

House 2.

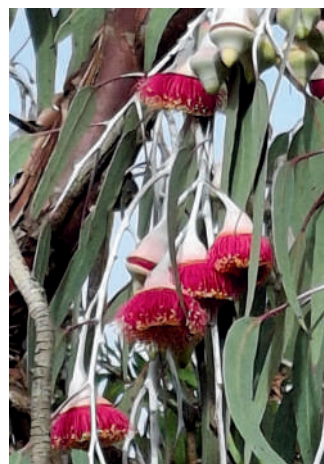


WHATS BEEN HAPPENING?

We are astonished that Term 2 finished so quickly! It has been great to see all the groups running well and enjoying meeting together. The Office staff are so pleased when you find the time to pop in & give us feedback or suggestions.

Our volunteer base has grown remarkably recently, so if you see a fresh face at the House, please say 'Hello'! Our new names tags will help you to place names with faces.

Our gardening volunteers; Vikki, Emily & Mark, have been hard at work clearing branches & leaves from the garden, cleaning exterior walls & windows, mulching beds & placing pavers. Have a look at what has been achieved:



LIVE AT HOME FOR LONGER - INTERVIEW WITH ANTOINETTE.

Leongatha Community House has now partnered with HomeMade to become a local service provider for people with Support at Home packages. We support retirees by connecting them with trusted local support workers & tailored services that meets their needs. We provide person-centred support, take the time to understand each individual and we're just a phone call away.



we can help you with



Personal Care



Home Help & Cleaning



Transport & Appointments



Social Support & Connection

Antoinette, why did you decide to be a part of this program with LCH? I was frustrated with the program I was with, because I wasn't getting the services I required. When I heard LCH was partnering with HomeMade I thought I would give it ago.

What services do you employ? Currently a house cleaner, gardener, maintenance (for gutters), meals & podiatry.

How would you rate these services?

All of the workers are very friendly & helpful, being a part of this program has made my life easier.

Why should others be part of this program?

It has helped me stay at home, I feel I have some independence back. I can now look at my backyard and see my garden again. The coordination from LCH is very hands on. Staff are approachable & available.



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CREATIVE WRITERS - CELEBRATE 3 YRS.

Our Creative Writers have been meeting once a week for 3 years now. To celebrate we have decided to publish one of their short pieces each term.



A Winter's Poem.

As I look outside the window,
with the cars all going by,
I think how cold I feel and look up to the sky.
I've got my winter woolies on, and even brought a scarf,
But cannot wait to get back home
and stand before the hearth.
I love the changing seasons and all that comes and goes,
Although I'm not that keen on mist,
and Oh my frozen toes.
I still remember autumn with leaves all coloured red,
Which doesn't really help me when I want to stay in bed.
I guess we have to go through it, as there is no other way,
Although we could go travelling,
but for that we'd have to pay.
So may as well accept that winter has come our way,
And we'll have to sit and
wait for that fleeting sunshine ray.
Now we just have to remember, to quietly stay at home,
Instead of thinking of yet, another way to moan!
by Patricia

SPOT LIGHT - THANK YOU SUE!

A very big thank you to our wonderful Volunteer Sue. Sue hand delivers our term brochures to the entire township of Leongatha. She loves to walk to keep fit & this is her way of giving back to the community. It's volunteers like Sue that allow the Community House to advertise so extensively to keep our community informed.



COMMUNITY INFO SESSION.

Tuesday 14th July - 2-3pm

Wednesday 15th July - 10:30-11:30am

South Gippsland Shire is visiting LCH to deliver a practical workshop on preparing for the first 72 hours after an emergency, when services and support may be delayed. Learn how to create a simple emergency plan, prepare essential supplies, stay informed & strengthen community resilience.



SMART RECOVERY - SUPPORT GROUP.

Thursday 16th July - 4:00 - 5:30pm

With Amanda -
SMART Facilitator with a
Dip of Community in
Alcohol & Other Drugs.

A free, practical, peer-led, evidence-based support group that enables you to champion your own behaviour change around alcohol, drug use, gambling or any behaviour. A simple 4-Point, secular, evidence-based recovery program focused on harm minimisation and self-management.



Why SMART?

1. Set weekly goals that work for you
2. No stigma, labels or judgement
3. Learn practical self-help tools
4. Attend as you need
5. Learn strategies that actually work, from peers



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WORKSHOP RECAP.

In Term 2 a variety of Workshops held at LCH. We started with a Macaron Workshop with Annette, a local cook from Jumbunna. Six participants had a marvellous time creating this French delight. The biscuit colours ranged from pastel to bright and all oozed soft cream with a hint of lemon curd. The next Workshop was Crochet Flowers led by Cris. Enthusiasts enjoyed using yarn with wire to create intricate flowers. Julianne also lead a small group in a Workshop to Banish Declutter & Transform your Home (don't we all need this?). In Term 3 the Macaron Workshop will run again plus a Red Velvet Bake & Decorate Workshop on Saturday July 25 and Saturday August 15. See our program for more details.



ALL ABILITIES - WOMEN



Interview with Trish - Volunteer

How did you find out about the Women's Group?

'I visited the House one day to enquire about volunteering. At the time, I spoke with Bec. She suggested driving the bus on a Wednesday. After a month, I decided the driving wasn't for me, so Bec suggested the All Abilities Women's Group. It was a perfect match for my personality & my skills.'

What is your background? 'My first job was with a similar Abilities group, in the UK, back in the 80's. I really enjoyed it, and later on I decided to get a degree in Social Work at Monash University, Melbourne. This began a 30 year journey in Social Work. Generally, I've worked in hospitals, focusing on community health, aged care as a Case Manager and then finished my career in mental health with young patients.'

What does the Women's Group do? It's a safe place for these women to meet where everyone has a say. It focuses on a variety of activities. The women enjoy crafts, cooking, exercise and special outings. We encourage discussion about their interests. Sometimes we listen to music & sometimes we dance!

How do Women get involved? 'It's very easy, just visit the office.'

What do you personally like about the Women's Group? 'I find the group really enjoyable. It's particularly fulfilling to use my background & skills to connect with these women. We have so much fun together!'

PROGRAM UPDATES.

Apart from the Workshops planned, a Craft Destash & Bake Sale will occur on Friday August 14. We are looking for bakers to help, if you're available please see Maddison. Also LCH is interested in hosting a Death Cafe. This is a space to have an open conversation about death & mortality. On a different note, if you have grandchildren that live locally, why not bring them to LCH for the Whisk & Wiggle Playgroup? A great way to spend quality time with your grandie, have fun together & let us clean up the mess! Finally, Joyce is keen to teach beginners how to sew. Be introduced to the sewing machine, by an expert & learn how to measure, cut a pattern, sew simple seams & finish a garment well. Again, see our Program for more details.



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EVENTS IN OUR AREA.

Railtrail Community Market **3rd Sunday each month:**

8:30am-1pm

'This market is a celebration of local culture, creativity, and community spirit, bringing together artisans, farmers, and food lovers'

visitsouthgippsland.com.au/event/leongatha-community-market/



The Commons Market:

Every Saturday 8:30am-11am

'Support our local growers to create a food system that is independent & self-sustainable.'

visitsouthgippsland.com.au/event/leongatha-community-market/



RSL Fab Friday

Community Carols - July 24

'Every cent profited from the meat raffle & joker poker ticket sales will help this great local event prepare to wow everyone at this years carols!'

leongatha-

rsl.com.au/event/fab-friday



Daffodil & Floral Show -

Aug 27 - 29

Encompassing the Daffodil Festival, Camellia Show and Photo Exhibition, it's more than a spectacular flower show; it's a celebration for the whole family.

leongathahorticulturalsociety.com.au/daffodil-festival/



WHO'S WHO AT THE HOUSE

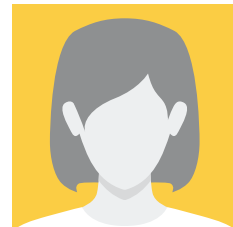
Meet our Office Staff & Volunteers!



Maddison Redpath
Manager



Melanie Denness
Admin



Julie Hyde
Volunteer - Office



Jennifer Fleming
Volunteer - Bus



Peter McAlpine
Volunteer - Office



Kim Lees
Volunteer - Office



Vikki Bradford
Volunteer - Garden
& Office



Emily Ray
Volunteer - Garden



Amanda Rowley
Volunteer - Office

PROGRAM BOOKLET.

The Term 3 Program booklet is now out! Visit the House to pick up a copy, check your mailbox for a delivery or scan this QR code for all the information you need.

Again, we love community input & appreciate your ideas. If you have a skills to share or would like to learn a new skill, explore a craft or develop a hobby, please contact the Office.



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