

REACHING OUT

Keeping our Community Connected - Edition 31



GOOD NEWS STORY:

Magda Szubanski is in a Tumbarumba cafe. This is not where you'd expect the A-list comedian and actor to hang out. She's on a road trip with 19 year old Will Connolly. Together, they've raised almost \$190,000 to help with the long term trauma that bushfire survivors often experience. And they're using that money to fund an arts program that's been road tested on soldiers. It's been 16 months since the cataclysmic fires of January 2020 tore through more than 4,000 square kilometres in the Snowy Valleys area of New South Wales. It was one of the worst-hit parts of the state. And that's exactly why Magda is here. She wants to understand what locals have been through so the program targets community needs. She had heard about a team from the University of Canberra having success with an intensive arts program involving Australian Defence Force personnel who'd experienced trauma. "Time and again we see people just bloom and develop some sense of hope and some kind of belief in their ability to have a life." creative arts and wellbeing researcher Jordan Williams said. Magda and Will were intrigued. And when the Canberra team suggested an adaptation of the ADF program for bushfire survivors, the Regeneration project was born. The first rollout is underway in the Snowy Valley Area townships of Tumbarumba, Tumut, Batlow and Adelong. As far as local farmer 'Macca' is concerned, Magda and Will are already having an impact on his town just by being there. "Unless we have people like Magda and Will that are prepared to put themselves on the line and have a look," he said. "We're going to be behind the eight ball."



HAPPY SNAP OF THE WEEK



Thanks to everyone who contributed to this wonderful display for Neighbourhood House Week and to Tina for coordinating it. ❤️💚💛

FUNNY ONE LINERS:

My wife told me to stop impersonating a flamingo. I had to put my foot down.

*I'm reading a book about anti-gravity.
It's impossible to put down.*

I didn't think orthopaedic shoes would help, but I stand corrected!

If attacked by a mob of circus performers, go for the juggler.



IMPORTANT NUMBERS

COVID-19 HOTLINE - 1800 675 398

BEYOND BLUE - 1300 22 4636

LIFELINE - 13 11 14

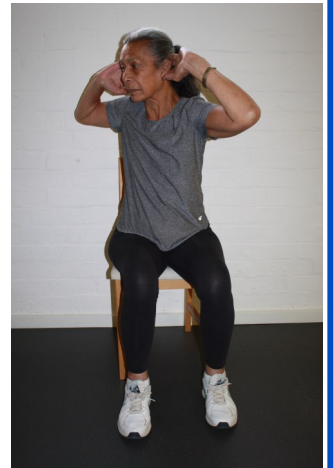
EMERGENCY SERVICES - 000

SANDYBEACH CENTRE - 9598 2155

KEEP MOVING WITH ANGEL

Sit Ups - Seated

- Come forward on the chair with legs hip width apart and feet flat on the floor.
- Bring finger tips to the ears keeping the elbows out wide.
- Turning from the waist, take the right shoulder across towards the side and slowly return to the centre.
- Repeat the movement to the left side. (see picture)
- Do 2 sets of 10 repetitions



Sit Ups - Lying on the floor

- Lie down on the floor with knees bent and keep lower back pressed to the floor.
- Bring finger tips to the ears, keeping the elbows out wide.
- Lift head, shoulders and upper back off the floor and slowly return to the floor. (see picture)
- Do 2 sets of 10 repetitions



Seated - Back Stretch

- Come forward on the chair with legs hip width apart.
- Extend arms out in front and keeping elbows soft interlock the fingers, palms facing the body.
- Push and round the upper back slightly inward. (see picture)
- Do 2 sets of 5 repetitions.



Back Stretch

- Position yourself on the floor on your hands and knees with hands shoulder width apart and knees hip width apart.
- Take a deep breath and at the same time arch the back upwards and slowly release down into neutral position. (see picture)
- Do 2 sets of 5 repetitions.



When doing the exercises, remember to breathe in through the nose and out through the mouth. Need I remind you?

You will thank me for this!!! Take care and stay safe - Angel

LET'S STAY HEALTHY WITH ELANA

Healthy Pumpkin Muffins

Ingredients

- 1/2 cup of extra virgin olive oil
- 1/2 cup of maple syrup or honey
- 2 eggs at room temperature
- 1 cup of pumpkin puree
- 1/4 cup of milk
- 1 teaspoon ground cinnamon, 1/2 teaspoon ground ginger
- 1/4 teaspoon of ground nutmeg, 1/4 teaspoon of all spice,
- 1 teaspoon of baking soda
- 1 teaspoon of vanilla extract
- 1/2 teaspoon of salt
- 1 & 3/4 cups of whole wheat flour
- 1/3 cup oats, plus more for sprinkling on top

Method

1. Preheat oven to 165°C (fan forced) and grease all 12 cups of your muffin tin with non stick spray. In a large bowl, beat oil and maple syrup with a whisk. Add eggs and beat well. Add the pumpkin puree, milk, spices, baking soda, vanilla extract and salt.
2. Add flour and oats to the bowl and mix with a large spoon, until combined. Divide the batter evenly between muffin cups. Sprinkle the tops of the muffins with some oats and spices if you would like.
3. Bake in the oven for 25 minutes or until a toothpick inserted into the muffin comes out clean. Allow muffins to cool then run a butter knife along edge of muffins to loosen from the pan. Enjoy!

Exercises to help your Balance

The goal of balance exercises is to improve stability and help prevent injuries. As we get older the danger of accidents involving slips and fall increases, so it is important to keep your body well trained. Simple exercises greatly improve your balance and you can have fun at the same time. Why not try these exercises?

- * Single Leg Balance - stand with feet shoulder width apart, extend your arms out to your sides and slowly lift your right knee up so your foot comes off the floor. Straighten your leg in front of you and hold, for 30 seconds. Repeat with other leg.
- * Tightrope Walk - pick a destination to walk toward, extend your arms out to the sides and start walking slowly being careful to keep your feet on the line at all times.
- * Flamingo Stand - stand with feet shoulder width apart and touch your hands on a wall. Now raise your right knee to the side and lower it and do the same with the left.
- * Lunges - stand straight with your hands on your hips. Now step your right foot forward bending at the knee, lower yourself, breathe and hold. Repeat on the other leg.



ARMCHAIR TRAVEL 1978 Shanghai - by Mary Gates

In 1978 and 1979 I was living with my parents in Hong Kong in the Mid-Levels of Hong Kong Island. My father's architectural firm, Yuncken Freeman Architects, had opened an office in Hong Kong to take advantage of the business opportunities that arose in the New Territories. Whilst there I taught English in a language school in Kowloon and also volunteered at the Kai Tak refugee camp in a program for the refugee children. It was a fascinating time to be in Hong Kong.

In 1978, Deng Xiao-Ping introduced economic reforms and the open-door policy in China. The Chinese government started to recognise tourism as a means to economic development and modernisation. My parents and I were quick to take advantage of this, joining an organised tour that was to take us to

Shanghai, Nanjing and Hangzhou. Independent travel then was not permitted.

We flew directly from Kai Tak airport to Shanghai. From there we were taken by bus to the Peace Hotel which sits beside the Huangpu River, at the corner of the Bund (an open

thoroughfare) and Nanjing Road. Once, the Peace Hotel had been The Cathay Hotel the most glamorous hotel of 1930s Shanghai. As we entered the hotel there was a line of staff either side of the stairway welcoming us with a round of applause. We were treated as esteemed guests. The hotel had for years been frozen in time with the large hotel rooms furnished with the original 1930s antique furniture and window dressings.

When we first ventured into the streets of Shanghai, the thing that struck us most was the lack of cars.

The busy streets were strangely quiet except for the ringing of bicycle bells and the occasional trolley bus. People were dressed in traditional Chinese grey pyjama-style clothing. Standing on the Bund I was promptly surrounded by a large group of local Chinese. My blonde hair and western dress made me quite a curiosity. A tentative young man approached me asking my name and nationality. He was keen to practice his limited English. As there were quite a few medical professionals in our tour group we were taken to the main Shanghai hospital to gain an insight into Chinese medical practices. The hospital was very spartan but clean. We witnessed through glass panels acupuncture being used on fully conscious patients who were having knee surgery and thyroid operations. One patient even turned to smile at us. At one point we were shepherded into a room where a poor patient with schizophrenia was being treated with acupuncture.

Throughout the tour we were treated to amazing banquets and cultural performances. We also visited a farm which was oddly devoid of people toiling the fields as they had been sent to their dormitories. There was always a sense that our tour was being carefully orchestrated so that we weren't to be exposed to the daily struggles of most of the population.

I feel most fortunate to have experienced travel in China just as it was on the cusp of becoming such a powerful technologically advanced industrial nation. It was a stark contrast to my then home in frenetic and vibrant Hong Kong.



KAI TAK REFUGEE CAMP



THE PEACE HOTEL ON THE BUND

WATCH THIS SPACE: Exciting Mural project coming to Sandybeach Centre.

As part of the Bayside Council's Annual Community Grants Program 2020/2021, we were successful in acquiring a grant for a Mural project at Sandybeach – Strength in Connection.

We will be creating an uplifting external piece of artwork on the exterior wall of Sandybeach Centre in collaboration with the Bayside community that can be enjoyed by Sandybeach participants, neighbours and our local community, contributing to a growth in social capital, community



connection and positive mental health.

We will be working with the Sandy Street Art project team (examples of previous projects pictured) to bring this to life! Community consultation will begin shortly and we are all

looking forward to working on this project and increasing awareness of our centre. More details to come shortly.



A MESSAGE FROM REACH CO-ORDINATOR, JULIET COLLINS:

Hi Everyone. With term 2 in full swing and capacity allowances slowly increasing at Sandybeach, we are delighted to be able to welcome more of our lovely participants back to the centre. We appreciate the patience you have all shown and are happy to announce that there are some spots available in the following programs:

Strength Training with Angel in both morning (11am-12pm) and afternoon (1.30-2.30pm) classes on Thursday

Fit and Fabulous with Elana on Tuesday morning (9.15-10.15am)

Artbeat with Tina on both Monday (2pm-4pm) and Wednesday (11am-1pm)

Sandybeach Social Club with Andrea on both Tuesday and Friday afternoons (1pm-3pm)

(the Friday session includes an Armchair Travel component as well as music while the Tuesday session is solely music based).

We are really happy to be able to start offering morning/afternoon tea in some programs again and have been working on

making our seating arrangements more conducive to social interaction.

Please contact reception on **9598 2155** if you are interested in joining any of these groups. We look forward to seeing you soon!

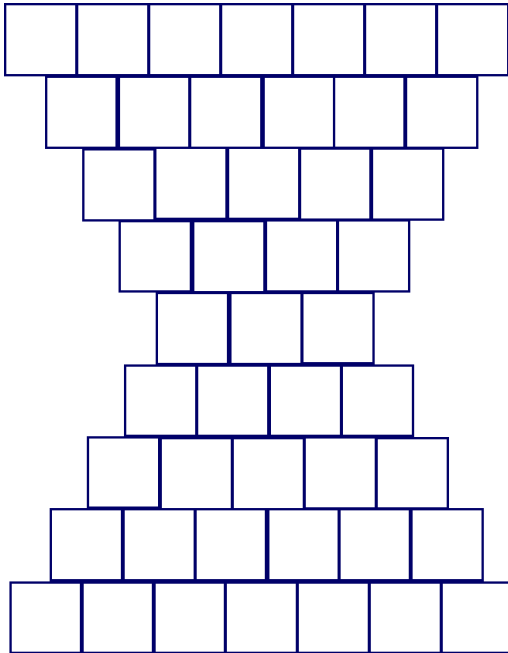


RIDDLES AND PUZZLES

RIDDLE :

The ages of a father and a son add up to 66. The father's age is the son's age reversed. How old could they be? There are three possible solutions.

WORD CASTLE: Solve the clues. Each answer is an anagram of the word above - give or take a letter.



Forecast, foresee, anticipate (first letter P)

Frank, honest

Weary

Travel by bike

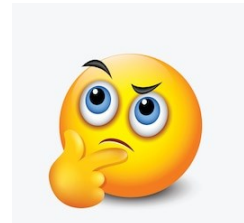
Shade of embarrassment

Antlered animal

Older person

Load provider

Kitchen appliance



COMMON THREAD Unscramble the letters to make five words relating to the theme. The letters in the shaded squares will spell out another word relating to the theme. **THEME: FRUIT**

1 BLURRY BEE

--	--	--	--	--	--	--	--	--	--

2 RAPT FIGURE

--	--	--	--	--	--	--	--	--	--

3 METAL OWNER

--	--	--	--	--	--	--	--	--	--

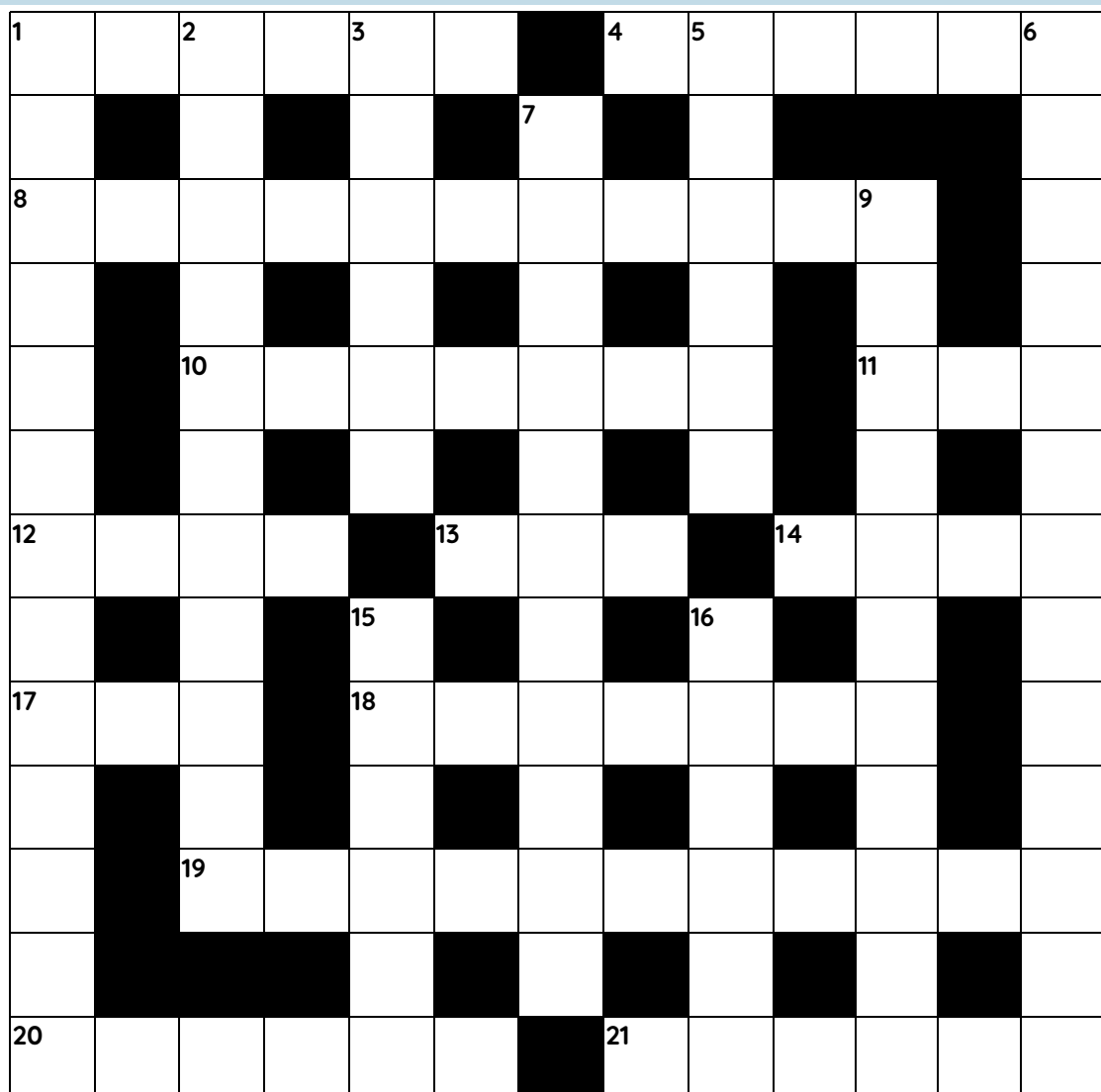
4 MAGENTA ROPE

--	--	--	--	--	--	--	--	--	--

5 A NICER NET

--	--	--	--	--	--	--	--	--

BIG CROSSWORD



Across

- 1** Fastener with tiny loops & hooks (6)
- 4** Kidney shaped nut (6)
- 8** Consumer of Cuban import (5,6)
- 10** Salad vegetable (7)
- 11** Part of a circle (3)
- 12** Object or thing (4)
- 13** Flurry or fuss (3)
- 14** Free from excitement (4)
- 17** A type of bottom dwelling fish (3)
- 18** Bravery, courage (7)
- 19** With black tresses (5-6)
- 20** Riders seat (6)
- 21** Hard felt hat with rounded crown (6)

Down

- 1** Highest bravery award (8,5)
- 2** Currencey recognised by law (5,6)
- 3** Scarcity, uncommon (6)
- 5** Bracelet for lower leg (6)
- 6** Senior rank in Air Force (4,9)
- 7** Slowly burning (11)
- 9** Senior naval officer rank (4,7)
- 15** Spade, scoop (6)
- 16** The Barber of Seville (6)



SHOWBIZ WITH ANDREA!

ANDREA PRESENTS...



IT'S ALL ABOUT THE ORCHESTRA - The Conductor pt 1:

A Conductor, is a person who conducts an orchestra, chorus, opera company, ballet, or other musical group in the performance and interpretation of ensemble works. The primary responsibilities of the conductor is to unify performers, set the tempo and execute clear preparations and beats, listen critically, shape the sound of the ensemble, and bring the music to life. A conductor must have good communication skills.

A baton is a stick that is used by conductors to keep the rhythm and keep the orchestra in time . If there was no conductor , the orchestra would not know when to start the musical score. In some instances, different parts of the orchestra start at different times and this is why we need a conductor.

Conducting became specialised in the early 19th century, but as early as the 15th century, choirs were kept together by slapping a roll of paper to maintain an audible beat. Conducting can have its hazards. The French composer, Lully, was conducting with a wooden staff, stabbed himself in the foot and died from gangrene in 1687. We have come a long way since then, even though the baton is still made of wood. Occasionally a conductor will conduct from the piano, a good example being, Leonard Bernstein



Arturo Toscanini



Luciano Pavarotti

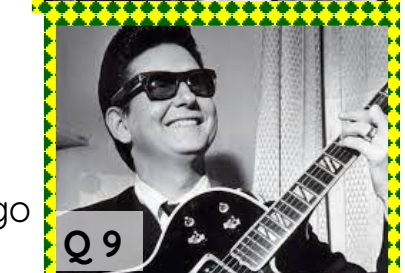


Peter Sullivan

performing Rhapsody in Blue. Some famous conductors are Sir Thomas Beecham, Arturo Toscanini and Gustav Mahler. Some very famous musicians are also very good conductors, e.g. Pavarotti and Victor Borg. Conductors are full of passion for the music and love for the arts. Our very own Peter Sullivan is, not only a wonderful classical pianist, composer and producer but also a conductor .

TRICKY TRIVIA

1. What was the name of Lucy's neighbourhood friend in 'I Love Lucy'?
2. Which 1960's detective show featured Edd Byrnes as 'Kooky' and popularised expressions such as "ginchy" and "piling up Zs"?
3. Who was Queen Elizabeth II's father?
4. What 1968 movie features the quote "I'm sorry Dave, I'm afraid I can't do that"?
5. Name the famous movie director who hosted a popular TV series featuring dramas, thrillers and mysteries.
6. Name the first man-made satellite launched into space and who launched it?
7. Who was on the cover of the first 'Playboy' magazine?
8. Who played the very first 'Dr Who'?
9. Which of Roy Orbison's hits features the lyrics 'I guess I'll go on home it's late. There'll be tomorrow night, but wait! What do I see? Is she walking back to me?'?
10. What was the name of the ranch in the TV series 'Bonanza'?
11. Name the TV drama headed by Elliot Ness.
12. Who won the 1965 Eurovision Song Contest with 'Poupee de cire, poupee de son'? Which country did she represent?
13. Who played the title roles in the 1967 movie 'Bonnie and Clyde'?
14. Which of these popular 60's songs featured the lyrics 'My tears are falling 'cause you've taken her away. And though it really hurts me so, there's something that I've got to say..?'?
15. Dr Jonas Salk produced a vaccine for what?
16. Who sang 'The Banana Boat' song?
17. Which James Bond theme song was sung by Nancy Sinatra?



MINDFUL COLOURING can be relaxing and helpful in relieving stress.
Why don't you give it a go?



POETRY: Lets take a moment to appreciate how lucky we are to be living in this part of the world by celebrating one of our most well known poets and the work that reminds us of the beauty around us.



MY COUNTRY - by Dorothea Mackellar

Isobel Marion Dorothea Mackellar (1885-1968) was a poet and fiction writer. Her poetry is usually regarded as bush poetry, inspired by her experience on her brothers' farms near Gunnedah, NSW. Her best known poem is 'My Country' written at age 19 while homesick in England, and first published in the London Spectator in 1908. Four volumes of her collected verse were published. In 1984, Gunnedah resident Mikie Maas created the 'Dorothea Mackellar Poetry Awards', which has grown into a nationwide poetry competition for Australian school students. Dorothea Mackellar was made an Officer of the Order of the British Empire for her contribution to Australian literature in 1968 and a memorial to her stands in ANZAC Park in Gunnedah.

*The love of field and coppice,
Of green and shaded lanes.
Of ordered woods and gardens
Is running in your veins,
Strong love of grey-blue distance
Brown streams and soft dim skies
I know but cannot share it,
My love is otherwise.*



*I love a sunburnt country,
A land of sweeping plains,
Of ragged mountain ranges,
Of droughts and flooding rains.
I love her far horizons,
I love her jewel-sea,
Her beauty and her terror -
The wide brown land for me!*

*A stark white ring-barked forest
All tragic to the moon,
The sapphire-misted mountains,
The hot gold hush of noon.
Green tangle of the brushes,
Where lithe lianas coil,
And orchids deck the tree-tops
And ferns the warm dark soil.*



*Core of my heart, my country!
Her pitiless blue sky,
When sick at heart, around us,
We see the cattle die -
But then the grey clouds gather,
And we can bless again
The drumming of an army,
The steady, soaking rain.*

*Core of my heart, my country!
Land of the Rainbow Gold,
For flood and fire and famine,
She pays us back threefold -
Over the thirsty paddocks,
Watch, after many days,
The filmy veil of greenness
That thickens as we gaze.*

*An opal-hearted country,
A wilful, lavish land -
All you who have not loved her,
You will not understand -
Though earth holds many splendours,
Wherever I may die,
I know to what brown country
My homing thoughts will fly*



DID YOU KNOW ABOUT THESE DAYS? Make up for all the missed get-togethers of the past year and get friends or family together for any of these random June celebrations.



JUNE 1: SAY SOMETHING NICE DAY Seems simple enough.

JUNE 3: NATIONAL DOUGHNUT DAY This holiday, celebrated annually on the first Friday in June, was founded in 1938 to honor the role the sweet treat played in World War I. Members of the Salvation Army, who became known as "Doughnut Dollies," distributed donuts to soldiers to supplement their rations. Years later, during the Great Depression, the Salvation Army created the holiday to remember these earlier services and encourage fundraising by giving symbolic paper "donuts" out in exchange for donations. But these days people celebrate with the real thing.

JUNE 4: HUG YOUR CAT DAY As if you needed an excuse!

JUNE 5: GLOBAL RUNNING DAY Whether you love it or hate it, few people feel neutral on the subject of running. Passionate runners around the world take to the streets on the first Wednesday of every June to express their love of optional physical duress.

JUNE 6: NATIONAL YO-YO DAY No explanation needed!

JUNE 10: NATIONAL BALLPOINT PEN DAY Put away your quills, fountains, and felts, for today we honour the gravity-dependent ink dispenser we know as the ballpoint pen. It may not have the panache of a gel writing utensil, or the precision of a roller ball, but when it comes to getting ink onto paper and the bottoms of shirt pockets, ballpoints certainly get the job done.

JUNE 14: WORLD BLOOD DONOR DAY A holiday to bring awareness to the immense good you can do just by donating blood.

JUNE 15: WORLD JUGGLING DAY If you're coordinated and like party tricks but felt left out on National Yo-Yo Day, this offbeat holiday is for you. It's celebrated by juggling clubs around the world (presumably by juggling things).

JUNE 19: WORLD SAUNTERING DAY For all who balked at Global Running Day, here's a more casual holiday for getting around.

JUNE 21: TAKE YOUR DOG TO WORK DAY Created in 1999 by Pet Sitters International, this is a day intended to encourage people to adopt pets from animal shelters - presumably by making all your dog-less co-workers incredibly jealous.

JUNE 23: LET IT GO DAY This is a day for letting go of baggage and hang-ups.

JUNE 24: INTERNATIONAL FAIRY DAY A day for believers, collectors, and the young at heart to celebrate all that is Fae and reconnect with their imagination and child-like wonder.



OUR AMAZING WORLD

The 'Golden Horse' of Turkmenistan

Akhal-teke is a horse breed over 3,000 years old. These horses have adapted to severe climatic conditions and are thought to be one of the oldest existing horse breeds. As if woven from silk and pearls, the breed comes from Turkmenistan, where



it is a national symbol. It is also called the "golden" horse due to its appearance. There are 6-7000 left in the world.



CHILDCARE: The Sandybeach Car Wash team in action ♥





John Constable 'Cloud Studies'



During 1821 and 1822 Constable produced a large number of oil sketches of clouds and skies, making notes for each one relating to weather conditions and the time of day they were painted. He painted quickly but with precision, to capture as closely as possible the detail he observed. Some of the pictures included little clues and reminders of the earth below; treetops and birds in flight, but Constable's focus was on the sky and, more importantly, the cloud formations as they drifted or blew over him.



Having fun experimenting!

In Artbeat we have been exploring some amazing cloud formations. We looked at the studies of John Constable for inspiration. We enjoyed using various types of sponges and brushes to create different effects.

Here are some of our attempts !



I think we are pretty amazing!!!

READER CONTRIBUTIONS

Each week, we are featuring contributions from our readers. We would love to hear from you!! Here are some suggestions :

- A photo you have taken
- A piece of artwork you have created
- A short story or poem you have written
- Something uplifting or funny that you have seen or heard this week.
- A joke or a riddle

If you have anything to share, please email it to us at armchairtravel@sandybeach.org.au OR send to 2 Sims St Sandringham 3191
This week's contributions are by Mary Honig from Tina's Wednesday Artbeat group. Loving all the colour Mary! ♥



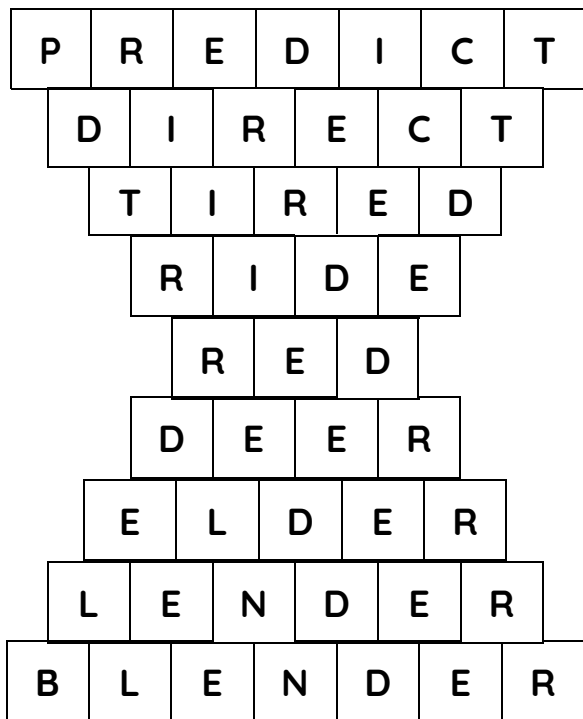
This piece is celebrating all the parties missed during 2020 ♥

QUIZ AND PUZZLES ANSWERS

RIDDLE ANSWER :

51 & 15, 42 & 24 or 60 & 06

WORD CASTLE ANSWER



COMMON THREAD (EXTRA WORD BANANA)

- 1 BLURRY BEE
- 2 RAPT FIGURE
- 3 METAL OWNER
- 4 MAGENTA ROPE
- 5 A NICER NET

B	L	U	E	B	E	R	R	Y	T N T E	
G	R	A	P	E	F	R	U	I		
W	A	T	E	R	M	E	L	O		
P	O	M	E	G	R	A	N	A		
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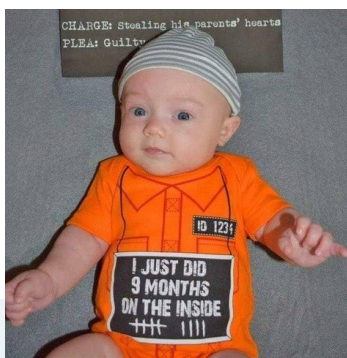
CROSSWORD SOLUTION

Across

- 1 Velcro
- 4 Cashew
- 8 Cigar Smoker
- 10 Lettuce
- 11 Arc
- 12 Item
- 13 Ado
- 14 Calm
- 17 Cod
- 18 Heroism
- 19 Raven-haired
- 20 Saddle
- 21 Bowler

Down

- 1 Victoria Cross
- 2 Legal Tender
- 3 Rarity
- 5 Anklet
- 6 Wing Commander
- 7 Smouldering
- 9 Rear Admiral
- 15 Shovel
- 16 Figaro



TRICKY TRIVIA ANSWERS

1. Ethel Mertz 2. '77 Sunset Strip 3. King George IV 4. 2001 A Space Odyssey
5. Alfred Hitchcock 6. Sputnik (Russia) 7. Marilyn Monroe 8. William Hartnell
9. Pretty Woman 10. Ponderosa 11. The Untouchables 12. France Gall (Luxembourg)
13. Faye Dunaway & Warren Beatty 14. 'Take Good Care of My Baby (Bobby Lee)
15. Polio 16. Harry Belafonte 17. 'You only live Twice'

SANDYBEACH CARERS

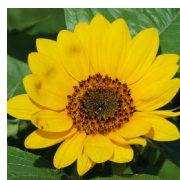
Sharing Information and Connecting with Carers

Caring for yourself and others during the colder months:

A change in seasons can be a great time to stop and check in on yourself or someone you care for, make sure you are ready for the different challenges and opportunities that may arise related to the weather. Here are some tips for staying safe and well over the Autumn and Winter months.

- Remember to get your flu vaccine.
- We know many other common infectious diseases such as colds and flu are spread by germs on our hands. Now, more than ever, it is important to reduce the risk of getting sick or passing infections on to others by maintaining good hand hygiene habits.
- Keeping up with fluid intake over winter needs a bit more effort, but is essential for good health. Maintain a diet filled with fruit and vegetables to keep the body and immune system healthy. Try filling a jug or water bottle each day to help monitor how much you drink and set a goal of at least 8 glasses a day, unless otherwise recommended by a health professional.
- Exercise supports a healthy body from head to toe. Exercise has been demonstrated to support good brain health, assist in positive mental health and can help reduce stress.
- While it's cold outside, it can be less inviting to get out and about and meet people and this can affect our mental health. Make sure you maintain social connections through winter to keep your brain active and mood positive.

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Useful Resources:

Carers Victoria **1800 514 845**

Lifeline **13 11 14**

Beyond Blue **1300 224 636**.

National Dementia Helpline **1800 100 500**

Carer Gateway **1800 422 737**

- Home safety checks are a good idea at the start of the season. Heat sources can be a hazard. Make sure heaters are checked annually, never leave any flame unattended and ensure smoke detectors are working.
- Slips and trips happen all year round but wet and slippery surfaces can add to this during winter months. Ensure pathways are kept clean and free of leaf litter and moss and make sure you have adequate lighting indoors and outside to reduce your risk of falls.
- Most Australian houses are designed to keep cool in summer, but keeping warm in winter temperatures sometimes feels like afterthought. Many people suffer adverse health effects due to cold in winter rather than heat in summer, especially older adults or people with chronic health conditions.
- Seal drafts and gaps that let cold air move in and through your home.



WE WANT TO HEAR FROM YOU!

What does Sandybeach Centre do to enhance your wellbeing as a carer? What more could we be doing to enhance your wellbeing?

Please contact us at:

armchairtravel@sandybeach.org.au

PH: 9598 2155



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