

# Life Skills

Come along for 8 Free amazing workshop sessions about:

Discovering how to get what you REALLY want out of life

Stay fit and healthy both inside and out

Learn how to feed a family for \$5

Plus Art, Music, pizza and celebration dance party

Starting on

**Term 2  
2016**

Free meal and transport home

Contact  
**Adam Williams**  
for further  
information on 9742  
0936 or Email  
adam.williams@  
wyndham.vic.gov.au

## In this issue

Young Carers Workshops	1
Have Your Say	2
Cruise With Us	2
This summer, stay healthy in the heat	3
Melbourne City Mission	3
Jamieson Way Community Centre	4
Iramoo Community Centre	5
Aboriginal artist helps canvas talent	6
DT1 Support Group	7
Sunrise Women's Groups	7
Conversational English	8
Aged & Disability Department	8
Accessible Text Version	8
Subscribe to receive this newsletter	8

# HAVE YOUR SAY

## Open!



## Have your say on Councils future role in Aged and Disability Services

Council is currently considering the future of its Aged and Disability services. This is in response to:

- Rapid increase in population
- Increasing demand for services; and
- Commonwealth Government funding changes

Councils first priority is to make sure that services continue to be delivered to a high standard for the community, and as such want to consider:

- What role Council should play
- What role our partners might play; and
- How we can work together effectively into the future.

In February 2016 Wyndham City will be conducting a number of workshops to hear what the community have to say on this. If you would like to be contacted to take part in the consultation process in February 2016; then please leave your contact details below and we will notify you once dates have been finalised:

**Name:**  
**Address:**  
**Phone:**  
**Email:**

Your personal information is being collected by Wyndham City Council for the purpose of creating a database in relation to the service review. The information will be used by Council and its contracted service providers for that primary purpose or a directly related purpose, but shall otherwise remain private within Council unless disclosure is required by law or consented to by you. You may apply for access and/or amendment of the information by writing to Council's Privacy Officer.

\*\* send completed form to:

**Wyndham City Council PO Box 197 Werribee, Victoria, 3030**

For more information or to register your interest in attending the consultations in February 2016 contact **Adam Williams** on **T. 9742 0936**

**E. adam.williams@wyndham.vic.gov.au**

# CRUISE With Us!

## Have you seen the Wyndham Cruiser out and about in the community?

It's the perfect way for you to interact with Council without having to visit us to find out about the latest news and projects – we know residents are busy and not everyone can come to the Civic Centre, visit a library or community centre, so we are taking it to the streets.

The all new Wyndham Cruiser will pop up at events, festivals and shopping centres. Residents can chat with each other, Councillors and Council staff, ask questions, pick up some give-aways or just chill out in our pop-up lounge.

The Cruiser looks fantastic and is hard to miss, give us a wave and come and say hello if you see the Cruiser out and about.

For Cruiser times and locations visit:

<http://www.wyndham.vic.gov.au/cruisewithus>

For more information contact **Simone Thorpe** on

**T. 8734 5488 Ext. 2142**

**E. simone.thorpe@wyndham.vic.gov.au**



# THIS SUMMER, Stay Healthy in the Heat...

**With predictions of a hot summer ahead, Wyndham City is encouraging residents to ensure they are prepared for the warmer weather.**

Keeping an eye on the forecast will mean you can plan ahead when hot weather conditions are expected. The best ways to beat the heat are:

- Stay hydrated by drinking plenty of water
- Spend as much time as possible in cool or air-conditioned buildings
- If you go out, stay in the shade, take plenty of water with you, wear a hat and light, loose fitting clothing
- Naturally cool your home by keeping blinds and window coverings closed during the day

Importantly, please consult your doctor as required, particularly if you or someone you know has a medical condition that may be affected by extreme heat.

In addition to taking care of yourself and your family residents are also encouraged to check on sick or frail friends, neighbours and relatives, as well as pets

For more information on how to be prepared for the summer conditions visit: [www.health.vic.gov.au/environment/heatwave/index.htm](http://www.health.vic.gov.au/environment/heatwave/index.htm)

Important contact information  
For 24-hour health advice contact  
**NURSE-ON-CALL on 1300 60 60 24.**

***For life-threatening emergencies telephone 000***



## MELBOURNE City Mission...

**Are you a mum or grandmother with some free time?**

**Would you like to mentor another mum with learning difficulties?**

*Volunteers* currently needed in Wyndham Vale, Laverton and Point Cook.

12 month commitment. 1-2 hrs per week or fortnight. Training is provided. Must have current Working with Children Check.

T. Nina 0418550812

# LOOK WHAT'S ON at Your Local

## Jamieson Way Community Centre

### Jamieson Way Coffee, Chat and Craft Group

The coffee, chat and craft group began approximately eight years ago at the Jamieson Way Community Centre. Bev Morrissey (pictured) is one of our volunteers who has been organising and facilitating the group since it began. The group knits, sews and sells their items at the Point Cook Market and anywhere they are able to raise money to help various charities, in particular the Werribee Hospital.



PROGRAMS	DESCRIPTION	DAY	TIME	COST
Point Cook Market	Art and Craft stalls, variety stalls, food, Children's activities etc.	6 March 16 3 July 16 6 November 16	10-2pm	Free Entry
Coffee, Chat and Craft Group	Knits, sews and sells their products	Thursdays	1-3pm	Gold coin donation
Men's Hobby Group	Share skills, hobbies and meet new people	First Wednesday of every month	7-9pm	\$4.00
Tai Chi for Arthritis	Gentle exercise classes for mind, body and soul	Wednesday	3-4pm	\$4.00
Meet Up for over 55's	Play board games, meet people and make new friends	Mondays	1-4pm	\$4.00
Adult Colour with Julie	Relax, meet people and socialise whilst colouring in with adults	Thursday	12.30-2.30pm	\$10.00 All materials provided

For more information about these programs please contact Jamieson Way Community Centre on  
**T. 9395 3777 E. [admin@jamiesonwaycc.org.au](mailto:admin@jamiesonwaycc.org.au) W. <http://www.jamiesonwaycc.org.au>**  
**A. 59 Jamieson Way, Point Cook VIC 3030**

# Community Centres...

## Iramoo Community Centre

PROGRAMS	DESCRIPTION	DAY	TIME	COST
Seniors Light Exercise	Personal trainer runs a program with light exercise for seniors 55 and over	Tuesdays	9-10am	\$6,00
Arts Group	Explore your artistic potential using tiles, wood, paints and more	Tuesdays	10.30-12.30pm	\$5.00
Painting Group	Painting for relaxation, meet people and explore your creative side	Tuesdays	1-4pm	\$5.00
Tai Chi (First lesson FREE)	Relax and meet people of all ages, includes seniors	Wednesdays	9-10am	\$5.00
		Fridays	8.45-9.45am	\$5.00
Men's Cooking Group	Men cook food together and eat afterwards for seniors over 55	Thursdays	9.45am-12.30pm	\$5.00
Iramoo Strollers Walking Group for men and woman	Walking around Wyndhamvale for an hour and coffee at the centre afterwards	Thursdays	9.30am	FREE
Adult Colour with Julie	Relax, meet people and socialise whilst colouring in and expressing your creativity with other adults	Fridays	1-3pm	\$5.00 All materials provided

To connect with iramoo community centre sign up and like us on Facebook at  
<https://www.facebook.com/IramooCommunityCentre>

For more information about these programs please contact Iramoo Community Centre on

T 8742 3688 E [admin@iramoooc.com.au](mailto:admin@iramoooc.com.au) W [www.iramoooc.org.au](http://www.iramoooc.org.au)

A. 84 Honour Ave, Wyndham Vale



# ABORIGINAL ARTIST

# Helps Canvas Talent..

**Karingal received insights into Aboriginal culture following a visit from an indigenous artist named Kathleen Gibson, known as MK.**

MK is a talented dot painter and is from the Northern Territory. She was a guest who attended the Karingal art program at Wyndham Park Community Precinct in August 2015. Karingal clients enjoyed the opportunity of learning a new skill called dot painting.

Whilst MK was in Victoria she visited Karingal and explained the technique involved in dot painting and what the colours represented. The Karingal clients had the opportunity to create their own unique designs under MK's guidance.

Whilst painting, clients asked MK questions about her life in Nyirripi, a small community about 500 kilometres west of Alice Springs. The clients enjoyed learning about indigenous culture through MK's stories.

Clients had the valuable experience of learning about Aboriginal art. They learned about what life is like in the Northern Territory and living in a small rural community.



**Cameron and Bryonie were pleased to welcome MK**

The day also featured didgeridoo playing by Karingal client Cameron. Karingal provides a range of services for people living with a disability in the Wyndham Park Community Precinct.

# DT1 Support Group

## Providing support for adults living with Type 1 diabetes

The DT1 Social group is for people 18 and over living with Type 1 diabetes and is supported by Diabetes Victoria. This group provides an opportunity for individuals and their carers, partners or friends to get together and share their experiences and make lasting friendships.

Dates for January - March 2016 are:

The group meets monthly on Sundays 10.30 – 12.30pm



Date	Venue	Address
10 January	Coffee Pot Cafe	Shop 1/70 Watton St Werribee On outside Balcony
7 February	The Granary	2 Devonshire Rd Sunshine Table 16
6 March	Chatterbox Cafe	63 Watton St Werribee

For more information and to RSVP attendance contact Antoinette: M. 0411 215675 E. dt1social@gmail.com

# SUNRISE Women's Group

Sunrise Women's Groups are for women of all ages who live in the west particularly in Wyndham who want to meet other women to feel connected. It's free to join and open to all women living with a disability, mental illness and/or chronic health condition.

Sunrise Womens Group meets fortnightly on Mondays from 10am-1.30pm at Iramoo Community Centre (84 Honour Ave, Wyndham Vale).

The group aims to build friendships, support each other, learn about staying healthy, try new things, enjoy taking part in all sorts of activities and have fun!

### Get in Touch

The Sunrise project worker is happy to talk or come and meet you. If it's difficult



for you to get out and about, contact the Sunrise project worker to help you with the support you may need.

For more information about the group contact Lauren, the Sunrise project worker at Women's Health West on

T. 9689 9588 E. lauren@whwest.org.au



# Conversational English

Wyndham's Community Centres are hosting Conversational English Sessions.



**Conversational English Sessions are informal groups that get together on a weekly basis and are led by a volunteer tutor.**

Those wanting to participate in the sessions are encouraged to come along. For more information please contact the centres directly for enquiries.

SESSIONS ARE CURRENTLY BEING HELD AT	DAY	TIME	CONTACT
<b>Arndell Park Community Centre</b> 55 Caradon Dr, Truganina VIC 3029	<b>Thursdays</b>	10–11am	8734 8911
<b>Tarneit Community Learning Centre</b> 150 Sunset Views Blvd, Tarneit VIC 3029	<b>Fridays</b>	10–12:30pm	9748 9822
<b>Point Cook Community Learning Centre</b> 1-21 Cheetham Street Point Cook VIC 3030	<b>Mondays</b> <b>Tuesdays</b>	10:30–11:30am 10:30–11:30am	9395 6399

## Aged & Disability Department

### Client Services Contact Numbers

General Enquiries &  
Home Care  
8734 4514

Delivered Meals  
9742 0734

Planned Activity Group  
8734 4514

**Planned Activity Groups will be running as normal over the Christmas Break.**

Planned activity groups will not run on the following dates

- Friday 25th Dec
- Monday 28th Dec
- Friday 1st Jan

### Accessible Text Version

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

### Subscribe to receive this newsletter

If you would like to receive the Aged and Disability Newsletter via email or post, fill your details in the subscription form provided at: [www.wyndham.vic.gov.au/residents/family/aged\\_\\_disability\\_newsletter](http://www.wyndham.vic.gov.au/residents/family/aged__disability_newsletter)

Please note this newsletter is distributed three times per year. For more information contact Antoinette Ioannou on:

T. 8734 5488 Ext. 2102 or  
E. [antoinette.ioannou@wyndham.vic.gov.au](mailto:antoinette.ioannou@wyndham.vic.gov.au)



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