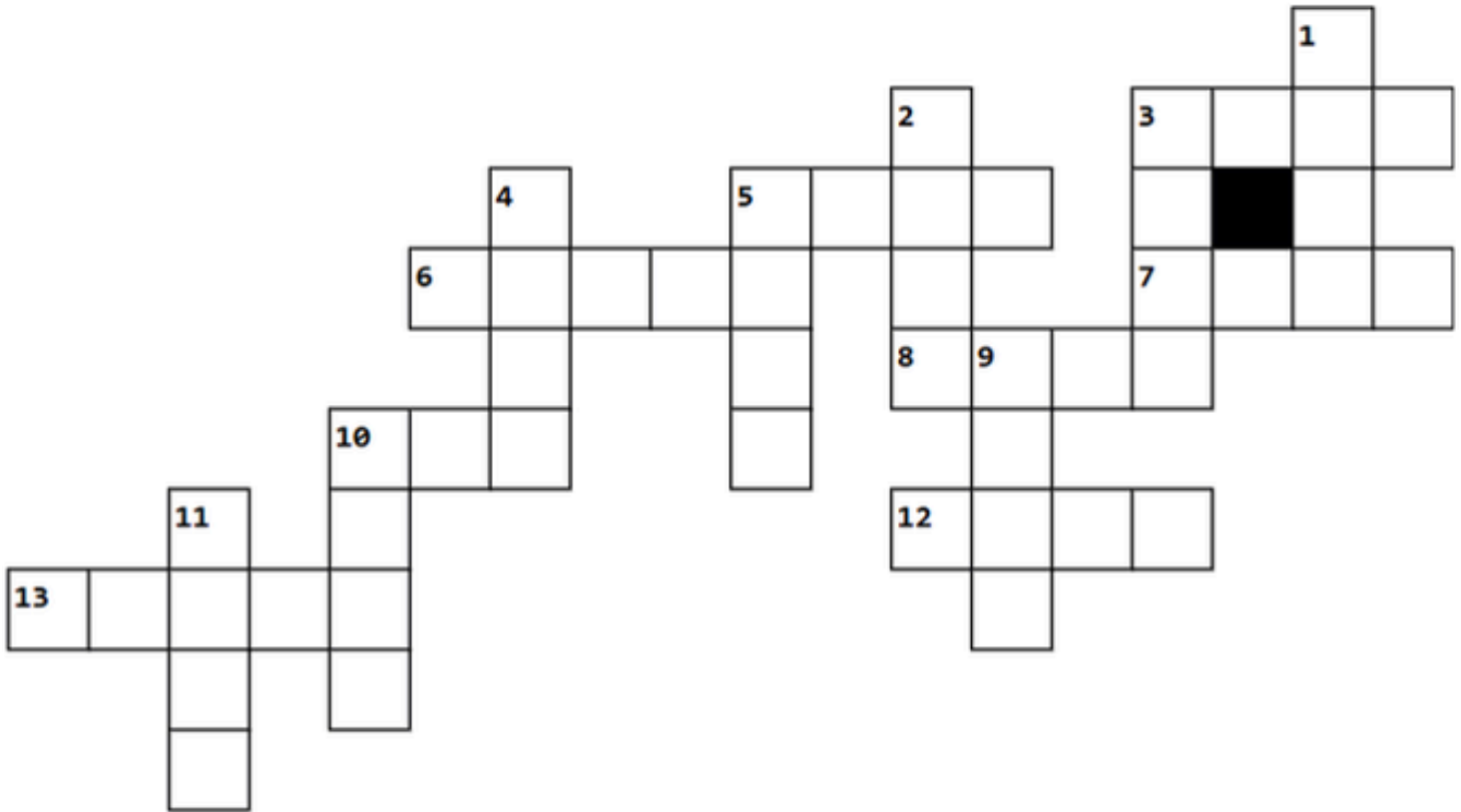
### Ingredients

- 500g gnocchi (1 standard shelf-stable or chilled packet)
- 175g bacon (approx. 3–4 rashers, diced)
- 400g diced tomatoes (1 standard tin)
- 1 tbsp tomato paste
- 1 tsp sugar
- 3 cloves garlic (crushed)
- 3 tbsp sour cream
- 1 tsp smoked paprika
- 1 cup mozzarella (shredded)
- Salt & Pepper to taste
- Optional: 2 tbsp fresh parsley (chopped)

### Directions

- **Preheat & Prep:** Preheat your oven to 220°C. In a large oven-safe frypan (or skillet), fry the bacon over medium heat until crispy.
- **The Sauce:** Pour off most of the bacon fat, leaving about a tablespoon. Add the diced tomatoes, tomato paste, sugar, and garlic. Simmer gently for 5 minutes.
- **Make it Creamy:** Turn the heat to low. Stir in the sour cream, paprika, salt, pepper, and half the parsley.
- **Boil Gnocchi:** Boil a pot of water and cook the gnocchi for 1–2 minutes (until they float). Drain, but keep a splash of the cooking water.
- **Bake:** Toss the gnocchi into the sauce with that splash of water. Top with mozzarella and bake in the oven for 10 minutes until the cheese is bubbly and golden. Garnish with remaining parsley.

Crosswords



**ACROSS**

- 3. The opposite of hot.
- 5. You read this to hear a story.
- 6. A common crunchy red or green fruit.
- 7. To hold onto something and not give it away.
- 8. A tall plant with leaves and a trunk.
- 10. It shines in the sky during the day.
- 12. The opposite of front.
- 13. What you do when you are happy.

**DOWN**

- 1. The color of the sky on a clear day.
- 2. You put a shoe on this.
- 3. A sweet treat often eaten at birthdays.
- 4. What you do to a door to enter.
- 5. It makes a "ring" sound.
- 9. Cars drive on this.
- 10. What you take when you are walking.
- 11. A white drink that comes from cows.

**The "Community Connection" Word Scramble**

- |                                |                                   |
|--------------------------------|-----------------------------------|
| 1. G N R S E T H T — _ _ _ _ _ | 6. D O E A A C V T — _ _ _ _ _    |
| 2. R O E E H T G T — _ _ _ _ _ | 7. L E S E N L S W — _ _ _ _ _    |
| 3. S G U E O N R E — _ _ _ _ _ | 8. R E S C U R E O — _ _ _ _ _    |
| 4. N H G I E B O R — _ _ _ _ _ | 9. H A C E U O R T — _ _ _ _ _    |
| 5. N K D S S E I N — _ _ _ _ _ | 10. E O N T E U V R L — _ _ _ _ _ |

# 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 🤍

# 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!



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