

April 10 2020



KEEPING IN TOUCH

Wyndham Park Community Centre Weekly Update



Remember to follow us on Instagram @wyndhamparkcc

One of our longest term hirers at the centre has been the Werribee Branch of the CWA and the use Wyndham Park Community Centre for their regular meeting and craft gatherings.

Unfortunately as is the case with many of us at the moment they have had to indefinitely shut down all face to face activities and other planned fundraising and social events but that hasn't stopped them.

They are keeping in touch with regular emails which bring members up to date and are doing a post out for members who do not have email. And of course there is always the phone if something urgent needs attending to or for a quick hello

Their sewers have been kept busy making scrub caps for the Royal Melbourne and Geelong Hospitals as these have been urgently needed for their front line nursing staff. The individual Hospitals have been requesting up to 1000 of these caps. Pictured below is some of their amazing work.

Our knitters and crocheters have been busy working on the items for our ongoing Community Project which at the moment is for singlets and blankets for premature babies. Knee rugs are also being made for MND patients.

Below is some of their amazing work



In the works.....

So with our normal programming not being able to go ahead at this stage for Tern 2 our whole team have been working behind the scenes to set up new online programs and also other programs that will support many in our community. By our next newsletter I will have more information for everyone and have a timetable of what we will be able to offer. To enable some of our staff to continue to work they have been redeployed to other community projects which we will announce next week.



A Little Letter of Love Goes a Long Way

With aged care residences in lockdown, two Melbourne students' desire to make a difference in this world has come at the perfect time.

Postcode Love, the brainchild of Jocelyn Na and Cindy Vu, is a way for Australians to provide friendship to the elderly through letters, poems, pictures and jokes.

Initially started with their local Arcare aged care residence in mind, the 17-year-old students hope to see *Postcode Love* go national given the current situation in aged care.

"Knowing that there are those who are lonely and unable to be in contact with loved ones, *Postcode Love* is hoping to be a form of comfort during an incredibly difficult time," explains Cindy.

"*Postcode Love* is about showing the elderly in our communities that you care about them. It only takes a pen, paper and five minutes of your time to make someone's day," adds Jocelyn.

"It [*Postcode Love*] is so needed with everything that's going on," says Alison. "It will offer so much hope, where it's truly needed."

Alison is also thinking that some of the residents may want to write back in return and pen pals may flourish between the students and residents.

"It would be wonderful if *Postcode Love* created long-lasting relationships and when this awful lockdown situation is over the pen pals get to meet," says Alison.

Jocelyn and Cindy have already received more than 60 letters from fellow students in both Middle and Senior School including 15-year-old Deeleka Suraweera.

"I decided to do this [write a letter] because I couldn't imagine how boring and lonely it must be in aged care without outside contact, not even being able to see their families," said Deeleka.

To learn more visit postcode.wixsite.com/spreadlove or simply scan and DM your letters of love to @postcode_love on Instagram. If you would like it sent to a specific **Arcare** aged care residence, please nominate at the time of sending.

Busy kid's

Great online programs

Zoos Victoria

<https://www.zoo.org.au/animal-house>

Scienceworks

<https://museums victoria.com.au/scienceworks/at-home/>

Museum Victoria

<https://museums victoria.com.au/melbournemuseum/at-home/>

Harry Potter at Home

<https://www.wizardingworld.com/collections/harry-potter-at-home>

Sea Life Melbourne

<https://www.melbourneaquarium.com.au/explore/live-stream/>

Online story telling

<https://www.storylineonline.net/>

Banana and Carrot Muffins



Ingredients

- 1 cup self-raising flour
- 1 banana, mashed
- 1 egg
- 1/3 cup full cream milk
- 2 tbs honey
- 1 carrot, grated

Method

1. Preheat oven to 180°C, line a 6-hole, 1/3-cup capacity muffin tin with paper cases.
2. Place 1 cup wholemeal self-raising flour in a large bowl.
3. In a separate bowl combine 1 banana, mashed with 1 egg, 1/3 cup milk and 2 tbs honey.
4. Add to flour mixture with 1 grated carrot and stir to combine.
5. Divide between cases.
6. Bake for 15 minutes or until golden.

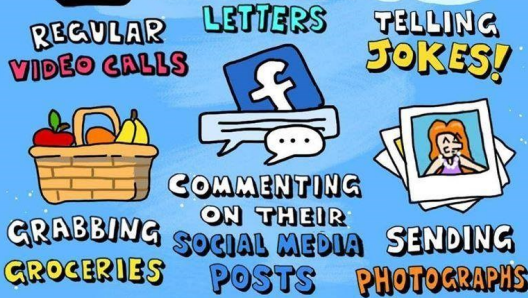
Spot the difference



THINGS TO HELP

GRANDPARENTS

FEEL LESS LONELY



Mini Chef