

REACHING OUT

Keeping our Community Connected - Edition 40



FEEL GOOD NEWS:

AFL legends to the rescue!

Eight AFL legends will come out of retirement for one game as they get 'drafted' to a handful of struggling local football clubs across Victoria. Eight local Victorian clubs have been selected to 'draft' a former AFL legend who will play one game for the club.

The inaugural 'Carlton Draft' was established by a large well-known brewery and TLA sports marketing agency to help struggling local clubs get back on their feet.

Jarryd Roughead, Eddie Betts, Shaun Burgoyne, Dale Thomas, Nathan Jones, Brendan Goddard, Alex Rance and Cam Mooney make up the playing pool with more than 2,300 games of AFL experience under their belt.

Carlton brewery's marketing director Hayden Turner had the difficult job of filtering through more than 500 applications that were received from local clubs and narrowing them down to just eight. "We were really overwhelmed with the response," he said. "We were looking for clubs that had been suffering financial hardship, social hardship, or on-field hardship that are literally struggling to win games and perform. We wanted to come up with an idea that brought some of the romance back to local footy but also gave some of the more struggling local clubs a leg up."

North Wangaratta Football Club was one of the successful clubs. The club spent three years without a home ground after high levels of lead was detected on the grounds. "If you have no ground, you have no home, and if you've got no home you lose players," seniors coach Josh Warren said. "Everyone wants that sense of belonging, and without a ground you don't have that."



Mr Warren took over as coach in 2019 and said the team was in a state of despair. "Our average losing margin was close to 300 points and we hadn't won a match in 90 games," he said. "They could have easily just shut up shop and said this is too hard, so it's a real feather in the cap of the people who have stuck by the club. This is something that's going to be a big day, a big night and it's something everyone will savour," he said.

Each of the eight teams will draw a number that will represent what pick they get in the draft. Mr Warren said no matter who was drafted the experience would be invaluable for players and the club. "They're all fantastic. I don't think you could go wrong," he said.

Match days will be locked in after the draft and post-game events will be hosted at the local clubrooms.

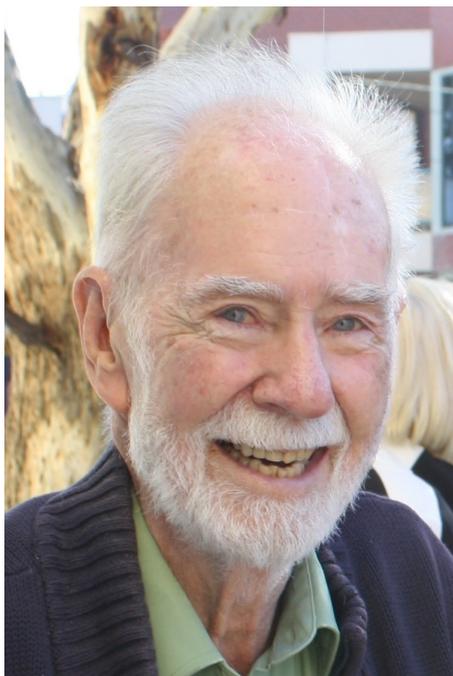
FUNNY ONE LINERS:

Adam & Eve were the first ones to ignore the Apple terms and conditions



Geology rocks, but geography's where it's at.

WE CELEBRATE THE LIFE OF SANDYBEACH FOUNDER, BRUCE MOREY



How lucky we have been to have known this gentle, warm and compassionate man.

We felt it was apt to reflect a little on his life and share how Sandybeach Centre came to be.

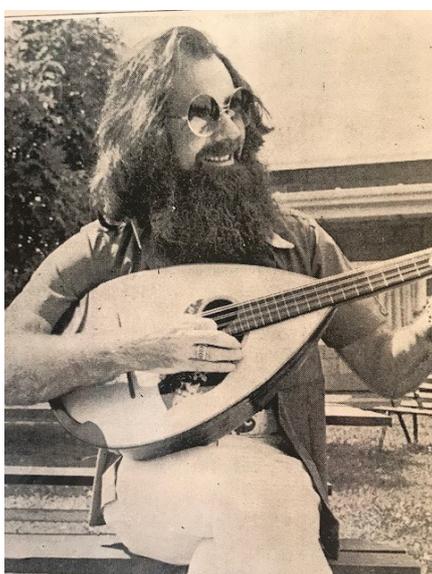
There seems no better place to start than the day that Bruce met his bride to be and partner in crime Rosemary in 1956 at the age of 21 and 18 respectively. They were both attending a church camp and their rebellious streak saw them bond over a cheeky cigarette!

Once they got talking, Bruce quickly discovered that this lovely young lady shared many of his interests and passions - in particular a love for music and a desire to create a strong sense of community.

The love-birds married in 1959 and soon after, Bruce got a job as head teacher at Blakeville School in the middle of Blackwood Forest. Bruce and Rose lived in a small cottage next to the school with no running water or power! It was here that they started their family, with the arrival of son Stephen in November 1959.

Bruce remained teaching here for 3 years and then they left when their second child, Jo, was on the way. From there, Bruce had a number of different teaching roles, including Principal of Richmond West Primary School, which he helped to establish.

Bruce's passion for music remained throughout his teaching career. He was an accomplished pianist and mandolin player. The mandolin saw him join Rosemary

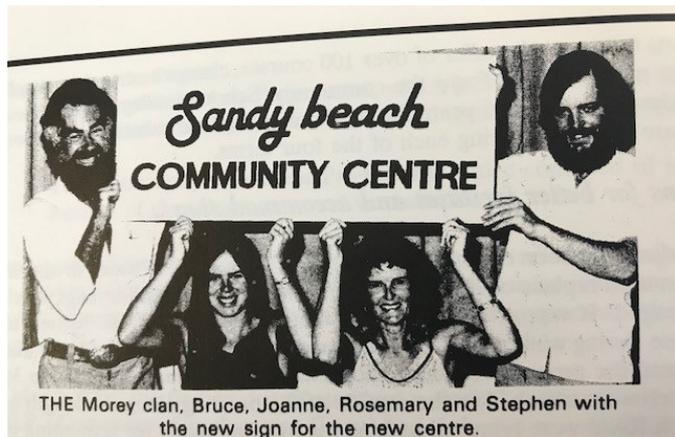


in their first joint musical venture with the Melbourne Mandolin Orchestra where they remained members for over 15 years and in 1980, they even toured Germany with the orchestra.

This trip sparked the travel bug for Bruce and Rose, so they decided to take extended leave and spent the next 6 months travelling, making music and meeting new friends.

It was this trip that gave them the time and space to reflect and dream about the future and their mutual passion for community. During this time, the idea for establishing a community centre was born.

On their return to Australia, they embarked on a search for the perfect site, which was a challenge! Through a few opportune meetings and discussions, the building



on Sims Street was found and on a rainy night, Bruce scoped out the site. It was very much a 'doer upper' but Bruce and Rosemary saw the potential and bought the building for the grand sum of \$116,000. In order to secure the property, they visited a money lender, sold their house and car and moved in on the upper floor with their two children. This was where Bruce remained until his final days.

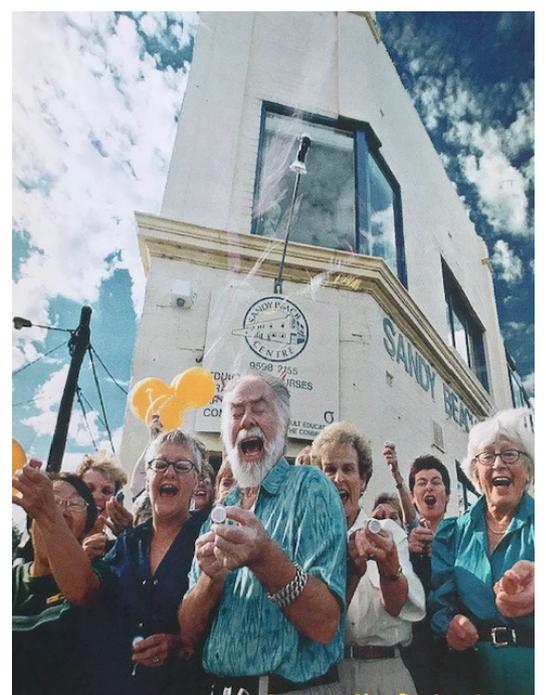
Sandybeach Centre was officially opened by the Minister for Arts, Race Mathews in 1983. The concerts became the cornerstone of the centre in the early years and the talent that Bruce and Rose were able to recruit through their connections were many and varied.

During the first year of operation, Bruce formed a board of management and engaged with a number of groups to use the centre including church groups, dance schools and others. Up until March 1984, the centre was coordinated by Bruce with the assistance of one voluntary full-time administrator (Mary Walsh) and several other part time volunteers. By the end of 1984, it was decided that the Sims St Neighbourhood Group become part of the cooperative to share resources and administrative functions. Bruce had his finger on the pulse of what the community needed - he was often approached by members of the public either offering a service or looking for a course. As a result, the program expanded and contracted as Bruce deftly matched supply with demand.

In 2000, along with Rose, Bruce decided to 'hand over the mantle' but he was still involved regularly at the Centre - attending weekly exercise classes with Angel, weekly bridge with Joy, as well as just popping down to say hi to staff.

Unsurprisingly, in 2003, Bruce was awarded an OAM in the Queen's Birthday Honours list for service to the community.

We will be forever grateful to Bruce for his tireless dedication to humanity. His legacy will live on at Sandybeach, a place that has become a second home to many, a place to gather with friends that is free from judgement, a place to expand the mind and engage with the community.

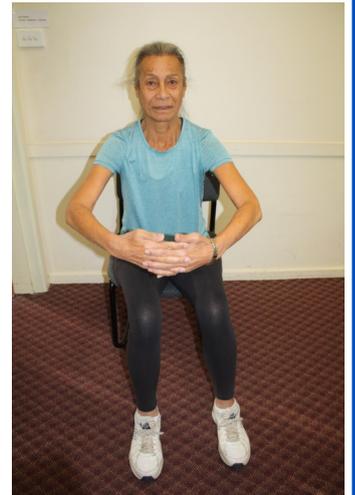


KEEP MOVING WITH ANGEL

EXERCISE 1 - BACK STRETCH

Seated

- Come forward on the chair, legs hip width apart.
- Bring arms to the front and interlock fingers with palms facing inward.
- Breathe in and as doing so, arch the back and push out so as to stretch the entire back
- Hold the stretch for five seconds, release and repeat
- Do two sets of five repetitions (see picture)



On the floor - full range of movement

- On your hands and knees, keep the head in line with the spine (do not hang the head down as it may cause discomfort)
- Suck the stomach in and as doing so, push the back upwards into an arch.
- Hold for five seconds and release, repeat twice
- Do two sets of three repetitions (see picture)



EXERCISE 2 - CALF STRETCH

Seated

- Come forward on the chair legs hip width apart.
- Extend the right leg out heel on the floor toes pointing upward.
- Bring the upper body towards the thighs and pull the toes towards the knee.
- Hold for five seconds then release and repeat on the other leg.
- Do two sets each with each leg. (see picture)



Standing

- Standing, extend the right leg out front, heel on the floor toes pointing upwards.
- Bring upper body towards the thighs and pull toes towards the knees.
- Hold the stretch for five seconds and release.
- Repeat on the other leg.
- Do two sets with each leg. (see picture)



Enjoy doing the stretches, stay warm.

You will thank me for this!

Angel Parker 😊

LET'S STAY HEALTHY WITH ELANA

Macaroni and Cheese

Ingredients

- 5 cups of milk
- 455 grams of dry elbow macaroni
- 2 cups of shredded cheddar cheese

Method

1. In a large pot, bring the milk to the boil.
2. Add the pasta and stir constantly until pasta is cooked. This should take about 10 minutes.
3. Turn off the heat, then add cheddar cheese. Stir until the cheese is melted and the pasta is coated evenly. Enjoy!



Exercising in Winter

- 1. The sunshine keeps you healthy, strong and happy** - the easiest source of vitamin D is from the sun. So on those sunny winter days get outside and enjoy it.
- 2. Get the blood flowing and keep warm** - save electricity by heating your body up naturally with a workout. The rise in body temperature has a soothing effect.
- 3. Maintain your health during flu season** - regular exercise strengthens your immune system so it can help fight off the flu. Exercise regularly for best effects.
- 4. Beat the winter blues** - daily exercise releases feel good brain chemicals which give you a break from the daily grind and help to change your outlook on winter.
- 5. Take a deep breath** - being cooped up by the heater means that you are not exposed to fresh air. Go for a walk and give yourself a chance to breathe.
- 6. Avoid winter weight gain** - it is easy to turn to comfort food in winter. To stabilise your weight, keep healthy habits with regular exercise and nutritious food.
- 7. Enjoy the winter environment** - the beautiful crisp, cool air at this time of year means that exercising in the outdoors can be very enjoyable.

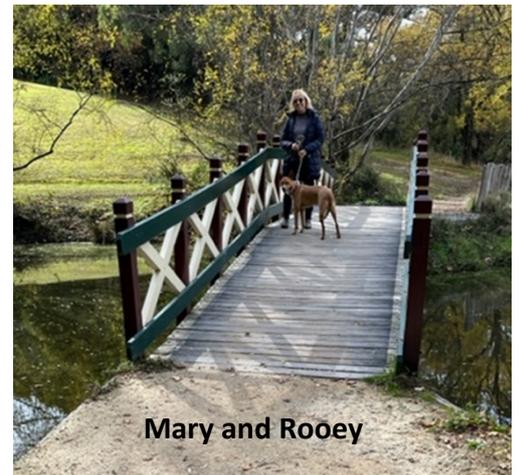


ARMCHAIR TRAVEL

A Retreat Steeped in History by Mary Gates

Nestled in the foothills of the Great Dividing Range of Victoria, is the pretty little town of Daylesford. Seeking a few days respite from our busy lives in Hampton, my friend Margy and I, and her dog Rooey, decided to spend four days exploring Daylesford. We packed our warm clothes, breakfast muesli and most importantly a couple of bottles of red wine and headed off early in the morning arriving in one and a half hours.

On arrival we were pleasantly surprised by the comfort of our two bedroom air bnb. We each had a king sized bed and ensuite. Rooey was happy as Larry with the grassy courtyard and doggy bed strategically placed by the gas heater.



Mary and Rooey



Wombat Hill

Daylesford is steeped in history. It was first established in 1852 as a gold mining town. Initially called Wombat after the Wombat gold diggings, it was later renamed Daylesford. The day we arrived we walked around the picturesque Lake Daylesford which covers the land upon which gold was originally found. At various points around the lake are small manual pumps used to pump the natural mineral waters. Hepburn Springs Spa, which can be attended at great cost, is renowned for the restorative powers of the natural spring water and spa treatments. A key landmark in Daylesford is the 19th Century mansion which sits on Wombat Hill. Originally a private residence it later housed the Holy Cross Convent and Boarding School for Girls. A decline in the number of nuns entering the Convent led to the boarding school closing in 1973. Over the course of 80 years with renovations and

additions of extra rooms and buildings it was turned into what visitors encounter today as the Convent Gallery. A self-guided tour of the old convent buildings reveals the landmark's fascinating history. After exploring the Convent we ventured through the Wombat Hill Botanic Gardens. Set atop an extinct volcano, the gardens feature lofty trees, a stunning walk through fernery and a huge lookout tower which offers remarkable views over Daylesford and beyond. We set off afterwards to experience the town centre with its wonderful array of shops selling everything from locally made chocolate to fresh produce and wines and spirits. The cafes are atmospheric and the clothing shops are filled with well crafted knitwear and leather goods. On our last night we dined out at the iconic Daylesford Hotel in the centre of town. This traditional pub serves beautiful Australian pub food, with a range of Australian and imported beers. We returned to Melbourne on the Friday feeling very relaxed and in awe of the treasures that country Victoria has to offer the local traveller.



Daylesford Lake

**WHY NOT COME DOWN AND CHECK OUT OUR RANGE OF PROGRAMS?
SPACES ARE AVAILABLE FOR NEXT TERM SO GIVE OUR FRIENDLY TEAM A CALL ON
9598 2155 TO ARRANGE A FREE TRIAL.
BELOW IS JUST A TASTE OF WHAT WE HAVE TO OFFER**

ARTBEAT WITH TINA - Mon 1.30-4pm or Wed 10.30am-1pm



Get creative, express yourself and expand your mind! Join our friendly art group and be guided by professional artist and tutor to develop your art skills while working at your own pace and listening to music. Refreshments provided.



FIT AND FABULOUS WITH ELANA - Tues 9.15am-10.15am



This fabulous and fun exercise class is suitable for all fitness levels. Work at your own pace and ability to strengthen and tone. Move to music as you build strength, balance, mobility and fitness. Enjoy being part of this sociable group that loves to exercise!

SOCIAL CLUB WITH ANDREA AND MIRANDA - Friday 1pm-3pm

Join us for an afternoon of music, friendship and entertainment. The Sandybeach Social Club is an exciting new blend of our much loved music and armchair travel programs along with games, conversation, presentations and more, including a once monthly excursion. Afternoon tea provided.



**STRENGTH TRAINING WITH ANGEL - Mon 12pm-1pm
or Thu 11am-12pm**



Led by Angel Parker, these classes are great for strengthening, balance, falls prevention, core strength and general health and wellbeing. Refreshments provided after the class and transport may be available.



SANDY BEATS WITH JENNY - Fri 10.30am-12.30pm

Explore your love of music, improve your wellbeing and make new friends in this relaxed social group that will lift your spirits and get your toes tapping. Share your favourite songs and gather new ones while learning about the different aspects of music and discuss the memories and emotions evoked. Morning tea provided.





MENTAL HEALTH & WELLBEING HUB

Southern Melbourne

Mental Health and Wellbeing Hubs aim to respond to mental health and wellbeing needs as a result of the stressors and concerns brought about by the COVID-19 pandemic.

The service will assist in addressing issues such as anxiety, stress and fear that relates to a deterioration in wellbeing and mental health. The service is also available to those who are experiencing isolation and disruption in their life through the pandemic. This may include job loss, income concerns and returning safely to everyday life.

Our trained and qualified mental health workers will provide:

- Fast tracked and tailored support
- Psycho-social information relating to mental health concerns and wellbeing strategies
- Brief goal orientated interventions
- A limited walk-in service at a couple of community service sites.

We will provide a pathway for recovery through a Wellness plan and coaching which is done in conjunction with any current support service you have.

Need support?

Get in touch by calling the Partners in Wellbeing hotline on 1300 375 330 or visit www.partnersinwellbeing.org.au

Or drop in to: 313 Charman Rd Cheltenham Mon-Fri 12pm. Contact Toni 0498 550 611

1300 003 224

each.com.au



**RIDDLES
AND PUZZLES**



RIDDLE:

What is 3/7 chicken, 2/3 cat and 2/4 goat?

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

								Retribution, retaliation
							Layer or coating	
						Bravery, pluck		
					Not odd			
				The first woman				
						Go off course, swerve		
							Crowbar	
								Smart

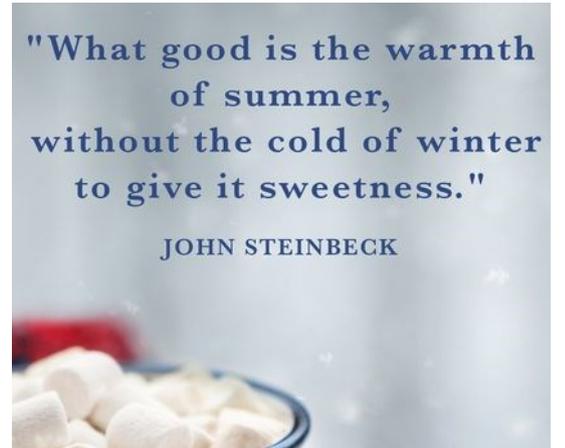


If the person who named walkie talkies was put in charge of naming everything 😊

- Stamps = Lickie Stickie
- Defibrillators = Hearty Starty
- Bumble bees = Fuzzy Buzzy
- Pregnancy test = Maybe Baby
- Bra = Breastie Nestie
- Fork = Stabby Grabby
- Socks = Feetie Heatie
- Hippo = Floatie Bloatie
- Nightmare = Screamy Dreamy

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: WINTER**

1 CELPFARIE									
2 LAMBURLE									
3 CRINATOA									
4 SCULOD									
5 STOMBOGU									





NINE LETTER WORD PUZZLES

Try to make as many words as you can using the letters in the grid. You must use the middle letter. Words must be four letters or more. There is at least one nine letter word.

T	N	E
D	C	O
N	E	C

G	L	N
E	T	A
M	N	E

DID YOU KNOW?

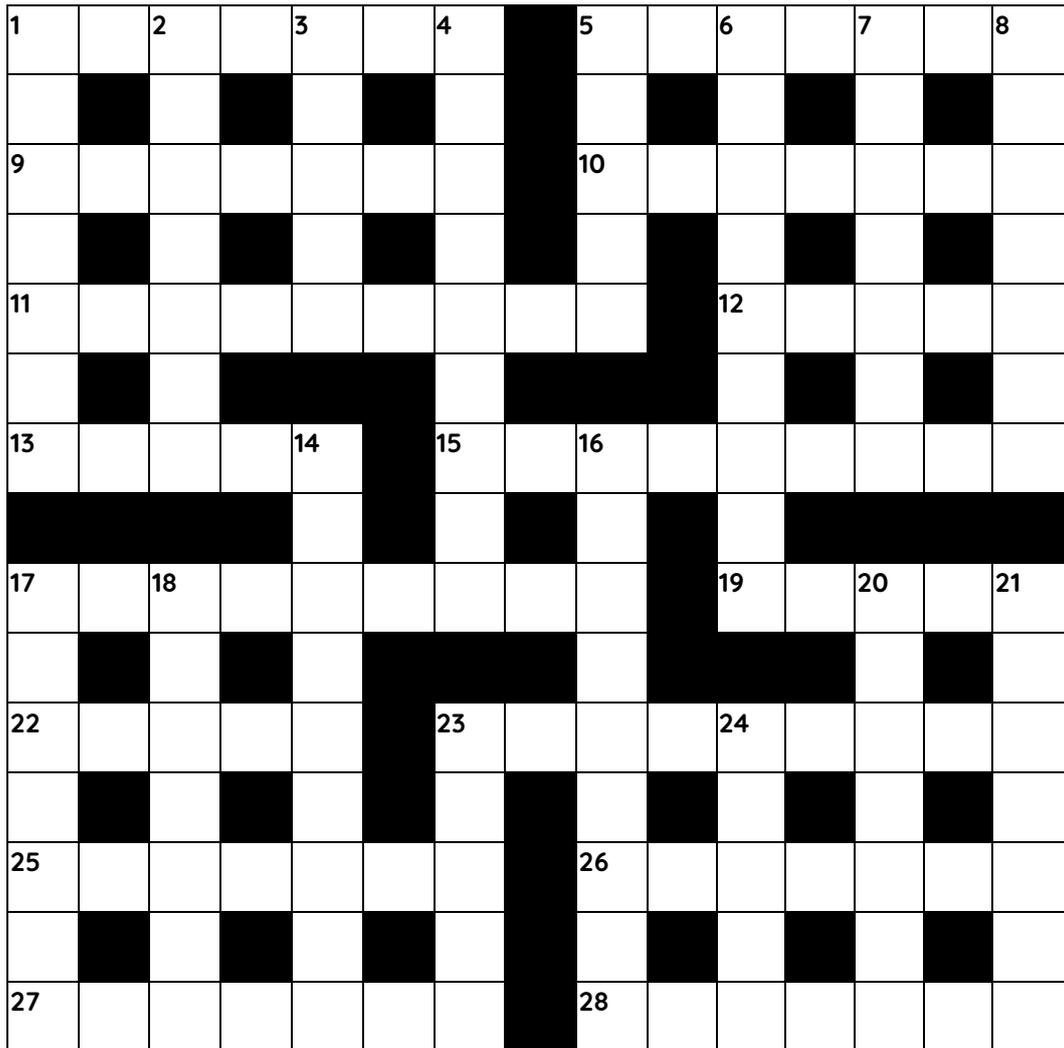
- A snail can sleep for 3 years at a time.
- There are 1 million ants for every human in the world
- Octopuses have three hearts.
- Dogs' sense of smell is about 100,000 times stronger than humans'. However, they have only one-sixth our number of taste buds
- Polar bears have black skin and see-through fur
- The flamingo can only eat when its head is upside-down.
- The only mammals to undergo menopause are elephants, humpback whales and human females.
- Cows can sleep standing up, but they can only dream lying down

CHILDCARE

Exploring colour and shapes with light



BIG CROSSWORD!



Across

- 1 Leaves through, peruses (7)
- 5 Concentrated, engrossed (7)
- 9 Second hearing in court (7)
- 10 Slanders, smears (7)
- 11 Tiny coffee cup (9)
- 12 Trunk of human body (5)
- 13 Impersonator (5)
- 15 Erode, sabotage (9)
- 17 Head of city council (4,5)
- 19 Photo book (5)
- 22 Actors brief appearance (5)
- 23 Surround, encircle (9)
- 25 Revived, renewed (7)
- 26 A strange or eccentric person (7)
- 27 Component, ingredient (7)
- 28 Ages (pages, leaves) (7)

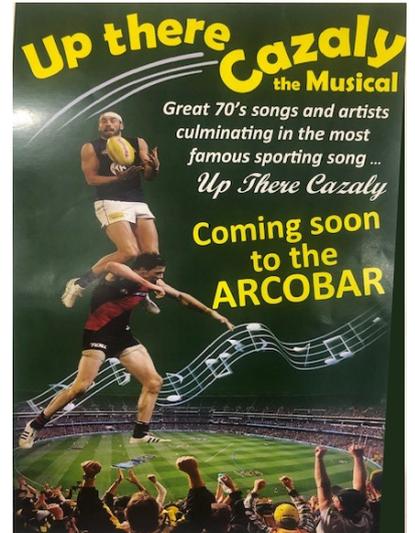
Down

- 1 Apathy, malaise (7)
- 2 Best, prime (7)
- 3 Holy person, martyr (5)
- 4 Location of Stonehenge (9)
- 5 Soft sugary sweet (5)
- 6 Canteen (9)
- 7 Japanese warrior (7)
- 8 Undress (7)
- 14 Leader of fleet (9)
- 16 Address list (9)
- 17 A Swiss city or alfalfa (7)
- 18 Run amok (7)
- 20 Display of courage (7)
- 21 What bodybuilders have (7)
- 23 Important occasion (5)
- 24 Award (5)



UP THERE CAZALY - THE MUSICAL!

It was great to have Peter Sullivan and his star cast on stage performing 'Up there Cazaly- The Musical'. Written by Peter, it tells the story of how the great Australian sporting song, 'Up There Cazaly' became the highest selling record in 1979 by *The Two Man Band*. It was written in response to the popularity of cricketing anthem, 'C'mon Aussie C'mon' by the Mojo Singers, created to promote the second season of World Series Cricket for the Nine television network. There was some concern that Channel Nine might also try to secure the rights to the VFL, so Channel Seven engaged an advertising agency to come up with a rival jingle to promote their coverage of the Victorian Football



League (VFL). The agency contacted Mike Brady who worked with Peter Sullivan to arrange the first version of the song 'Up There Cazaly'. The catchy advertising jingle was so popular that Mike and Peter extended it and made it into a full song which they recorded as *The Two Man Band*. It went on to become the highest selling Australian single of all time, a record which it would hold for the next few years. Sandybeach were lucky to have a sneak preview with the cast including the great Melbourne player Russell Robertson playing the ghost of Roy Cazaly. The full cast



includes Adrian Scott (Little River Band, Air Supply), Angus Burchall (who worked with John Farnham) and Steve Wade (Little River Band) among others. Sam Newman is tipped to make a surprise appearance in an upcoming show! With so much musical and sporting talent on stage, needless to say some of our staff were a little starstruck!

We all had a wonderful time singing along to the many well known 70's hits

that Peter has cleverly woven into the story.

What a show! Good Luck 'Up there Cazaly - The Musical' - Andrea Lees

These lovely poems from Sean (a participant at Sandybeach) remind us to be thankful for the simple things

SMILE - BY SEAN HORWOOD

A smile costs nothing but gives most
It enriches those who receive without making
poorer those who give

It takes but a moment but the memory of it
sometimes lasts forever

None is so rich or mighty that they can get
along without it and none is so poor but can
be made rich by it

A smile creates happiness in the home, fosters
good will in business and is the countersign of
friendship

It brings rest to the weary, cheer to the
discouraged, sunshine for the sad and is
nature's best antidote for trouble

Yet it can't be bought, stolen or begged or
borrowed, for it is of no value to anyone until
it is given away

Some people are too tired to give you a smile

Give them one of yours as none need a smile
so much as those who have no more to give.

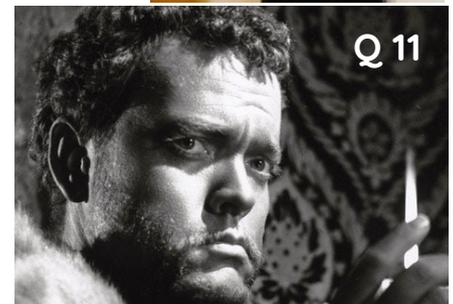


FLOWER - BY SEAN HORWOOD

A path is walked
The sun beats down
A road is formed
The sun beats down
Concrete is laid
The sun beats down
The path is walked
The rain comes down
The road is washed
The path is walked
A crack is opened
The sun beats down
A flower grows

TRICKY TRIVIA

1. Which word is closest to meaning the opposite of dissipate? Manipulate, coagulate, dissolve or articulate.
2. Which one of these states has a Mediterranean coastline? Cyprus, Bulgaria, Hungary or Kenya.
3. What is the surname of Joseph (or Josef) known as 'The Angel of Death' who drowned in 1979?
4. The 'new lira' became the currency of which country in 2005?
5. Who was nominated for a 1988 Best Actress Oscar for playing Marquise Isabelle de Merteuil in 'Dangerous Liaisons'?
6. Which musical features the hit song 'Some Enchanted Evening'?
7. Kuala Lumpur is the capital of which country?
8. Which US state shares more borders? Florida, California, Texas or Arkansas
9. Who played Cat Ballou in the film 'Cat Ballou'?
10. Which of these numbers is NOT a tennis score? 15, 35, 30 or 40?
11. Who wrote 'Othello'?
12. Which word does NOT contain an alcoholic drink? Managing, Palest, Trumpet or Pickaxed.
13. The city of Waterford, famous for its Waterford Crystal, is located in which country?
14. Who immediately succeeded Julie Bishop as Minister for Foreign Affairs in 2018?
15. Who is commonly referred to as the 'Father of Rockabilly'?
16. What word is used to describe a word that is pronounced the same way as another word but differs in meaning?
17. As at April 2022, who was fifth in the line of succession to the British throne?



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





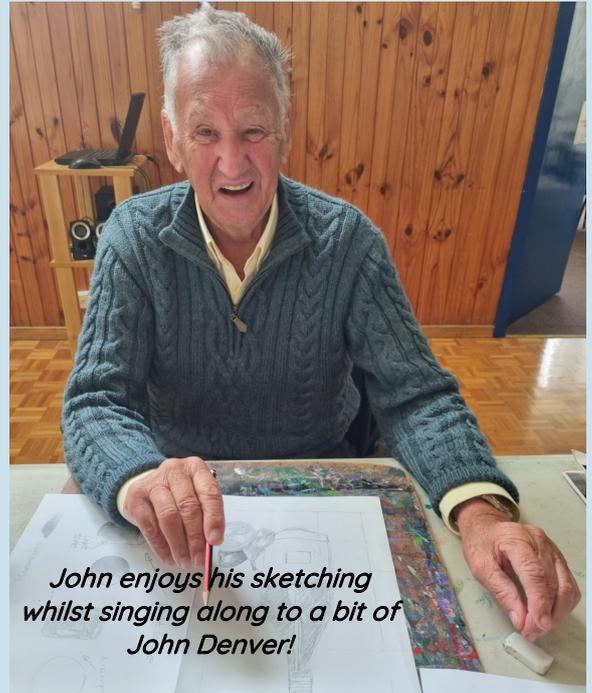
Having fun experimenting!

Artbeat continues to explore personal interests and learning about different techniques and processes in making art. Such an array of artistic talent and diversity in our group! We love welcoming people from all different walks of life!

Peggy completes a painting every week and loves to work with acrylic paints. We can't keep up with her!



John shares his amazing watercolour landscape with such attention to detail.



John enjoys his sketching whilst singing along to a bit of John Denver!



Michael and Debbie deeply engrossed in their abstract artworks.



Mary (nicknamed Mrs. Monet) is working on a series of beautiful floral designs. She's on a roll!

QUIZ AND PUZZLES ANSWERS

RIDDLE ANSWER :

Chicago

WORD CASTLE ANSWER

R	E	V	E	N	G	E
V	E	N	E	E	R	
N	E	R	V	E		
E	V	E	N			
E	V	E				
V	E	E	R			
L	E	V	E	R		
C	L	E	V	E	R	
C	L	E	A	V	E	R

COMMON THREAD: HIDDEN WORD - FROST

CELPFARIE	F	I	R	E	P	L	A	C	E
LAMBURLE	U	M	B	R	E	L	L	A	
CRINATOA	R	A	I	N	C	O	A	T	
SCULOD	C	L	O	U	D	S			
STOMBOGU	G	U	M	B	O	O	T	S	

ANSWERS TO 9 LETTER WORD PUZZLES

A: 9 letter word: Connected **7 letter words:** concede connect contend

6 letter words: conned decent decoct docent encode **5 letter words:** cento coned conte nonce **4 letter words:** cede cent code cone cote deco once

B: 9 letter word: Gentleman **8 letter words:** Entangle **7 letter words:** elegant meltage

6 letter words: eaglet gamete gannet gentle lament legate magnet mantel mantle mental neaten negate tangle **5 letter words:** agent aglet ament anent eaten elate genet gleet meant metal **4 letter words:** ante gate gelt gent gnat late leet lent malt mate meat meet melt mete neat tale tame tang teal team team teen

CROSSWORD SOLUTION

Across

- 1 Browses
5 Focused
9 Retrial
10 Defames
11 Demitasse
12 Torso
13 Mimic
15 Undermine
17 Lord Mayor
19 Album
22 Cameo
23 Encompass
25 Reawoke
26 Oddball
27 Element
28 Yellows

Down

- 1 Boredom
2 Optimum
3 Saint
4 Salisbury
5 Fudge
6 Cafeteria
7 Samurai
8 Disrobe
14 Commodore
16 Directory
17 Lucerne
18 Rampage
20 Bravado
21 Muscles
23 Event
24 Medal

I love using big words to sound smart.
I mean utilising gargantuan idioms to fabricate intelligence.

TRICKY TRIVIA ANSWERS

1. Dissolve 2. Cyprus 3. Mengele 4. Turkey 5. Glenn Close 6. South Pacific
7. Malaysia 8. Arkansas 9. Jane Fonda 10. 35 11. Shakespeare
12. Pickaxed 13. Ireland 14. Marise Payne 15. Carl Perkins
16. Homophone 17. Prince Louis

READER CONTRIBUTIONS

Each term we are featuring contributions from our readers. We would love to hear from you!! Some ideas are:

- A piece of artwork you have created or a photo.
- A short story or poem you have written
- 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

Remembering Meryl 1929-2022 ❤️❤️❤️❤️

One member of the Sandybeach family who contributed so much was Meryl Redenbach. Known by many around the centre as “the lady with the pink hair”, Meryl was always ready with a smile and a kind word and was always quick to voice her appreciation of the staff and volunteers at Sandybeach. She was much loved by us all and also by her fellow artists and music lovers in the Artbeat and Music Alive programs which she attended for many years.

Meryl was a talented artist who, as can be seen on the following page, had a variety of styles, all of which show her love of colour and vibrancy reflecting her own personal style. A portrait painted by Australian artist Brian H. Close, a recent photo and Meryl’s own self portrait all show her sporting her favourite colour, pink.

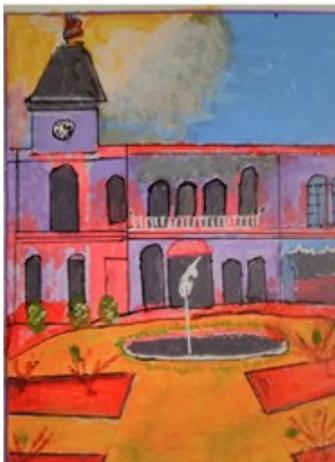
A message from the Artbeat group and a particular story we would like to share.....

Meryl was so excited to take part in the online exhibition back in October 2020. She entered two pieces of artwork entitled ‘Town Hall’ and ‘Whodunnit’ (see below). She was most eager and excited to showcase ‘Whodunnit’ and said “what till you see what I have done, it’s top secret!”. This piece showed the adventure in Meryl and her witty sense of humour that we all adored.

During COVID lockdown which was a difficult time for all, she would ring around fellow art mates ensuring we all stayed connected and encouraged them to keep painting just like her. On our return to the centre she continued to explore different subject matter using her pearlescent paints which she loved dearly and continued to produce such delicate works of art

and would always say “I love art and I just can’t stop!”.

Meryl ‘The Pink lady’ will always be a cherished person in Artbeat and the whole of Sandybeach Centre. We will always remember and live by her motto in life *“go for it and push yourself”*.





"There are some who bring a light so great to the world that even after they have gone the light remains"

SANDYBEACH CARERS

Sharing Information and Connecting with Carers

Connect with other carers:

* The definition of a carer:

A carer is someone who provides unpaid care and support to family members and/or friends with a disability, mental illness, chronic health issue or an older person with care needs. They are parents, children, partners, other relatives and friends who assist with a variety of personal care, health care, transport, administrative support, cognitive emotional tasks, household chores and other activities.

Do you want to set up a Carer Support Group? Have you recently started one? This is the workshop for you.

Carer Support Group Facilitator Training

Monday 27 June 9.30am - 3pm
West Footscray Neighbourhood House
1/539 Barkly Street, West Footscray VIC 3012

Carer Support Group facilitator training gives the participant the knowledge and tools required to establish and lead a Carer Support Group.

We'll work with you to briefly explore the key theory and knowledge you need to set up and facilitate a group, as well as provide some practical tips and advice that we've gained from working with carers for almost 30 years.

To register, visit:
carersvictoria.org.au

PLEASE NOTE: This material has been reproduced and communicated to you by or on behalf of Sandybeach Centre pursuant to Part (VA Division 4) of the Copyright Act 1968 (the Act). The material in this communication may be subject to copyright under the Act. Any further reproduction or communication of this material by you may be the subject of copyright protection under the Act.



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**



Join Carers Victoria's membership program during June and go in the draw to win 1 of 10 getaways.

To celebrate 30 years of Carers Victoria, carers* have the chance to win a two night luxury getaway. To enter, the carer simply needs to join Carers Victoria's free membership program.

The prize is two nights luxury accommodation including breakfast, dinner and spa treatment. Carers can enjoy a luxurious night at beautiful Balgownie Estate in the Yarra Valley, The Great Ocean Road Resort in Angelsea or RACV Resort in Cape Schanck.

How carers can join and win:

You can join by visiting the membership page on the Carers Victoria website and completing the form. You will be automatically entered into the draw to win.

carersvictoria.org.au



Our organisation acknowledges the support of the Victorian Government.

Programs are also supported by the Australian Government Department of Health. Although funding for this program has been provided by the Australian Government, the material contained

herein does not necessarily represent the views or policies of the Australian Government.