

REACHING OUT

Keeping our Community Connected - Edition 37



SUNSET RIDING BRINGS JOY TO MUMS

A mum's sunset cycling group on remote Elcho Island off the coast of Arnhem Land, can't get their hands on enough bikes. The fitness group was formed earlier this month to give mums a break from the pressures of juggling family and work. The women go for an evening ride around town, while their kids follow in the school bus and cheer them on.

Mum of three and Galiwin'ku post office worker Verity Burarrwanga last rode a bike in childhood. "I was a bit nervous. Luckily, my daughter was there encouraging me from the bus. It was so amazing. I'm a hard working mother and usually when I finish work I just go back and clean, and wash dirty clothes. I felt overjoyed when I rode my first bike. You can feel the wind blowing in your face and hair. My kids see me riding the bike with a very big smile." Ms Burarrwanga said. Now more of the island's mums, grandmothers and great-grandmothers want to cycle in remote Galiwin'ku, (also known as Elcho Island) 515 kilometres east of Darwin

However, a shortfall of bicycles on the Arnhem Land island has hampered the group. Educator Belinda Morton relocated to the island earlier this month to work, and brought the original nine bikes and two trailers in her shipping allowance. "I knew they'd be a hit," she said. "The kids in the community know that at 5pm the mums will be on their bikes and so they're coming and joining too."

The group now has an additional 40 bikes



and trailers awaiting shipping at Ms Morton's home in Darwin, after a shout-out for donations. "People in Darwin have donated the most beautiful, quality bikes, trailers and adult trikes" she said. Ms Morton said while kids bikes are popular and available, adults are not often seen riding on the 2,206 resident island. Ms Morton said local men have learnt to maintain the bikes and that a ride up the narrow 60 kilometer long island is in the planning.

FUNNY ONE LINERS:

"I have kleptomania. But when it gets bad, I take something for it."

I bought my friend an elephant for his room. He said "Thanks!" I said "Don't mention it."



IMPORTANT NUMBERS

COVID-19 HOTLINE - 1800 675 398

BEYOND BLUE - 1300 22 4636

LIFELINE - 13 11 14

EMERGENCY SERVICES - 000

SANDYBEACH CENTRE - 9598 2155

WE ARE REOPENING!

Sandybeach Centre are thrilled that with the easing of restrictions in Melbourne, we have now reopened our doors to the community. We have been reopening in a gradual way, to people who are fully vaccinated** since Monday 8 November. This is under the guidelines that are in place for all Neighbourhood Houses. The directions include:



Neighbourhood Houses can reopen with COVID Check in Marshals that must sight vaccination certificates for all attendees before entering the Centre and ensure that permitted attendees QR code to check in. COVID safe practices such as social distancing and sanitizing are required.

Things may look a little different upon your arrival – our friendly staff will be there to greet you at the door and assist with the check in process. So, things can run smoothly can you please have your vaccination certificate ready for sighting.

For information on how to access your vaccination certificate please visit www.my.gov.au to access your Medicare online account or call 1800 653 809. To book or find out your nearest vaccination location visit www.coronavirus.vic.gov.au/book-your-vaccine-appointment. The COVID-19 Hotline (1800 675 398) can also answer questions about health concerns and current guidelines.

The safety and wellbeing of our community is top priority, and we will ensure that COVID safe practices continue to be followed in the Centre. We are here to assist if you have any questions or need support. We are enjoying hearing the Centre come alive with the sound of activity and laughter once again!

*** includes people with an AIR medical exemption*



THE REMAINDER OF 2021

Many available spots available across a variety of programs for anybody who would like to join in **free of charge for the remainder of the term**. It is a great opportunity to try out a program. Just call the friendly team on Reception 9598 2155 to enrol.

WHAT'S IN STORE FOR REACH IN 2022?

Planning is well underway for 2022 in REACH. As well as getting back into the swing of things with our weekly schedule of well-loved popular programs, we have listened to participant feedback and have some new exciting offerings to tempt you. Details in the December issue of REACHING OUT. See you soon!

KEEP MOVING WITH ANGEL - THIS WEEK EXERCISE TO MUSIC! 🎵 🎵

EXERCISE 1 - HEEL DIGS

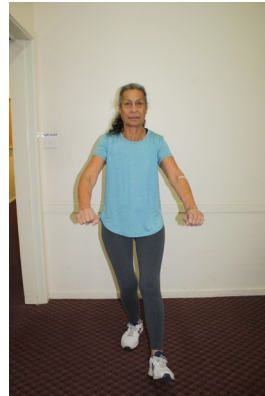
Seated

- Come forward on the chair and legs hip width apart.
- Extend the right leg out with toes pointing upward and the heel lightly tapping the floor, bring the right leg back towards the chair and extend the left leg out.
- Alternate the legs and the arms stretching out and back at the same time. (see picture).
- Do 2 sets of 10 repetitions.



Standing

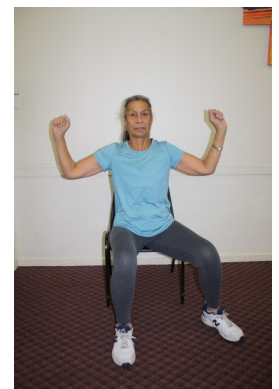
- Repeat the movement as above.
- Do 2 sets of 10 repetitions.



EXERCISE 2 - EASY WALK

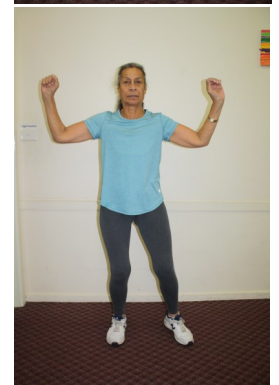
Seated

- Come forward on the chair and legs hip width apart, bring the arms up and together, chest height.
- Extend the right leg out to the side and extend left leg out to the side.
- At the same time, extend the arms out and in line with the shoulders.
- Bring right leg back to the centre and do the same with the left leg and the arms back to the centre of the chest. (see picture).
- Do 2 sets of 10 repetitions.



Standing

- Repeat the movement as above.
- Do 2 sets of 10 repetitions.



NB: When doing the Easy Walk, extending both legs out to the side and bringing the legs back to the centre think of the letter “Y”.

Always remember, do as much as you can and do all exercises slowly.

You will thank me for this!

Have fun everyone, take care and stay safe, Angel Parker 😊

LET'S STAY HEALTHY WITH ELANA

Easy Chocolate Brownies

Ingredients

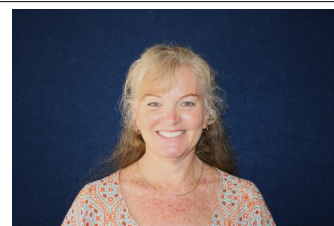
- 200 grams of dark cooking chocolate, coarsely chopped
- 150 grams of butter, chopped
- 3 eggs, lightly whisked
- 1 cup of caster sugar
- 3/4 of a cup of plain flour
- 1/3 of a cup of cocoa powder

Method

1. Preheat oven to 140°C fan forced. Grease and line a baking dish with baking paper allowing the sides to overhang.
2. Melt the chocolate and butter in a heatproof bowl over a saucepan half filled with simmering water, stirring occasionally, until smooth. Set aside for 5 minutes to cool. Stir the whisked egg into the chocolate mixture. Sift over the top the sugar, flour and cocoa powder and stir until just combined.
3. Pour the mixture into the prepared dish. Use the back of a spoon to spread the mixture into the corners of the dish and smooth out the surface. Bake for 40 minutes or until crumbs cling to a skewer inserted into the centre. Set aside in the dish to cool then put on a rack. Enjoy!

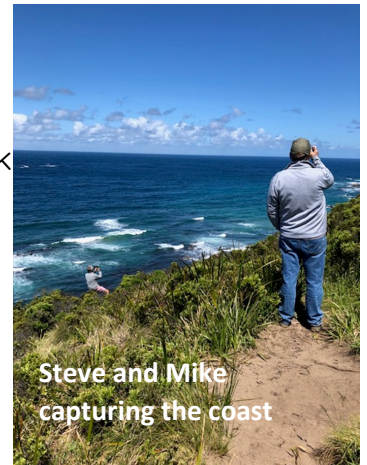
Strength Exercises for Beginners

1. **Squats** - stand with your feet slightly wider than hip width apart, arms by your sides, palms in. Engage your core and keep your chest lifted and back flat as you shift your weight into your heels, push your hips back and bend your knees to lower into a squat. Drive through your heels to stand and squeeze your glutes at the top. Repeat as you are able.
2. **Lunges** - stand with your feet together with arms by your sides. Step back with one foot, landing on the ball of your foot and keeping your heel off the floor. Bend both knees and your core should be engaged. Push through the heel of your foot and return to the starting position. Repeat with the other leg.
3. **Bent Over Row** - stand with your feet hip width apart, holding a weight or can of food in each hand with your arms at your sides. With your core engaged bend forward at the hips, pushing your butt back and bend your knees slightly so that your back is no lower than parallel to the floor. Complete a bend over row by pulling the weights up toward your chest, keeping your elbows close to your body and squeezing your shoulder blades at the top of the movement. Slowly lower weights by extending your arms toward the floor. Repeat and keep your form.



A SOJOURN TO APOLLO BAY - by Mary Gates

As you will know by now I am an avid traveller, with my itchy feet usually taking me on adventures to lesser-known places overseas. COVID-19 was quick to put a stop to that. The restrictions made me look more closely at my own backyard. With freedom now to travel in regional Victoria, Steve and I and our close friends, Margy and Mike, booked a four day sojourn to Apollo Bay on Victoria's Surf Coast. The 196 km journey to Apollo Bay from Melbourne takes roughly 2.5 to 3 hours by car. We were well prepared with bottles of wine, cheese and biscuits for evening drinks, homemade carrot cake and our favourite muesli for breakfast. We travelled in tandem, stopping at my favourite Poppies Café in Anglesea for a coffee before tackling the winding scenic Great Ocean Road. The sun was shining and the ocean views were breathtaking. We reflected on what a feat the construction of the Great Ocean Road was. The road is 243 kms long and was built by returned soldiers between 1919 and 1932. Construction was done primarily by hand; using explosives, pick and shovel, wheelbarrows, and some small machinery. Its construction was dedicated to soldiers killed during World War I. Today the road is the



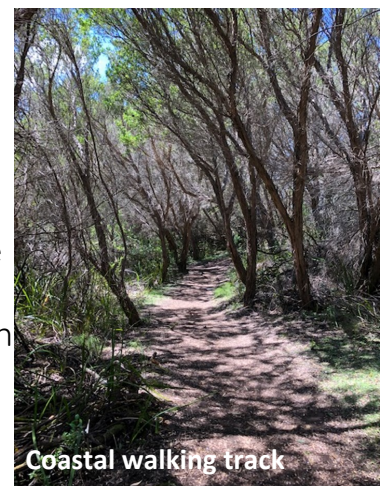
world's largest war memorial and is on the Australian Heritage list. It is understandably a major tourist attraction for overseas visitors. We travelled through Fairhaven, Lorne and Wye River to finally arrive at the town of Apollo Bay. Our accommodation at Chris's Beacon Point did not disappoint. We each had a self-contained villa with breathtaking floor to ceiling views of the ocean and the small township of Apollo Bay. The bird life was plentiful with currawongs and rosellas perching on our balcony. Small black wallabies grazed on the grass below. On the first night

we dined on locally caught fresh barramundi and chips at the Apollo Bay Hotel. The floating marina at the Port of Apollo Bay is home to about 30 vessels, many of them commercial fishing boats.

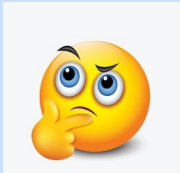
On one of our many walks we explored Cape Otway where the lighthouse has stood strong as a beacon since 1848. Cape Otway lightstation is the oldest, surviving lighthouse in mainland Australia. It is perched on towering sea cliffs where Bass Strait and the Southern Ocean collide. For thousands of immigrants, after many months at sea, Cape Otway was their first sight of land after leaving Europe. There are many shipwrecks off the coast, a testament to the perilous nature of this stretch of coastline.

Our last night in our picturesque retreat was spent dining at Chris's much heralded restaurant. We ate fresh scallops and mackerel and reflected on how much this mini break had recharged our batteries after a long period of isolation in Melbourne's lockdown.

We broke our journey home with a visit to Geelong's Art Gallery to see the Archie 100. A selection of paintings, Archibald award winners and entries, from the past 100 years since the Archibald's inception were on display. Although we had to navigate our way home through the torrential rain we all felt very invigorated and agreed to take other minibreaks to explore our fascinating continent.



RIDDLES AND PUZZLES



RIDDLE :

Only one color, but not one size, stuck at the bottom, yet easily flies. Present in sun, but not in rain, doing no harm, and feeling no pain. What is it?

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

<div>□ □ □ □ □ □ □</div>	Sowed
<div>□ □ □ □ □ □</div>	Relating to teeth
<div>□ □ □ □ □</div>	Distributed cards
<div>□ □ □ □</div>	Agreement
<div>□ □ □</div>	Beer
<div>□ □ □ □</div>	Nobleman
<div>□ □ □ □ □</div>	Wide awake
<div>□ □ □ □ □ □</div>	Changes
<div>□ □ □ □ □ □ □</div>	Horns

"Summer afternoon - summer afternoon; to me those have always been the two most beautiful words in the English language." - Henry James



NUTS ABOUT GRAMMAR?

Prepositions are not words to end sentences with.

And sentences should not begin with a conjunction.

Shy away from clichés like the plague.

Absolutely always avoid annoying alliteration.

Be more or less specific

Parenthetical remarks (however useful) are (usually) unnecessary.

One should never generalise.

Abandon ampersands & abbreviation, etc.

Cut out commas, that are, not necessary.

Never use a bit word when a diminutive one would be sufficient.

Don't overuse exclamation marks!!!

Take care to use you're words appropriately.

Who needs rhetorical questions?

Proofread carefully to see if you any words out.

Exaggeration is a billion times worse than understatement.

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: WELL KNOWN US PRESIDENTS**

- Colt Inn

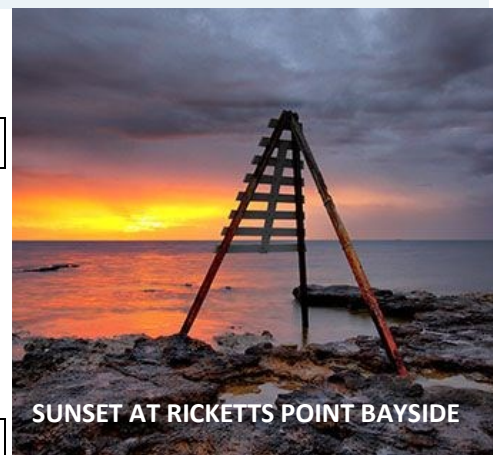
□ □ □ □ □ □ □
- Hags in town

□ □ □ □ □ □ □ □ □ □
- Crater

□ □ □ □ □ □
- Sole voter

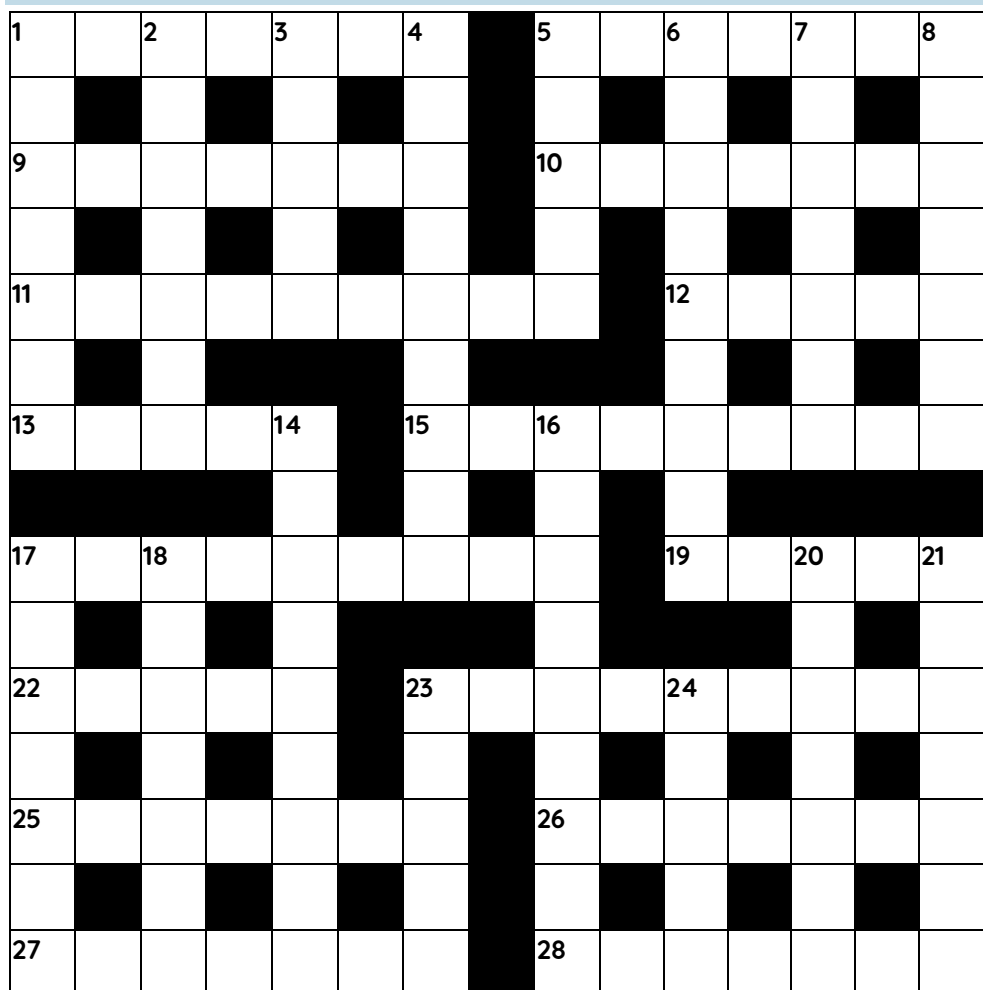
□ □ □ □ □ □ □ □
- Woes herein

□ □ □ □ □ □ □ □ □



SUNSET AT RICKETTS POINT BAYSIDE

BIG CROSSWORD!



Across

- 1 Believed (7)
- 5 Taxing (7)
- 9 Contaminate (7)
- 10 Ways to get in (7)
- 11 Quiet time for tourism (3,6)
- 12 Savoury or meaty taste (5)
- 13 Ivories (5)
- 15 A spoken or written account (9)
- 17 Interdependant relationship (9)
- 19 Of greater age (5)
- 22 A way or course taken (5)
- 23 Collectors most prized item (9)
- 25 Bull terrier, noted for its ferocity (3,4)
- 26 Endurance (7)
- 27 Increases depth (7)
- 28 Skill, cunning, dexterity (7)

Down

- 1 Final layer of paint (3,4)
- 2 Boosts (7)
- 3 Brownish grey (5)
- 4 Bandages (9)
- 5 Body of water (5)
- 6 Group surrounding an important person (9)
- 7 Japanese paperwork (7)
- 8 Vatican chapel (7)
- 14 Ruler with moveable middle piece (5,4)
- 16 Reactions (9)
- 17 Scratched (7)
- 18 Canadian officer on horseback (7)
- 20 Eating less (7)
- 21 Restage (2-5)
- 23 Garments worn by jockeys (5)
- 24 Stage (5)



SHOWBIZ WITH ANDREA!

ANDREA PRESENTS...



Bobby Valentine



Bob Valentine. has been a professional entertainer for over 30 years appearing nationally and internationally, working with such names as Stevie Wonder, Whitney Houston, Rod Stewart and many Australian legends. Bobby has featured at major sporting events including Melbourne Cup, AFL Grand Final and Australian Open Tennis Final. Bob Valentine's vast experience in the music industry has enabled him to cover all facets of music styles with ease and success.

After four decades as a top draw entertainer Mr Valentine makes a long overdue move into country music, writing and performing his own original music with many Albums under his belt. Bob's original songs have brought him great success in international songwriting competitions and an invitation to Nashville.

What made you decide you wanted to go into show business and how did you get your start? I grew up in a pretty musical family. Family dinners always included various family members getting up and doing their 'party piece'. There was no 'decision' it was always written! I always dabbled in some kind of music but had basically given up any idea of ever being full time when I got a call to join a band which became known as 'The Lonely Boys'. We had instant success and after a year I gave up my day job and went pro! Right time, right place - it was the heady 80's!

Your dad was a well known Jazz singer - did he influence your music? Dad actually sang in Big Bands around Melbourne's Town Hall circuit in the 40's and 50's. My earliest memories were going to his shows and sitting with the band until I was 'put to bed' in the back of our FX Holden in the carpark outside the gig!!! Sometimes I'd be able to see in and watch him. Listening to his music, particularly the Big Bands played a huge role in my career when I met Peter Sullivan and started working in his band in the late 80's.

I know you loved the Beatles , were they your favourite band growing up? They were the 'only band' for me. My Dad hated them, which probably made me like them even more. The 'White album' came out in 1968 and I got it that Christmas. It changed everything I thought about music. It took me many years to turn Pro, but that had its beginnings that Christmas!

You love your guitar collection - what would be your favourite and why? I've always been a wannabe Guitarist and would rather play than sing! My collection is very personal, not full of rare expensive collectables, but workhorses. I've built two electric guitars, the second of which I still use today. I'm currently building an Acoustic Guitar which is a very different experience and I'm doing a course - I'd never attempt this on my own!

Do you play any other instrument? I play Ukulele and have played Sax. My lockdown projects were to play more piano and I bought a banjo, which is great fun. I'm currently finishing a music video of a well known song where I play all instruments and sing all the parts. I play six and twelve string Guitar, Bass, Drums, Banjo and Dobro Guitar.

I know you love your country music and you've written and recorded a few albums. Tell us how that all came about. I've always written Country style songs (amongst other styles) and been a bit of a closet cowboy. The songs kept accumulating and my daughter introduced me to a young Guitarist/producer who took an interest in my work. He and Lachlan Bryan approached me to do a country album. '*Writing my Book*' came out of that. I'm currently in the process of putting songs (old & new) together to record an album with my Country Band - '*The Band of Renown*'.

Tell us something we don't know about you. I have a secret desire to own a half scale backyard steam railway. I'll never get this done, but I watch a lot of YouTube videos of people who do!!!

Who are some of the most amazing people you have worked with? The list is too long. I've been blessed to have performed or shared a bill with the best Australia and the World has to offer. Opening for Stevie Wonder for five nights at Crown, then later Jerry Lewis for two seasons at Crown, but the most amazing was Hugh Jackman doing a 40 minute impromptu 'jam' with me and my band at his Mother in Law's Birthday party. But the most special have been the musicians and singers I've performed with night after night on stages. We've made great music, shared amazing times and stories. My band *Roster* is literally a who's who of Aussie musos and I often marvel at how lucky I've been to have done all this.

What would be the best gig you've ever played and why? My band was asked to do the 50th Birthday cruise of a very well off and old mate of mine. He chartered a private cruise ship for 100 friends!!! We spent five nights port hopping in the Mediterranean. It's difficult to pick one highlight, but, if I had to, I'd say our last night in Monte Carlo. The ship was just able to fit into the harbour. It was Bastille Day Eve. We wandered around town and listened to Tina Arena sound checking on the harbour stage for the celebration the following day. On board that night the band started playing on the top deck at 1am!!! The Gendarmes arrived at 3am but the crew had cleverly pulled the gangplank up and all the Police could do was yell "Can you please inform the band, they've woken an entire Principality".

I know you're a mad Melbourne supporter. How did you feel this year winning the Grand final? It was so bittersweet. Such a stunning victory, but they were so far away. Like all the faithful I felt the dream slipping half way through the 3rd Quarter, but we ended up screaming at the TV all the way through the last and my daughter popped the Champagne with a good 10 mins to go. We will celebrate properly, when we are able - I can't wait for that!!!

Ladies and Gentlemen... Mr Bob Valentine, performer, showman, songwriter and so much more. We are so proud of what this man has done for Australian music and I'm proud to have him on stage with me today. Not only is he a wonderful talent but also a caring and beautiful human being who has given so much to the music industry. Thankyou Bob and wishing you love and happiness for the future. Love, Andrea and Sandybeach



THE VERSE OF SPIKE MILLIGAN

A SILLY POEM

Said Hamlet to Ophelia,
I'll draw a sketch of thee,
What kind of pencil shall I use?
2B or not 2B?

BUMP

Things that go 'bump' in the night
Should not really give one a fright.
It's the hole in each ear
That lets in the fear,
That, and the absence of light!

JUMBO JET

I saw a little elephant standing in my garden,
I said 'You don't belong in here', he said 'I beg you pardon?',
I said 'This place is England, what are you doing here?',
He said 'Ah, then I must be lost' and then 'Oh dear, oh dear'.
'I should be back in Africa, on Serengeti's Plain',
'Pray, where is the nearest station where I can catch a train?'.
He caught the bus to Finchley and then to Mincing lane,
And over the Embankment, where he got lost, again.
The police they put him in a cell, but it was far too small,
So they tied him to a lamppost and he slept against the wall.
But as the policemen lay sleeping by the twinkling light of dawn,
The lamppost and the wall were there, but the elephant was gone!

So if you see an elephant, in a Jumbo Jet,
You can be sure that Africa's the place he's trying to get



SMILING

Smiling is infectious
You catch it like the flu

When someone smiled at me today
I started smiling too



I walked around the corner
And someone saw me grin

When he smiled I realised
I had passed it on to him

I thought about the smile
And then realised its worth

I single smile like mine
Could travel around the earth

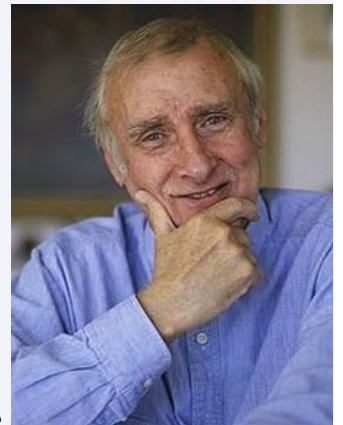
So if you feel a smile begin
Don't leave it undetected

Start at epidemic
And get the world infected!



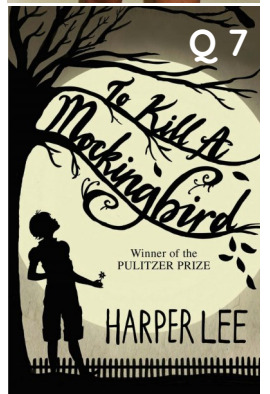
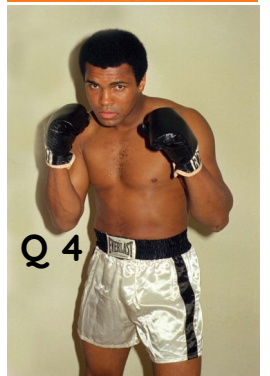
SPIKE MILLIGAN

Terence Ian 'Spike' Milligan KBE (16 April 1918-27 February 2002) was a British actor, comedian, writer, musician, poet, and playwright. The son of an Irish father and an English mother, Milligan was born in India, where he spent his childhood, relocating to live and work the majority of his life in the United Kingdom. Disliking his first name, he began to call himself 'Spike' after hearing the band Spike Jones and his City Slickers on Radio Luxembourg. Milligan was the co-creator, writer and a cast member of the popular British radio programme *The Goon Show*. He parlayed success with *The Goon Show* into television with Q5, a surreal sketch show credited as a major influence on the members of Monty Python's Flying Circus. Milligan wrote and edited many books, including a seven-volume autobiographical account of his time serving during the Second World War. He also wrote comical verse, with much of his poetry written for children.

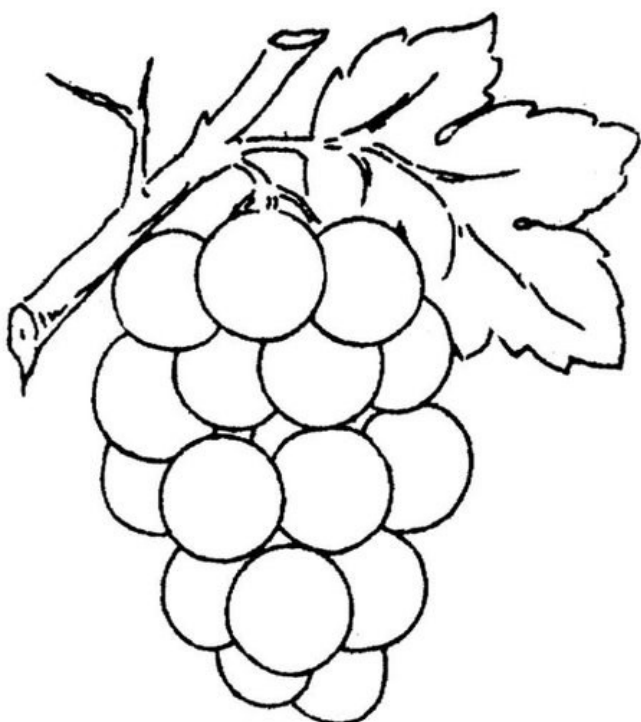
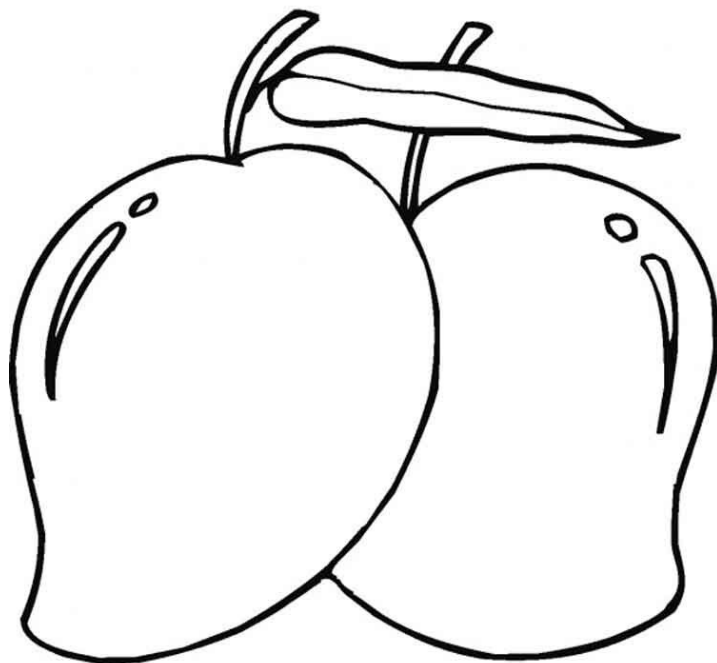
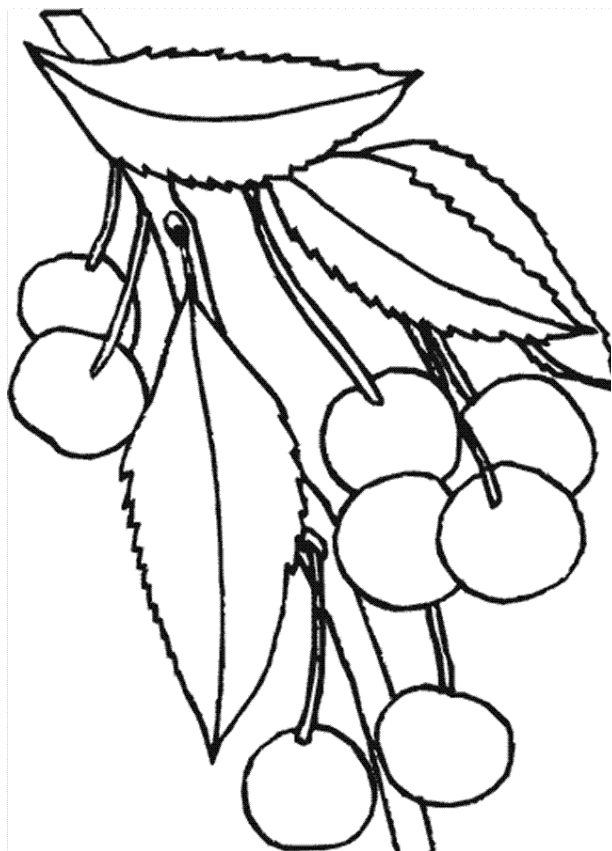


TRICKY TRIVIA

1. What famous TV series debuted in 1966 with these words "Space, the final frontier"?
2. British fashion designer Mary Quant invented a daring and revealing new type of women's clothing in 1964. What was it called?
3. What 60s artist was famous for his renderings of everyday objects such as soup cans?
4. What was this famous boxer's name before he changed it to Muhammad Ali?
5. Israeli forces defeated Arab forces in this extremely short but decisive war that took place in June 1967. What is the name of that war?
6. What iconic anti-war novel did Joseph Heller publish in 1961?
7. Which actor won the Oscar for Best Actor for his role in the 1962 film *To Kill a Mockingbird*?
8. Who landed at 17 Cherry Tree Lane in a well-known Walt Disney movie from 1964?
9. Which disease did Dr. Jonas Salk successfully create a vaccine for in 1952?
10. What was the name of the first satellite launched into orbit by Russia in 1957?
11. What is the name of the woman who refused to give up her seat on a bus in Montgomery, Alabama in 1955?
12. What is the name of the deadly disease that struck a convention in Philadelphia in July 1976 and was named after the convention where it struck?
13. Which athlete was the first to earn a perfect score in the history of Olympic gymnastics?
14. Which book about a bird on a journey of self discovery topped The New York Times best-seller list for 38 weeks in 1970?
15. Who created the Muppets?
16. In 1964, Jack Ruby was convicted of murdering which other accused assassin?



MINDFUL COLOURING can be relaxing and helpful in relieving stress.
Get your juices flowing while colouring these delicious summer fruits!





Having fun experimenting!

Welcome back to all at Artbeat. Great to see you all back in the centre and seeing those creative juices flowing again! Such an array of artistic talent and stylistic differences. Makes us each very unique!



By Michael Smith



By Collette Hass



By Peggy Hayton



READER CONTRIBUTIONS

Each month 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

Sandybeach Staff and client catch ups (fur babies, masks and beach scenes a must!) Clockwise: Andrea Fennessy and Pennie Johnson, Miranda Turner and Elana Pedersen, Katie McLean and Jo Gray, Miranda Turner and Adrian Campbell (taken after mask restriction change)



QUIZ AND PUZZLES ANSWERS

RIDDLE ANSWER :

A shadow

WORD CASTLE ANSWER

P	L	A	N	T	E	D
D	E	N	T	A	L	
D	E	A	L	T		
D	E	A	L			
A	L	E				
E	A	R	L			
A	L	E	R	T		
A	L	T	E	R	S	
A	N	T	L	E	R	S

CROSSWORD SOLUTION

Across

- 1 Trusted
- 5 Onerous
- 9 Pollute
- 10 Entries
- 11 Off season
- 12 Umami
- 13 Tusks
- 15 Narrative
- 17 Symbiosis
- 19 Elder
- 22 Route
- 23 Showpiece
- 25 Pit bull
- 26 Stamina
- 27 Deepens
- 28 Sleight

Down

- 1 Top coat
- 2 Uplifts
- 3 Taupe
- 4 Dressings
- 5 Ocean
- 6 Entourage
- 7 Origami
- 8 Sistine
- 14 Slide rule
- 16 Responses
- 17 Scraped
- 18 Mountie
- 20 Dieting
- 21 Re-enact
- 23 Silks
- 24 Phase

COMMON THREAD (EXTRA WORD LINCOLN)

1 Colt Inn	C	L	I	N	T	O	N			
2 Hags in town	W	A	S	H	I	N	G	T	O	N
3 Crater	C	A	R	T	E	R				
4 Sole voter	R	O	O	S	E	V	E	L	T	
5 Woes herein	E	I	S	E	N	H	O	W	E	R

TRICKY TRIVIA ANSWERS

1. Star Trek
2. Miniskirt
3. Andy Warhol
4. Cassius Clay
5. Six Day War
6. Catch 22
7. Gregory Peck
8. Mary Poppins
9. Polio
10. Sputnik
11. Rosa Parks
12. Legionnaire's Disease
13. Nadia Comaneci
14. Jonathan Livingston Seagull
15. Jim Henson
16. Lee Harvey Oswald

SANDYBEACH CARERS

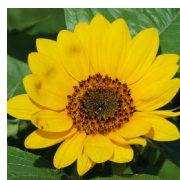
Sharing Information and Connecting with Carers

DO YOU WANT TO LEARN MORE ABOUT DEMENTIA?

Whether you are living with dementia, caring for someone with dementia or interested to know the signs, you may be curious to learn more. The Wicking Dementia Research and Education Centre is at the forefront of translational research and support for issues confronting people with dementia and their carers. They are associated with the University of Tasmania and frequently run **free** online courses talking about issues such as current research projects, risk factors, possible prevention and questioning some of the myths surrounding dementia. Many of our Sandybeach staff have completed these online courses and found them to be easy to follow, informative and a valuable resource. The upcoming free courses are:

UNDERSTANDING DEMENTIA

Understanding Dementia is a Massive Open Online Course (MOOC), offering university-quality education about the latest in dementia research and care. This **free** course provides an opportunity to engage with the perspectives of an



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**

international community, without requiring exams or assignments. The course will open in February 2022 and you can enrol now.

PREVENTING DEMENTIA

Preventing Dementia is suited to everyone - whether you are an individual with an interest in brain health and/or dementia risk reduction, or an allied health professional, clinician, health service provider or health policy professional - this **free** course is designed to be accessible and appealing to people from diverse backgrounds. This course will open in May 2022 and you can enrol today.

To find out more or enrol, visit:
www.utas.edu.au/wicking



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