



You

May 2023

Yarrunga Offerings & Updates

Welcome to Term 2

The year seems to be flying by once again (maybe that is an age thing – when you are young, life seems to drag but now it appears like a VCR on fast forward – showing my age).

You can feel that winter is coming, the chill in the air most mornings is such a wake-up call, but we are still having a few of those beautiful autumn days that Melbourne likes to put on, so enjoy them while you can.

Don't forget that just because winter is coming, exercise and connection are still important for overall wellbeing. We are a warm safe space to enjoy activities – so don't hibernate!

We have a lot happening in term 2, so don't forget to keep an eye on our course guide, website, socials and mail chimp news

Our \$5 trial for our exercise programs is still on offer, so if you are not sure if an activity is for you but don't want to commit to full term until you have trialled a class, then give us a call or see the office. We also still have a discount if you join two or more exercise programs.

I will be taking medical leave at the end of May for a much needed hip replacement. The Centre is in capable hands in my absence, and I will be working from home once those wonderful pain meds are no longer needed. I look forward to running down the halls on my return – well walking better, at least!

Take care for now!

Sam Blackwell
Manager

Contents

People News

Events, Activities, Programs & News

PLAY

Profile - Yarrunga Writers

Blast from the Past

1996 - making the leadlight windows for the foyer



Installation of the windows in the foyer

For a lovely story written about the windows refer to the article on the Yarrunga Writers Group!



PEOPLE NEWS

Goodbyes

Jim

After 6½ years as a committee member, Jim Colebatch is retiring. Jim has been an amazing advocate for Yarrunga and has contributed much to the governance of the organisation and provided some wonderful feedback and input. Thanks so much Jim – we will miss you.



Brigida

Brigida worked with disability participants in our Mixed Media Art and Craft at Wyreena and did a wonderful job. Sadly, for us, she found full time employment and has moved on.

Hellos

Toshi

We welcome back Toshi to take over the classes at Wyreena. Toshi first came to us many years ago as a volunteer for our in-house art program, and it is wonderful to have him back as a tutor.

Have a great holiday ...

Birgit's regular participants will know that she has taken Term 2 off to visit family overseas - we hope she has a wonderful time. A HUGE thank you to Judy, Mary and Marny who have stepped in to fill Birgit's classes for the term.

Another tutor jetting off for a short spell is Judy. Judy is running classes during the term breaks so participants won't miss out – thanks Judy and enjoy your break.

Good Luck

You may have noticed our manager, Sam, hobbling around for the past year. Well, her wait is finally over and she will be having hip replacement surgery shortly. We wish her a very speedy recovery and hope to see her back on deck mid-July.

EVENTS, ACTIVITIES, PROGRAMS AND NEWS

Neighbourhood House Week

Neighbourhood House Week, happening across Australia from 8 – 14 May, is a nationwide initiative to celebrate the role of 1,000 Neighbourhood and Community Houses and Centres.

This year's theme is 'Locals Connecting Locals' and to facilitate these connections we will be hosting a free morning tea on Thursday 11 May, 10.30am – 11.30am.



To register - <https://www.socialplanet.com.au/activity/view?id=13694>

Please RSVP by Monday 8 May – bookings are essential for catering purposes.

Power Saving Bonus



Since March 24 Neighbourhood Houses and Centres have supported over 8000 community members across Victoria claim the new round of the \$250 Power Saving Bonus.

Here at Yarrunga we have been doing our fair share. To date Nadine (and Sam) have assisted 36 people claim their bonus – that means **we have helped our local community claim \$9000 to help with cost of living pressures!**

If you haven't yet claimed and need assistance to do so please contact Nadine for an appointment.

Social Groups

Chatterbooks

Book Lovers Book Club are taking a 12 month break so we have decided to offer this slot for a less formal social group for lovers of reading. Chatterbooks will be an opportunity to get together and share your latest reading adventures – recommend your latest and favourite books and hear what others have found worthwhile reading. It's a great way to make new friends and share one of your favourite hobbies.

It will be held on the first Tuesday of the month from 10.45am – 12.15pm. Cost is \$5 annual fee plus \$3 per meeting.

Chatty Cafe Wellbeing Hub

Fridays 10.30am – 11.30am

Feeling like you need a bit of connection? Drop in for a coffee and a chat. We often chat about wellbeing experiences, but to be honest conversation just meanders where it needs to go on the day.

OM:NI - Older Men: New Ideas

Every 2nd and 4th Thursday of the month

This group is for men over the age of 50 to come together. The group provides lots of stimulating discussion and is a great men's support network.

Yarrunga Indoor Bowls

Mondays 11.30am – 2pm

This group divides into two teams for a healthy competition every week! It's lots of fun and not too competitive. Come along and give it a try. With winter fast approaching it's a great way to keep active.

Yarrunga Retirees

Monthly Meeting – 2nd Wednesday of the month, 10.30am – 12pm

The Retirees hold a range of different activities including a monthly meeting with a guest speaker and morning tea.

Life-long Learning

Barista Training

Every Melburnian should do this course! It's a great way to learn about how your favourite beverage is made and appreciate the skill of a good barista. It's lots of fun. This program is run over 2 half days - Thursday 18 May and 25 May 9.30 – 12.30pm

Register at: <https://www.socialplanet.com.au/activity/view?id=12477>

Practical Computer Skills

If computers continue to intimidate you and you would like to learn how to be more confident and capable then join our Practical Computer Skills program. Thursdays 9.15am – 12.15pm.

Register at: <https://www.socialplanet.com.au/activity/view?id=12486>

Winter Shelter Community Cooking

This program has been very successful and our wonderful participants have provided so many meals that we have expanded to include a second team. This team will cook every Monday fortnight and provide meals for Fridays, while the Tuesday group will continue to prepare fortnightly meals for Wednesdays.

Led by our amazing tutor Krissy, participants not only get to volunteer to a most worthy cause, but along the way learn lots of catering skills and other skills in initiative, problem solving and team work!

Although there are no more places available in either group if you would like to contribute we welcome supermarket vouchers to purchase fresh produce.



Health and Wellbeing

Remember we offer a 15% discount for Yarrunga participants who purchase an additional health/wellbeing term program.

We also have a special \$5 deal available if you would like to come and try out a class to see if you like it. Places are limited – please contact the Centre for details.

Thanks Bendigo Bank

Thank you to Bendigo Bank for its Community Grant of \$1,320 which was used to purchase kitchen equipment for use in the Winter Shelter Community Cooking program. We have used the money to purchase a Kitchen Aid mixer, mixing bowls, a king size electric fry pan, some stove top frypans and pots, and various utensils.

 **Bendigo Bank**

**Croydon and
Ringwood East**



L -R: Faye Moye, Krissy Robinson (Winter Shelter Tutor), Katrina Guthrie with some of the kitchen equipment purchased from the Bendigo Bank Community Grant.

Members of the Karen Elders group enjoying life and the wonderful activities organised for them to help them experience new things, make new friends and reduce isolation. Special thanks to Diana from Foundation House for the awesome job she does in organising and running these activities.



Our AGM - celebrating the achievements of 2022.

View this video to see more about 2022: <https://youtu.be/5logxzjHTao>



Chairperson, Peter Feeney opening our 2022 AGM



Guest Speaker Carissa Rash from 4TK and
CHAOS Networker, Maureen McLaughlin



A big thank you to Guest Speaker
Carissa Rash from 4TK from
Yarrunga Manager Sam Blackwell



Sam Blackwell, Yarrunga Manager
Rob Steane, Maroondah Mayor and Yarrunga Ward Member
Chris Jones, Committee Member for Yarrunga Committee of Governance

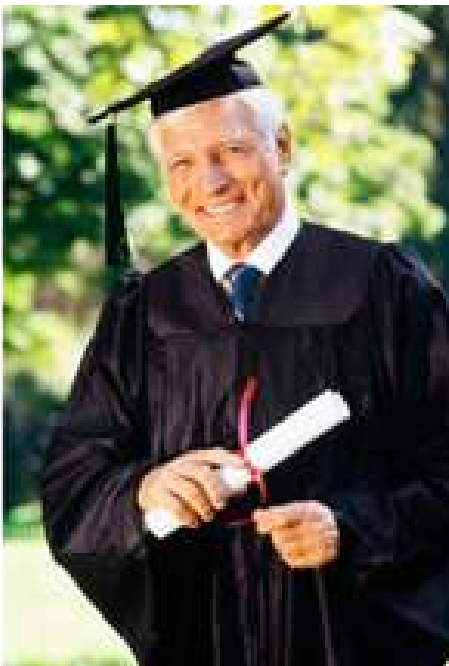
Treasurer Garth Whitchurch delivering the finance report



ACCOMPLISHMENT

Another of the PERMAH wellbeing pillars is ACCOMPLISHMENT which refers to the achievement of things that are important to us.

A sense of accomplishment is the result of working towards and reaching goals, mastering an endeavour, and having self-motivation to finish what you set out to do. This contributes to wellbeing because it instils a sense of pride.



There are lots of ways to help us achieve what we want to do:

Understand your Goals

Identify what is it that you want to achieve – but also have a really clear idea of why this goal is important to you. Often when you delve deeply into the why you find lots of hidden insights. You can use the 5 Whys model to do this. Don't skip a step as each answer will build on the one before.

Here is an example of how this works – let's say your goal is to lose weight, ask yourself the following:

- Why do I want to lose weight? Because I want to fit into a smaller size of pants.
- Why do I want to fit into a smaller size of pants? Because when I'm wearing smaller pants I think I'll look better.
- Why do I want to look better? Because when I look good, I feel good about myself.
- Why do I want to feel good about myself? Because when I feel good about myself I'm more assertive and confident.
- Why do I want to be more assertive and confident? Because when I'm more assertive and confident I feel more in control and better able to get what I want out of life.

Using this model, you can see that losing weight is just a small part of something much more important.

Behaviour vs Outcomes

Behaviours are more important than outcomes. Why? Because you cannot control outcomes but you can control the behaviours that may influence the outcomes. One way to track behaviours is to ask yourself – Will this action/behaviour take me closer to or further away from my goal?

Remember that consistent behaviour beats heroic effort. A little bit every day will get you where you want to go. So, focus 5% of your energy on the destination and 95% on the behaviours that will get you there.

Growth Mindset

A fixed mindset is underpinned by the belief that you are born with a certain amount of talent and intelligence.

A growth mindset is underpinned by the belief that while you are born with a certain amount of talent intelligence, with learning and effort you can always improve. A growth mindset means you will keep learning and trying because you believe you can succeed.

Grit and Self Compassion

Grit is the ability to stick with working towards something – even if it takes a really long time. Grit works best when it is paired with self-compassion because sometimes, often through no fault of our own, we face setbacks or failures.

Failure and Setbacks

The truth is we all fail at something some of the time. The only question is whether we are learning from these experiences or missing out on some of life's best lessons.

Failure can be really useful – it provides feedback on what went wrong, and gives you the opportunity to try something different next time around.

After a 'failure', assess what went well, where did you struggle and what did you learn. Then adjust your action – what will you do differently next time?



Celebrate

Celebration is an important part of accomplishment, otherwise we can forget to acknowledge how hard we have worked and the awesome things we have achieved as we move onto the next thing.

Every week, ask yourself – did my behaviours this week mostly support my goal?

If the answer is yes, celebrate it – it can be as easy as high fiving yourself or maybe something more substantial like the purchase of a new book or something that helps you support your efforts.

PROFILE

Yarrunga Writers

The Yarrunga Writers is a low key group who meet every Monday between 1pm and 3pm to enjoy expressing the kaleidoscope of life with words that may be fact, fiction or purely how each person envisages that particular subject.

Most weeks we start with a section we call *stimulus* to kick-start the brain into creativity. Someone brings three objects from home that we all put into a short piece of writing in five to ten minutes. Try it yourself at home. Instead of objects you could use three words picked at random from a dictionary.

Each week we have a topic to write about at home, usually a couple of pages, but there is no hard or fast rule. It could be half a page or four or five. It could be prose, poetry, fact or fiction, a comic interpretation or serious report. Anything is fine. Our group is always amazed by the fact almost everyone usually has a completely different story and approach to the subject. Occasionally we read each others writing. It is very different, and does it convey what you were trying to say?

It all stimulates the brain and gives each a broader outlook on life and its story. If you would like to give it a try please contact Yarrunga Centre, or call me, John Sadler on 9726 0678.

Everyone has a story to tell - we'd love to hear yours.



Moonbeam Magic

Tommy Turtle's Adventure

*The following was written by Beverley from the Yarrunga Writers many years ago.
It tells a lovely story relating to the stained glass windows in the foyer.*

I am Tommy Turtle, living safely in the stained-glass window at Yarrunga. I watch people come and go all the time. Over ten years this must be a good place to be. One November night there was a wonderful full moon. While watching the moon I saw a most beautiful girl turtle riding on a moonbeam. I felt so much love for her that I jumped on the moonbeam to follow her. I was just so happy. But a cloud took away the moonbeam and I landed on the next window sill. The girl turtle had disappeared and I was all alone and so lonely, and no-one could see me. All I could do was look in the windows at the room.

It was a plain room, windows at the corner and a door and cupboards down the other side. A big concertina dividing door made the room look small to me. The only other thing I could see was a ceiling fan.

I seemed to be there for such a long time. No-one seemed to care. One Monday some people came into the room and set up some tables and brought in some chairs. This was the Yarrunga Writers Group. While the door was open someone opened a window. This was my chance. I rode that breeze out of the door, into the foyer, and back to my safe place in the middle of the stained-glass window.

I can still see people come and go and you can see me!

*One of the Pigram Brothers of Broome, Western Australia says the time of the full moon,
in November, is when turtles fall in love.*

