

# KEEPING IN TOUCH

## Wyndham Park Community Centre Weekly Update

This week has seen the launch of our sewing scrubs program where we are sewing scrub gowns for frontline workers at hospitals within Western Health which has hospitals at Footscray and Sunshine.

This will also involve the creation of laundry bags for doctors, nurses and other frontline health-care workers. These workers are at great risk of taking the virus home, and washable laundry bags - which enable them to take home their scrubs each day and throw them straight into the washing machine - go a long way to protecting themselves and their families.

We are calling for volunteers who are handy sewers to jump on board. We will supply material and where needed we will be able to provide a sewing machine for the short term. All you need to do is email our Community Shed Co-ordinator to let him know that you are happy to help. His email is james@wyndhamparkcc.com.au

We are happy to have this program as it has allowed us to re-deploy our staff so that we were able to keep them employed during this time.



Remember during Stage 3 restrictions you may only leave your home:

- ◆ To shop for food and other necessary goods and services
- ◆ To access medical services or provide caregiving. For example, this includes shared parenting obligations or providing care and support to an unwell, disabled, elderly or pregnant friend or relative
- ◆ To attend work or education (where you can't do those things remotely)
- ◆ For exercise
- ◆ You may also leave your home in an emergency or if required by law.



Remember to follow us  
on Instagram  
@wyndhamparkcc



#StayAtHome  
protect your community  
against COVID-19

## In the works.....

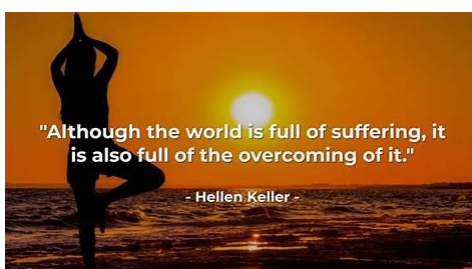
- ◆ Our team at the Community Shed have started a phone tree which allows us to keep in touch with all our participants at the shed and in doing so ensuring that they continue to be connected
- ◆ Our popular Anytime Anywhere Learning program will go online in the 3rd week of term and it is being provided in a format that can be accessed by families at any time. We will be sending packs to our regular students but if your child hasn't been involved in this program in the past please contact me on my email at [greg@wyndhamparkcc.com.au](mailto:greg@wyndhamparkcc.com.au)



## And kinders are back.....

Well the kinder team are back at the centre for Term 2 even though there are fewer children attending but this hasn't stopped them from engaging with their families as they are doing home education with those families that cant attend.

Whilst the team was on term break they also had the rooms painted and it has been a great change to the space. The team are also working with a lot of other community groups to use their rooms outside of normal hours which is resulting in some great partnerships that support our local community



## Busy Kids



### Making paper beads

These paper beads are so easy to make and surprisingly sturdy.

I used some sheets of coloured paper to make mine but you can use any kind of paper. For example magazine scraps are just as good

To make them simply cut out some very long isosceles triangles. Mine were 15cm long and 2cm wide.

Then get a skewer (or something similar) and wind the paper tightly round it. When you are nearly at the end simply add a dab of glue. I used the remnants of a tube of glitter glue – hence the sparkles



You can experiment with paper length/width and make beads of different shapes and sizes.



## Cheesymite Scrolls



### Ingredients

- ◆ 3 cups of self raising flour
- ◆ 1 pinch of salt
- ◆ 50grams of butter—cold
- ◆ 2 tablespoons of vegemite
- ◆ 200 grams of grated cheese
- ◆ 3 tablespoons of milk

### Method

1. Preheat oven to 220 Celsius
2. Sift flour and salt into a bowl and then rub in the butter. Stir in enough milk to make a soft dough. Knead gently on a lightly floured surface, and then roll out to form a 40 x 25 cm rectangle
3. Sift flour and salt into a bowl and then rub in the butter. Stir in enough milk to make a soft dough. Knead gently on a lightly floured surface, and then roll out to form a 40 x 25 cm rectangle
4. Cut 10 x 4 cm slices from roll and place close together, cut side up, on a greased and lined baking tray
5. Sprinkle with remaining cheese and bake in pre-heated hot oven for 15 minutes or until cooked and golden