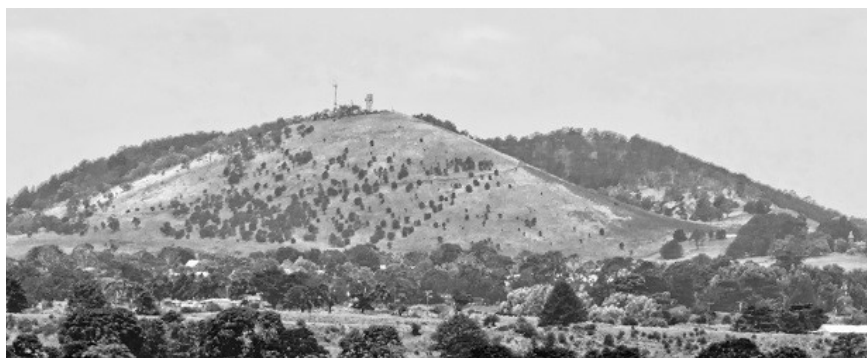


MT ROUSE NEWS & VIEWS COMMUNITY NEWSLETTER



A Project of the Penshurst Mens Shed Inc

F R E E E V E R Y F O R T N I G H T

Editor : Mark Dalla Costa

All correspondence to: mtrousenewsletter@gmail.com

AUSTRALIA DAY 2019 - A day to be remembered

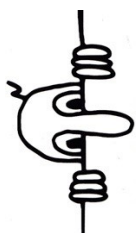


Over seventy people attended the Ceremony and enjoyed the brunch afterwards



Thank you Peter Cook for your wonderful stories, and the singalong.

Oops - the flag was a-fluttering



DEADLINE FOR SUBMISSIONS - 9th February 2019

The newsletter will be published on Wednesday fortnightly and we would appreciate submissions at the earliest possible time within the fortnight but no later than the Saturday immediately prior to the Wednesday of publishing.

**WDHS SOCIAL SUPPORT GROUP**

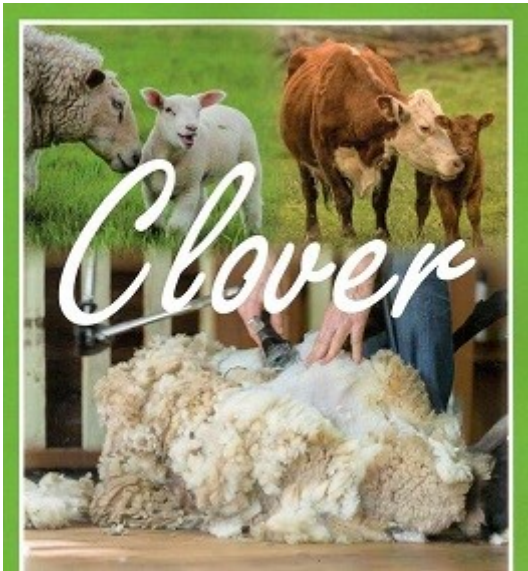
After the success of the meeting on 24th January

If you are interested in the Social Support Group advertised on page 13 of this issue you should be aware that if you are under 65 years of age you may self refer to the service.

If you are 65 years and over:

- Go through My Aged Care website, www.myagedcare.gov.au or phone 1800 200 422. Register your details and request the service of Social Support Group and Transport, an assessor will then contact you and we will receive your registration after that.
- If you receive a Community Aged Care Package you may be referred by your Case Manager. A My Aged Care referral is not required.

**The next Community meeting will be held on Thursday 28th February 10.30
at the Penshurst Newsagency & Takeaway, Bell Street.**

**BOOK REVIEW
CLOVER by Peter Schroder**

Many of you will know Peter Schroder who spent some 46 years working on pastures in the Hamilton district and especially around Penshurst. When Peter retired last year many of his former clients suggested he should write a book. 'Clover' is the response to that challenge and it is a whimsical and yet educative look at all the issues associated with pasture and stocking.

The book goes into detail on sowing and improving pasture including good detail on what, when and where to fertilise.

Peter goes into much detail on measuring quantities, timings, rainfall association and how to manage for your best returns.

His business advice is not only sage but occasionally very funny. This is a good read for anyone in a farming related business and is a valuable reference document.

Copies can be obtained from Peter at a cost of \$30.00 and he may be best contacted by email on pandjsch@bigpond.net.au.

Australia Day 2019

Penshurst Citizen of the Year

Firstly the Advance Penshurst committee would like to thank everyone who nominated the person, or people, they believed were worthy of the Citizen of the Year Award for 2018. No one could be more shocked than Brian O'Brien when his name was announced. Being part of a small town means dedicating your life and time to projects that are very important to you. Brian's list of current and past activities is vast, and he certainly deserved to receive the award as he continues to serve the Penshurst community.

Current membership of groups: Volcanoes Discovery Centre - President/secretary of management committee; Advance Penshurst - Management committee member in 2018, former president; Mt Rouse and District Historical Society - Life member, served 14 years as president; Boram Boram Cemetery Trust - member for 12 years; Penshurst Racing Club - Member, former committee member; Friends of Napier Waller - founder and Penshurst Book Club - Member.

Former membership of groups: Western Victorian Association of Historical Societies - management committee member for eight years, wrote history of association; Penshurst Windfarm CEC - committee member and Penshurst's 150th celebrations (2011) - committee member.

Speechless at the time - we asked Brian what he would like to have said when he received the award:

"I am delighted and a bit overwhelmed to receive this award. No one undertakes community work in the expectation of getting such an award, but it's still pleasing to find the community appreciates the time that volunteers put into many organisations.

Small towns would collapse without volunteers. I have always felt it's almost incumbent of people living in small towns to join groups so that their town can prosper and be more interesting to live in. I would feel like a bludger if I just went to live in a town and did nothing to keep it viable.

Penshurst has more facilities than a town of about 450 people normally has and this contributes to making it an interesting place to live. Long may that be the case. It's main threat is the same as 1000's other Australian towns - an ageing population and a reduction in the desire to volunteer.

Most of the groups I am in are dominated by people who are life-long volunteers and in their 60's, 70's and even 80's. We need more middle-aged people to step forward or else there can be only one result - groups will fold and towns will wither.

Advance Penshurst Committee would like to thank the teams and individuals that helped to make the Ceremony and Brunch a success.

Pictured are the dedicated crew from the Lion's Club who provide BBQ's at our many events. Others were Marcus Rentsch, Mark Dalla Costa and Nigel Pyne, Don Adamson, Tom Cooke, and a special thanks to Andrew Curtis who, with only a little help, prepared the Gardens so beautifully. We'd also like to thank Lorraine and Paul from the Penshurst Ambulance, Jo from the CFA and the other stall holders.





Post Offices have changed in many ways over the years,
now offering a wide variety of products and services.

*Did you know you can deposit & withdraw with all major banks and Credit Unions
at Penshurst Post Office*

Also

Passports & Passport Photos, Working with Children Applications

Post Office Boxes available – To keep your mail safe

Overseas Money - Commission free, Money orders

Western Union Money Transfer

Gifts for all occasions and ages – GREAT PRICES

Quality Cards & Wrapping Paper, Darrell Lea Chocolates

AND MUCH MORE

Monday – Friday 9am to 5pm

31 Martin St, Penshurst Vic. 3289 (03) 5576 5220

PENSHURST MENS SHED

Located at 103 Cobb Street Penshurst

In January and February the workroom of the Shed will not be open
on high temperature days.

All Welcome

The shed is open:

- Monday, Wednesday and Saturday 10:00 am to 4:00 pm
- Tuesday Social afternoon 2:00 pm to 5:00 pm



ABN 35 622 662 815

Committee of Management:

Ama Cooke – President 0402 870 738

Mark Dalla Costa – Secretary

Mary Stewart

Vice President – Tom Cooke

Nigel Pyne

Treasurer – Marjorie Dalla Costa

Don Adamson

Advance Penshurst is going through some quiet, but important, changes. After 25 years, and many years of discussions, the Committee will be approaching the members of the Association to **change the name to the Penshurst Progress Association**. A Special Resolution Meeting has been set for the 27th February at 7pm in the Supper Room of the Memorial Hall, with a break for a cuppa and then the usual Community Meeting to commence at 7.30pm. The current members of the Association, over 50 in number, will receive information about this event via email or post this week.

It is time to review the Penshurst Community Plan. A quick look through has shown us that a number of items have been fulfilled, or are no longer required. The beginning of the review will be at the next Community meeting mentioned above, at 7.30pm. These meetings are open to everyone in the Community and newcomers are always welcome.

Stage 2 of the **Community Plan review** is to take it to the people. We will be doing this at the Penshurst Hospital Market on the 16th March. We hope to see you there. More information in the next newsletter.

More Australia Day photos



Yes, Scotty, that was a great sausage sandwich!



The community came together for some great conversations on Australia Day this year.



A PAGE TO SHARE RECIPES

The following recipe was submitted by a reader this week.

Chilli Chicken Skewers

Another Summer Recipe

INGREDIENTS

- 1/4 cup rice wine vinegar
- 1 lime, juiced
- 1 tbs caster sugar
- 1 tsp sea salt flakes
- 1 long red chillies, seeds removed, finely chopped
- 2 garlic cloves, crushed
- 1/4 tsp white pepper
- 600g chicken breast stir-fry strips
- olive oil cooking spray
- 100g sugar snap peas, halved diagonally
- 100g snow pea sprouts, trimmed
- 400g hokkien noodles, to serve

METHOD

1. Soak 12 bamboo skewers in cold water.
2. Combine vinegar, lime juice, caster sugar and salt in a small pan. Stir over a low heat until sugar dissolves. Transfer to a ceramic dish and cool.
3. Stir in chillies, garlic and pepper. Add chicken, cover and marinate for 20 minutes.
4. Thread chicken onto skewers. Heat a non-stick frying pan over a medium heat. Spray chicken with cooking spray. Cook in batches for 2-3 mins each side.
5. Place both peas into a bowl. Cover with boiling water and stand for 2 minutes. Drain. Add sprouts and toss to combine.
6. Prepare noodles as per packet instructions and spoon into bowls. Top with skewers and serve with pea salad.

Bethlehem Lutheran Church Tabor Service every Sunday 10.00am	Penshurst Anglican Church 5pm Mass 4th Sunday each month For further details contact Janet Kelly on 5576 5247	St Andrew's Uniting Church Penshurst 2nd Sunday & 4th Sunday 11am Service	St Joseph's Catholic Church Penshurst 1st Sunday No Service 2nd Sunday Mass 8.30am 3rd Sunday Lay Service 8.30am 4th Sunday Mass 8.30am 5th Sunday Mass 8.30am
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Penshurst Church Services

PENSHURST HAIR DAY at the Penshurst Hospital Market (& Car boot Sale)

You may well think this is far too early to tell you about two very important coming events, however I want to give people a chance to help these worthy causes. They are:

World's Greatest Shave & Biggest Morning Tea

Every year communities gather together to support these two worthy causes. The 'Shave or Colour' funds go to support research into Leukaemia, and the donations for the Morning Tea support research into Cancer.



I don't think there is anyone who has not been touched, or known of someone, who has struggled with these diseases.

As usual, entry to the market is a gold coin donation which goes to the support the Penshurst Hospital. The tickets for the Shave or Colour, which are being donated to us by Mandy of Mandy's Hair Design, can be purchased at the door for \$5 each. The Morning Tea, which includes Tea, water and fruit juice or cordial and various 'slices' is also \$5. While it will be easiest to purchase the tickets at the main doors, they will also be sold in the Supper Room for those who decide to participate.

Why these two fundraisers? The Morning Tea is usually held in May, but we don't have a market then. Some of us who will be having their head shaved have friends or family either going through the fight, lost the fight or come through the fight and are now out the end. We would love the town to support us and come and watch us put our Heads on the Line. For those who would like to have the shave or colour, you can also seek out support from sponsors, to that end, sponsorship forms will be available at the Takeaway and Supermarket.

Yours Mac

p.s. It is also time for a review of the Penshurst Community Plan which will be pinned to the walls in the supper room. For more information, see the Advance Penshurst article in this newsletter.

Penshurst Memorial Hall

To hire the Hall please contact the booking agent, Thomas Cooke 0488 557 345 or Email penshurstmemorialhall@gmail.com. Contact Tom Cooke for key collection.

Daily charges for Hall hire:

· Supper Room or Kitchen \$50 · Main Hall \$150 · Entire Venue \$250

Conditions apply

Grab your Takeaway and extras from
Josh & Tracy Hewitt at the

Penshurst Newsagency & Takeaway

86 Bell Street Penshurst 5576 5330
ABN 62624156010

All Day Breakfast, Egg & Bacon Rolls, **Home-made cakes & slices**
Mahalia Coffee, Fresh Bread, Milk, Meat and soft drinks.

Fresh battered Fish, Dim Sims, **Hot Chips** and much more.

**Try the specials – Chicken Parma, \$15.00, Souvlakis (Lamb or Chicken),
Fish & Chips with salad \$10.00**

NEW – Chicken & Seafood (served with chips & salad) \$18.00

Hamburgers, Chicken Chilli Burgers, Steak Sangas, Chicken Schnitzel Burgers

Check our board for weekly specials!

Opening hours

6am – 7pm Monday – Thursday

7am - 8pm Friday, 7am – 8pm Saturday

8am – 7pm Sunday

Please phone late orders 15 minutes prior to closing, thank you.

PLACES OF INTEREST IN PENSHURST

Volcanoes Discovery Centre

www.penshurstvolcano.org.au

Yatmerone Wildlife Reserve

Ritchie St Penshurst

Botanic Gardens

Chesswas St Penshurst

Penshurst Caravan Park

Cox Street Penshurst

For Bookings phone (03) 5576 5220

24 Hr Fuel

91A Bell Street Penshurst

The Mount Rouse steps are closed at the present moment due to renovations.

Penshurst Creative Arts is happy to announce the

2019 Penshurst Art Exhibition 22nd-24th March 2018

Entries are now available online at www.penshurstcreativearts.org.au
or by post or delivery from Tom Cooke on 0488 557 345

“One man practicing sportsmanship is far better than 50 preaching it.” – Knute Rockne

“Nobody who ever gave his best regretted it.” – George Halas

UNDER 13 CRICKETERS TO REPRESENT HAMILTON DISTRICT

Doing the Penshurst community proud were our Under 13 boys who were chosen to represent the Hamilton District within the Country Cup Cricket Carnival. The carnival, which was held last week in Portland, saw a fantastic effort from our boys. The cricket fraternity in Penshurst were proud to see the next generation doing their thing so well.

Pictured left are the boys who were selected. In the back row from left to right we have Riley Casey, Noah Cameron, Tyler Ellis and Oscar Hausler. In the front row is our coach, Caleb Millard, Lachlan Page and Jackson Ellis.

Well done to all concerned.

**CFA Bushfire Planning Workshop**

Friday 1st February

**10.30-12.30pm (followed by a light lunch)
VDC Education Room**

For further information contact Jo Vigliaturo

0408544670

All Welcome

Mt Rouse Puzzler Word Search 2

W Y R K R P Y T N R P T E P N L Q
 Q L V L J Q K B Q T N X M Q D R N
 X D Z Q V R Q K N A E D Z T T B Q
 J Z N Q G Y Y L H R I K M D I N Q
 M U L U D N E P C M M Y K R J P G
 D D K M Z B E I A C Z J T N Y B Q
 N A R B G L S G R N L H Y V Q M Z
 E E D L E E I O V H D T E R C E S
 I R H W X N S R B A U N I A M A K
 R B T O A S E B Y D A B L B R L D
 F T N T P P W S M E E E A E A T B
 P R I P P S M W C V N U M R B H V
 T O K E F R C O Y D Z A L W B D W
 N M P M B A K O A Q C K L G R X Q
 T V M L E W I R T W W N L Q L N M
 M G U M D O T R V C B D R W Z N X
 D V P R Q M W Y Y Q H N M R X N L

Sometimes its is good to stop and consider -

"Life is mostly froth and bubble, Two things stand like stone.
 Kindness in another's trouble, Courage in your own."

Adam Lindsay Gordon

"To see the world in a grain of sand, and a heaven in a wild
 flower, hold infinity in the palm of your hand, and Eternity in
 an hour.

Auguries of Innocence - William Blake

The answers to the Word Search 1

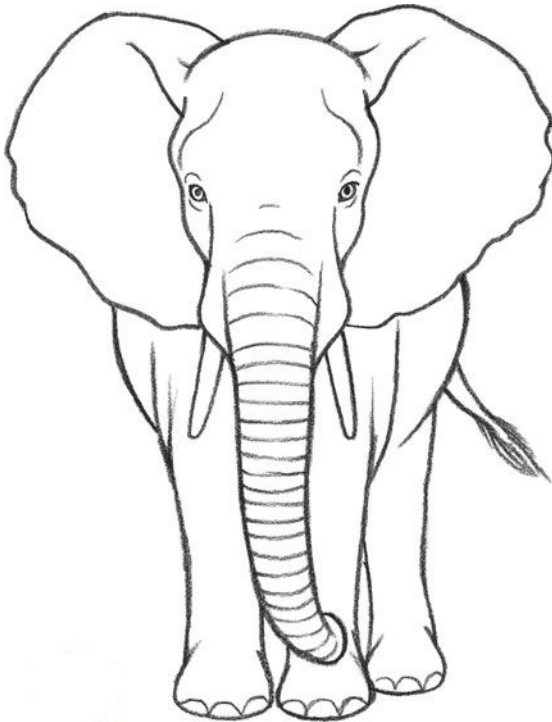
L M M V X X Q Q L Z R L D P Y
 M D Y E Q M T Y Q D L B R B B
 J O G L D C U C U M B E R I T
 C B D T S I N A M T S O P P P
 U W Q S M U T T N N L G M U J
 R X T Y I B O E R E A N M Q V
 N V D N E W W I R M T P M Y Z
 E D O S I O B D D R K B P E N
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 N O N N C O P O N U T N T L T
 M L I U A H T B Q M S E L L
 T A V G H E N D O P M M A A K
 B P H W R T A O Q O D S E F N
 D T R R W W O W D R F R K R B
 R K Y G V Q N N J K Y Y L D P

A PAGE FOR THE CHILDREN

Ah the magic of the school holidays. Long hot days, the water, trees to climb, adventures lie everywhere, particularly where the elephants roam.

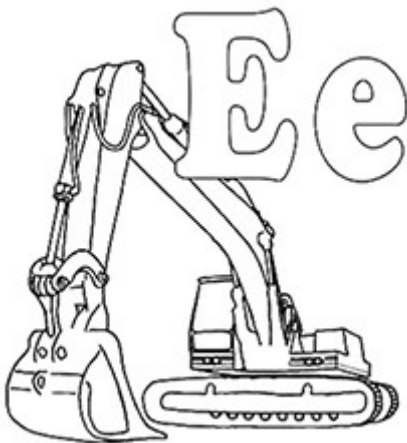
E

is for echidnas, envelopes, and encyclopedias (or Wikipedia in the modern world). E is for excitement, exercise and engines in cars. E is for environment, the nature around us that we have to learn to protect. And E is for enjoyment, taking time to be happy as we quickly grow up, slowly mature, and then seek moments of childlike excitement again.

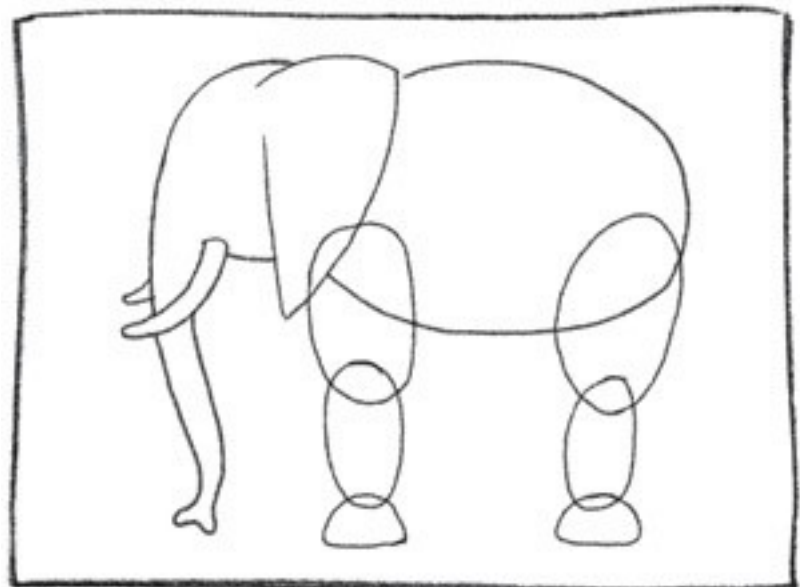


Can you write a story about an elephant and an echidna?

Where would it be set, in Africa or Australia? When did they meet, and why? And what adventures do they get up to? Send your entries, or ask your parents to, to Mark, the Editor of this newsletter, and we will publish some of them in the newsletter.



Is for earth-moving



How to draw an elephant

Treatments are:

Aromatherapy Massage

Hot Stone Massage

Ear Candling

Facials

Also a variety of Giftware

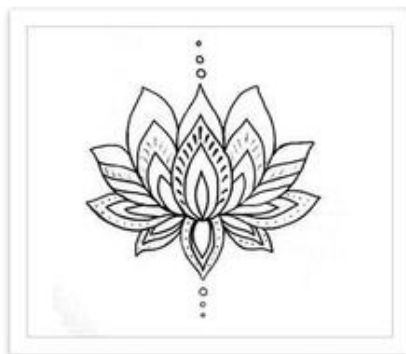
Sauna Treatments FAR
Infrared

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Gift Vouchers Available

Taking Appointments Now.



Relax Unwind Take Time out

**Christine's Healing
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New Shop at
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Benefits of sauna are:

Helps with pain relief, improves
circulation, blood pressure
reduction, weight loss, cell
health and immunity, anti-
aging, cardiovascular and
detoxification.

Fully Qualified therapist using
pure essential oils and natural
botanical skincare.

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Packages and Opening Specials

Email: chrisonport@gmail.com

Facebook:

Christine's Healing Retreat

PENSHURST RSL SUB BRANCH

Annual General Meeting

followed by

General Meeting

Thursday 14th February

6.30 pm

**RSL Rooms, Ritchie Street,
Penshurst**



**Mandy's
Hair Design**

**80A BELL ST
PENSHURST**

Bookings by appointment

For appointments please ring

Mobile: 0417 511 177

Thankyou

MONTHLY MEETING DATES

- Book Club, 2nd Wednesday each month at Senior Citizen club rooms.
- Caramut & District Garden Club, 2nd Tuesday monthly at 10 am. See Garden Notes for venue.
- Combined Churches service 3rd Tuesday every month in W.J. Lewis wing at 11 am.
- Courthouse open 1st Saturday each month 9.30 am to 1230 pm.
- Friends Yatmerone Reserve, 2nd Tuesday each month at Volcano Centre 7.30 pm. New members welcome.
- Indoor bowls 2 pm every Monday at Senior Citizens. All Welcome.
- Lions, 1st & 3rd Tuesday each month at 8 pm.
- Mt Rouse & District Historical Society, 4th Sunday in January, March, May, July, September and November, 2pm at Court House. Phone 557 12145.
- Penshurst Bowls Club, 1st Tuesday each month at 7.30 pm.
- Penshurst Hospital Ladies Auxiliary, 3rd Tuesday each month, Sheppard Room, Penshurst Hospital at 1.30 pm.
- Penshurst Playgroup meets every Monday morning 9.10 am—11.30 am at the pre-school in Watton street. Everyone most welcome. (No playgroup in School holidays)
- Penshurst Pony Club rally, 1st Sunday each month.
- Penshurst Senior Citizens meet last Tuesday monthly, 4 pm at club rooms in Bell Street. Novelty Bingo, last Tuesday of month Feb—Nov at 2.15 pm. Cards & social afternoon, 2nd Wednesday monthly at 2pm
- Penshurst Urban Fire Brigade, 2nd Monday monthly at fire station.
- Residents, Relatives & Carers group, Tuesday bi-monthly, 4 pm at Hospital.
- RSL meets 1st Thursday of February, April, July & October at 6.30 pm at RSL Hall, Ritchie Street.

Would you like your group listed here, contact Mark on 0409192612 or email

mtrousenewsletter@gmail.com

Upcoming Events in Penshurst

27th February Advance Penshurst Special Resolution Meeting, 7.00pm

Community Meeting 7.30pm at the Penshurst Memorial Hall

22nd—24th March Penshurst Art Exhibition @ Penshurst Memorial Hall

List your event here—contact the Editor



Watch this spot

We welcome contributions to all sections of our Newsletter. Any suggestions for things you would like included please send to the Editor at:

mtrousenewsletter@gmail.com

LETTERS TO THE EDITOR

In this section we welcome your comments and views. If you have good news or a burning issue please send a letter to the Editor at :

mtrousenewsletter@gmail.com.

The Editor reserves the right to decide on which letters will be published and whether to precis longer submissions.

This is the place where you can share your appreciation of a person, a group, a Club, a business or Association. Letters to the Editor can be about anything at all.

Riddles

1. What am I ?
2. How do cows count?
3. What key is playful?
4. How can you make 7 even?
5. What table can you eat?
6. What flies without wings?
7. When is a door not a door?

Answers to last fortnight's riddles:

1. A clock
2. An owl
3. A mushroom
4. A snowflake
5. Cause its parents were in a jam.
6. when it's turned into the teacher
7. February

Published by Penshurst Mens Shed Incorporated

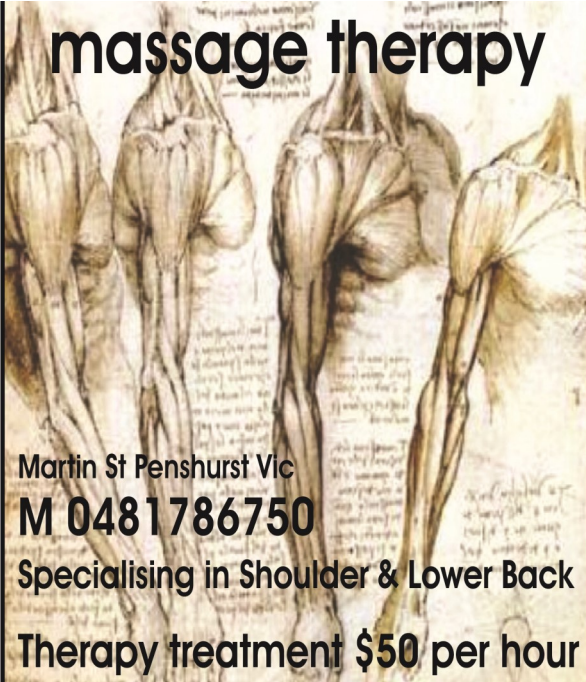
ABN 56 257 756 133 VMSA No: 301039

"Mt Rouse News & Views Community Newsletter"

Is the registered business name of the Penshurst Mens Shed Newsletter

Registered Address: 46 Watton Street, Penshurst 3289

Email: mtrousenewsletter@gmail.com



massage therapy

Martin St Penshurst Vic
M 0481786750
 Specialising in Shoulder & Lower Back
 Therapy treatment \$50 per hour

Mobile Library

Internet, audio books, dvd's, fiction & non-fiction, children's section,

If we don't have it we can get it free!

It currently visits Penshurst every

THURSDAY FORTNIGHT

3.00 to 4.00 pm outside the Hall in Martin St



The Mobile will not operate on extreme and Code Red fire declared days.

Phone 5573 0470

[Www.sthgrampians.vic.gov.au/library](http://www.sthgrampians.vic.gov.au/library)

CHRISTOPHER COOK

CONSTRUCTIONS

Ph: 0417 100 243

Fax: 5576 5267

112 Bell Street Penshurst Vic 3289

HIA Reg CB-U 6214 DB-U 5109



ADVERTISING RATES (Per Issue)

Full page \$20 **1/2 page** \$10

1/4 page \$5 **Business Card** \$3

TAIL END TALES

Following is the first in a series of short stories , most of which are based on factual events, by local author Steve Koala (a pen name). The 'hero' of the stories is one Pud.

THE ADVENTURES OF PUD**Pud and the sinking of the Alicia**

Pud had an old wooden boat called Alicia. It was in very poor repair and more a hazard to shipping than a commercial rock lobster boat. But Pud fished in the Alicia for many years and did all right without making a fortune.

One day he was pulling his pots when suddenly smoke billowed out from the engine room. Fire! thinks Pud. Picks up the fire extinguisher. Empty from the last blaze. Over the side with that one. All he could do was shut all the doors and put blankets or whatever he could find in any place air could get into the engine room and hope without oxygen the fire would go out.

He sent out a mayday and a large steel fishing boat, The Talarka, headed towards him. Pud looked to the horizon and a large puff of black smoke appeared. Pud excitedly called up the skipper of the Talarka, Graeme Holloway and said, "Look on the horizon, there is another boat on fire." But it wasn't.

It was the Australian navy in the form of HMAS Ardent. They came to save the day.

The Alicia had been smoldering for some time and even though afloat, she was possibly too badly damaged to fix. So this enormous patrol boat lowers a ladder and Pud runs up it like a rat up a drain pipe. Then he thanks his rescuers, lights a smoke and watches what comes next. The navy crew roll out a hose about 200 millimetres in diameter connected to a large pump. "What in the blue blazes is that thing," asks Pud.

"That is our fire pump" the navy boys replied.

Then they ran down the ladder onto the deck of the Alicia and smashed a hole with their fire axes. After this the hose was lowered down and poked in the hole and the pump switched on. WHOOSH! It took less than 30 seconds for the Alicia to fill with water and sink like a stone.

Pud stared at the spot in the ocean where his boat once was and asked one of the officers in charge, "How many burning boats have you rescued?"

The officer proudly replied "You are the first one."

"I kinda thought so," said Pud sadly.

Steve Koala © 2019



Where are Social Support Groups held?

Hamilton

Hamilton House Allied Health Centre
Tyers Street, Hamilton

Penshurst

Sheppard Community Centre
Cobb Street, Penshurst

Coleraine

Golden Lodge
Pilleau Street, Coleraine

Merino

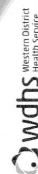
Merino Community Health Centre
19-21 High Street, Merino

How do I get there?

We encourage you to drive yourself or transport can be arranged if required.



The WDHS Social Support Group is supported by the Victorian Government and the Australian Government Department of Health



Creating healthier communities

Getting Started

To access the Social Support Group you will need to complete a free and independent assessment through My Aged Care (MAC). MAC will refer you to the Social Support Group nearest you. A Social Support Group member will contact you as soon as possible after your referral is received.

My Aged Care

Ph. 1800 200 422
www.myagedcare.gov.au

For additional information please call Social Support Group to discuss.

Western District Health Service

PO BOX 283
HAMILTON, 3300

Telephone: 03 5551 8351

Facsimile: 03 5551 8548

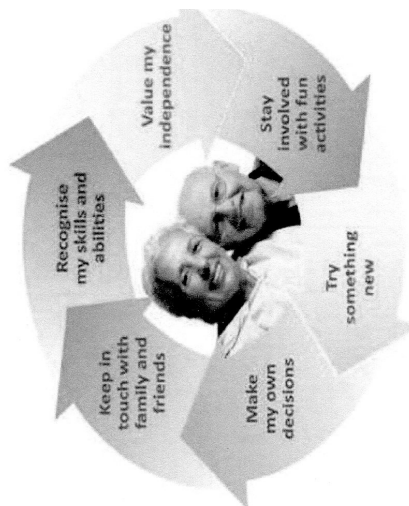
Info-gram Source:

HomeCareToday Provider Learning Modules
Module 3 PowerPoint, (accessed Feb 2015)

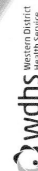
This material has been developed in partnership with consumers.
Printed June 2017



Social Support Groups



www.wdhs.net



Creating healthier communities

Social Support Groups

What are Social Support Groups?

Western District Health Service Social Support Groups provide support for people to live well at home by providing caring, healthy, activities, recreation and music options.

The program is designed to enhance independence by promoting physical activity, cognitive stimulation, good nutrition, emotional wellbeing and social inclusion. A fun, varied and changing program is developed together with members' interests and includes a wide variety of social, recreational and learning opportunities.

Who is eligible to attend?

Residents in the community who are eligible for support from Commonwealth Home Support Program and Home and Community Care for Young People services.

Social Support Groups focus on:

- Supporting you to live well
- Enabling you to achieve and feel valued
- Building on what you can do

Through:

Active Service Model – participation focusing on strengths based approach.

Person Centered Care – the program is designed to suit your interests and choices, doing the things that bring YOU pleasure.

Goal Setting – we build partnerships together to achieve what is important to you, these are shaped by YOU and YOUR wishes and desires and may include input from family, friends and carers.

Exercise program – a variety of achievable exercise options offered daily.

Support and Respite - for carers and families.

How much does it cost?

- A small fee applies to help cover transport and meal expenses.
- You may be asked to cover the cost of a special activity.
- Fees can be paid daily or provision can be arranged for a monthly account.

Who funds Social Support Groups?

Social Support Groups are supported by the Victorian Government and the Australian Government.

Who else is involved?

We work together with all services, Health Care Packages and Agencies to assist in being able to live independently and safely in the community.