

Hi Everyone,

We hope you are all well. During this time, we can feel isolated and disconnected from our community. This can affect our mental health and give us a sense of loneliness. Many people are also having to deal with financial stresses during this time. We have produced this newsletter to link you with resources and activities that may be helpful. We will be continuing to connect through Facebook and we will also be available to chat to anyone who needs our support. We are still available for you to contact us on 8742 3688 or email us at [admin@iramoooc.com.au](mailto:admin@iramoooc.com.au). Please reach out if you need us. We hope you find this newsletter useful. Please stay safe and stay connected with friends and family members. We will get through this!

## Mental Health Resources

**Beyond blue 1300 22 4636 -**

[www.beyondblue.org.au](http://www.beyondblue.org.au)

Beyond Blue provides information and support to help everyone in Australia achieve their best possible mental health. Whatever it may be, sharing the load with someone else can really help. So, no matter who you are, or how you're feeling, you can talk it through with Beyond Blue. They will point you in the right direction so you can seek support.



**SANE Helpline 1800 18 72 63 -** [www.sane.org](http://www.sane.org)

The SANE Help Centre is staffed by qualified counsellors who will provide you with brief phone and online counselling, support, information and referrals. Their lines are open Monday to Friday, 10am - 10pm. Due to some changes during COVID-19, you'll be asked to leave a voicemail, so a counsellor can call you back that day. The call back will be from a private number, and if they can't get through to you they will send a text letting you know it was them.

**Lifeline 131 114 -** [www.lifeline.org.au](http://www.lifeline.org.au)

Lifeline is a national charity providing all Australians experiencing a personal crisis with access to 24-hour crisis support and suicide prevention services.

**Kids Helpline 1800 551 800**

**Headspace 1800 650 890**

**Suicide call back service 1300 659 467**

**[www.smilingmind.com.au](http://www.smilingmind.com.au)**

**Iramoo Community Centre**

**84 Honour Ave, Wyndham Vale**

**Admin hours Mon to Fri 8.30am - 3.30pm**

 **8742 3688**

 **[admin@iramoooc.com.au](mailto:admin@iramoooc.com.au)**

**[www.iramoooc.org.au](http://www.iramoooc.org.au)**



# Check on your friends and neighbours

**Yoga Moves West** now has online classes. Enquiries Catherine 0416 009 024 or email [info@yogamoveswest.com.au](mailto:info@yogamoveswest.com.au)

**Tai Chi with John** now has online classes. Enquiries John 0477861713 or email [john.boladian@gmail.com](mailto:john.boladian@gmail.com)

## In the Garden

As winter approaches the following can be planted :

Beetroot, Broccoli, Cabbage, Carrots, Cauliflower, Chives, Garlic chives, Kale, Leeks, Lettuce, Silver beet, Spinach, Spring onions.

For more information on ideas for your garden you can check out

**Edible Gardens by Craig Castree** or **Healthy Household Habits** on Facebook.



## 100 Cookie Recipe

### Ingredients

500 g butter  
3/4 cup (170g) caster sugar  
395 g sweetened condensed milk  
5 cups (750g) self raising flour  
choc chips, sprinkles, peanut butter, Milo etc to flavour (optional)

### Instructions

Preheat oven to 180 degrees celsius (fan-forced).  
Grease and line baking trays and set aside (use as many as will fit in your oven).  
Cream the room temperature butter and caster sugar together with handheld beaters or a stand mixer until light, creamy and fluffy.  
Add the condensed milk and beat through.  
Add 1 cup of self-raising flour and beat through. Add another cup of self-raising flour and beat through. Continue until all 5 cups have been mixed through.  
Divide the cookie dough between bowls and flavour each however you'd like (see notes).  
Roll into teaspoon-sized balls and place onto the prepared baking trays. Press down lightly with a fork.  
Bake for 10 minutes. Allow to cool for 10 minutes on the baking trays before transferring to a wire rack to cool completely.



### Notes

Use a BIG bowl to make this dough!

I divided half of the dough into 6 different bowls and flavoured them with: Milo, sprinkles, peanut butter, mini marshmallows, chocolate chips and Smarties.

## Activities

### Websites with viewing

[www.zoo.org.au/animal-house](http://www.zoo.org.au/animal-house) — live cameras set up at Melbourne Zoo, Werribee Zoo and Healesville Sanctuary

### Activities

[natgeokids.com/au/category/kids-club](http://natgeokids.com/au/category/kids-club)

[switchzoo.com](http://switchzoo.com) - animal games

[busytoddler.com/2020/03/indoor-activities](http://busytoddler.com/2020/03/indoor-activities)

[mk0freehomescho2g81n.kinstacdn.com/wp-content/uploads/2016/01/Lego30daychallenge.pdf](http://mk0freehomescho2g81n.kinstacdn.com/wp-content/uploads/2016/01/Lego30daychallenge.pdf)

[mk0freehomescho2g81n.kinstacdn.com/wp-content/uploads/2016/07/31DayLegoChall.pdf](http://mk0freehomescho2g81n.kinstacdn.com/wp-content/uploads/2016/07/31DayLegoChall.pdf)

[tinkerlab.com](http://tinkerlab.com)

[picklebums.com](http://picklebums.com)

[frugalfun4boys.com](http://frugalfun4boys.com)

### Facebook

Facebook: World of David Walliams - listen as David Walliams reads aloud from his books

Facebook: Rob Biddulph #DrawWithRob learn how to draw characters from his well know books

Facebook : Australian Reptile Park & Tim Faulkner pages — live streams & educational videos



## Easter Craft Activities

[happyhooligans.ca/marbleized-easter-eggs-oil-vinegar-food-colour](http://happyhooligans.ca/marbleized-easter-eggs-oil-vinegar-food-colour)

[happyhooligans.ca/stained-glass-easter-eggs-2](http://happyhooligans.ca/stained-glass-easter-eggs-2)

[thebestideasforkids.com/easter-crafts-for-kids](http://thebestideasforkids.com/easter-crafts-for-kids)

[masandpas.com/easter-chick-fork-painting](http://masandpas.com/easter-chick-fork-painting)

[onelittleproject.com/salt-painted-easter-eggs](http://onelittleproject.com/salt-painted-easter-eggs)







## Where to find more information regarding COVID-19 and assistance that is available:

[www.servicesaustralia.gov.au](http://www.servicesaustralia.gov.au) for information on financial assistance available from Centrelink.

<https://www.dhhs.vic.gov.au/coronavirus> for information on coronavirus.

For translated resources please visit:

<https://www.dhhs.vic.gov.au/translated-resources-coronavirus-disease-covid-19>



## FREE FOOD PICK UP OR DELIVERY FRESHLY COOKED VEGETARIAN FOOD

IN THIS FIGHT AGAINST COVID-19 WE ALL AUSTRALIAN ARE UNITED.



**SERVING WYNDHAM COUNCIL AREA:-**  
Hoppers Crossing, Tarneit, Truganina,  
Werribee, Williams Landing Wyndham Vale,  
Laverton, Point Cook Etc.

**SERVICE :- 7 DAYS A WEEK**

**SIKH VOLUNTEERS FROM GURDUWARA SAHIB TARNEIT WILL DELIVER  
FREE FOOD OR NECESSARY GROCERIES FOR ALL WHOEVER IS IN NEED:**



*Elderly or people with disadvantage, People in self isolation, People  
engaged in health and essential services who are working tirelessly,  
International student/homeless people or anyone who is unable to  
make ends meet.*

An initiative by: SIKH COMMUNITY OF WESTERN VICTORIA INC.

Please text your name, address, phone number and the quantity required  
on 0421 138 113 or on the numbers below for pick up or delivery.

**GURDUWARA SAHIB 560 DAVIS ROAD TARNEIT-3029**


More Info :0469307127, 0422025217, 0433003309

 Gurduwara Sahib Tarneit  [www.gurduwarasahibtarneit.org](http://www.gurduwarasahibtarneit.org)

## Joanne Ryan MP *Federal Member for Lalor*

Joanne Ryan has daily updates on her Facebook page regarding COVID-19, Centrelink assistance and other relevant information.

 Twitter.com  
@JoanneRyanLalor

 Facebook.com/  
JoanneRyanMP

