

July 2026

Headway Happenings

Stay connected with news, group fun, and learning opportunities



INSIDE, WE ALSO TALK ABOUT:

Special Event:
All Abilities in
Action

Social Support
Group Highlights

VR Experience

Headway Insider

Local Events

Winter Warmers
(Yummy Recipes)

Games Corner

Your Feedback



A MESSAGE from our CEO

As winter settles across Gippsland, I find myself reflecting on one of the highlights of our year so far, All Abilities in Action: Connecting the Community.

At Headway, we believe everyone deserves opportunities to connect, participate, and feel a sense of belonging. All Abilities in Action was created with that vision in mind. It was an opportunity to bring together participants, families, carers, service providers, local businesses, performers, and community members in one welcoming space.

Seeing so many people come together on the day was truly special. From the laughter and conversations to the performances, activities, and community stalls, the event showcased the strength, diversity, and spirit of our region.

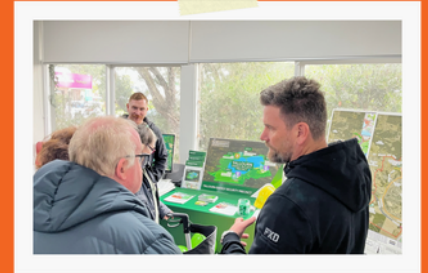
Events like these are about more than having a great day out. They are about building relationships, creating opportunities, reducing barriers, and reminding people that they are part of a supportive and inclusive community.

On behalf of everyone at Headway Gippsland, thank you to every person who attended, volunteered, performed, exhibited, and helped bring this event to life. Your support made the day a wonderful success and helped create meaningful connections for so many people.

As you read through this edition, I hope you feel proud of what we've achieved together and inspired by the stories and activities that continue to bring our community closer together.

- Jenelle

THANK YOU for making our event a success



When we started planning All Abilities in Action, our goal was simple.

We wanted to create a welcoming space where people could connect with one another, learn about local services, enjoy new experiences, and feel part of their community.

On July 8th, we saw that vision come to life. **More than 200 people** joined us at the Trafalgar Community Centre.

Throughout the day, attendees enjoyed live performances, line dancing, gentle Zumba, creative craft activities, complimentary food and refreshments, and meaningful conversations with local organisations and support services.

One of the highlights of the day was seeing community members engaging directly with service providers in a relaxed and welcoming environment.

New connections were made, questions were answered, and opportunities for future support and collaboration were created.

What People Said

"We had a fabulous day and can't wait to get involved in future events." **Gippsland Water**

"A fun day was had by all. It was a great turnout." **Vannessa, Headway Support Coordinator**

"Well done, and we were extremely happy to be a part of it." **Linda, Latrobe Valley Country Line Dancers**

"Congratulations on the successful event yesterday, it looked comfortably full for the duration I was there (about half an hour)." **Nathan, Headway Life Skills Officer**

"We both had a great time! What a turnout." **Beth, Headway Life Skills Officer** who supported one of our participant on the day, **Barb**

"Thank you for inviting us to your expo - we had an awesome day." **Connect in Gippsland and EmpowerED**

"I really enjoyed the event & so did Michael, even though we left early. Thanks for a great day." **Wendy, Headway Life Skills Officer** who supported one of our participant on the day, **Michael**

"I was so glad I took my daughters and attended Headway's event. I would love to come along to the next one. 😊 We thoroughly enjoyed the day, and the girls lasted right through until the line dancing. They all slept very well that night too!" **Ben, Headway Participant**

ADVENTURES around Gippsland

**magnificent
minions**

**LATROBE VALLEY
Venturers**

South Coasters

Across Gippsland, our Social Support Groups have been enjoying a range of exciting activities, creating memories, building friendships, and embracing new experiences together.



Stepping Back in Time at the Holden Museum

In Trafalgar, participants took a trip down memory lane with a visit to the Holden Museum. Surrounded by iconic Australian vehicles, the group explored the collection, shared stories, and learned more about an important piece of Australia's motoring history.

The visit sparked plenty of conversations and brought back fond memories for many participants.



Discovering Walhalla's History

Morwell participants travelled to the historic township of Walhalla, where they explored local history, enjoyed the beautiful scenery, and shared lunch together.

The day provided plenty of opportunities to connect and experience one of Gippsland's hidden gems.



Whale Watching at Cape Paterson

Meanwhile, our Wonthaggi group enjoyed a memorable day at Cape Paterson, taking in the stunning coastal views and keeping watch for migrating whales.

The outing combined fresh air, friendship, and the excitement of spotting wildlife along Victoria's breathtaking coastline.

These adventures are just a snapshot of everything our groups have been up to recently. From bowling, cooking sessions, painting projects, museum visits, craft activities, community markets, and shared lunches, participants continue to make the most of every opportunity to learn, create, and have fun together.



JOIN our Social Support Groups



You can use your NDIS plan to purchase your spot.

For more information or to join a group:

✉ intake@headwaygippsland.org.au

☎ (03) 5127 7166



📍 Trafalgar

July Activity Calendar

6 TH JUL	Baked Spud Day Meeting at Trafalgar Centre Cost: \$15	
13 TH JUL	Midvalley Shopping Centre Pick Up and Drop Off in front of Donut King Cost: \$10	
20 TH JUL	Hot Dogs and Trivia Day Meeting at Trafalgar Centre Cost: \$15	
27 TH JUL	End of Month Bowling Meeting at Wyncity Morwell Cost: \$18	

📍 Morwell

July Activity Calendar

1 ST JUL	Pancake Day and Making Chocolate Truffles at Homeroom Cost: \$10	
8 TH JUL	All Abilities in Action Event at Trafalgar Community Centre Cost: \$10	
15 TH JUL	Craft Day at Homeroom, BYO Lunch Cost: \$10	
22 ND JUL	Train Trip to Bunyip Cost: \$10	
29 TH JUL	Country & Western Theme Day at Homerooms Cost: \$10	

📍 Wonthaggi

July Activity Calendar

3 RD JUL	Whale Festival at Cowes Meet at Centre at 10am Cost: \$7	
10 TH JUL	Fish and Chips Day Meet at Centre at 10am Cost: \$7	
17 TH JUL	Art - Sunflowers on Canvas Meet at Centre at 10am Cost: \$7	
24 TH JUL	Cooking Omelettes Meet at Centre at 10am Cost: \$10	
31 ST JUL	Movie at the Centre Meet at Centre at 10am Cost: \$7	

IMMERSE YOURSELF in Virtual Reality 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 August calendar and follow our social media for updates.

♿ Fully accessible 📍 Headway Morwell Office



HEADWAY INSIDER

fighting for a cause close to home



Icy dunk

The Drouin Football and Netball Clubs together raised close to \$10,000 for FightMND on Sunday as part of their Big Freeze events.

A dunk tank, raffle and various other activities were undertaken by the clubs to raise funds for the famous charity, which helps fund research to find a cure for motor neurone disease.

Club players and officials all took turns dressing up and feeling the chill in the dunk tank, with every throw costing a donation.

Drouin has held Big Freeze events in the past largely thanks to their juniors but this was the first time they have participated as a whole-club endeavour.

While the Hawks may have been getting cold off the field and court, on them they were running hot as they reclaimed the Waragul and Drouin Gazette Cup for the first time since 2024.

Western Derby reports - pages 68-71

Left: Giving their thumbs-up after an icy dunk are Fight MND dunkees Amanda Johnstone, Mel Ahearn, Shaylah Pitt, Luke Gilbert, Bec Thomas, Stuart Vouden and Bec Virtue.

Photograph: CRAIG JOHNSON

For Headway Support Coordinator, Shaylah, this year's FightMND Round was much more than a fundraising event. It was a personal mission driven by family, community, and a desire to make a difference.

Motor Neurone Disease has had a lasting impact on Shaylah's family after the loss of a loved one who passed away following a short battle with the disease at just 42 years old. *"I have always wanted to help where I can to fight MND,"* Shaylah said.

Determined to support vital research and raise awareness, Shaylah helped organise the first FightMND Round at the Drouin Football and Netball Club. Her fundraising goal was \$3,000.

The result exceeded all expectations. Together, the community raised almost \$10,000.

"Seeing the community come together was incredibly overwhelming," Shaylah said. *"I only had a goal of \$3,000, so to raise nearly \$10,000 was well beyond anything I expected."*

The day featured raffles, merchandise sales, community activities, and the ever popular Big Freeze dunk tank.

One of Shaylah's favourite memories was seeing local children enjoying the opportunity to dunk participants into the freezing water. *"It was a great day, and seeing the kids have so much fun was definitely one of the highlights."*

While the fundraiser was a major success, Shaylah hopes it is only the beginning.

"I am so proud of the community coming together for our first MND Day at the Drouin Football and Netball Club. After Neil passed away, it gave me even more drive to aim higher and help other families living with this horrible disease. I hope this event continues to grow every year."

We are incredibly proud of Shaylah and everyone involved in making such a meaningful difference.

LOCAL EVENTS

bringing the community together



Free

CRAFT DE-STASH SALE
1 August 2026
The Morwell Club



**Street Fighter II
Tournament**
2 August 2026
Latrobe Regional Gallery, Morwell



**Bass Coast Jobs &
Career Expo**
6 August 2026
Wonthaggi Town Hall



Free

**Living Lightly - Zero
Waste Party**
8 August 2026
Wonthaggi Neighbourhood Centre



Free

**Baw Baw PSA
Neighbourhood Policing
Forum**
13 August 2026
Warragul RSL Sub Branch



Free

The Art of Conversation
15 August 2026
McGregor Park Hall, Traralgon

SUPPORT SERVICES

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

ERNLac Network

Includes Morwell Neighbourhood House (Foodbank hub) and Mick's Kitchen in Traralgon (free Thursday dinner).

Baw Baw Food Relief

Offers a nutritious range of groceries for a small \$10 donation per visit to help cover costs.

St Vinnies & PICAL

Local conferences in Wonthaggi and Phillip Island (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".

WINTER WARMERS

yummy recipes to try at home

Nothing beats a warm meal on a cold winter day. This time we're sharing some delicious and easy recipes perfect for enjoying with family and friends. Whether you're cooking for yourself or preparing a meal to share, these winter warmers are sure to bring comfort and flavour to the table.



Cheesy Potato and Leek Bake

A rich, bubbling side dish or standalone main that transforms standard winter veggies into ultimate comfort food. If you do not have a leek, you can easily substitute it with two large brown onions.

Prep time: 15 mins | Cook time: 45 mins | Servings: 4–6

Ingredients

- 4 large potatoes (about 1 kg), peeled and sliced into thin rounds
- 1 large leek (white and light green parts only), washed thoroughly and sliced
- 2 garlic cloves, minced
- 30g butter
- 1 cup (250 mL) thickened cream (or full-cream milk mixed with 1 tbsp cornflour)
- 1 cup (120g) tasty cheddar cheese, grated
- Salt and cracked black pepper to taste

Method

1. **Preheat:** Preheat your oven to 180°C (160°C fan-forced) and lightly grease a medium-sized baking dish.
2. **Sauté Veggies:** Melt the butter in a frying pan over medium heat. Cook the sliced leek and minced garlic for 5 minutes until soft and translucent.
3. **Layer:** Arrange half of the thin potato slices across the bottom of your baking dish. Scatter the cooked leek and garlic over the top, and season with salt and pepper. Layer the remaining potato slices on top.
4. **Pour & Bake:** Pour the cream evenly over the potatoes. Scatter the grated cheese across the top. Cover the dish tightly with aluminium foil and bake for 30 minutes. Remove the foil and bake for another 15 minutes until the potatoes are completely tender and the cheese is golden and bubbling.



Golden Syrup Dumplings

This is a legendary, nostalgic Australian budget dessert. It creates its own rich, sticky butterscotch sauce right in the pan using basic pantry items.

Prep time: 15 mins | Cook time: 15 mins | Servings: 4

Ingredients

- **For the Sauce:**
 - 3/4 cup (185 mL) water
 - 1/2 cup golden syrup
 - 1/2 cup brown sugar
 - 50g butter
- **For the Dumplings:**
 - 1 cup (150g) self-raising flour
 - 15g butter, chilled
 - 1/3 cup (80 mL) milk
 - A pinch of salt

Method

1. **Make Sauce:** Combine all the sauce ingredients (water, golden syrup, brown sugar, and 50g butter) in a large, wide saucepan over low heat. Stir until the sugar dissolves and the butter melts, then bring it to a gentle simmer.
2. **Make Dough:** While the sauce heats, rub the 15g of chilled butter into the self-raising flour and salt using your fingertips until it looks like fine breadcrumbs. Stir in the milk with a knife until a soft dough forms.
3. **Shape:** Roll the dough into 8 to 10 small, even-sized balls using floured hands.
4. **Cook:** Gently drop the dough balls into the simmering syrup. Pop a tight-fitting lid on the saucepan and simmer on low for 12 to 15 minutes without lifting the lid. The dumplings will double in size and become light and fluffy. Serve immediately with vanilla ice cream or double cream.

GAMES CORNER

a bit of brain teaser

Word Search

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

ICY
COCOA
SNUGGLE
CHILLY
GLOVES
SOUP
PUDDING
BEANIE
BOOTS
FROST
FREEZE
BAKE
FOGGY
STEW
SCARF
FIREPLACE
ROAST
WINTER
MIST
COAT

Rebus Puzzle



+s after r, e=t



-h, n=i



-lap



+sec at start, a=e



+o at start



-ct

TELL US 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 🤍

THANK YOU 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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