



# You

November 2021

## Yarrunga Offerings & Updates

### Welcome to Term 4

Term 4 – It is difficult to believe that we are in Term 4 again already. This time last year we were all hoping that 2021 was going to be different, and here we are again, thinking that 2022 will be different!

At this point we are envisaging that 2022 will be a return to more 'normal' activities, but of course there will still be things we need to do to ensure everybody's best chance of staying healthy. Double vaccinations, masks, QR codes and Covid cleaning look to be part of our lives in the foreseeable future, and to be honest, it's a small price to pay to get some semblance of normalcy back again.

As we prepare to close off the year, I would like to thank all of our dedicated tutors for once again working on our online platforms. I know that it has had its challenges, but they all strived to offer the same standard of program for your benefit and enjoyment.

I also thank you all for your continued support of the Centre. It has been very different to 2020, where there was a plethora of Government financial support for our operations and staff. 2021 saw very little government support, and with low enrolment activity due to the instability, community unpreparedness to participate face to face when opportunities occurred, or those not wishing to undertake Zoom. For those of you who made the most of our online programs – you are all champions!

Thank you to all the staff, volunteers and our illustrious hospitality tutor, Shelly for leading our team to support the Winter Shelter Community meals program. Over 500 serves of nutritious meals were created during this time. Due to lockdowns, some of our volunteers were not able to support the service, but as soon as they were able, they could not return fast enough. I thank each and everyone of you and I am certain that those that benefited were extremely grateful too.

Finally, I want to thank our administration team, committee and volunteers. The office staff may have been working from home for a large part of the year, but the workload was no less demanding than normal, in fact it was often harder and more exhausting. Being back in the office created additional demands on our time with Covid safety management, teaching people how to use the QR service – and this is not likely to change once we re-open due to the Vaccination requirements for our return to business.

With this in mind, I ask that you be patient and kind with our staff, who are only doing the job that has been imposed on them by the Government. Checking your vaccine status is a requirement that we have to undertake on every person who attends the centre, every time they attend, no matter what.

Please enjoy the last remaining weeks of the term and year, take pleasure in seeing everyone again, enjoy the coffee catch ups (or lunches) – I am sure you have all missed these activities. Just a reminder that the Centre will close for the year on Thursday 16 December at 12 noon and reopen on Monday 17 January 2022.

The team and I wish you all a wonderful holiday period.

Sam Blackwell  
Manager

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## TERM 4 ACTIVITIES AND PROGRAMS

### **New - Pickleball**

Pickleball combines the elements of badminton, table tennis and tennis. Two or four players use paddles to hit a lightweight ball over a net. So, grab some friends and book a pickleball time.

Check out this video to learn more: <https://www.youtube.com/watch?v=fTvPYdKZqO0>

Pickleball will be available as a self-facilitated program Tue – Fri afternoons from 1.30pm – 3pm. Cost is \$5 annual social group membership plus \$2.50 per person when you play.

Please call Reception to book your day and time.

### **Wellbeing Hub**

Our wellbeing hub runs on Fridays from 10.30am – 11.30am. It's a small group that gather together to share ideas and experiences on improving wellbeing. Jen, from the office, has been completing a Certificate in Creating Wellbeing to add to her other wellbeing credentials and will facilitate the group. We would love to see more people involved. Cost is \$5 annual social group membership plus \$2.50 per person when you attend.

## PLAY - Positive Living at Yarrunga

PLAY is our latest initiative.

Caring for yourself, your friends and family and your community is always important. We want to make 'wellbeing' part of everyday conversation, and offer you lots of different ideas and perspectives of wellbeing. But most of all, we want to encourage you to explore and play with wellbeing with a sense of fun and curiosity.



We will be placing wellbeing information around the Centre, on social media, on our website, and any other places we can think of! We are offering a safe space to explore, discuss and share wellbeing through our Wellbeing Hub social group that runs on Fridays from 10.30am - 11.30am.

So, what are our credentials for this? Well, a lot of term 3 was spent by Jen Schrader completing a Certificate of Creating Wellbeing, run by The Wellbeing Lab, Communities of Wellbeing and Maroondah City Council. This comes on the back of previous experience in this field (yes, Jen did have another life prior to Yarrunga!).

So, let's get the ball rolling by getting some basic information out there:



Everyone has natural highs and lows in daily life. Being 'wellbeing savvy' means we can more successfully navigate the lows, and can move beyond simply functioning towards thriving and flourishing.



It's normal for our levels of wellbeing to ebb and flow.

Struggle/challenge is not a sign that we are broken or in need of fixing - it is an invitation to learn and grow from things that are happening.

When we respond positively during times of struggle, it improves our levels of resilience for the future.

We need to care and nurture what we have - focus on what's working well and do more of that.

Other times, we may be in a position to actively work on improving elements of our wellbeing.

You are in charge here - you need to be intelligent and active 'CEO' of your own wellbeing.





One of the best ways to enhance positive living is to do things that have purpose and meaning. So, while it looked like we were helping our disadvantaged people with our Winter Shelter meal preparation, we were also doing something special for ourselves!

Thanks to our wonderful team that helped prepare meals over the past year - Margaret, Suzanne, Jill, Michael, Trish, Angela, Ruby, Tegan, Siobhan, Sam, Nadine and Jen - and our wonderful supervisor Shelly. Together we made hundreds of meals using some of the amazing food donations we have received from our very generous Yarrunga community!



## OTHER NEWS

### Scam Awareness Week, 8 -12 November

Scams are rife, and most people have encountered a scam in one form or another.

The Top 3 scams causing the most financial harm to Australians in 2020 were:

- investment scams
- dating and romance scams
- business email compromise (payment redirection scams)

The top contact methods that scammers use are:

- phone - 47.7%
- email - 22%
- text messages - 15%
- internet - 6.3%
- social networking/online forums 4.5%

### How to protect yourself

- Get talking with your friends and family, share your stories, and this will help raise awareness of scams
- If you're not sure - don't participate, don't click, don't give out personal information, don't give out financial information. Hang up or delete. Legitimate organisations will find another way to contact you.
- Check out the Scamwatch website - <https://www.scamwatch.gov.au>

Avoiding scams is not a matter of 'common sense'. Scams can be very sophisticated. If you have been scammed, don't be embarrassed by it - talking about it may help save a friend, loved one or colleague from falling victim.

**Stop scams.  
Speak up.**

8-12 November #ScamsWeek2021

**SCAMS**  
AWARENESS WEEK

## Power Saving Bonus

The State Government has introduced a one-off \$250 support payment and we can help you apply for it to ease the burden of bills during winter.

If someone in your household holds a pensioner concession card or receives JobSeeker, Austudy, Abstudy or Youth Allowance, get in touch with us and we can help you apply.



We can help you apply for the State Government's

**\$250**

Power Saving Bonus

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Logan City Council | Queensland Government | Queensland Health | Queensland Police | Queensland Fire and Emergency Services

The advertisement features a light orange background with a white lightbulb icon on the right. At the bottom, there are logos for Logan City Council and several Queensland Government services.



We're working on getting the Centre ready for re-opening - cleaning, tidying, lots of clearing out dead spiders and cobwebs!

## Looking Ahead to 2022

2022 will be a year when, hopefully, the Covid pandemic is behind us and, as a nation, we are on our way to living with it with minimal disruption to our daily lives. But we will still be living with the social and financial consequences of it for little while yet.

### Get back to the Centre

In terms of re-building our social networks, please note that it's quite normal for social re-integration to feel a little challenging at first. Take a look at our programs and activities and take a little step back by participating in Centre activities. We will be taking all precautions to keep everyone safe.

### Course and Activity Guide

Financially, Yarrunga has weathered the Covid storm, but reduced enrolments in 2021 mean we will have to be very prudent in 2022. Production of our next Course and Activity guide is already underway, and you may notice that we have made this a semester guide, not a term guide. It will contain dates and details of classes in both terms 1 and 2, so hang onto your copy for future reference.

### Re-Enrolment

We will also have reduced capacity to support under-performing classes, so make sure you re-enrol early so we get a good idea of numbers and where to focus our marketing efforts. We need to give tutors fair warning if one of their classes have been cancelled, so if you wait until the last minute to re-enrol you may find that it's too late and your class has gone.