

REACHING OUT

Keeping our Community Connected - Edition 45



GOOD NEWS STORY:

Yarn bombing spreads joy

Bayside's community of volunteers have yarnbombed the iconic Black Rock Clock Tower to create a colourful installation. Bayside City Council has partnered with *The GLAD Rappers* to bring this collaborative craft project to life, bringing warmth and cheer to Bayside in the depths of Winter. Led by respected local textile artist Annette Fitton (front, third from left), arts and craft enthusiasts have donated their time and energy to produce thousands of knitted and crocheted rectangles, sewn onto a purpose built net, creating a temporary piece of public art on the familiar timekeeper. There are also six smaller installations around Bayside including in Gardenvale, Brighton, Sandringham, Beaumaris and Hampton.

Bayside Mayor, Cr Hanna El Mouallem said the installation is an example of how public art such as yarn bombing can enhance and enrich public spaces. "I would first like to congratulate the volunteers who spent countless hours preparing these fantastic installations across Bayside," said El Mouallem. "The Black Rock Clock Tower is an iconic landmark in our municipality, and installations such as yarn bombing provide us with an opportunity to celebrate our sense of identity, pride and place."



At the conclusion of the installation, the disassembled knitted squares will be donated to the *Knit One Give One (KOGO)* organisation, creating blankets for shelters, aged care homes and those affected by disaster.



A REMINDER ABOUT DATES:

Last day of Term 3, 2023

Friday 15 September

First day of Term 4, 2023

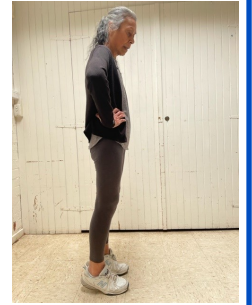
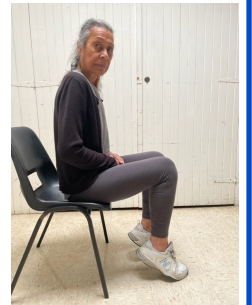
Monday 25 September

KEEP MOVING WITH ANGEL

EXERCISE 1 - Calf Raises

Seated

- Come forward on the chair, legs hip width apart.
- Elevate both heels up off the floor with only the balls of the feet on the floor
- Gently raise the heels up then slowly bring heels towards the floor
- Do 8 repetitions 2 sets (see picture)



Standing

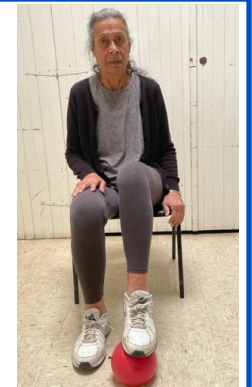
- Stand with legs hip width apart standing tall and facing forward.
- Hold a bench or chair if necessary for balance.
- Repeat the exercise as above. (see picture).

Do you want to keep fit, improve wellbeing and build social connections? Then **Strength Training** is for you! Led by experienced instructor, Angel Parker, these classes are great for strengthening, balance, falls prevention and core strength. Stay on for a cuppa and a chat. **Thursday 11am - 12.30pm.** Ph: 9598 2155 to enrol.

EXERCISE 2 - Balance with a ball.

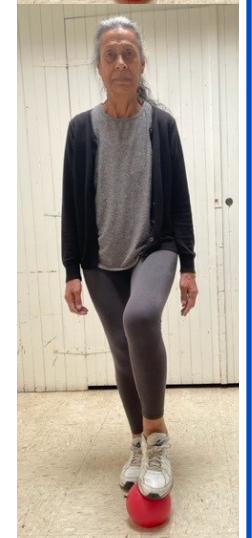
Seated

- Come forward on the chair legs hip width apart
- Place a medium size ball in front of feet
- Lift right leg up and tap the ball with the ball of the foot, then replace foot on the floor.
- Alternating the legs do 8 repetitions 2 sets (see picture)



Standing

- Stand with legs hip width apart standing tall and facing forward.
- Hold a bench or chair if necessary for balance.
- Repeat exercise as above (see picture)



*Remember to do the stretches gently.
You will thank me for it!!!!*



LET'S STAY HEALTHY WITH ELANA

Lemon Slice

Ingredients

- 1/2 cup of sweetened condensed milk
- 100g of butter
- 200g of Granita biscuits
- 1 cup of desiccated coconut
- 2 teaspoons of finely grated lemon rind

Lemon Icing

- 2 cups of pure icing sugar
- 20g of softened butter
- 2 & 1/2 tablespoons of lemon juice

Method

1. Grease a 3cm deep, baking tray and line base and sides with baking paper extending paper above the edges of the tray.
2. Place condensed milk and butter in a small saucepan over medium heat. Cook stirring for 5 minutes or until smooth and combined. Remove from heat.
3. Process biscuits until they become fine crumbs and transfer to a bowl. Add coconut and lemon rind and stir to combine. Add hot butter mixture and mix well. Press mixture over the base of the prepared baking tray. Cover and refrigerate for one and a half hours or until firm.
4. Make lemon icing by sifting icing sugar into a bowl. Add butter and lemon juice and beat with a wooden spoon until smooth and combined. Spread icing over slice. Stand at room temperature for 30 minutes or until icing has set. Cut into slices and serve. Enjoy!



What's happening in Fit and Fabulous?

1. Co-ordination exercises - we notice that balance, co-ordination and memory decrease with age. Exercising as we age is important to train for the activities of daily living. For active aging, motor co-ordination is necessary to perform simple and complex tasks such as walking, cleaning and climbing stairs. We have been having fun with Zumba and combination exercises to work our body and mind.

2. Balance exercises - these work by helping to maintain your centre of gravity and improve posture, muscle reaction time and mobility. As well as the physical benefits, improving your balance can also stimulate brain function, including memory and spatial awareness. In class we've been including balancing on one leg with arm movements.



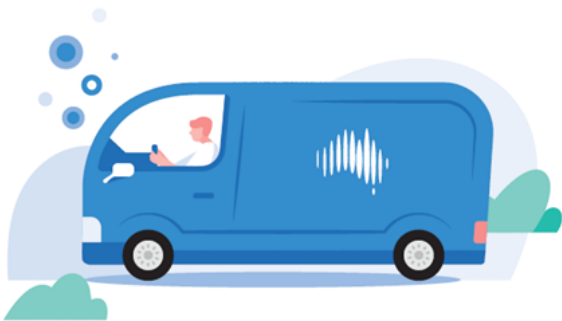
OCTOBER IS SENIORS MONTH!

During the month of October, seniors are being celebrated statewide and are invited to take part in a number of interesting and exciting activities in their local communities and also further afield - here is just a taste of what is happening.

HAPPENING AT SANDYBEACH: CALL RECEPTION 9598 2155 FOR MORE DETAILS

- **Dance for Wellbeing.** On Friday 6 October, 1pm-3pm we will be visited by a qualified dance therapist. Come and join our regular Friday Social Club participants as we discover the benefits and joy of therapeutic dance.
- **Bingo!!** On Friday 13 October, 1pm-3pm join us for a fun afternoon of Bingo, music and afternoon tea.
- **Travel to the Galapagos Islands** with engaging and knowledgeable local, Annie Ingles as she talks about her travels and hilarious animal encounters in these mysterious islands. Friday 20 October, 1pm-3pm. Afternoon tea included.
- **An afternoon of Music!** Join us and sing along to your favourite tunes with legendary musicians Lisa Edwards and Adrian Scott. They will keep your toes tapping and afternoon tea is provided. Friday 27 October, 1pm-3pm

Hearing Australia is coming to you



- **Hearing Van - hop aboard for a free 5 minute hearing check**
- Date: Friday 20 October 2022
- Time: 9am - 12.30pm.
- Location: Sandybeach
- Call 9598 2155 to book your spot



HAPPENING AROUND BAYSIDE: Bayside Healthy Ageing Seniors Festival

A festival of celebration, connection and fun

Now its in 20th year, the Bayside Healthy Ageing Seniors Festival will be back again in October.

The festival is an opportunity for people aged 55+ years to celebrate, connect and learn what activities and programs are available to them in the Bayside community.

Planning has commenced for the festival, which will promote safe participation and offer free and low cost activities. The festival program will be available in early September and can be downloaded on www.bayside.vic.gov.au

For information about the Seniors Festival, contact Healthy Ageing on 9599 4373 or email: healthyageing@bayside.vic.gov.au

INTERGENERATIONAL PROGRAM CELEBRATION!

Our wonderful 8 week journey with Sandringham College has sadly come to an end. Each week a group of Sandybeach Seniors has met with Sandringham College year 12 students to connect, learn and create digital stories. We celebrated in style with a presentation of the moving videos created by the students and starring our Sandybeach Seniors. It was lovely to see friends and family at the event and a beautiful lunch was provided by Sandringham Lions Club who have supported the program.

This Intergenerational Program was run as part of the Sandybeach Centre REACH program in partnership with Swinburne University's PADSIP team, Sandringham College and the Sandringham Lions. If you are interested in learning about future Intergenerational programs please let us know. Ph: 9598 2155

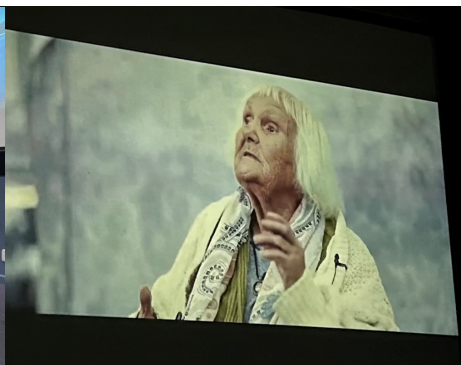


Existing friendships were cemented and new connections were made each week.

Stories and ideas were shared and the collaborations resulted in wonderful presentations by the participants.



Friends and family were invited to attend the final presentation afternoon and enjoy a lovely lunch provided by the Sandringham Lions Club - what a wonderful community!

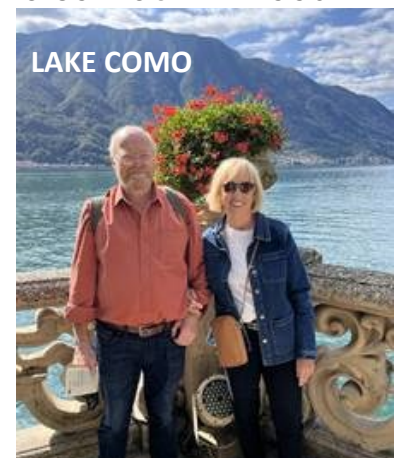


ARMCHAIR TRAVEL: Italian Roadtrip

by Mary Gates

In one of the previous newsletters, I wrote about the initial stage of my trip with my husband to Italy in September 2022. We had journeyed as far as Venice where we met up with our youngest daughter, Anna and her partner, Pat. The city of Milan was our next destination. Milan is considered the global capital of fashion and design. It is also known for its high end restaurants and shops. We only had a couple of days in this bustling city but managed to take in The Gothic Duomo di Milano cathedral and the Santa Maria delle Grazie convent, which houses Leonardo da Vinci's mural 'The Last Supper.' We were bemused by the many seemingly empty high end fashion shops that make up the impressive Galleria Vittorio Emanuele II. Shoppers wait outside to be shepherded in to buy the latest in fashion from Prada, Gianni Versace, Giorgio Armani, and Domenico Dolce. You will need upwards of a lazy \$2000 just to buy a handbag!

After three days in Milan we said farewell to Anna and Pat who were heading back to Australia. We collected our hire car from the central railway station, made a stressful city exit and drove the 90kms to the town of Bellagio on Lake Como. Bellagio Hotel with its breathtaking views across Lake Como was our base for three days. Ferries transport tourists to the many small towns that surround the lake. We went across to the quiet pretty town of Lenno. Most of our day was spent in the famous Villa del Balbianello with its beautiful manicured gardens and stunning views across the lake. We took a tour around the Villa to learn about its history. The Villa was built at the end of the 18th century by Cardinal Angelo Maria Durini, on the site of an ancient Franciscan monastery. In the 19th century, after the cardinal's death, the villa became the property of Count Luigi Porro Lambertenghi, his grandson. Interestingly the Villa has also been used as a location for Hollywood blockbusters like James Bond and Star Wars.



Our next stop was the city of La Spezia, a three and a half hours' drive south of Lake Como. La Spezia was to be our gateway to visiting the much talked about Cinque Terre. The colourful coastal villages that make up the Cinque Terre were established between the eleventh and twelfth centuries. In 1997, UNESCO recognised Cinque Terre as a World Heritage site. To explore the Cinque Terre we caught a train to the village of Manarola and walked for several hours over the hill tops to the village of Riomaggiore.

(Continued on page 7)

In the heat of the day we took the less travelled Via Beccara Trail which was quite strenuous and rocky but offered breathtaking vistas of the coastline. After a bite to eat we caught a ferry back along the coast to La Spezia.

The ancient walled city of Lucca was our next destination. Lucca is a city on the Serchio river in Italy's Tuscany region. It's known for the well preserved Renaissance walls encircling its historic city center and its cobblestone streets. Broad, tree lined pathways along the tops of these massive 16th and 17th century ramparts are popular for strolling and cycling. We stayed in a villa just outside of the city walls. Each day we braved the traffic to cross into the old city and walked the pedestrian only cobbled streets. We climbed the Torre Guinigi Tower for 360 degree views of Lucca.



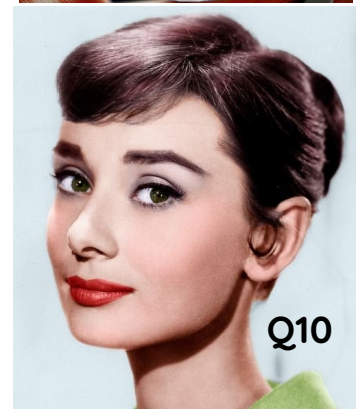
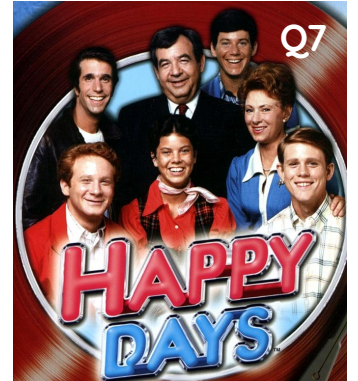
By now it was the end of September. We took the winding mountain pass over to Siena. Our 19th Century hotel, Palazzo Ravizza had expansive views across the surrounding green valleys. Siena is famous for the Piazza Del Campo – the central square where *The Palio* horse race current course was formally established in 1659 and has been held on July 2 and August 16 since 1701, except during wartimes. Lasting about a minute, the race consists of three turns around the Piazza del Campo. Along with the many restaurants and cafes, the impressive cathedral Duomo di Siena lies in a piazza above the Piazza del Campo, a great Gothic building filled with treasures by Pisano, Donatello and Michelangelo as well as frescoes by Pinturicchio.



I will save the final part of our Italian adventure for the next newsletter where I will take you to Florence, Fiuggi, Sorrento, Pompeii and Rome. Arrivederci for now!

TRICKY TRIVIA

1. Whose "Red Book" was first published in October 2009?
2. The Medoc area of France is most famous for what?
3. What is the major religion of Malaysia?
4. The Stanley Kubrick film "Full Metal Jacket" was set during which war?
5. Who received an Oscar for "Chicago" shortly before giving birth to her second child?
6. Who wrote the novel "1984" predicting the age of Big Brother?
7. In which US city was "Happy Days" set?
8. Which actor temporarily changed his name to Leaf to be more like his siblings Rain, Summer and River?
9. Who was known as 'The King of Hollywood'?
10. Where was the actress Audrey Hepburn born?
11. Who sang the theme song for the Bond film "Die Another Day"?
12. Which modern-day country is the site of the ancient city of Babylon?
13. In which Wild West town did Wild Bill Hickok bite the dust?
14. The first non-stop transatlantic flight was between which two countries?
15. Which famous American explored the area now known as the state of Kentucky?
16. Who was the sister of Queen Elizabeth I?
17. What type of food is pumpernickel?
18. What is made with vermouth, gin and crushed ice?
19. What is the largest natural lake in England?
20. Which is the world's largest rainforest?
21. What is the correct term for a group of kangaroos?
22. Which scientist is credited with the invention of the telescope?





Art Beat

with Heidi Wolfenden

We have had a fantastic start to Term Three. I have settled into my role as Art tutor at Sandybeach Centre and have really enjoyed getting to know the Art Beat participants. It has been wonderful to see the students develop their artistic skills and build upon their personal strengths. Marguerite's botanical artwork demonstrates a strong eye for colour. John's previous career as an Architect and understanding of perspective is clearly evident in his beautiful watercolour painting. Barbara has effectively used tonal variation to really bring her floral painting to life and David's work suggests a strong understanding of composition. All of the Art Beat participants have unique interests and abilities. It is my role to help facilitate the creative process and assist each individual to achieve their artistic goals, in a warm and welcoming environment.



Artist: Marguerite Renehan



Artist: John Hunt



Artist: Barbara Horwood

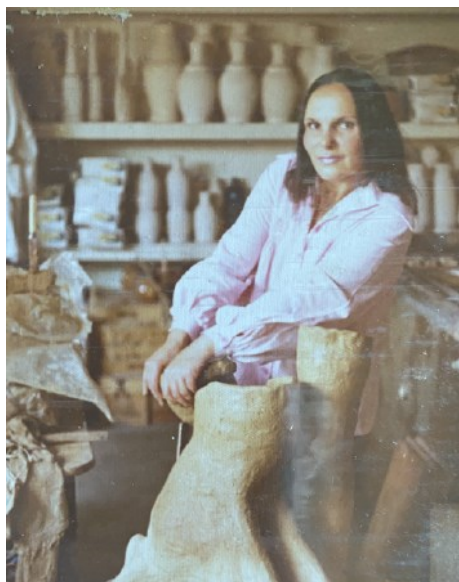


Artist: David Hayden

TALENT IN OUR MIDST

From Assisi to Melbourne: Rina Rosi's lifelong devotion to the arts.

Since 2017, Rina has been enjoying coming to Sandybeach and participating in various classes but few of us knew that she has been hiding her light under a bushel! Here is her story (Source: Il Globo by Laura Egan)



Sometimes a passion can become an integral part of somebody's existence, evident in everything they do. For 91 year old Sandringham local Rina Rosi, art has become central to her identity and a lifelong devotion.

Born and raised in Assisi, Rina discovered her creative flair as a young child, designing and sketching pictures in her spare time. As the years passed and Rina blossomed into a young lady, her love for art refused to dwindle. The lively Umbrian was educated as a pattern designer and, once married, also developed skills in ceramics through her then husband Giuseppe Rosi.

After starting a family and raising her son, Rina began training in papyrus restoration, working with a material

prepared in ancient Egypt and used throughout the ancient Mediterranean for writing and painting.

In 1959, Rina and Giuseppe decided to venture to Australia with their young son. The plan was to stay for a few years and make some money before returning to Assisi to continue life as they had left it. "We came to Australia by ship and when we arrived at Melbourne there was no one to welcome us," Rina recalls. The young family was sent to Bonegilla, a camp in north-eastern Victoria which was used to receive and train migrants during the post-war immigration boom. Following three months of "detainment" in the controversial camp, the family was released and Rina and Giuseppe found work in a ceramics studio in Melbourne.

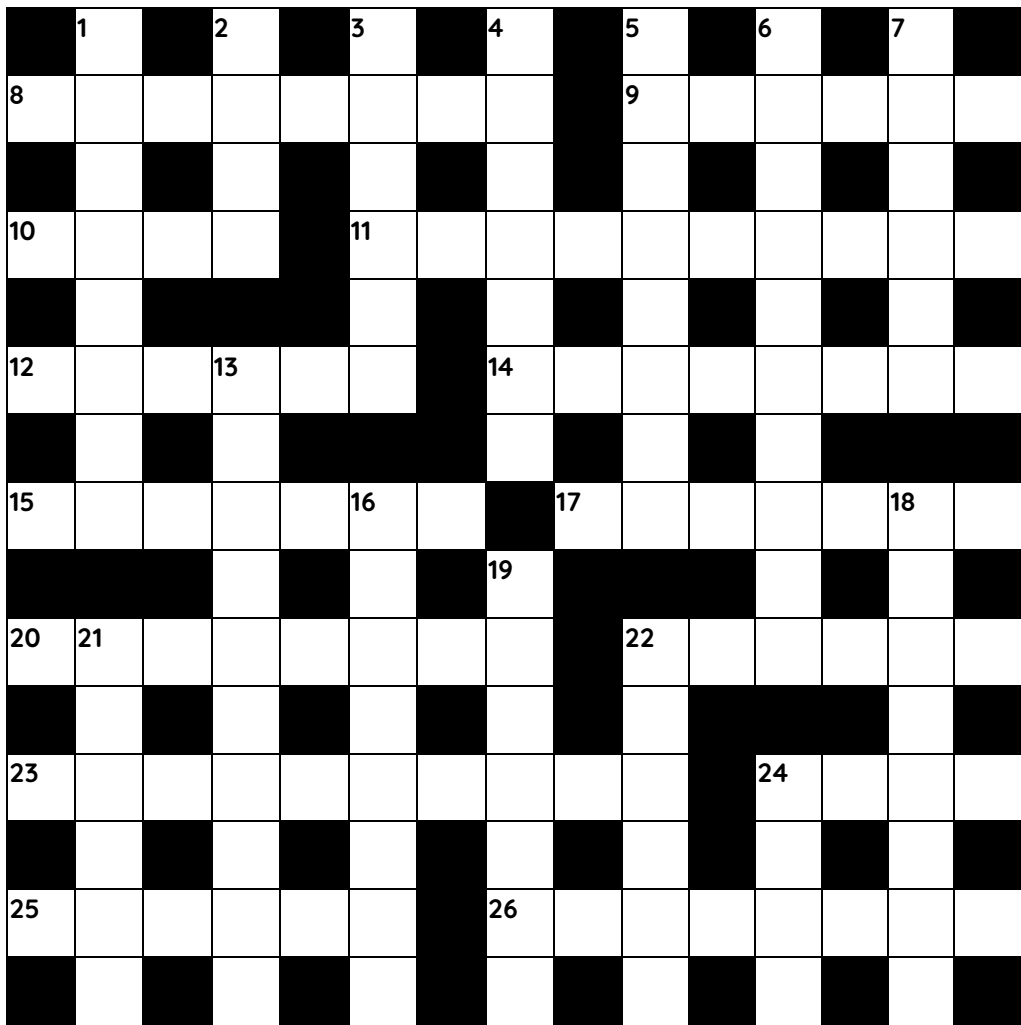
In 1971, they bought a house in which they established their own studio, and in which Rina lives and works to this day. "We continued to make ceramics, but not artistically; we did it to live," Rina explains. When Giuseppe left her a few years later, Rina continued to work and create, perhaps more than ever before. "With pain I worked, because working kept me alive," she recalls. And the fruit of her commitment didn't go unnoticed. Rina's ceramics and paintings have been exhibited in many of Australia's leading galleries, while her works have come to adorn myriad homes across the nation. Much of her work is inspired by her Australian surroundings, along with memories of her hometown of Assisi, which she has revisited a handful of times since settling in Melbourne.

Also a talented wordsmith, Rina has been a member of the Accademia Letteraria Italo-Australiana Scrittori since 1993, and recently received two prizes from Italy for her acclaimed poems and stories. At 91 years of age, Rina continues to fill her home studio with new works of art, from paintings to pottery and poems, and is still gaining exposure more than four decades after her artistic career took off here in Australia. Julia Clements, Gallery Director of Blue Dog Gallery in Beaumaris, has been liaising with Rina leading up to a recent exhibition, and has come to know the woman behind the masterpieces. “I have become quite fond of Rina and have enjoyed many visits to her home which in itself is one big studio,” Julia says. “Every room you enter contains unexpected treasures, and under every bed there are folios full of her sketches.” Rina’s dynamic personality and natural artistic talent has the tendency to captivate everybody who crosses her path, and Julia has been no exception to this rule. “All in all, Rina Rosi is one of the most interesting people I have had the pleasure of meeting,” she affirms.



Rina vows to keep on working as long as she lives, and is hoping to create another grandiose sculpture portraying a mother with her child, inspired by Michelangelo’s ‘Pietà’. Speaking with Rina, it is clear that her art is her life, and her passion for creating shines through in every word that falls from her lips. “When I paint I feel music in my hands,” Rina says. And what a sweet melody it is.

BIG CROSSWORD!



**SANDYBEACH CENTRE
ON THE RADIO!**

TUESDAY

12 September

3pm - 4pm



88.3 SOUTHERN FM
TUNE IN TO HEAR
WHAT'S BEEN
HAPPENING AND
WHAT IS COMING UP!



Across

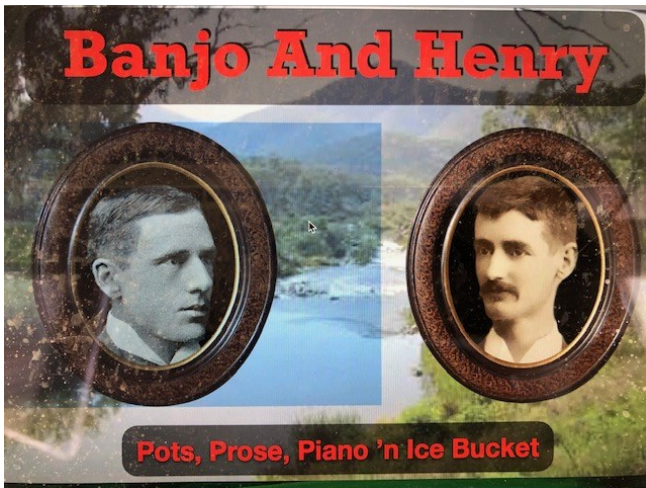
- 8** Cleaned dishes (6-2)
9 Made money (6)
10 Improve, revise (written material) (4)
11 Leisure activity (10)
12 Is carried slowly by a current (6)
14 Charges, costs (8)
15 Mates (7)
17 Aimed for, hoped (7)
20 Merchant, seller (8)
22 A sign, cue, prompt (6)
23 Boss, overseer (10)
24 Formal attire (4)
25 Postal item (6)
26 In error (8)

Down

- 1** Rover, roamer (8)
2 Informal talk (4)
3 Decorates (6)
4 Biological category (7)
5 Records of payment (8)
6 Play acting (10)
7 A state of rest, tranquillity (6)
13 People with no commitments (4,6)
16 Consignment (8)
18 Closely studied (8)
19 Take for granted (7)
21 Escaped, evaded (6)
22 Most certain (6)
24 Celebrity (4)



Banjo and Henry - 'Pots, Prose, Piano and an Ice Bucket!'



The talented and multi tasking Peter Sullivan has been at it again. Peter has been working on another production highlighting some important figures in our history with a twist as only he can! He has written a one act musical play entitled 'Banjo and Henry'

The Protagonists

Andrew Barton 'Banjo' Paterson (1864-1941)

Banjo Paterson focused on rural and outback poetry and often depicts the life, character and scenery of the Australian bush.

Particularly around Binalong NSW where he spent his childhood. His most well known poems include *Clancy of the Overflow*, *The Man from Snowy River* and *Waltzing Matilda*.

Henry Lawson (1867-1922) Henry Lawson has often been called Australia's greatest short story writer. His poems and prose include *The Ballad of the Drover*, *The Squatters Daughter*, *Old Joe Swallow*, *the Men Who Made Australia* and more that we will discover in Peter's play.

SYNOPSIS: It's 1962 in the Old Caledonian - Australia's oldest licensed pub known as 'The Stump' nestled in a beautiful little seaside town called Port Fairy. The wise old *Banjo* is sitting on a stool by the bar, baffled and confused. He orders a beer and contemplates. Sally takes his order. Another gentleman is sitting on a stool, baffled, confused and also kerfuddled! He strikes up a conversation with Banjo who soon realises it is his old buddy Henry Lawson. Why are they both kerfuddled? The year is 1962 and they appear to have travelled through time!

Peter's play has a small cast, some original tunes and features some of the most famous poems by Banjo Paterson and Henry Lawson. It will be a humorous romp through time and the Australian vernacular and include not only time travel but throw surfing into the mix and you have a Peter Sullivan original production! Peter and his small but talented cast are hoping to perform it at Sandybeach when it is ready. We are very lucky to have such talent in our midst and can't wait to see it!



FRIDAY SOCIAL CLUB WITH ANDREA & MIRANDA

This term in Friday Social Club we have had a lot of fun mixing it up with games, music, visits from presenters and excursions to local cafes. Our group is growing and we would love you to join in! Why not come along for a free trial?

Here is just a sample of what we have coming up in Term 4: Dance for Wellbeing, Bingo, A 'visit' to the Galapagos with the entertaining and engaging Annie Ingles, A 'cuppa'; at Ricketts Point Café and much more!



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



QUIZ AND PUZZLES ANSWERS

RIDDLE ANSWER :

Remove the letter S and you have IX which is 9 in roman numerals

WORD CASTLE ANSWER

F	O	R	E	I	G	N
I	G	N	O	R	E	
R	E	I	G	N		
G	R	I	N			
R	I	G				
P	R	I	G			
S	P	R	I	G		
S	P	R	I	N	G	
R	A	S	P	I	N	G

SWITCH SOLUTION:
Theme CARDS

H	E	A	R	D
H	E	A	R	T

A	R	E
A	C	E

S	H	A	D	E
S	P	A	D	E

C	L	U	E
C	L	U	B

J	O	K	E	D
J	O	K	E	R

ANAGRAM SQUARE SOLUTION

S	L	I	C	E
A	G	O	N	Y
G	U	E	S	S
G	E	N	R	E
Y	O	K	E	D

CROSSWORD SOLUTION

Across

- 8 Washed up
9 Earned
10 Edit
11 Recreation
12 Drifts
14 Expenses
15 Friends
17 Aspired
20 Retailer
22 Signal
23 Supervisor
24 Suit
25 Letter
26 Mistaken

Down

- 1 Wanderer
2 Chat
3 Adorns
4 Species
5 Receipts
6 Pretending
7 Repose
13 Free agents
16 Delivery
18 Examined
19 Presume
21 Eluded
22 Surest
24 Star

COMMON THREAD SOLUTION: HIDDEN WORD - LINGUINE

T	O	R	T	E	L	L	I	N	I	
M	A	C	A	R	O	N	I			
T	A	G	L	I	A	T	E	L	L	E
F	E	T	T	U	C	C	I	N	I	
C	A	N	N	E	L	L	O	N	I	

TRICKY TRIVIA ANSWERS

1. Carl Jung 2. Wine 3. Islam 4. Vietnam 5. Catherine Zeta Jones 6. George Orwell
7. Milwaukee 8. Joaquin Phoenix 9. Clarke Gable 10. Belgium 11. Madonna 12. Iraq
13. Deadwood 14. Canada and Ireland 15. Daniel Boone 16. Queen Mary 17. Bread
18. A Martini 19. Windermere 20. Amazon 21. A Mob 22. Hans Lippershey



BAYSIDE CARER GROUP

Offering carers of people with health disability, mental illness or elderly people a chance to attend a free walking group and to learn more about the services available to them.

Free morning tea after each monthly walk.

WHEN 9:45 am - 12 noon
13 Sep, 11 Oct, 8 Nov, 13 Dec

WHERE Sandybeach Centre,
2 Sims Street, Sandringham

For bookings and further information please contact pathwaysbayside@gmail.com

QUESTIONS?

To learn more, including how to be part of setting up a walk in your local neighbourhood within Victoria, contact the Project Manager: 0447 440 035 or michelle.willoughby@ioe.org.au

FIND A WALK NEAR YOU!
Visit: pathwaysforcarers.com.au



- @pathwaysforcarersvic
- @pathways_for_carers_vic
- @pathways-for-carers-victoria

www.sandybeach.org.au



SANDYBEACH CARERS



Sharing Information and Connecting with Carers

CARER WELLBEING

Caring can be emotionally and physically demanding. As a carer you will often put the needs of the person you care for before your own. However, prioritising your wellbeing and gaining balance in your role as a carer is very important. A bit of stress is normal but when stress becomes unrelenting and overwhelming it can begin to affect your health and wellbeing. Some things you can do to help manage stress:

Keep healthy. Eat well and exercise regularly

Get a good night's sleep. Don't drink coffee or tea in the evening and explore ways to wind down before bed. Meditation, listening to music or reading can help if you have difficulty falling asleep.

Relax. Find out what relaxes you and take regular time out to recharge. Try to do something that you enjoy every day and spend time with people who make you feel good about yourself. Practicing relaxation techniques and Mindfulness. These have been shown to help with preventing and managing stress.

Talk. Talk with family and friends about how you feel. Let off steam and encourage them to do the same. It may also help to talk with a professional counsellor. Talk to your GP.

Ask for and accept help! Many carers feel alone and unsupported. Luckily there are lots of places you can go for information, help, advice and practical support. Carers Victoria, The Carers gateway, Dementia Australia, Lifeline and Beyond Blue are just some of the places you can reach out to.



Contact
carersvictoria.org.au
to find a local group

Carer Support groups are made up of people with common needs and experiences. Members help each other in many ways:

- Emotional support – you may find it a relief to talk things over with people who understand the pressures of caring but are independent of the person you care for or your family
- Practical information, tips and resources – most support groups share information about local services and supports, medical treatments and research, or tips to help you in your caring role
- New friends – many carers find that the demands of caring make it difficult to keep in touch with friends and family. Regularly getting out to a support group can expand your social circles and help you feel less alone

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?
admin@sandybeach.org.au
PH: 9598 2155

SANDYBEACH CARERS

Sharing Information and Connecting with Carers

Thank you to everyone who came along to our wonderful Sandybeach Carers Lunch in August! It was a great opportunity to connect and make new friends. There was a fabulous buzz in the room as people reconnected and shared experiences and knowledge over a delicious lunch. Events like this can help to improve Carer wellbeing by building support networks and providing opportunities to share experiences and knowledge.



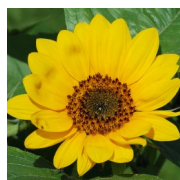
Thanks to our supporters including Bendigo Bank who help to make such events possible and enable our amazing carers to get

together in a fun and supportive environment.

Let us know if you would like to hear about our next carer event.



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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**



Coming Up For Carers in Term 4

Next Sandybeach Carers Group meeting
4 September

Next Pathways for Carers group
13 September

Alfred Carers visit Sandybeach
***Music Alive* - Sing along with the fabulous Suzy Singer, Mike Cole (as Elvis), Bob Valentine and more!!**

Dates throughout Term 4

Contact Alfred Carers for more info.
Ph: 1800 512 121

reception@sandybeach.org.au
PH: 9598 2155



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