



ACCESS & RECREATION EXPO

2016

Tuesday 17 May 2016, 10am – 2pm

Are you looking for recreation activities within Wyndham?
Then this event is for you!

About the Day

This event is an opportunity for Wyndham residents to discover more about local services and recreational opportunities within the area.

With the National Disability Insurance Scheme just around the corner this is a chance to learn about services/programs on offer within Wyndham.

Location

Wyndham City Council
Function Rooms,
45 Princes Highway, Werribee

For further information contact:
Phone: 9742 0964 or
Email: AgedDisabilityEvents@
wyndham.vic.gov.au

Refreshments provided.

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Write To Remember

Have you always wanted to write about your life, but didn't know where to start?

Let Write to Remember help you on your journey. Come along for a half hour welcome session (free of charge) or stay for a workshop (fees apply) and start your journey today.

Capture your achievements, family memories, dreams, education, experiences, influences, inspiration, travel and more. Workshops are limited to 7 people. Bookings are essential.

Held every 2nd Wednesday of the month, 9.30am at The Waterfront Café, Sanctuary Lakes and every 3rd Wednesday of the month, 9.30am at The Brook on Sneydes, Point Cook.

To book or for more information contact Siobhan on:

M. 0419 625 760

E. info@writetoremember.com.au

W. www.writetoremember.com.au



Seniors Festival **EXPRESSION OF INTEREST**

Now Open -
Submit your
Event or
Idea!

Wyndham City is running an Expression of Interest Process to celebrate the Victorian Seniors Festival 2016. Wyndham City has a small pool of funding to support some innovative, inclusive community events or ideas to celebrate positive ageing. Funding of up to \$1000 is available for successful project ideas or events. Partnerships are encouraged.

If you have a great idea to celebrate Seniors Festival 2016 in October, we want to hear from you!

Here are some ideas to get you started:

- Host a community barbecue
- Hold a "come and try day"
- Hold a drawing or writing competition
- Run a musical or theatrical performance
- Host a workshop or training session
- Host a "Racing Day"
- Have an afternoon Devonshire Tea
- Hold an art exhibition
- Organise your own concert

Closing Date for Applications is: Friday 13 May 2016.

To apply for the 2016 Seniors Festival Expression of Interest, complete the online form at: www.wyndham.vic.gov.au/residents/family/seniorsfestivalexpressionofinterest or contact Amanda Burns on:

T. 9742 0833 or E. amanda.burns@wyndham.vic.gov.au for an Application Form and Application Conditions.





FUTURE

NATIONAL DISABILITY INSURANCE SCHEME PUBLIC INFORMATION SESSIONS

The National Disability Insurance Scheme (NDIS) is coming to Wyndham and brings with it one of the biggest social reforms that Australia has seen in many years.

Wyndham City will be hosting two sessions to provide information on this national scheme, how it works and how to best prepare.

Come along and hear from speakers experienced in working in the NDIS trial site and hear from individuals who have received a package and find out how it is working for them.

Evening Session – Tuesday 14 June 2016

Venue: Wyndham Park Community Centre, 55-57 Kookaburra Avenue, Werribee

Time: 6pm-8.30pm

Light Dinner included

Morning Session – Thursday 16 June 2016

Venue: Functions Area, Wyndham City Civic Centre, 45 Princes Highway, Werribee

Time: 1pm-3.30pm

Light Lunch included

RSVP is essential

Ph: 9742 0964 or

Email: ageddisabilityevents@wyndham.vic.gov.au

Art Show

Canvases Talent

Karingal clients painted a picture of why inclusion matters at the Karingal Wyndham Annual Art Show.

The event was held as part of celebrations for International Day of People with a Disability. The theme was based on 'Inclusion Matters: Access and Empowerment for People with All Abilities'.

More than 200 pieces were on display at the Werribee art show which showcased the creative talents of Karingal clients who take part in art classes twice a week. The art show has been running for five years.

This year for the first time guests were able to purchase pieces of artwork. Jaime-lee Demmer (Karingal Wyndham Disability Services Manager) said "clients were proud to sell their art, which included paintings, drawings and sculptures. To see the immense pride and the huge smiles on the clients' faces as they talked to guests about their artwork was fantastic."

Jaime-lee went on to say that the show was a real confidence booster for all the artists. It was exciting to have more than 60 people attend the show which was held at Wyndham Park House on 3 December 2015.

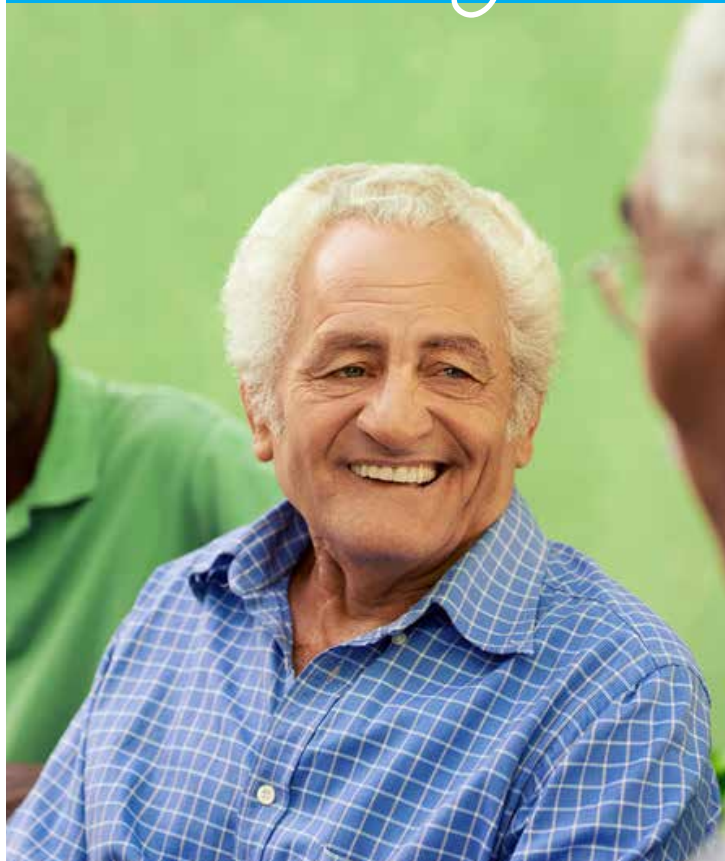
For more information about Karingal contact Jaime-lee Demmer on:

T. 9974 9671

E. Jaimeleed@karingal.org.au



Seniors Register



WYNDHAM SENIORS REGISTER IS FOR OLDER RESIDENTS WHO SOMETIMES FEEL ISOLATED

The Wyndham Seniors Register is a partnership between Werribee Police and Wyndham City. This partnership aims to ensure older people who live in their own home feel safer and are confident that the Police are concerned for their welfare.

Q: HOW DO I JOIN?

A: If you are 65 or over living in Wyndham, you can contact Acting Sergeant Amma Bridgeman on 8398 9846 for an application form.

Q: WHAT HAPPENS AFTER I JOIN?

A: Once you join, your details will be entered into a confidential database at the Wyndham North Police Station. You will then be issued with an identity Card. This identity card provides valuable information to the emergency services in the event of an emergency occurring when you are away from home. In addition, a volunteer will contact you regularly by phone to check on your welfare and allow you to raise any issues or concerns.

For more information contact Acting Sergeant Amma Bridgeman:

T. 8398 9846

First Dental Clinic for people with additional needs



Western Special Needs Dentistry is a spacious, modern and fully-equipped dental clinic in Werribee. Staff have a gentle positive approach to delivering individualised dental health services to people with additional needs, including those with physical or intellectual disabilities, older adults and people with mental health issues.

Western Special Needs Dentistry is led by Dr Helen Marchant, one of Australia's few registered specialists in the field of special needs dentistry. Helen has worked in the dental industry for over 25 years, across both the public and private sectors.

Western Special Needs Dentistry is the only dental clinic focusing solely on people with additional needs in the Western Suburbs. The clinic aims to build long term relationships with patients, families and carers. Services are individually planned to support the patients' journey towards better oral health and wellbeing.

Western Special Needs Dentistry welcomes the involvement of family and carers in developing treatment plans which

meet the specific needs of the people they treat. The clinic is accessible for all people and there is plenty of space for patients to be treated in their wheelchairs if required. Helen liaises with other dental specialists within the facility (such as periodontics, endodontic and prosthodontics) to get the best dental care for her patients.

Western Special Needs Dentistry is located at 33 Princes Highway, Werribee, and treats people with additional needs from across Melbourne and regional Victoria.

For more information or to make an appointment please call

T. 1300 818179

E. care@wsnd.com.au

W. www.wsnd.com.au



HypoActive

HypoActive is a group of people living with Type 1 Diabetes who enjoy socialising and exercising with like-minded people. HypoActive meets on the last Sunday of every month to run, walk or cycle. If you are not an active person you are welcome to come and join the group afterwards for coffee.

The HypoActive group enters events as a team such as:

- Melbourne Marathon Festival
- Run For The Kids
- Run Melbourne
- MS Mega Swim
- Murray to Moyne cycle relay event

The HypoActive team helps build awareness of Type 1 Diabetes, exercise and other disabilities.

If you are living with Type 1 Diabetes and are interested in exercising or socialising with others, we'd love to hear from you. Family & friends are welcome.

For more information on upcoming events contact John Thompson:

M. 0447 197444

E. john.thompson@hypoactive.org

F. <https://www.facebook.com/groups/hypoactive>



What's On

at Iramoo Community Centre

ART OPTIONS

Craftees Group: Wednesday 12pm - 3pm. Bring your craft project and lunch and meet with friends. Cost \$3

Sewing Workshop: 24th June - 10am-12pm

FOOD AND FRIENDSHIP

Community Cooking Program: Tuesdays 10am - 12.30/1pm during term to cook healthy meals. Cost \$5. Enquiries 8742 3688

Men's Cooking Group: Thursdays 9.30am - 12.30/1pm during term. Cooking creative meals and sharing with friends. Cost \$5

ACTIVE OPTIONS

Seniors Light Exercise Class & Social Morning Tea: Tuesdays 9am - 10.30am. Improve your health with friends. Cost \$6

Tai Chi Class for Over 55's Wednesdays 9am-10am and Fridays 8.45am - 9.45am. Cost \$5. Improve your wellbeing

SOCIAL SUPPORT

Live it UP - Wyndham Chronic

Pain Group: Fortnightly Wednesdays 10am - 12pm. Cost \$3. For support, nurturing, social & creative activities

Over 50's Club: Mondays 10am - 3.30pm to play games, bowl, dance, share lunch, arrange outings and friendship. Enquiries Bob White 0409 492 226

Social Bus Trips: Visiting pubs, op shops, markets, gardens, local treasures and developing mutual interests and friendships

Sunrise Women's Group: Fortnightly Monday 10am - 1.30pm. Build friendships, support and learn. For women with a disability or mental illness. Contact Lauren on 9689 9588

FOOD

27th MAY: learn to make authentic Ravioli with Vito 10am-12pm

SPECIAL EVENTS

NEIGHBOURHOOD HOUSE WEEK

Breakfast Friday 13th May, 9am-11am. Call: 8742 3688 for catering

COMMUNITY PROJECT

We are seeking expressions of interest from those wanting to participate in helping us to build a community outdoor wood fire oven.

SKILLSHARE WORKSHOPS

Cost \$5 a session

For further details on these or other programs, please contact Iramoo Community Centre on 8742 3688, Email: admin@iramoooc.com.au Website: www.iramoooc.org.au Facebook: Iramoo Community Centre

Morning Melodies



The Grange Community Centre will be hosting Morning Melodies in 2016.

The morning melodies participants are provided with a yummy morning tea with live entertainment on the following dates:

- Tuesday 21st June - The Rockelles
- Monday 12th September - Island Harmony
- Friday 9th December - June Newman's Christmas Show

Tickets are \$10 per person per show.

To secure your tickets contact Karen Cain on:
T. 8742 8000

E. Karen.cain@grangecommunity.org.au

A. 260-280 Hogans Road, Hoppers Crossing

Or visit the website or Facebook Page at:

W. www.grangecommunity.org.au

F. The Grange Community Centre



Census is Going Digital

9 August 2016

The Australian Bureau of Statistics is preparing to count close to 10 million dwellings and approximately 24 million people in Australia on Census night.

The 2016 Census will be Australia's first Census where more than two thirds of Australia's population (more than 15 million people) are expected to complete the Census online in August 2016.

New delivery and collection procedures will make it easier to complete the Census online. In the lead up to 9 August, households will receive a letter from the ABS, addressed 'To the Resident', including a unique login and instructions on how to complete the Census online. Completing the Census online will be fast, easy, secure, environmentally friendly, and help to reduce the cost of the Census to the community.

Paper forms can be requested where needed and must be completed and returned in the Reply Paid envelope provided without delay. The ABS needs the support of everyone in Australia on 9 August this year to make the Census a success. Everyone in Australia is encouraged to participate and take advantage of the fast, easy and secure online option.

Australia has a long and proud history of Census taking. Since the first national Census in 1911, Census data has played an important role in charting Australia's history and shaping its future.

With this, there are many job opportunities and the ABS are keen to employ older adults.

Register your interest in Census job opportunities today at:
www.abs.gov.au/websitedbs/corporate.nsf/home/Census+Recruitment

For any further queries, please contact Census Connect on 1300 137 804.



RECIPE:

The following recipe (and others) are available from the Community Kitchens website www.communitykitchens.org.au - Its free to register and you can gain access to recipes, resources and online forums.



FRUIT CRUMBLE

Serves: 8

Cooking Time: 30 minutes

INGREDIENTS

- 2 x 425g tinned fruit (e.g. apples, apricots, peaches or pears)
- Juice and grated rind of ½ Lemon
- 1 cup of rolled oats
- ½ cup of plain flour
- 4 tbsp of unprocessed bran
- 2 tbsp of sugar
- 3 tbsp of low fat margarine
- 2 tsp of cinnamon

METHOD

1. Preheat oven to 200°C
2. Layer fruit, juice and rind into a baking dish
3. In a large bowl combine flour, oats, bran, sugar and cinnamon and mix
4. Rub margarine with fingers into dry ingredients until mixture becomes crumbly
5. Sprinkle mixture on top of fruit
6. Bake for 20 minutes in oven until browned

HELPFUL TIPS

- > Dessert is great served with low fat custard or ice cream
- > Choose tinned fruit in natural juice not in syrup
- > Unprocessed bran is high in fibre, which is good to maintaining healthy bowels
- > Choose low fat margarine as it has less saturated fat

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www.wyndham.vic.gov.au/ageddisabilitynewsletter

Please note this newsletter is distributed three times per year.

For more information contact Antoinette Ioannou:
8734 5488 Ext 2102

antoinette.ioannou@wyndham.vic.gov.au

AGED AND DISABILITY CLIENT SERVICES CONTACT NUMBERS

General Enquires:
8734 4514

An accessible text version of this newsletter can be found at: www.wyndham.vic.gov.au/ageddisabilitynewsletter