



Newsletter

April-May 2024 Edition

Key Dates

Wurruk Food Pantry

Appointments are on
Wednesdays appointments
times made Tuesdays

Sponsored by:



by Appointment only

**Please call us if you would like to
register for Wurruk Food Pantry.**

TABITHA'S CLOSET VAN

'Meeting The Need'



Visiting Wurruk

Times: 12:30PM-1:30PM

Dates: Wednesdays

- 3 April

- May TBC*

*please check on Facebook

FREE CLOTHING INITIATIVE

Tabitha's Closet services the Gippsand community in different locations on a monthly basis.



FARMS TO FAMILIES POP-UP MARKET!
with FREE fresh fruit and veg



WHEN AND WHERE:

Date: Thursday, 9 May 2024

Market Time: 11:30 - 1:00pm

Location: Salvation Army
139 Cunningham St, Sale

Invite Only Event

Please ask Sarah for an Invitation
& Don't Forget Your Own Bags

SCHOOL - TERM 2, 2024

Starts: Mon, 15 April

Ends: Fri, 28 June

SCHOOL HOLIDAYS - TERM 2, 2024

Starts: Sat, 29 June

Ends: Sun, 14 July

Contact Us

Wurruk Community House

4 White Court, WURRUK VIC 3850

e: team@wurrukch.org.au | p: 5143 2292

A BIG
Thank you

Rotary



Club of Sale

Welcome to the latest edition of the Wurruk Community House Newsletter.

We are excited to announce we have a new addition to the community garden with our *new* greenhouse - which has been kindly funded by the Rotary Club of Sale.

This new greenhouse is an important addition to our community garden.

Huge thank you to Norm, Neil, John, Brendan and Sean for their teamwork, outstanding problem solving and patience - it was an adult sized Maccano set!

The greenhouse will support us with growing more food in our garden, which can be shared with you on Wednesdays at the Wurruk Food Pantry, you can also 'Grab A Bag' to pick fresh veggies any time and it supports us with sharing gardening knowledge and delivering classes.

The next stage in our community garden is to install ground cover in the greenhouse, set-up the shelving and piping water to the greenhouse and back veggie patches. Watch this space!




WHAT'S HAPPENING AT WCH?

WURRUK CHILDREN AND YOUTH PROGRAMS

- Children's After-school Activities - Art Play - p5
- Wurruk Youth Program  p3-4

COMMUNITY ACTIVITIES / ANNOUNCEMENTS

- Fundraising for Wurruk Community House
 - Easter Saturday & 'Mothers Day' Bunnings BBQ - Sat 11 May - p2
-  Farms to Families Market Day on Thurs 9 May - p6
- Social Worker Lenny - weekly Wednesday visit or by referral - p6
- NDIS Connection Desk - Wed 8 May - p6
- Social Housing - Repairs Program - p2
- **Uniting** Drumming with Tamara - Free adult activity - p6
- Wurruk Community Gardening Competition - postponed

We acknowledge and respect the Gurnaikurnai First Nation peoples past and present as the traditional custodians of the land on which we live and work.

We are committed to reconciliation and recognise and respect the significance of our First Nation peoples' communities, cultures and histories.



For community updates
follow us on Facebook at:
Wurruk Community House

Fundraising for Wurruk Community House

To help fund our Children's After-school Activities and cover the increasing costs of the Wurruk Food Pantry, we are looking for new ways to raise funds to support these two important activities for our community.

Help us help our community, by getting involved.

Our next Bunnings BBQ Fundraiser is for Mother's Day on Saturday 11 May.



VOLUNTEERS NEEDED

Would you like to get involved with volunteering opportunities at Wurruk Community House?

We have a range of activities you can get involved with including; our fundraising activities such as Bunnings BBQ fundraiser, or sharing your skills and learning from others in our community garden or delivering a community activity, or helping with the Wurruk Food Pantry.

This is a great opportunity to have some fun, meet new people and learn new skills.

If you would like to volunteer please contact Sarah for a confidential chat on 0491 673 699.

All volunteers are required to do complete a Working with Children Check.

TABITHA'S CLOSET VAN

'Meeting The Need'



Visiting Wurruk

Times: 12:30PM-1:30PM

Dates: Wednesdays

- 3 April

- May TBC*

*please check on Facebook

FREE CLOTHING INITIATIVE

Tabitha's Closet services the Gippsand community in different locations on a monthly basis.

If you would like to donate clothing to this wonderful charity - please ensure it's clean and in good condition for the new owner

EASTER SATURDAY BUNNINGS BBQ FUNDRAISER



This amazing team raised over \$1,100 at the Bunnings BBQ on Easter Saturday!

Huge thanks to Glenda our President for making it happen.

Volunteers on the day included Glenda, Norm, Sandra, Deb, Neil, Ken & Sean



Mother's Day Fundraiser Bunnings BBQ for Wurruk Community House

When: **Saturday, 11 May 2024**

Where: **Bunnings Store - Sale** (Desailly Street entry)

Money raised supports our 2024 Children's Activities & our Food Relief Program -Wurruk Food Pantry-



Does your home need simple repairs?

Call your Renter Liaison Officer to bring an onsite handyperson to your home for fast and free simple repairs

Sale and Surroundings
1800 973 433

Visiting WCH on the Third Wednesday of each month



GEN C CONNECT!!

So why the new name?

The new logo connects to the original name, Gen G, where it all began
Our youth and team love the word CONNECT for many reasons....

- It's about the Gen C program leaders connecting with the youth who we appreciate and value, the youth connecting with us and knowing they always have a voice within the program.
- It's about Gen C youth connecting with their local community, as well as connecting with the wider community whilst 'On the Go!'



TERM 1 ADVENTURES & learning outcomes

• Scavenger Hunt around the Wurruk Community

This session was about reconnecting as a group after the holiday break and giving our youth a sense of belonging. It helps to build their social circle outside of school and the community. Lucas, Brooke and Zac all led a team to build rapport and trust with the youth.

• Port of Sale Skatepark

Skateboarding offers many advantages including coordination, pain tolerance, stress relief, precision, reflexes, patience and a positive impact on growth and character. The youth loved this session and had a BBQ tea before heading back to the Community House.

• When Gaming Meets Gambling

We had some great feedback from participants in response to this session and the question "What was the most helpful thing you learnt from the workshop?"

Responses included; "That gambling is bad," "Most Games are gambling," "I learnt something and it was helpful," "Everything," "Not gamble," "That there are so many types of gambling."

The youth also made canvases that are hanging in the Community House promoting the dangers of online gaming and gambling, along with messages on smoking and vaping (pictured below).

• Gallery Education Program

Arts can help youth express themselves in new ways and builds self-esteem and self-worth. Arts projects helps with learning how to solve problems, think outside the box and with finding new ways of completing a task. This teaches how to problem solve effectively, an important skill for success in both life, school and work. They learnt a simplified Batik dyeing technique on fabric to create a unique textile work.



• Barefoot Bowls and Bocce at West Sale Bowls Club (Wurruk)

Playing in a small group helps youth develop many of the social skills they will need throughout life. It teaches them to cooperate and to listen to each other. Our youth also engaged with the Bowls Club volunteers and totally enjoyed the experience. It was great to see the youth showing respect, participating and listening to the volunteers!

• Community Challenge at Herb Guyatt Sanctuary

Zac was awesome at teaching us all a new skill in mapping, plotting a location and finding landmarks! It was great to see the youth working with each other and staff locating everything. A few went bush and had so much fun exploring this environment! All youth completed the challenge to a high standard and were rewarded with the prize of a goody bag. Yum!

• Community Emergency Services Expo in Wurruk

This event was about the community having the opportunity of our youth and communities making contact with VIC POLICE, SES, CFA, and RAAF MP's to bring everyone together for a display for the youth in the community. It was amazing to see so many getting involved on the day! All participants are pictured below - more photos are available at Wurruk Community House Facebook page.

• Beach Trip - Seaspray Creek Environment/Ecology Exploration

Our last session was about giving us all some 'Vitamin Sea' to reinvigorate our mind, body and souls. The calming view of the beach is up there with everyone's favourite scenery, and a gentle walk along the beach can really improve your mental well-being. Relaxing with an ocean view is proven to calm the mind, reduce anxiety and promote compassionate thinking and is definitely the perfect way for us to end Term 1!



Gen C - Wurruk Youth Program - Term 1, 2024 Supporters

A Big THANK YOU to GippSport, Victoria Police and Headspace for their incredible support for this program and a special thanks to GippSport for funding activities and catering in Term 1.





Adventures for Term 2, 2024

Thursdays from 2 May to 20 June - 4-6:30PM

- Sports Betting info session - the challenges
- Community Trades Expo - with TAFE & Employers
 - Knob Reserve visit- cultural session - TBC
- Gippsland Art Gallery - education incursion
 - Barefoot Bowls & Bocce at West Sale Bowls Club
- Social Sports at Wurruk Oval
 - GUEST - Kate Thomas an ex-professional athlete in Basketball (from Center for Healing and Justice through Sport) TBC
 - HeadSpace visit in Sale with Hayley
- Off-site Co-designed Adventure for the end of term

We are so lucky to have the opportunity to CONNECT with the youth every Thursday and thank them for always being willing to have a go!

The Gen C team - Andrea, Lucas, Zac, Brooke, Bell and Hayley.



Wurruk Youth Program - Term 2, 2024 Supporters

GippSport, Victoria Police and HeadSpace provide invaluable support with funding the dedicated Gen C delivery team members - Andrea, Lucas, Brooke, Zac, Hayley and Bell. Special thank you to Wellington Shire Council for the \$2.5K Community Assistance Grant to fund this term's activities and catering.



****We are seeking funding supporters to keep this very important Wurruk Youth Program running****

Please contact Sarah
e: manager@wurrukch.org.au or m: 0491 673 699 if you are able to help.



Children's Activities



Our Next After-school Activity

Wurruk Community House Inc
The Heart of Our Community

Supported by:
GIPPSLAND ART GALLERY
WELLINGTON

WURRUK COMMUNITY CHILDREN'S ACTIVITIES

Art Play with Meg
from Gippsland Art Gallery

WHEN: Tuesday, 28 May 2024
TIME: 3:30-5:00PM
WHERE: Wurruk Community House

After-school snacks will be provided
Please ask Sarah for a registration form if you have not completed one for 2024 Children's Activities
Parents are welcome to volunteer to support our children's activities
Working with Children Check is required

In March we held two Tuesday after-school activities for our children.

It was great hearing so much laughter and buzzing around - the photo's say it all...

The first event was Art Play led by Meg, Gippsland Art Gallery's Education Co-ordinator on 19 March. Everyone had a great time learning a new printing process, as well as playing with the parachute, kicking the ball and doing gymnastics.

Our second event was an Easter themed event - decorating Easter Cookies with Glenda and Deb on 26 March.

Huge thank you to Meg for sharing her talents and to Glenda for the massive preparations in baking all the different shortbread and gingerbread shapes - they tasted and looked great, and for organising the huge range of decorating choices.

Also a big thank you to Deb for organising the Easter Chocolate Cups and preparing the after-school snacks - all of which the kids loved!

A BIG THANK YOU also to the parents - Charmaine, Joanne & Hollie for volunteering and support - these activities would not be possible without your support.

If your child/children would like to attend and haven't already been registered - please pick up a form - they can be collected next to the front door (pictured below), and please make contact with any questions or enquiries.

Parents with Working with Children Cards (WCC) are welcome to join in the fun.





FARMS TO FAMILIES POP-UP MARKET!

with FREE fresh fruit and veg



WHEN AND WHERE:

Date: Thursday, 9 May 2024
Market Time: 11:30 – 1:00pm
Location: Salvation Army
139 Cunninghame St, Sale

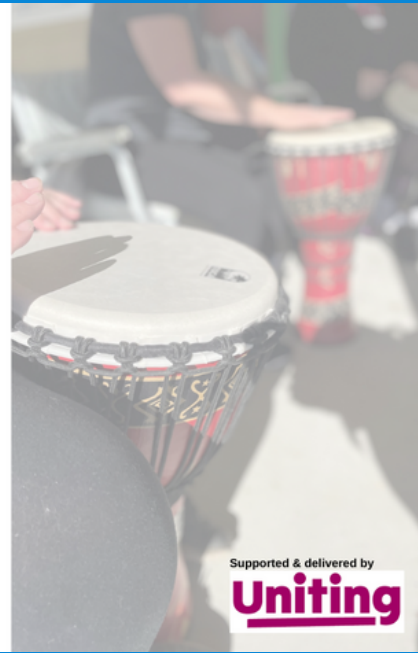
Invite Only Event
Please ask Sarah for an Invitation
& Don't Forget Your Own Bags



African Drumming for adults with Tamara

Dates: Thursdays in Term 2, 2024
from 2 May to 27 June
Time: 10:30-11:30am
Where: Wurruk Community House

Please register with Tamara
to ensure drums are available
on 5144 7777



Supported & delivered by
Uniting



Delivering the NDIS in your community

Connections Desk Community Appointments

Do you have questions about NDIS such as...

- How do I access the NDIS for myself/ child?
- What disabilities are covered under the NDIS?
- Can my child who is not yet at school access developmental supports through NDIS?
- Can I get support with understanding my NDIS Plan?
- How do I access supports for disabilities other than NDIS?

If you have questions regarding National Disability Insurance Scheme (NDIS), the LCHS Local Area Coordinators are visiting Wurruk Community House.

Visiting on Wednesday 8 May -12:00-1:30PM

For immediate NDIS questions please call 1800 242 696 | Mon-Fri 9AM-5PM



Are you caring for a friend or family member? Are you helping look after someone close to you, and not getting paid for it?

Wellways Mental Health & Wellbeing Connect can help you, while you help your loved one.

We offer support, information and advocacy, our team all have lived experience and training. Find out how we can help you

Contact us - 1300 000 717 or
gippslandconnect@wellways.org



This is a great service delivering practical support for carers

Social Worker - Lenny visits Wednesdays



Lenny, Social Worker from CGHS

Lenny is a Social Worker from Central Gippsland Health Services, who is visiting most Wednesdays, on our Wurruk Food Pantry days.

Lenny is super friendly and is already helping community members with accessing a range of supports.

If you need support with accessing services or just like to chat about an issue - you can either drop by on Wednesdays or give me a call to connect you up with Lenny.

Call me (Sarah) on 5143 2292 or
text 0491 673 699 or email team@wurrukch.org.au

